Jonah Edmundson 1 2023

## Basic Meal Plan

#### Introduction

This meal plan was designed as a rough guide. For this reason, recipes contain only ingredients and not step-by-step instructions. The user is encouraged to use their creativity to assemble the dish in their own way, and to add (or remove!) extra ingredients as they see fit (although it is good practice to have, at minimum, a meat, a carb and a vege each meal). You will also notice that you will not be cooking every day. This is intentional. On the days you do cook, make enough to last  $\sim 4$  meals, so that you have enough food to last you until you cook again (lunches & dinners).

I recommend shopping on Sundays. However, this scheduling (and the days on which you cook) can easily be re-organized. Just pick a schedule that works for you and stick with it.

The layout of this document was organized so that it can be printed and taken with you to the store and used as a shopping list.

"Sunday Prep" is only necessary if you find yourself short on food throughout the week. The first time I tried this meal plan, I only made the cookies:).

Another tip: buy fresh ingredients. It's healthier. Also, it is worth the few extra dollars to get fresh cilantro/parsley/basil/rosemary/thyme. Mince it up and put it in a container at the beginning of the week and add to any/all recipes as you go. Also, this guide doesn't mention it, but invest in some spices. It's well worth it.

Generally, I cook (and reheat) my food with olive oil. Please stay away from seed oil and anything with trans fats, as it is unhealthy. Butter also works great.

As an occasional substitute for plain water, I had fun making cold teas in the fridge using a mason jar, tea bags and fresh lemons/limes. Use a bigger mason jar to get several cups out of each teabag. If you don't add sugar, this is healthy.

In addition to this meal plan, make sure you are eating some fruits. Another good way to get more vitamin C is to buy juice boxes, they usually have 1 day's worth per box (although it is inferior to real fruit). Apples, oranges and bananas are generally cheap options that last a good chunk of time in the fridge.

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## 1 Month A

#### 1.1 Week 1

This week's Sunday prep:

Chocolate of	chip	cookies
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$\Box$ 1 cup butter
$\Box$ 1 cup brown sugar
$\Box$ $\frac{1}{2}$ cup white sugar
$\square$ 2 eggs
$\Box$ 1 teaspoon vanilla
MIX
$\Box$ 1 $\frac{1}{2}$ cup cups flour
$\square$ 2 cups <b>quick</b> oats
$\hfill\Box$ 1 teaspoon salt
$\Box$ 1 teaspoon baking $\mathbf{soda}$
$\Box$ chocolate chips

Bake at  $350\mathrm{F}$  for 8-12 mins

## 1.1.1 Day 1 - Pierogies & Sausage w/ Roast Veges

☐ frozen pierogies
$\square$ sausage
□ onion (purple or yellow)
$\square$ green onion
$\square$ garlic
$\square$ broccoli
$\hfill\Box$ cauliflower
$\square$ mushrooms
□ leek

## 1.1.2 Day 2

5		2023
1.1.3	Day 3 - Spaghetti & Meatballs	
	1 44: 11	

□ spagnetti noodies
$\hfill\Box$ ground be ef
$\Box$ oats
$\Box$ eggs
$\square$ salt & spices
$\hfill\Box$ tomato sauce
$\square$ green onion
$\square$ onion
$\square$ mushrooms
□ parmesan cheese (optional)

#### 1.1.4 Day 4

Yesterday's leftovers!!

## 1.1.5 Day 5 - Stew & Naan

□ beef or chicken
$\Box$ carrots
$\square$ onions
$\square$ squash
$\square$ mushrooms
$\square$ leek
$\square$ potatoes
$\square$ oxo cubes
$\square$ olive oil
$\square$ garlic
□ paprika

 $\square$  herbs

 $\Box$ naan / artisan bread

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## 1.1.6 Day 6

 $Yesterday's\ leftovers!!$ 

## 1.1.7 Day 7

 $\begin{tabular}{ll} Make something easy... \\ Or leftovers \end{tabular}$ 

1	0	TX71-	0
	. Z	Week	Z

This week's	Sunday	prep:
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#### Beef barley soup

☐ beef chunks
$\hfill\Box$ barley (cook before adding)
$\Box$ carrots
$\Box$ celery
$\square$ oxo cubes
□ leek
$\square$ olive oil
$\square$ onion
$\Box$ herbs

Freeze extras.

 $\Box\,$ tomato paste

#### 1.2.1 Day 1 - Rice paper / Salad Rolls

□ rice paper□ thin noodles

□ cucumber

 $\Box$  carrots

 $\square$  pork

 $\square$  sesame seeds

 $\Box$  cabbage

 $\Box$  fresh cilantro or basil

 $\Box$ avocado

 $\square$  some dipping sauce

#### 1.2.2 Day 2

1.2.3	Day	3 -	Jerk	Chicken	&	Mac	$\mathbf{n}$	Cheese
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$\hfill\Box$ chicken drumsticks
$\Box$ jerk spice
$\Box$ chilis
$\Box$ onion
$\square$ flour
$\Box$ butter
$\square$ milk
$\hfill\Box$ macaroni/elbow noodles
$\Box$ cheese
$\Box$ coleslaw
$\Box$ dressing $\longrightarrow$ mayo, vinegar, lemon juice
$\hfill\Box$ maple bacon (optional)
1.2.4 Day 4
1.2.4 Day 4
Yesterday's leftovers!!
·
Yesterday's leftovers!!
Yesterday's leftovers!!  1.2.5 Day 5 - Kebabs
Yesterday's leftovers!!  1.2.5 Day 5 - Kebabs  □ kebab sticks
Yesterday's leftovers!!  1.2.5 Day 5 - Kebabs   kebab sticks  lamb
Yesterday's leftovers!!  1.2.5 Day 5 - Kebabs    kebab sticks   lamb   bell peppers
Yesterday's leftovers!!  1.2.5 Day 5 - Kebabs    kebab sticks   lamb   bell peppers   pitas
Yesterday's leftovers!!  1.2.5 Day 5 - Kebabs    kebab sticks   lamb   bell peppers   pitas   greek/plain yoghurt
Yesterday's leftovers!!  1.2.5 Day 5 - Kebabs    kebab sticks   lamb   bell peppers   pitas   greek/plain yoghurt   cucumber
Yesterday's leftovers!!  1.2.5 Day 5 - Kebabs    kebab sticks   lamb   bell peppers   pitas   greek/plain yoghurt   cucumber   lemon

## 1.2.6 Day 6

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## 1.2.7 Day 7

Make something easy... Or leftovers

	1.3	Week	3
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This week's Sunday prep:

#### Homemade bread

https://based.cooking/no-knead-bread/
 poppy seeds
 hemp hearts
 flour
 instant yeast
 salt

#### 1.3.1 Day 1 - Butter Chicken

□ masala sauce
 □ chicken breasts
 □ naan
 □ rice
 □ broccoli

#### 1.3.2 Day 2

Yesterday's leftovers!!

#### 1.3.3 Day 3 - Mushroom Stroganoff

□ some kind of pasta
□ mushrooms
□ garlic
□ onion
□ flour
□ chicken stock
□ paprika
□ milk
□ sour cream
□ fresh parsley

#### 1.3.4 Day 4

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#### 1.3.5 Day 5 - Chorizo Tacos

refried beans
pork
corn tortillas
avocado
fresh cilantro
green onion
salsa
limes

## 1.3.6 Day 6

Yesterday's leftovers!!

## 1.3.7 Day 7

 $\begin{tabular}{ll} {\bf Make something \ easy...} \\ {\bf Or \ leftovers} \end{tabular}$ 

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1 1	Week	1
1.4	vveek	4

This week's Sunday prep:

 $\hfill\Box$  carrots (glazed and steamed)

Oatn	neal Chocolate Chip Cookies
	1 cup butter
	1 cup brown sugar
	$\frac{1}{2}$ cup white sugar
	$2~{ m eggs}$
	1 teaspoon vanilla MIX
	$1\frac{1}{2}$ cup cups flour
	2 cups quick oats
	1 teaspoon salt
	1 teaspoon baking <b>soda</b>
	chocolate chips
	Bake at 350F for 8-12 mins
1.4.1	Day 1 - Cheesy Bread & Meat Sauce
	tomato sauce
	ground beef
	white sugar, spices
	jalapeno
	pizza dough
	garlic
	butter
	mozza cheese
	parmesan cheese
	cucumber salad (cucumber, parsley, dill, honey, white wine vinegar, feta, red onion, green onion salt & pepper) $\frac{1}{2}$
1.4.2	Day 2
Yester	rday's leftovers!!
1.4.3	Day 3 - Turkey & Mashed Potatoes
	turkey
	potatoes
	peas
	gravy packet

## 1.4.4 Day 4

 $Yesterday's\ leftovers!!$ 

1.4.5	Day	5 -	Dutch	Sour	Meat	(zoervleisj)

$\square$ apples
$\square$ sugar
$\Box$ chuck roast
$\square$ onions
$\Box$ cloves
$\Box$ bay leaves
$\Box$ nutmeg
$\Box$ white wine vinegar
$\Box$ ginger loaf (flour, sugar, molasses, baking soda, butter, egg, vanilla, ginger, cinnamon)
□ butter
$\Box$ dark beer
$\Box$ bread
$\Box$ brussel sprouts

#### 1.4.6 Day 6

 $Yesterday's\ leftovers!!$ 

## 1.4.7 Day 7

Make something easy...  $\,$ 

Or leftovers

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#### 2 Month B

 $\hfill\Box$  cauliflower

0 1	XX7 1 -	1
2. I	Week	- 1

This	week's	Sunday	prep:
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This week's Sunday prep:
Cream of Vegetable Soup
□ leek
$\Box$ carrot
$\Box$ potato
□ celery
$\Box$ onion
$\Box$ fresh thyme
$\square$ garlic
$\Box$ olive oil
$\Box$ cream
2.1.1 Day 1 - Glazed Salmon & Steamed Veges
https://www.tasteofhome.com/recipes/brown-sugar-glazed-salmon/
$\square$ salmon
$\Box$ brown sugar
$\square$ lemon
$\Box$ vinegar
$\Box$ optional $\longrightarrow$ dijon must ard, soy sauce
$\square$ green beans
$\square$ asparagus
2.1.2 Day 2
Yesterday's leftovers!!
2.1.3 Day 3 - Potato Cheese Casserole
$\Box$ potatoes
$\square$ marble cheese
$\Box$ onion
$\square$ sour cream
□ milk/cream
$\square$ pork
□ broccoli

#### 2.1.4 Day 4

 $Yesterday's\ leftovers!!$ 

#### ${\bf 2.1.5}\quad {\bf Day}\ {\bf 5}\ {\bf -Hamburgers}$

$\square$ ground beef + spices
$\square$ oats
$\square$ onions
$\square$ buns
$\square$ ketchup
$\square$ mushrooms
$\square$ potatoes
$\Box$ lettuce (burgers and salad)
$\square$ cucumbers (salad)

## 2.1.6 Day 6

Yesterday's leftovers!!

#### 2.1.7 Day 7

 $\begin{tabular}{ll} {\bf Make something \ easy...} \\ {\bf Or \ leftovers} \end{tabular}$ 

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10	
2.2	Week 2
This	week's Sunday prep:
	emade bread
	ttps://based.cooking/no-knead-bread/
	poppy seeds
	hemp hearts
	flour
	instant yeast
	salt
2.2.1	Day 1 - Homemade Pizza
	pizza dough
	tomato paste
	mozza
	mushrooms
	spinach
	pepperoni
	jalapenos
2.2.2	2 Day 2
Yeste	rday's leftovers!!
2.2.3	B Day 3 - Steak & Lemon Potatoes
	potatoes
	lemon
	oxo cubes
	steak
	chimichurri — onion, garlic, spinach, chili, vinegar, cilantro, parsley, oregano, olive oil
	asparagus
2.2.4	Day 4
Yeste	rday's leftovers!!
2.2.5	Day 5 - Schnitzel
	pork
	bread crumbs
	egg
	flour

 $\square$  baby potatoes  $\square$  sour cream  $\square$  green beans

## 2.2.6 Day 6

 $Yesterday's\ leftovers!!$ 

## 2.2.7 Day 7

Make something easy... Or leftovers

## 2.3 Week 3

 $\square$  ginger  $\square$  garlic  $\square$  red chili

This week's Sunday prep:

Oatmeal chocolate chip cookies
$\Box$ 1 cup butter
$\Box$ 1 cup brown sugar
$\Box \frac{1}{2}$ cup white sugar
$\square$ 2 eggs
$\hfill\Box$ 1 teaspoon vanilla
MIX
$\Box$ 1 $\frac{1}{2}$ cup cups flour
$\square$ 2 cups <b>quick</b> oats
$\Box$ 1 teaspoon salt
$\Box$ 1 teaspoon baking <b>soda</b>
$\Box$ chocolate chips
Bake at 350F for 8-12 mins
2.3.1 Day 1 - Twice-Baked Potatoes
□ potatoes
□ bacon bits
□ cream
□ green onion
□ marble cheese
□ chicken
□ brown sugar
$\Box$ carrots
$\Box$ dried thyme
2.3.2 Day 2
Yesterday's leftovers!!
2.3.3 Day 3 - Homemade Ramen
$\square$ ramen noodles
$\Box$ egg
□ oxo cubes
□ pork
☐ green onion
□ sesame seeds

#### 2.3.4 Day 4

 $Yesterday's\ leftovers!!$ 

#### 2.3.5 Day 5 - Roast Beef Sandwiches

$\Box$ beef roast (sear first)
$\Box$ artisan bread
$\square$ sour cream
$\Box$ onion
□ arugula
$\square$ swiss cheese (optional)
$\hfill\Box$ horseradish sauce (optional)
$\hfill\Box$ green beans / brussel sprouts (on side)

#### 2.3.6 Day 6

 $Yesterday's\ leftovers!!$ 

## 2.3.7 Day 7

 $\begin{array}{c} {\rm Make\ something\ easy...} \\ {\rm Or\ leftovers} \end{array}$ 

## 2.4 Week 4

This week's Sunday prep:

	Day! ummus ttps://based.cooking/hummus/
	canned chick peas
	garlic
	tahini
	olive oil
	lemon juice
	dried cumin
Pe	epper Puree
	bell peppers
	chili pepper
	black pepper
	parmesan
	white beans
	garlic
	lemon
2.4.1	Day 1 - Vege Pork Udor
	udon noodles
	carrot
	jalapeno/serrano pepper
	white onion
	pork
	spinach
	sweet chili sauce
	cilantro

## 2.4.2 Day 2

2.4.3	Day 3 - Homemade Tomato Soup & Grilled Cheese
	bread
	cheese
	ham
	tomatoes
	onion
	cream
	basil
	chicken broth
	red chilis
	flour, sugar, butter (small amount)
	salad $\longrightarrow$ lettuce, cucumber, bell pepper
2.4.4	Day 4
Yester	day's leftovers!!
2.4.5	Day 5 - Sweet and Sour Chicken Bites
	chicken
	egg, flour, panko
	onion
	white rice
	green onion
	pineapple
	mango
	bell pepper
	chilis
	sweet & sour sauce $\longrightarrow$ vinegar, brown sugar, chili flakes, canned pineapple juice, cornstarch, ketchup
2.4.6	Day 6
Yester	day's leftovers!!
2.4.7	Day 7
Make	something easy

Or leftovers

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А	Brea	KTAST	SLIIII

□ eggs
 □ chocolate milk
 □ ham/pork cuts
 □ hemp hearts, flax seeds
 □ overnight oats
 □ milk
 □ cereal

# B Things to have on hand

Add to this!

$\hfill\Box$ bread (frozen)
$\square$ flour
$\Box$ sugar (brown & white)
$\hfill\Box$ canned soup
$\square$ oats
$\square$ ketchup
$\square$ olive oil
$\Box$ chips
$\Box$ baking soda / powder
$\square$ vinegar
$\hfill\Box$ kraft dinner
$\Box$ dried pasta
$\hfill\Box$ canned beans
$\hfill\Box$ frank's red hot sauce
$\hfill\Box$ pancake mix
$\Box$ brownie/cake mix
$\Box$ peanut butter / nutella
$\hfill\Box$ BBQ sauce

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# C Basic Spices

□ basil
$\square$ garlic
$\square$ oregano
$\square$ dried onion
$\Box$ montreal steak spice
$\Box$ chili powder
$\Box$ chili flakes
□ curry
□ dill
$\Box$ thyme
$\Box$ taijin
$\square$ parsely
□ cumin
$\square$ seasoning salt
$\Box$ salt & pepper
*If I missed your favorite spice, too bad*

## D Retired Recipes

 $\Box$  green beans

# D.0.1 $\operatorname{Cod}$ $\square$ cod $\square$ lemon $\square$ baby potatoes $\square$ zucchini $\square$ squash D.0.2 Lasagna & Steamed Broccoli $\square$ lasagna/flat pasta $\Box$ cheese $\square$ tomato sauce $\square$ ground beef □ spinach $\square$ fresh herbs $\square$ broccoli D.0.3Spicy Udon $\hfill\square$ udon noodles □ kimchi $\Box$ green onion □ pork □ bok choy $\square$ chili sauce Chicken and Quinoa $\square$ rotisserie chicken <br/>or chicken thighs —> use bones for stock & freeze $\square$ quinoa $\square$ (green) onion $\square$ cauliflower $\square$ broccoli $\square$ mushrooms $\square$ leek D.0.5Couscous & Yam Fries $\square$ yams □ couscous $\hfill\Box$ chicken

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D.0.6	Cabbage	Rolls

		green cabbage (steam first)
		ground beef
		onion
		rice
		fresh herbs
		green beans $/$ brussel sprouts (on side)
D.	.0.	7 Lentils & Beans
		lentils
		beans
		lemon
		leek
		green onion
		bell peppers
		tortilla chips
D.	.0.	8 Stir Fried Rice
		rice
		chicken breast
		thai sauce
		green onion
		leek
		cabbage
		carrots
		baby corns