

# 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 chip cookies

- ☐ 1 cup butter
- ☐ 1 cup brown sugar
- ☐  $\frac{1}{2}$  cup white sugar
- ☐ 2 eggs
- ☐ 1 teaspoon vanilla  
MIX
- ☐  $1 \frac{1}{2}$  cup cups flour
- ☐ 2 cups **quick** oats
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon baking **soda**
- ☐ chocolate chips

Bake at 350F for 8-12 mins

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

- ☐ frozen pierogies
- ☐ sausage
- ☐ onion (purple or yellow)
- ☐ green onion
- ☐ garlic
- ☐ broccoli
- ☐ cauliflower
- ☐ mushrooms
- ☐ leek

### 1.1.2 Day 2

Yesterday's leftovers!!

### 1.1.3 Day 3 - Meatball Sub

- ☐ ground beef
- ☐ oats
- ☐ eggs
- ☐ salt & spices
- ☐ tomato sauce
- ☐ white onion
- ☐ sub bread
- ☐ provolone/mozza cheese
- ☐ parsley
- ☐ cilantro
- ☐ banana peppers
- ☐ bell peppers

### 1.1.4 Day 4

Yesterday's leftovers!!

### 1.1.5 Day 5 - Stew & Naan

- ☐ beef or chicken
- ☐ carrots
- ☐ onions
- ☐ squash
- ☐ mushrooms
- ☐ leek
- ☐ potatoes
- ☐ oxo cubes
- ☐ olive oil
- ☐ garlic
- ☐ paprika
- ☐ herbs
- ☐ naan / artisan bread

### 1.1.6 Day 6

Yesterday's leftovers!!

### 1.1.7 Day 7

Make something easy...

Or leftovers

## 1.2 Week 2

This week's Sunday prep:

### Beef barley soup

- ☐ beef chunks
- ☐ barley (cook before adding)
- ☐ carrots
- ☐ celery
- ☐ oxo cubes
- ☐ leek
- ☐ olive oil
- ☐ onion
- ☐ herbs
- ☐ tomato paste

Freeze extras.

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

- ☐ rice paper
- ☐ thin noodles
- ☐ cucumber
- ☐ carrots
- ☐ pork
- ☐ sesame seeds
- ☐ cabbage
- ☐ fresh cilantro or basil
- ☐ avocado
- ☐ some dipping sauce

### 1.2.2 Day 2

Yesterday's leftovers!!

### 1.2.3 Day 3 - Jerk Chicken & Mac n Cheese

- ☐ chicken drumsticks
- ☐ jerk spice
- ☐ chilis
- ☐ onion
- ☐ flour
- ☐ butter
- ☐ milk
- ☐ macaroni/elbow noodles
- ☐ cheese
- ☐ coleslaw
- ☐ dressing → mayo, vinegar, lemon juice
- ☐ maple bacon (optional)

### 1.2.4 Day 4

Yesterday's leftovers!!

### 1.2.5 Day 5 - Kebabs

- ☐ kebab sticks
- ☐ lamb
- ☐ bell peppers
- ☐ pitas
- ☐ greek/plain yoghurt
- ☐ cucumber
- ☐ lemon
- ☐ dill
- ☐ garlic
- ☐ olive oil

### 1.2.6 Day 6

Yesterday's leftovers!!



### 1.2.7 Day 7

Make something easy...

Or leftovers

### 1.3 Week 3

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

- ☐ 2L crushed tomatoes
- ☐ 500mL chicken stock
- ☐ 1L cream
- ☐ 4-6 chicken breasts
- ☐ butternut squash
- ☐ large sweet onion
- ☐ garlic
- ☐ butter
- ☐ garam masala
- ☐ tandoori masala
- ☐ nutmeg
- ☐ cloves
- ☐ cinammon
- ☐ tumeric
- ☐ red chilis
- ☐ fresh cilantro
- ☐ naan bread

#### 1.3.2 Day 2

Yesterday's leftovers!!

### 1.3.3 Day 3 - Mushroom Stroganoff

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

### 1.3.4 Day 4

Yesterday's leftovers!!

### 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

Make something easy...  
Or leftovers

## 1.4 Week 4

This week's Sunday prep:

### Oatmeal Chocolate Chip Cookies

- ☐ 1 cup butter
  - ☐ 1 cup brown sugar
  - ☐  $\frac{1}{2}$  cup white sugar
  - ☐ 2 eggs
  - ☐ 1 teaspoon vanilla  
MIX
  - ☐ 1  $\frac{1}{2}$  cup cups flour
  - ☐ 2 cups **quick** oats
  - ☐ 1 teaspoon salt
  - ☐ 1 teaspoon baking **soda**
  - ☐ 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](#) (instant yeast, flour, sugar, salt, olive oil)
- ☐ garlic
- ☐ butter
- ☐ mozza cheese
- ☐ parmesan cheese
- ☐ cucumber salad (cucumber, parsley, dill, honey, white wine vinegar, feta, red onion, green onion, salt & pepper)

#### 1.4.2 Day 2

Yesterday's leftovers!!

#### 1.4.3 Day 3 - Turkey & Mashed Potatoes

- ☐ turkey
- ☐ potatoes
- ☐ peas
- ☐ gravy packet
- ☐ carrots (glazed and steamed)

#### 1.4.4 Day 4

Yesterday's leftovers!!

#### 1.4.5 Day 5 - Dutch Sour Meat (zoervleisj)

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

#### 1.4.6 Day 6

Yesterday's leftovers!!

#### 1.4.7 Day 7

Make something easy...  
Or leftovers

## 2 Month B

### 2.1 Week 1

This week's Sunday prep:

#### Cream of Vegetable Soup

- ☐ leek
- ☐ carrot
- ☐ potato
- ☐ celery
- ☐ onion
- ☐ fresh thyme
- ☐ garlic
- ☐ olive oil
- ☐ cream

#### 2.1.1 Day 1 - Glazed Salmon & Steamed Veges

<https://www.tasteofhome.com/recipes/brown-sugar-glazed-salmon/>

- ☐ salmon
- ☐ brown sugar
- ☐ lemon
- ☐ vinegar
- ☐ optional → dijon mustard, soy sauce
- ☐ green beans
- ☐ asparagus

#### 2.1.2 Day 2

Yesterday's leftovers!!

#### 2.1.3 Day 3 - Fettuccine Chicken Alfredo

- ☐ fettuccine noodles
- ☐ chicken breast
- ☐ bacon
- ☐ real parmesan cheese
- ☐ onion
- ☐ garlic
- ☐ cream
- ☐ chicken stock
- ☐ fresh parsley
- ☐ green onion (optional)
- ☐ asparagus

#### **2.1.4 Day 4**

Yesterday's leftovers!!

#### **2.1.5 Day 5 - Hamburgers**

- ☐ ground beef + spices
- ☐ oats
- ☐ onions
- ☐ buns
- ☐ ketchup
- ☐ mushrooms
- ☐ potatoes
- ☐ lettuce (burgers and salad)
- ☐ cucumbers (salad)

#### **2.1.6 Day 6**

Yesterday's leftovers!!

#### **2.1.7 Day 7**

Make something easy...

Or leftovers

## 2.2 Week 2

This week's Sunday prep:

### Homemade bread

<https://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 Day 2

Yesterday's leftovers!!

### 2.2.3 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

Yesterday's leftovers!!

### 2.2.5 Day 5 - Schnitzel

- ☐ pork
- ☐ bread crumbs
- ☐ egg
- ☐ flour
- ☐ baby potatoes
- ☐ sour cream
- ☐ green beans



**2.2.6 Day 6**

Yesterday's leftovers!!

**2.2.7 Day 7**

Make something easy...  
Or leftovers

## 2.3 Week 3

This week's Sunday prep:

### Oatmeal chocolate chip cookies

- ☐ 1 cup butter
  - ☐ 1 cup brown sugar
  - ☐  $\frac{1}{2}$  cup white sugar
  - ☐ 2 eggs
  - ☐ 1 teaspoon vanilla  
MIX
  - ☐ 1  $\frac{1}{2}$  cup cups flour
  - ☐ 2 cups **quick** oats
  - ☐ 1 teaspoon salt
  - ☐ 1 teaspoon baking **soda**
  - ☐ 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
- ☐ carrots
- ☐ dried thyme

### 2.3.2 Day 2

Yesterday's leftovers!!

### 2.3.3 Day 3 - Homemade Ramen

- ☐ ramen noodles
- ☐ egg
- ☐ oxo cubes
- ☐ pork
- ☐ green onion
- ☐ sesame seeds
- ☐ ginger
- ☐ garlic
- ☐ red chili

### 2.3.4 Day 4

Yesterday's leftovers!!

### 2.3.5 Day 5 - Roast Beef Sandwiches

- ☐ beef roast (sear first)
- ☐ artisan bread
- ☐ sour cream
- ☐ onion
- ☐ arugula
- ☐ swiss cheese (optional)
- ☐ horseradish sauce (optional)
- ☐ green beans / brussel sprouts (on side)

### 2.3.6 Day 6

Yesterday's leftovers!!

### 2.3.7 Day 7

Make something easy...

Or leftovers

## 2.4 Week 4

This week's Sunday prep:

### Dip Day!

Hummus

<https://based.cooking/hummus/>

- ☐ canned chick peas
- ☐ garlic
- ☐ tahini
- ☐ olive oil
- ☐ lemon juice
- ☐ dried cumin

Pepper Puree

- ☐ bell peppers
- ☐ chili pepper
- ☐ black pepper
- ☐ parmesan
- ☐ white beans
- ☐ garlic
- ☐ lemon

### 2.4.1 Day 1 - Vege Pork Udon

- ☐ udon noodles
- ☐ carrot
- ☐ jalapeno/serrano pepper
- ☐ white onion
- ☐ pork
- ☐ spinach
- ☐ sweet chili sauce
- ☐ cilantro

### 2.4.2 Day 2

Yesterday's leftovers!!

### 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 → lettuce, cucumber, bell pepper

### 2.4.4 Day 4

Yesterday'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 → vinegar, brown sugar, chili flakes, canned pineapple juice, cornstarch, ketchup

### 2.4.6 Day 6

Yesterday's leftovers!!

### 2.4.7 Day 7

Make something easy...  
Or leftovers

## A Breakfast stuff

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

## B Things to have on hand

Add to this!

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

## C Basic Spices

- ☐ basil
- ☐ garlic
- ☐ oregano
- ☐ dried onion
- ☐ montreal steak spice
- ☐ chili powder
- ☐ chili flakes
- ☐ curry
- ☐ dill
- ☐ thyme
- ☐ taijin
- ☐ parsely
- ☐ cumin
- ☐ seasoning salt
- ☐ salt & pepper
- ☐ fennel
- ☐ cinnamon
- ☐ cloves
- ☐ nutmeg

\*If I missed your favorite spice, too bad\*

## D Retired Recipes

### D.0.1 Cod

- ☐ cod
- ☐ lemon
- ☐ baby potatoes
- ☐ zucchini
- ☐ squash

### D.0.2 Lasagna & Steamed Broccoli

- ☐ lasagna/flat pasta
- ☐ cheese
- ☐ tomato sauce
- ☐ ground beef
- ☐ spinach
- ☐ fresh herbs
- ☐ broccoli

### D.0.3 Spicy Udon

- ☐ udon noodles
- ☐ kimchi
- ☐ green onion
- ☐ pork
- ☐ bok choy
- ☐ chili sauce

### D.0.4 Chicken and Quinoa

- ☐ rotisserie chicken or chicken thighs → use bones for stock & freeze
- ☐ quinoa
- ☐ (green) onion
- ☐ cauliflower
- ☐ broccoli
- ☐ mushrooms
- ☐ leek

### D.0.5 Couscous & Yam Fries

- ☐ yams
- ☐ couscous
- ☐ chicken
- ☐ green beans



**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

**D.0.9 Potato Cheese Casserole**

- ☐ potatoes
- ☐ marble cheese
- ☐ onion
- ☐ sour cream
- ☐ milk/cream
- ☐ pork
- ☐ broccoli
- ☐ cauliflower

**D.0.10 Spaghetti & Meatballs**

- ☐ spaghetti noodles
- ☐ ground beef
- ☐ oats
- ☐ eggs
- ☐ salt & spices
- ☐ tomato sauce
- ☐ green onion
- ☐ onion
- ☐ mushrooms
- ☐ parmesan cheese (optional)

**D.0.11 Taco Salad**

- ☐ ground beef
- ☐ lettuce
- ☐ doritos
- ☐ green onion
- ☐ white onion
- ☐ salsa
- ☐ sour cream
- ☐ cheese
- ☐ cilantro