



# 7 DAY MEAL PLAN

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

1 lb. 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

I love 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 pannigrill, 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 pre-made 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!



## 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



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





# Mix & Match Breakfasts

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





# MUFFIN IN A MUG

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

## Ingredients

2 T. Oatmeal flour  
2 T. Ground Flax  
1 Egg, Beaten  
1 tsp. Oil  
1 tsp. Cinnamon  
1 tsp. Sugar  
1 tsp. Baking Powder



## Directions

1. 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  
1 tsp. Brown Sugar  
1 tsp. 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 too 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 thoroughly 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 1 Cup Chopped Apples

Saute Apples and add 1 T. Water

Saute more

Add 1 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 Cooking**





# Mix & Match Lunches

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







# 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 1 2 3!

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 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!



# Ooodles 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





# 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.





# Mix & Match Snacks

Stock your Refrigerator with Pre-Prepped Snacks





# SUPER SNACKS

## Berries + Nuts

Strawberries

Blueberries

Rasberries

Blackberries

+

Any Raw Nuts



## Apple Wheels

Thinly slice an Apple

Spread on

Almond Butter

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  
(I like Coconut Milk)

1.5 T. Chia Seeds

Real Maple Syrup  
(add to taste)

Let sit overnight

Add Fruit





# *Dawn of Cooking*

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