

7DAY MEALPLAN

HEALTHY BREAKFAST/LUNCH/DINNER & SNACKS!
MIX & MATCH MEALS
A QUICK AND EASY GUIDE

DAWN OF COOKING ©2021



Hi, I'm Dawn (Dawn of Cooking) Welcome to my 7 Day Meal Plan

This plan helps you with some Quick & Easy/ Mix & Match healthy recipes to help you get through your busy week! Prep your main Proteins, Carbs and Vegetables early so you can easily put together Breakfasts, Lunches, Dinners & Snacks QUICKLY!

Happy Cooking from Dawn of Cooking!

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Grocery List

Ground Chicken or Turkey Ground Organic Beef 16 oz. Can Alaskan Salmon Tempeh & Tofu (a great protein if you try to eat less meat)

Greek plain yogurt Eggs and Egg whites Mozzarella & Parmesan cheese

Oatmeal

Quinoa

Brown Rice

Whole Wheat Penne

Canned Black Beans

Tortilla shells

Whole grain sandwich thins

Pita bread or hoagie rolls

PB2 (dried peanut butter)

Natural peanut butter/almond butter

Hummus

Craisins

Marinara sauce

Canned low sodium beans like black, pinto and garbanzo

Seeds: Flax, hemp, pumpkin seeds, walnuts, almonds

Mrs. Dash no-salt seasonings, sea salt, pepper, garlic powder

Low sodium Teriyaki sauce

Avocados

Lettuce/Spinach/Kale

Tomatoes or cherry tomatoes

Onions/Garlic cloves (or bottled minced garlic)

Mixed Colored Peppers

Yams/Potatoes/Canned Pumpkin

Carrots

Mushrooms

Broccoli/Cauliflower

Zucchini

Cucumber

Your favorite fruits like Bananas, Apples, Strawberries, Blueberries etc. Honey/Real Maple Syrup

Turkey Quinoa Meatballs

1/4 Cup cooked quinoa 1/2 lb. ground turkey, chicken, or beef Saute 1/4 C. finely diced onion & 2 minced garlic cloves

and 1/4 C. finely diced red pepper until soft 1 Egg white 1.5 Tablespoons ground flax 1/4 tsp. black pepper 1/2 tsp. Onion & Herb Mrs. Dash or no salt seasoning Sprinkle of sea salt Mix everything together. Makes 12 - 1 oz. meatballs Bake at 375 for 12-15 minutes



Salmon Patties



1/4 Cup finely diced onion, saute in olive oil
1/4 tsp garlic powder
Whip 2 Eggs and soak 1 slice healthy bread
until soft, mash with a fork
Sprinkle in pepper & no salt seasoning
1 tsp dried dill
Drain 16 oz. can Alaskan salmon
Add above mixture
Add chopped parsley
Make into 5 even patties and fry in olive
oil until browned on both sides

Turkey or Chicken Burgers

11b. ground turkey or chicken
Whip one egg
Add 1 slice of bread with the crust removed
Let soak until soft and add to meat
1/2 tsp. Salt
Sprinkle of Pepper
1/4 tsp. Garlic powder
Shape into 4 Patties
Fry in olive oil until done



Zucchini Noodles

Spiralize zucchini with a hand held or crank spiralizer. Zucchini noodles (zoodles) can be eaten raw or slightly sautéed





Mason Jar Salads

Place dressing in bottom of Mason jars Layer clean & dry salad ingredients pressing down to compact seal tightly and store in the refrigerator

Sliced Raw Vegetables

Clean and slice some raw vegetables Having some prepped ahead of time is so helpful! Eat with hummus or dip or use in recipes to save time later!





Cook & Season

Ground Beef or Ground Chicken or Ground Turkey



Oven Roasted Vegetables

Roast a wide array of vegetables Throw in some parsley, garlic, onion and seasonings with a little olive oil. Bake on a cookie sheet on 400 till crisp tender

Baked Chicken Breasts

Cook and Slice Seal in Pyrex

Hove cooking chicken breasts in my Instant Pot!



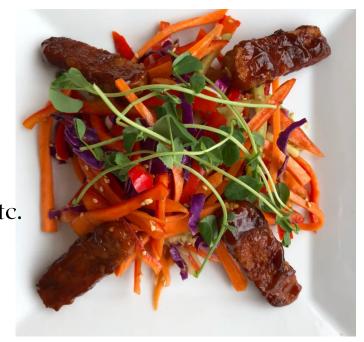


Tofu

Tofu takes on any flavor you marinate it with! Sliced and seasoned tofu is awesome cooked on a panni grill,air fryer or stir fried.

Tempeh

Tempeh can be sliced and marinated. Great fried or crumbled. Make a wrap, burger, sandwich, on a salad etc. Tempeh is a great meatless protein source.



Pasta Noodles

Pasta comes in many shapes so try new ones every week! Cook and place in a Pyrex for easy grab and go meals. Be creative!





Oatmeal Jars

Precook your favorite Oatmeal Measure into servings Place in Mason Jars Add toppings and seal

Cooked Rice

Cook up some of your favorite rice. Brown or White rice premade is so easy to quickly use for any meal.





Quinoa

Cook up some Quinoa! This is great in recipes plus can even be eaten for breakfast with berries or mixed into your salads. Try the recipe for quinoa pancakes! Quinoa comes in a tricolored, red or white version.



Potatoes

Precook ahead for baked fries, baked diced hash browns, stuffed potatoes etc.

Sweet Potatoes

Precook ahead for baked fries, smashed into patties, mixed with quinoa and vegetables, combined with the black beans below and stuffed into a burrito. Absolutely great with any meal!



Great in wraps, salads, soups, over rice in burritos etc.

Seasoned Black Beans

1/2 Onion chopped
2 Garlic Cloves minced
1 Cup Mixed Colored Peppers
chopped
Saute above in olive oil
Drain and rinse 2 cans black beans
1/2 can water
1-2 Tablespoons Cumin
1 Bay Leaf
1/2 tsp. Oregano
Add Cilantro
1 tsp. Salt & (Pepper to taste)
Let everything simmer
Adjust seasonings if needed



Mix & Match Breakfasts

Pick from these and mix in any order with the Lunches and Dinners

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MUFFININAMUG

Wow! A Muffin you can make in 60 Seconds. Delicious!

Ingredients

2 T. Oatmeal flour 2 T. Ground Flax

1 Egg, Beaten

1tsp. Oil

1tsp. Cinnamon

1tsp. Sugar



Directions

I always keep oatmeal flour on hand!
 Place Oatmeal in a small coffee grinder
 or processor and grind into a fine flour.
 Store in a sealed container for when
 you need it. I do the same with whole
 flax seeds..

BLUEBERRY MUFFIN IN A MUG

- 2. Mix Oatmeal flour, Ground Flax, Beaten Egg, Oil, Cinnamon, and Baking Powder together in a small dish. Add 2 Tablespoons Blueberries.
- 3. Spray a mug or small Pyrex ramekin with cooking spray. Sprinkle cinnamon sugar on the bottom for both Blueberry or Pumpkin Muffins. Pour in batter Place in microwave on High for 60 Seconds. Take out and turn onto a plate. Spread icing on top or more cinnamon sugar. Top with more Blueberries!

PUMPKIN MUFFIN IN A MUG

4. 2 T. Oatmeal Flour 2 T. Ground Flax 2 T. Canned Pumpkin 1 Beaten Egg 1 tsp. Oil 1 tsp. Cinnamon

Itsp. Cinnamon

1tsp. Brown Sugar 1tsp. Baking Powder

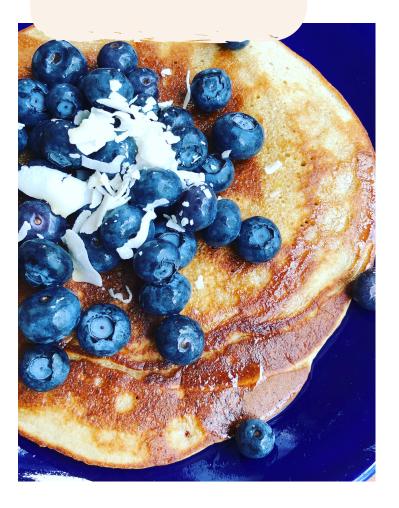
Add Cinnamon Sugar to TOP & BOTTOM

PANCAKES

Sometimes a BIG stack of pancakes are calling your name! Here you GO!

Quinoa Pancakes

1/2 Cup Cooked Quinoa 1/2 Cup (a little less than) Whole Wheat Pastry Flour 1/8 tsp. Salt 1/2 tsp. Baking Powder 1 Egg 1.5 tsp. Oil 1/8 Cup Milk 1 T. Real Maple Syrup



Quinoa Pancakes

1. Mix together all the Quinoa Pancake ingredients. If the batter is to thick add a little more milk. Makes 4 Pancakes. I spread mine with coconut oil and top with banana slices and real maple syrup.

Gluten Free Peanut Butter Pancakes

- 1 Banana
- 2 Eggs
- 1 T. PB2 (dried peanut butter)
- 1 t. Chia Seeds
- 2 t. Ground Flax Seeds

2. Mix together all ingredients for the pancakes in a blender. Pour onto a heated greased skillet. Cook each pancake throughly before flipping. They are tender! I cook in a small skillet and cover the pancake with a lid over it until set. This makes flipping easier. Makes 2 large pancakes and serves 1. Yummy with bananas, honey or syrup.



Feeling Toasty!

- 1. Toast Whole Grain Bread
- 2. Spread with Peanut Butter or Almond Butter
- 3. Slice 1/2 Banana and arrange on top
- 4. Sprinkle on Hemp Hearts
- 5. Drizzle with Honey

Serve with more Beautiful Fruit!



Apple Pie Oats

Spray a small skillet with cooking spray
Add I Cup Chopped Apples
Saute Apples and add I T. Water
Saute more
Add I heaping teaspoon Brown Sugar
Generously sprinkle with Cinnamon
Cook until Golden Brown
Remove Apples
Add 3-4 Chopped Almonds to skillet
cook almonds until toasted
Warm your Precooked Oats
Top with Carmel Apples and toasted almonds



Pumpkin Pie Oats

Add Warmed PreCooked Oats to your bowl Top with 2 Tablespoons warmed Pumpkin Puree Sprinkle on Craisins

Top with Chopped Nuts (almonds, pecans etc.) Sprinkle with Pumpkin Pie Spice or Cinnamon Drizzle with Real Maple Syrup!





Heavenly Yogurt

Serve in your Prettiest Cereal Bowl!

1 Cup Unsweetened Greek Yogurt Drizzle on Honey and mix into Yogurt Add: 1 Cup Chopped mixed Fruits Sprinkle on nuts like: Pumpkin seeds, Almonds, Pecans, Walnuts etc. Sprinkle on Seeds: Ground flax or Hemp



Omelet to LOVE

Whip together: 1 Egg + 3 Egg Whites
Pour into a heated small skillet
Let set and top with pre-made Oven Roasted Vegetables
Add a tiny sprinkle of cheese if you wish
Serve with:

Pre-made Oats topped with Berries, Nuts & Seeds
OR
Whole Grain Toast
Fruit on the Side!



Eggstra Special

Slice and warm pre-made Hard-Boiled Eggs

In a goblet: Add fresh Berries Top with Greek Yogurt Add a drizzle of Honey

Serve on the side with Avocado To make it extra pretty lay on a bed of sprouts sprinkle with Pumpkin Seeds

Breakfast Smoothie

1/2 C. Greek Yogurt 1/2 C. Almond Milk 1 Cup Frozen Strawberries 1/2 Frozen Banana 1/4 C. Raw Oatmeal 1/2 T. Gr. Flax 1/2 Scoop Protein Pwd. Drizzle of Honey

Dawn of Gooking



Mix & Match Lunches

Pick from these to mix and match with any Breakfast or Dinner

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Burritos Please!

Add some SPICE to you LIFE with this Burrito!

Gather Together:

Pre-made Oven Roasted Vegetables, Sliced Chicken, and Rice

On a Tortilla spread Seasoned Black Beans
Top with Rice, Chicken and Oven Roasted Vegetables
Lightly sprinkle with cheese
Warm until toasty

Serve covered in Lettuce/Salsa/Jalapeños and 1/4 Avocado



Salmon To Go!

Eat Salmon every week for Omega 3's

FRESH is BEST but these patties will do!

Easy as 123! Grab a Lunch Container NEXT

Add your Pre-made Salmon Patties
Pre-made Oven Roasted Vegetables
PLUS

any carb you prefer like: Rice/Pasta/Potatoes etc. Bam you are out the door!



Tex Mex Salad

Love Love this SALAD

Ahead of time season your Pre-Made sliced Chicken Breast with Taco Seasonings to add some awesome Tex Mex flavor!

In your meal prep containers add salad mix

Next

Beans, Sliced Multicolored Peppers, Cucumbers etc.

Top with

Sliced Almonds and 1/4 Avocado

Salsa for dipping



In Love with Pasta

This Versatile Pasta dish is a Winner!

This Delicious meal is perfect for LUNCH or DINNER

Place warmed Pre-Made Pasta on your plate Top with

any of your pre-made Proteins like Meatballs, Salmon Patties

Sliced Chicken, or cooked Ground Chicken or Turkey

Add

Heated Oven Roasted Vegetables

Sprinkle on Parmesan Serve with Salad on the side



Queen of Salads

Beautiful & Delicious

Find your best plate or bowl for this Queen of all Salads

Cover your dish with some beautiful greens
Layer on your pre-made cooked Chicken Breast
Top with berries like: Blueberries and Strawberries
Rasberries or Blackberries

Add

Slivered almonds
Also if you like
red onion or feta
Drizzle on some flavored vinegar



Pita Pita!!

This Easy Wrap is a Winner

This is a wonderful take along lunch since you can place all the ingredients in a lunch container and assemble it later.

> Grab one of the pre-made Salad in a Jar Sliced Chicken or Salmon

> > OR

Seasoned Black Beans

OR

Pre-made Tofu or Tempeh

Spread on Hummus

Drizzle on dressing

Now it is a WRAP!



Oodles of Zoodles

Perfect for Lunch or Dinner

Another Quick & Easy Meal to Assemble!

Cover your plate with pre-prepped Zoodles
OR
substitute pre-prepped Pasta
Top with 4 pre-made Meatballs
Cover with Marinara
plus
a sprinkle of Parmesan Cheese



Mix & Match Dinners

Pre-prepped Ingredients for Quick & Easy Dinners

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Oh My Goodness! Bowl

So Perfect for Lunch or Dinner!

In a bowl add your Seasoned Ground Beef, Chicken, Turkey or Tempeh

Add Rice, sautéed Onions & Peppers

Add Avocado

Lime Slices

Cilantro

Corn Chips

This meal is great in a Tortilla/Pita/Wrap or on a Bed of Lettuce!



Individual Pizzas

Family members Love making their own!

Spread Marinara Sauce on pitas or tortillas Add any Pre-Prepped Vegetables you like Plus any of your Pre-Prepped Protein will do Ground Turkey, Sliced Chicken, Meatballs etc.

Top with any extras you LOVE
Top with Cheese
Bake and serve with a Big Salad



Fabulous Stir Fry

A Lunch or Dinner Favorite!

This stir fry is so versatile because you can add any protein you have Pre-Prepped. Tofu, Tempeh, Ground Chicken/Beef, Salmon or Sliced Chicken!

Stir fry with any of the prepped Vegetables Add Pre-Made Rice & your favorite teriyaki!



Did You Say... Burger & Fries?!

Perfect for Lunch or Dinner!

Prepare Burger with Organic Lean Beef, Chicken or Turkey
This meal is healthier than the fast food version.
The fries can be made in the oven or
air fryer! This delicious burger will be Prepped
Ahead so this meal goes together really fast!
The fries can be made ahead to save time.
Serve with all your favorite toppings!



Color Me Bright

Season pre-made sliced Oven Roasted Chicken with garlic, salt & pepper, Heat

Form pre-cooked Yams into patties and fry until heated on both sides

Stir Fry Red Peppers or Oven Roasted Vegetables

Lay out spinach layering the vegetables on top sprinkle on Sesame Seeds

Delicious with sweet chili sauce!



Meatballs Please!

Enjoy your prepped Chicken/Turkey/Beef Meatballs for dinner!

Mix with marinara and place on a hoagie or wrap.

Top with

Mozzarella or Parmesan cheese.

Serve with some fresh cut up

Vegetables & dip.

Plus

Pre-made Fries or chips



Stuffed Peppers

Cut the tops off and scoop out the insides of your peppers. I love using the colored peppers! Feel free to cut in half or leave whole.

Place in oven or microwave in a casserole dish with a bit of water at the bottom. Cover and cook until crisp tender. Be creative with your filling! I saute garlic, onions, and mushrooms together and season with my favorite no salt seasonings. Using your pre-prepped foods you can add any of these: Cooked ground turkey, quinoa, rice, beans, tomatoes and anything you like! Taste to adjust anything before filling.

Fill your peppers and place in 375 degree oven to heat through. When heated top with cheese and finish melting.

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Mix & Match Snacks

Stock your Refrigerator with Pre-Prepped Snacks

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SUPER SNACKS

Berries + Nuts

Strawberries Blueberries Rasberries Blackberries

Any Raw Nuts



or Peanut Butter Top with Craisins & Nuts

SUPER SNACKS

Hummus & Veggies

Celery/Carrots
Peppers
Cucumbers
Tomatoes
&
Hummus



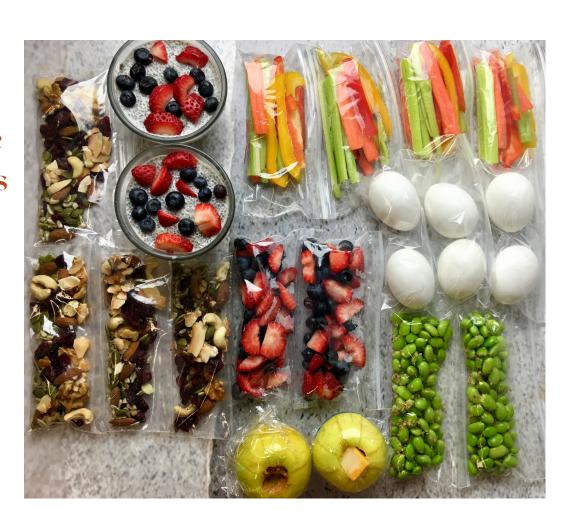


Smoothie

1 Cup Water
or
Milk/Yogurt
Protein Powder
Combos of
Fruit
&
Vegetables

GRAB & GO SNACKS

Grab some
Snack Bags
to make
a week
of
SNACKS
TO GO!



Mixed raw nuts
Cooked Edamame
Berries
Hard Boiled Eggs
Stuffed Apples
Sliced Veggies

Chia Pudding

1/2 C. Milk of Choice (Hike Coconut Milk)

1.5 T. Chia Seeds Real Maple Syrup (add to taste)

Let sit overnight Add Fruit



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