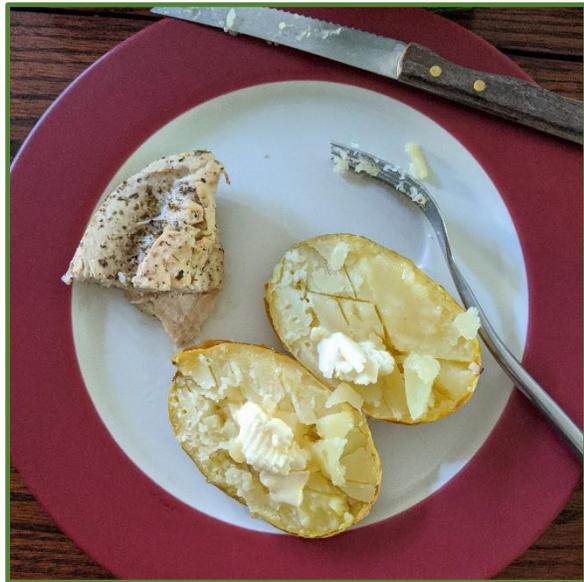


5 delicious & healthy meals you can make with NO chopping!



In this meal plan:

Armenian Chicken + Baked Potatoes + Salad

Note that you will need to let the chicken marinate at least 30 minutes before baking, so make sure you allow time. You can also let it marinate for up to 24 hours in the fridge, so you can make it in the morning or the night before.

Fish Tacos + Caesar Cabbage

I've included the recipes for a homemade taco seasoning and Caesar dressing in case you want to make your own. Neither involve any chopping! Be sure to add those ingredients to your shopping list if you are planning to make them yourself! You will find the recipes below the base fish taco recipe.

Avgolemono Soup with Chicken + Steamed Veggies (adapted from tastefulventure.com)

Avgolemono is a Greek Egg Lemon Soup. The egg gives the soup a creamy texture without any dairy or flour (which makes this a friendly recipe for those who are sensitive to those ingredients), and the lemon makes this soup feel bright and light. Choose whichever veggies you like to accompany this meal. Bread is also nice to dip in this soup.

Tuna Burgers + Salad

This recipe can be easily made gluten-free if you use gluten-free bread crumbs and rolls. You can also choose to eat the burgers in a lettuce wrap or in a flatbread if you like. Also, if your lemons are very large, you will probably only need the juice from ½ lemon. Adding extra juice won't make the burgers bad, just very tart.

All-in-one-Meal Savory Skillet

This meal includes veggies, protein (ground meat), and whole grains (brown rice) all in one dish! Frozen veggies (which have just as much nutrition as fresh) are used to eliminate the chopping and washing steps. You can use whichever veggies you like as long as they will cook quickly (no large chunks). I used one bag broccoli and one bag "California style" vegetables, which was carrots, cauliflower and broccoli. You could also use green beans, sliced peppers and onions, peas and carrots, just broccoli, you decide

How to use this meal plan

This meal plan is designed to make cooking meals require as little brain power (and knife power) as possible. It includes:

- a shopping list of all the ingredients needed for all five meals
- streamlined instructions for putting each meal together
- each meal also includes an ingredients list for just that meal so you know what ingredients to collect for that meal (and is also helpful if you just want to make one recipe at a time)

It may look like a lot of steps, but we have tried to write out every step so it is easy to follow and hard to miss anything. Note that many of the ingredients on the shopping list are staples you may already have at home so check before you go to the store!

Many of our meal plans have instructions for doing all the preparation/chopping in one advance meal-prep session. Because this meal plan was curated to have very little chopping and prep at all, there are no advance preparation directions.

You will not need to do any chopping. The only knife-work you will need will be to cut lemons in half so they can be squeezed, but this can even be avoided by buying a bottle of lemon juice. A few of the recipes ask for lettuce for a green salad. This can be hand-torn or you can use pre-cut and washed bagged lettuce if that's available to you. We hate washing and drying lettuce, so we often choose this. You will probably also want a knife to eat the Armenian chicken, but no chopping is required in the preparation.

This meal plan includes 5 dinners, which leaves flexibility to eat leftovers, order takeout, or make sandwiches or something else you're craving on the other days. Recipes are designed for *about* 4 adult servings. Double the recipes (and shopping quantities!) if you have hungry teenagers or want to have extra leftovers.

Let us know what you think!

Please send any feedback or questions via our website www.nutritionforrealhumans.com, by email: cami@nutritionforrealhumans.com, or at any of our social media @nutritionforrealhumans. We'd love to hear from you! (And if you have any problems, we want to do our best to make it right!)

Please note that while this is designed with general healthy nutrition in mind, it is not a prescription, advice or treatment for any disease and may not be appropriate for your needs – speak with a doctor or dietitian if you have questions about your dietary needs. Or contact us at nutritionforrealhumans.com/custom-meal-plans-prep/ for a custom, dietitian-designed meal plan.

Shopping list:

- 3-4 lemons (or about ½ cup lemon juice)
- 4 Garlic cloves
- 1-inch piece of ginger
- 1 package coleslaw mix (with shredded cabbage and carrots) OR one small head cabbage if you want to shred your own cabbage
- Enough lettuce or other salad greens for 2 side salads
- 3-4 Russet potatoes
- 1 lb ground meat
- 1 lb white fish
- 3 lbs chicken (breasts, thighs, or legs will work here)
- 1 large boneless skinless chicken breast
- 2 5-oz cans tuna
- 2 10-12 oz bags frozen vegetables that would be good in a stir fry like dish (see recipe notes for suggestions)
- 1-2 bags frozen veggies to go alongside avgolemono soup
- You will also need a grater with small holes
- 2 cups brown rice (uncooked)
- 6 cups chicken broth
- Bread crumbs
- 6 eggs
- Taco tortillas
- Whole grain hamburger buns or sandwich rolls
- Optional: bread and parsley
- Caesar salad dressing (or see recipe for ingredients if you want to make your own)
- 1 packet taco seasoning (or see recipe for ingredients if you want to make your own)
- Toppings you may want for fish tacos (radishes, cilantro, cheese, avocado, etc. although consider any chopping you may have to do!)
- Butter/margarine/salt/pepper/sour cream/toppings for baked potatoes
- Any condiments you want on a tuna burger
- Salad dressing of choice
- Dijon mustard
- Soy sauce
- Bay leaf
- oregano
- Italian seasoning
- Olive oil
- Canola oil or vegetable oil
- Salt
- Pepper

Armenian Chicken + Baked Potatoes + Salad

Note that you will need to let the chicken marinate at least 30 minutes before baking, so make sure you allow time. You can also let it marinate for up to 24 hours in the fridge, so you can make it in the morning or the night before.

Recipe:

- Wash hands with soap and water
- Mix marinade: ½ cup oil, ¼ cup lemon juice, 1 tsp salt, and 2 tsp Italian seasoning and place in a glass baking dish
- Place chicken in marinade and allow to sit at least 30 minutes and up to 24 hours before dinner time. Wash hands with soap and water after touching raw poultry
- Preheat oven to 425 F
- Scrub potatoes and poke them each several times with a fork to make steam-escape holes
- Pour 1 Tbsp cooking or olive oil on a large plate. Roll the potatoes around so they become lightly coated in the oil
- Place potatoes directly on oven rack
- Place chicken (still in marinade) in the oven and bake for 25 minutes.
- After 25 minutes, flip the chicken. For crispier chicken, also pour out the marinade at this time. Be careful – the pan will be hot!
- Bake both chicken and potatoes for 15-25 more minutes or until internal temperature of chicken is at least 165 F on food thermometer and you can pierce the potatoes easily with a fork (it may take a little effort to pierce through the crispy skin, but you shouldn't have to press hard to get into the meat of the potato)
- Meanwhile, wash, dry, and tear lettuce if needed and dress with dressing.
- Serve chicken and salad – top baked potatoes with butter, margarine, salt, pepper, sour cream, whatever you like

INGREDIENTS

For the chicken:

- 3 lbs chicken
- ½ cup oil
- Juice from 1-2 lemons (or ¼ cup lemon juice)
- 2 tsp Italian seasoning
- 1 tsp salt

Sides:

- 3-4 Russet potatoes
- 1 Tbsp Oil
- Butter/margarine/salt/pepper/sour cream/toppings for baked potatoes
- Lettuce for 1 side salad
- Dressing of choice

Fish Tacos + Caesar Cabbage

I've included the recipes for a homemade taco seasoning and Caesar dressing in case you want to make your own. Neither involve any chopping! Be sure to add those ingredients to your shopping list if you are planning to make them yourself! You will find the recipes below the base fish taco recipe.

Recipe

- Wash hands with soap and water
- Preheat oven to 400 F
- If making your own taco seasoning, mix spices in a small dish
- Line a baking sheet with foil, parchment paper, or a silicone sheet
- Lay the fish out on the baking sheet
- Rub fish with taco seasoning on both sides. Wash hands with soap and water after touching raw seafood.
- Once oven is preheated, bake fish for 10 minutes, or until it flakes easily with a fork
- Meanwhile, shred cabbage using large holes in a grater (if you are shredding your own cabbage) and make Caesar dressing (if you're making your own)
- Toss the cabbage with the Caesar dressing
- Once fish is done, allow to rest for 2 minutes, then break apart with fork
- Serve flaked fish in the tortillas.
- The cabbage can either be served as a side salad, or can be used as part of the taco filling

INGREDIENTS

- 1 lb white fish
- Taco tortillas
- 1 package coleslaw mix (with shredded cabbage and carrots) OR one small head cabbage if you want to shred your own cabbage
- Caesar salad dressing
- 1 packet taco seasoning
- Any other toppings you may want for fish tacos (radishes, cilantro, cheese, avocado, etc. although consider any chopping you may have to do!)

Taco seasoning recipe from foodrenegade.com. (There is also a bulk recipe there if you want to make a bunch at once)

- 1 Tbsp. Chili Powder
- 1/4 tsp. Garlic Powder
- 1/4 tsp. Onion Powder
- 1/4 tsp. Crushed Red Pepper Flakes
- 1/4 tsp. Dried Oregano
- 1/2 tsp. Paprika
- 1 1/2 tsp. Ground Cumin
- 1 tsp. Sea Salt
- 1 tsp. Black Pepper (optional)

Quick Caesar Dressing Recipe (from www.onceuponachef.com)

- 1 tsp garlic powder
- 1 tsp anchovy paste (comes in a squeeze tube – usually by the canned tuna in the store)
- 2 Tbsp lemon juice
- 1 tsp Dijon or whole grain mustard
- 1 tsp Worcestershire sauce
- 1 cup mayonnaise
- 1/2 cup Parmesan
- 1/4 tsp each salt & pepper

Avgolemono Soup with Chicken + Steamed Veggies (adapted from tastefulventure.com)

Avgolemono is a Greek Egg Lemon Soup. The egg gives the soup a creamy texture without any dairy or flour (which makes this a friendly recipe for those who are sensitive to those ingredients), and the lemon makes this soup feel bright and light. Choose whichever veggies you like to accompany this meal. Bread is also nice to dip in this soup.

Recipe

- Wash hands with soap and water
- Add 6 cups chicken broth and the chicken breast to a large pot
- Add 1 bay leaf, 1 tsp dried oregano, ½ tsp salt and ½ tsp pepper
- Bring to a boil, then add ½ cup dry rice
- Cover and then turn heat down to low so it remains simmering and cook for 40-50 minutes but check the chicken after 30 minutes.
- Once the chicken has internal temperature 165 F on food thermometer. Remove the chicken to a plate and shred with forks
- Meanwhile, whisk together 5 eggs and juice from 1 lemon (or 2 Tbsp juice) in a medium bowl
- Once the rice is cooked (after about 40 minutes), return the chicken to the pot
- Take a ladle of the broth and pour it slowly into the eggs and lemon juice (this warms them up so you don't just get scrambled eggs), then pour the eggs + broth into the rest of the broth that's still in the pot, while whisking the soup
- Cook a 2-3 more minutes on low heat while stirring. It should thicken slightly, try not to let it boil again. Once it is thickened, remove from the heat
- Steam vegetables in microwave or stovetop, season with butter/margarine, or just salt and pepper
- Optionally, rinse and tear off some parsley to make a lovely green garnish for this soup. Serve soup with veggies on the side – some bread is also great for dipping in this creamy soup

INGREDIENTS

- 6 cups chicken broth
- 1 large boneless skinless chicken breast
- ½ cup brown rice (uncooked)
- Bay leaf
- oregano
- Salt
- Pepper
- Juice from 1 lemon or lemon juice
- 5 eggs
- 1-2 bags frozen veggies
- Optional: bread and parsley
- Dressing of choice

Tuna Burgers

This recipe can be easily made gluten-free if you use gluten-free bread crumbs and rolls. You can also choose to eat the burgers in a lettuce wrap or in a flatbread if you like. Also, if your lemons are very large, you will probably only need the juice from ½ lemon. Adding extra juice won't make the burgers bad, just very tart.

Recipe:

- Wash hands with soap and water
- Get out a large plate or tray to put the tuna patties on before cooking
- In a medium bowl, combine 2 tsp Dijon mustard, ½ cup bread crumbs, juice from one lemon (about 2 Tbsp juice), 1 tsp olive oil, ½ tsp salt and ¼ tsp pepper
- Open the 2 cans of tuna, drain, and add to the mixture in the bowl
- Crack one egg into the tuna/breadcrumb mixture
- Mix the mixture with your hands (or a spatula or spoon) until well combined
- Form into patties that will fit well with the buns you have chosen – try to make them consistent sized so they will cook evenly and place on the plate or tray
- Wash hands with soap and water after touching raw eggs
- Heat a large skillet over medium high heat
- Once the pan is hot, add 2 Tbsp canola oil
- Place the patties into the pan and cook for 3-4 minutes, then flip them and cook 3-4 minutes on the other side
- Meanwhile, wash, dry, and tear lettuce if needed
- Remove patties to a new serving plate (not the one you put the raw patties on) – you can place them on a paper towel to soak up extra oil if you want, but I don't find these to be very greasy
- Dress salad with dressing of choice
- Serve tuna burgers with condiments of choice and with salad on the side

INGREDIENTS

- 2 cans tuna
- Dijon mustard
- Bread crumbs
- 1 lemon, or 2 Tbsp juice
- Olive oil
- 1 Egg
- Cooking oil
- Salt
- Pepper
- Whole grain hamburger buns or sandwich rolls
- Any condiments you want on your burger
- Lettuce/greens for 1 side salad
- Dressing of choice

All-in-one-Meal Savory Skillet

This meal includes veggies, protein (ground meat), and whole grains (brown rice) all in one dish! Frozen veggies (which have just as much nutrition as fresh) are used to eliminate the chopping and washing steps. You can use whichever veggies you like as long as they will cook quickly (no large chunks). I used one bag broccoli and one bag “California style” vegetables, which was carrots, cauliflower and broccoli. You could also use green beans, sliced peppers and onions, peas and carrots, just broccoli, you decide!

Recipe:

- Begin by starting rice cooking – if you have a preferred method to cook brown rice already, go ahead and use that! Otherwise:
 - Put 3 ¼ cups water in medium saucepan and cover with a lid. Place on the stove and turn the heat to high to bring the water to a rolling boil.
 - While waiting for the water to boil, measure out 1 ½ cups rice into a colander or large sieve and rinse.
 - Once the water is boiling, add the rice into the water, put the lid on once again and turn the heat to low.
 - Allow to simmer for 45 minutes
 - After 45 minutes, remove from the heat and let sit another 15 minutes without stirring! Then it’s ready to eat!

While the rice is cooking, make the rest of your meal:

- Heat a large saucepan over medium-high heat
- While it is heating, get out your small piece of ginger and 4 garlic cloves
- Add 2 Tbsp oil to the hot pan
- Grate the piece of ginger and the 4 cloves of garlic straight into the hot pan – the skins of the garlic will come off as you grate, just be careful to not drop them in! (And don’t grate your fingers!)
- Once the ginger and garlic are just fragrant (will probably be less than a minute), add the ground meat
- Wash hands and utensils with soap and water after coming into contact with raw meat
- Cook, stirring occasionally until the meat is browned
- Add in the frozen vegetables and 1 Tbsp soy sauce and stir so everything is well mixed
- Add a large lid over the pan to let the vegetables steam for 3-5 minutes (just until tender)
- Taste and add more soy sauce if needed

Serve over rice!

INGREDIENTS

- 1 lb ground meat
- 1 ½ cups brown rice (uncooked)
- 2 10-12 oz bags frozen vegetables that would be good in a stir-fry-like dish.
- 4 Garlic cloves
- 1-inch piece of ginger
- Soy sauce
- You will also need a grater with small holes