

REAL FOOD HEAD START

7 Day Dinner Plan

Cooking real food from scratch can be time consuming. If you're short on time, getting a head start by linking one meal to the next is the answer! You can skip prep day and the leftover shuffle and still save hours in the kitchen.

Day 1 - Asian Stir Fry with Rice and Cabbage "Noodles"

Night 1 boasts delicious Chinese flavors and gets you set up for the week with extra rice for future dinners and lunches.



Day 2 - Spaghetti Squash Lasagna, Steamed Broccoli, GF Flat Bread

Get prepared to do some great GF baking.

Day 3 - Roasted Chicken with Brussels Sprouts and Boiled Red Potatoes

Get the most out of your time in the kitchen and roast 2 chickens at once. Your future self will thank you!

Day 4 - Sausage, Bean, and Kale Soup with Cabbage Salad

This soup is great in the summer or winter, and cool, crisp cabbage salad is a welcome break from traditional soup and salad meals.

Day 5 - Mexican Lentils and Rice with Raw Veggies and Guacamole

Make this meal your own with all your favorite toppings. Raw veggies make perfect guacamole scoopers!



Day 6 - Salmon Patties, Sauteed Asparagus, and Veggie Fried Rice

Get those Omega 3s! These patties come together quick and still taste fresh.

Day 7 - Cauli-Mac, Sauteed Green Beans, and Sprouted Lentil Salad

A great meatless option that's also super filling. If you must add meat, try slicing some nitrate-free sausages on top of the cauli-mac.



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Grocery List



PANTRY ITEMS

- 2 cans white beans
- 2 lb bag of brown rice
- 1 c dry lentils
- 1 lb canned wild Alaskan salmon
- 1 28oz jar 'clean' spaghetti sauce
- 8 oz tomato sauce (bpa free)
- 1/2 c hulled buckwheat (whole)
- 1/3 c ground flax
- sunflower seeds
- walnuts
- clean ingredient salad dressing of your choice

PRODUCE

- 2 lbs broccoli
- 2 heads cauliflower
- 3 lb carrots
- 4 bell peppers (any color)
- 1 lb sugar snap peas
- 1 lb fresh green beans
- 1 -2 heads of cabbage
- 1 bunch asparagus
- 1 1/2 lbs Brussels sprouts
- 4 c fresh kale
- 1 avocado
- 1 bunch of scallions
- 2" piece of fresh ginger
- 2-3 heads of garlic
- 2 red onions
- 3 lb bag yellow or white onions
- 1 large spaghetti squash
- 1 large butternut squash
- 1 1/2 lbs baby red potatoes
- 1 large white potato
- 1 tbsp lime juice
- 1 large bag of frozen mixed vegetables like corn, peas, broccoli, green beans, etc.

PROTEIN & DAIRY

- 1-2 lbs any meat sliced for stir fry
- 1/2 - 1lb ground beef
- 2 whole chickens (4-5lbs ea.)
- 1 lb bulk Italian sweet or hot sausage
- 2 c cottage cheese
- 1 c sour cream
- 1 1/2 c ricotta cheese
- 1 1/2 c shredded mozzarella
- 1/2 c parmesan
- 3-4 oz. feta cheese
- 3 c shredded cheddar cheese
- Butter for flavor/garnish (more if baking)
- 2 eggs (up to a dozen if baking or to boil for quick meals/snacks)

SPICES, VINEGARS, & OILS

- peanut oil (or avocado oil)
- olive oil
- apple cider vinegar
- balsamic vinegar
- tamari
- baking soda
- salt & pepper
- baking spices (opt = day 2 instructions)
- ginger
- dried dill
- bay leaf
- taco seasoning
- adobo seasoning
- cayenne pepper
- dried parsley
- turmeric
- dried mustard
- garlic powder
- red pepper flakes

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7 Day Dinner Plan - Printable Quick Guide

See daily instructions for more details on implementing this plan.

Day 1 - Asian Stir Fry with Rice and Cabbage "Noodles"

- Make a double batch of rice in the Instant Pot and freeze half for later (substitute bone broth for water for a boost in nutrition).
- Start sprouting lentils and make kimchi with leftover raw cabbage. Soak whole grains.

Day 2 - Spaghetti Squash Lasagna, Steamed Broccoli, and GF Flat Bread

- Bake a butternut squash with your spaghetti squash. After dinner, scoop out the butternut squash and puree for pancakes or muffins (great for breakfast or snack!)

Day 3 - Roasted Chicken with Brussels Sprouts and Boiled Red Potatoes

- Cook 2 chickens! The extra meat is great for lunch time salads or quick soups.
- Make bone broth with your chicken bones for tomorrow's dinner.

Day 4 - Sausage, Bean, and Kale Soup with Cabbage Salad

- Double the batch if desired and freeze extras for later. Grocery list includes items for single batch.

Day 5 - Mexican Lentils and Rice with Raw Veggies and Guacamole

- Use the sprouted lentils from day 1 and extra chicken from day 3.
- Leftover guacamole can be frozen and leftover veggies can be saved and added to soup or stir fry.

Day 6 - Salmon Patties, Sautéed Asparagus, and Veggie Fried Rice

- Use extra rice from Day 1 and any leftover veggies.
- Leftover asparagus is a yummy addition to a breakfast scramble or a lunch time salad.

Day 7 - Cauli-Mac, Sautéed Green Beans, and Sprouted Lentil Salad

- Use the sprouted lentils from Day 1. Once sprouted, keep in the fridge for up to 5 days.
- Slice nitrate-free sausages on top of cauli-mac to add meat if desired.

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Daily Instructions

Day 1 - Asian Stir Fry with Rice and Cabbage "Noodles"

- Follow the techniques in the linked post for stir fry - use any meat and veggies you have on hand. Grocery list assumes the following ingredients:
 - Use 2 lb sliced meat, 3 cloves garlic, 1 tbsp grated ginger, 2 tbsp tamari, whole bell pepper, 3 carrots peeled and sliced into thin discs. and 1 c sugar snap peas.
 - Avocado oil can be subbed for peanut oil
 - Add 1/2 - 1 tsp red pepper flakes for heat, garnish with 3-4 chopped scallions (optional)
- Make a double batch of rice in the Instant Pot and freeze half for later (substitute bone broth for water for a boost in nutrition).
- Cabbage noodles are made by coring a head of cabbage and slicing it into thin strips. Toss in a hot oiled pan with a half an onion (sliced) and a few cloves of chopped garlic if desired. Saute on high heat for a few minutes, then reduce heat, cover with a lid, and cook until the noodles are your desired consistency (7- 10 minutes).
- Use leftover raw cabbage (if any) or the additional head of cabbage to make kimchi. Save 1/4 head of raw cabbage for salad on day 4.
- Start sprouting lentils.
- Place ground beef in the refrigerator to thaw if necessary.
- Soak whole grains for the GF flatbread for tomorrow (right in your blender).

Day 2 - Spaghetti Squash Lasagna, Steamed Broccoli, GF Flat Bread

- Bake a butternut squash with your spaghetti squash. After dinner, scoop out the butternut squash and puree for pancakes or muffins (great for breakfast or snack!) If you don't plan to use the puree right away you can freeze it to use later. Saves time!
- Cook the whole pound of ground beef and freeze half for later. Day 8 meal? ;)
- If you plan to use the butternut squash puree right away you will need a few specialty flours. If you don't have any GF flours in your pantry you can start with just 2 special ingredients for these recipes - brown rice flour and arrowroot starch.



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Daily Instructions, Continued

Day 2 - Continued (further notes on baking muffins or pancakes)

- Some common baking spices like cinnamon, cloves, nutmeg, and ginger are used.
- Other common ingredients required are baking powder, baking soda, salt, honey, maple syrup, butter, eggs, etc.
- Baking these items is optional, but taking the time now can really save some time on rushed mornings or provide a quick, nutritious snack.

Day 3 - Roasted Chicken with Brussels Sprouts and Boiled Red Potatoes

- Cook 2 chickens - use the crockpot or the oven to roast the 2nd chicken. The extra meat is great for lunchtime salads or quick soups.
- Save 2 cups of shredded chicken for the Mexican lentils dish on day 4.
- Scrub baby potatoes and submerge under water in a medium sized pan. Bring to boil and let cook for 15-20 minutes until potatoes are tender. Place potatoes in a bowl and add salt, pepper, and butter as desired.
- Leftover potatoes can be used in a quick potato salad.

Day 4 - Sausage, Bean, and Kale Soup with Cabbage Salad

- Use leftover soup for lunch or make a double batch and freeze half for later.
- Use feta cheese as garnish to the cabbage salad. Save remaining cheese for sprouted lentil salad on day 7..

Day 5 - Mexican Lentils and Rice with Raw Veggies and Guacamole

- Use shredded chicken from extra chicken on day 3.
- Use the sprouted lentils from day 1 and bone broth from day 3. This recipe is a great one for using that second or third batch of broth.
- Add your favorite toppings to the lentils dish like salsa, jalapenos, sour cream, etc.



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Daily Instructions, Continued

Day 5 - continued

- Peel and cut carrot sticks, and use the remainder of the sugar snap peas and broccoli.
- Leftover guacamole can be frozen and leftover veggies can be saved and added to soup or stir fry.

Day 6 - Salmon Patties, Sauteed Asparagus, and Veggie Fried Rice

- Use any leftover GF flatbread in place of crackers as a binder in the patties. A little oatmeal or even some coconut or almond flour will do the trick if needed.
- The veggie fried rice recipe calls for 1 tbsp of rice vinegar - use that if you have it on hand. If not, you can easily substitute apple cider vinegar. Be sure to use extra rice from Day 1 and any leftover veggies.
- To saute asparagus - chop off ends and cut in to 2" pieces. Heat a large pan, add 2-3 tbsp of a neutral cooking oil (like avocado), a few cloves of garlic if desired, and the asparagus pieces. Cook covered over medium-high heat for 5-10 minutes for bright, al-dente asparagus. Season with salt and pepper and serve.
- Leftover asparagus is a yummy addition to a breakfast scramble or a lunch time salad.

Day 7 - Cauli-Mac, Sauteed Green Beans, and Sprouted Lentil Salad

- Use the sprouted lentils from day 1. Once sprouted, keep in the fridge for up to 5 days.
- Slice nitrate-free sausages on top of cauli-mac to add meat if desired.
- Follow the instructions for sauteing asparagus. Shorten cooking time by 2-3 minutes.

Final Notes

- Most recipes are written to serve 4-6 people. Feel free to double for more lunches!
- An Instant Pot is required for many of these recipes.
- It's okay to take a night off and catch up on eating leftovers. Make the plan work for you, not the other way around. Enjoy!



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