

Monday

BREAKFAST: Sunny Side Up Eggs With Sweet Potatoes And Avocado

SERVINGS: 5 servings

INGREDIENTS:

- 1 sweet potato, cooked, and diced
- 1 tablespoon olive oil, divided
- 2 eggs
- red pepper flakes, to tatse
- salt and pepper, to taste
- goat cheese, crumbled (optional)
- 1/ 2 avocado, peeled, pitted and sliced

INSTRCUTIONS:

STEP 1  
Heat half of the olive oil in a large skillet and add cooked and diced sweet potato.  
Cook until heat through.  
Remove from skillet and add the remaining oil.  
Heat over medium flame, then add eggs and cook for about 4 minutes, or until whites have set.  
Season with salt, pepper and red pepper flakes.

STEP 2  
Serve eggs with sweet potatoes, avocado and goat cheese and enjoy.



LUNCH: Crispy Chicken Katsu

SERVINGS: 5 servings

INGREDIENTS:

- 6 chicken breasts boneless and skinless
- 0.75 teaspoon kosher salt
- 0.38 teaspoon coarse ground black pepper
- 0.38 cup flour
- 3 large eggs beaten
- 3 cups panko bread crumbs
- vegetable oil for frying

INSTRUCTIONS:

Using a mallet pound the chicken to an even thickness, about 1/2" thick then season with the salt and pepper.  
Coat with the flour before dredging in the egg yolks then pressing into the panko and letting rest on a baking sheet for ten minutes before frying.  
Fry in a large skillet with at least 2 inches of oil on medium heat until cooked through and golden brown.  
About 4-5 minutes on each side and serve with katsu sauce or katsu curry sauce (recipes above).



DINNER: Noodle Stir-Fry with Rainbow Vegetables

SERVINGS: 5 servings

INGREDIENTS:

- 15 ounces spaghetti pasta
- 2.5 tablespoon olive oil
- 0.63 cup red cabbage, shredded
- 1.25 cup yellow and red bell peppers, sliced
- 0.63 cup carrots, julienne
- 1.25 cup edamame, I used frozen and thawed it before adding it in
- 2.5 garlic clove, minced
- 2.5 tablespoon creamy peanut butter
- 10 tablespoons low sodium soy sauce
- 2.5 teaspoon sesame oil
- 0.31 teaspoon sesame seeds
- 5 tablespoons green onions, sliced
- crushed peanuts, optional

INSTRUCTIONS:

Boil pasta until al dente.  
Meanwhile in a large skillet heat oil and add cabbage, bell peppers and carrots.  
Saute for 3-4 minutes until tender.  
Toss in edamame and garlic.  
Cook for 1 minute.  
Stir in peanut butter, soy sauce and sesame oil.  
Add in cooked noodles and toss to coat.  
Sprinkle with sesame seeds, green onions and crushed peanuts if desired.  
Serve immediately.



SNACK: Broccoli Cheese Balls

SERVINGS: 16 balls

INGREDIENTS:

- 3 heaping cups fresh broccoli florets
- 2 cup shredded Colby cheese
- 2 cup shredded cheddar cheese
- 8 ounces Velveeta, cut into small chunks
- 1 teaspoon crushed red pepper flakes
- 4.5 cups Panko crumbs, divided
- 2 egg, lightly beaten
- 1 cup all-purpose flour
- 4 eggs, lightly beaten
- Vegetable or Canola oil

INSTRUCTIONS:

Steam broccoli until slightly softened. Let cool.  
Finely chop broccoli.  
You want the pieces to be 1/4-inch or less. Place in a large bowl.  
Add cheese, red pepper flakes, 1/4 cup Panko crumbs, and 1 egg to bowl with broccoli.  
Stir well.



Use your hands to shape mixture into balls using about a rounded tablespoon for each ball.  
You should get 12-14.  
Place balls on a plate and refrigerate for at least 30 minutes.  
Place flour in a bowl.  
Place the 2 lightly beaten eggs in a second bowl and mix in 1 tablespoon water.  
Place remaining 2 cups Panko crumbs in a third bowl.  
Pour about 2 inches of oil in a Dutch oven or heavy pot.  
Heat oil to 375 degrees.  
For best results use a thermometer.

Remove broccoli balls from refrigerator, coat in flour, dip in egg mixture, and then coat in Panko crumbs.  
Fry about 4 balls at a time cooking until golden brown on all sides.  
Drain on a paper towel-lined plate.

Tuesday

BREAKFAST: Ham and Cheese Egg Cups

SERVINGS: 12 cups

INGREDIENTS:


9 oz thinly sliced deli ham, divided (I used Hillshire Farm Deli Select)  
6 large eggs  
2 egg whites  
¼ cup skim milk  
¼ teaspoon salt  
1/8 teaspoon pepper  
½ cup chopped fresh spinach leaves  
2 oz shredded 2% sharp cheddar cheese, divided

INSTRUCTIONS:

Preheat the oven to 350. Lightly mist 12 cups in a muffin tin with cooking spray.  
Press a slice of ham into each cup of the muffin tin.  
Arranging the edges to form a ham cup.  
Chop up the remaining ham and set aside.

In a mixing bowl, combine the eggs, egg whites, milk, salt and pepper and whisk together until yolks and whites are fully combined and beaten.  
Add the reserved chopped ham, the spinach and half of the shredded cheddar and stir together to combine.

Spoon the egg mixture evenly into the ham cups and then top each cup with the remaining shredded cheese.  
Place the tin in the oven and bake for 18-20 minutes until the eggs are set.



LUNCH: Sweet and Sour Meatballs

SERVINGS: 20 meatballs


INGREDIENTS:

Meatball Recipe:  
1.5 slices bread  
0.17 cup whole milk  
0.25 yellow onion , minced  
1.5 tablespoons unsalted butter , divided  
1 pounds ground beef , (80/20)  
1 large eggs  
1.5 cloves garlic , minced  
0.5 teaspoon kosher salt  
0.25 teaspoon coarse ground black pepper  
0.5 teaspoon Worcestershire Sauce

Pineapple Sauce:  
0.5 cup brown sugar , packed  
0.13 cup cornstarch  
1 cups pineapple juice  
0.13 cup apple cider vinegar  
0.13 cup ketchup  
1 tablespoons soy sauce  
1 cups pineapple chunks  
0.5 red bell pepper , cut into 1" chunks  
0.5 green bell pepper , cut into 1" chunks  
0.25 white onion , cut into 1" chunks

INSTRUCTIONS:

Preheat oven to 400 degrees and spray a 9×13 baking pan with vegetable oil spray.  
In the bowl of your stand mixer, add the milk to the slices of bread.  
Melt the butter in a pan and add the minced yellow onions.  
Cook them on medium low until translucent but not browned.  
Remove from heat and let cool.  
In your bowl with the milk soaked bread.  
Add the rest of the meatball ingredients including the cooked onions.  
Mix it on low until the bread is broken apart and the meat is combined with the ingredients.  
(using the stand mixer and not your hands helps keep the mixture cold and tender)  
Using a meatballer/ice cream scoop or your hands.  
Scoop them into balls about the size of a ping pong ball.  
Cook, uncovered, for 20-22 minutes.  
While the meatballs are cooking, in a large pot.  
Add the brown sugar, cornstarch, pineapple juice, apple cider vinegar, ketchup, soy sauce, pineapple chunks, red bell pepper, green bell pepper, and white onion chunks.  
Stir well then turn on heat to medium-high.  
Cook for 8-10 minutes until sauce has thickened.  
Remove meatballs from baking sheet and add to sauce.  
Cook for 1 minute until well coated.




Dinner: Tuscan Chicken Mac and Cheese

SERVINGS: 6

INGREDIENTS:

2 large skinless boneless chicken breasts pounded to 1-inch thickness  
Salt and pepper, to season  
1/2 teaspoon paprika  
1/2 teaspoon dried parsley  
1 tablespoon olive oil, divided





2 tablespoons butter  
1 small yellow onion chopped  
6 cloves garlic finely diced  
9 oz (250g) jarred sun dried tomato strips in oil  
(reserve 2 tablespoons of oil and drain the rest)  
3 level tablespoons flour  
2 cups chicken broth  
3 cups milk  
2 teaspoons dried Italian herbs  
10 ounces (300g) elbow macaroni uncooked  
3 cups baby spinach leaves

1 cup fresh grated Parmesan cheese  
3/4 cup mozzarella cheese shredded  
1/2 cup grated cheese Cheddar or Gruyere  
2 tablespoons fresh parsley chopped

**INSTRUCTIONS:**

Season chicken with salt, pepper, paprika, dried parsley and 2 teaspoons of the oil.  
Heat the remaining oil in a large pot or pan over medium-high heat.  
Add the chicken and sear on both sides until golden brown.  
Transfer chicken to a warm plate, tent with foil and set aside.  
To the same pan, add the butter and fry the onion and garlic.  
Add the sun dried tomatoes with 2 tablespoons of the sun dried tomato oil and cook for 1-2 minutes.  
Stir the flour into the pot and allow to cook for a further minute.  
Then, add the broth, 2 1/2 cups of milks, herbs, salt and pepper, and bring to a very low simmer.  
Add the dry macaroni and stir occasionally as it comes to a simmer.  
Reduce heat down to medium low and stir regularly while it cooks, or until the sauce thickens.  
Add the spinach and stir through until wilted.  
Take the pot off the stove and stir all of the cheese in quickly.  
Adjust salt and pepper to taste.  
If the sauce is too thick, add the remaining 1/2 cup milk (or cream) in 1/4 cup increments, until reaching desired thickness.  
Keep in mind the sauce will continue to thicken as it cools.  
Slice the chicken into strips and stir through the pasta.  
Sprinkle with parsley, and stir through.  
Serve immediately!

**SNACK: Bacon and Egg Breakfast Wrap**

**SERVINGS:** 6

**INGREDIENTS:**

5 tablespoon butter  
8 eggs, room temperature, lightly beaten  
8 strips of bacon, cooked  
3 field tomato, seeded and diced  
3 cup cheddar cheese, grated  
5 soft flour tortillas  
salt and pepper to taste

**INSTRUCTIONS:**

Melt butter on medium heat in a medium-sized skillet.  
Add the eggs and scramble gently.  
Place the tortillas onto your work surface and divide the scrambled eggs between the two, placing the eggs across the centre of the tortilla.  
Add strips of bacon onto each stack of eggs.  
Divide the chopped tomatoes between the two. Do the same with the grated cheddar cheese. Add salt and pepper to taste.  
Tuck the sides of the tortillas in and roll up to form a tight roll.  
Transfer to a griddle and warm until cheese melts, about 8 to 10 minutes. Cut in half and serve.

**Wednesday**

**BREAKFAST: Mango Sticky Oatmeal**

**SERVINGS:** 5

**INGREDIENTS:**

Sticky Oatmeal:

5 cup of oatmeal  
3 cup coconut milk (low fat)  
2 cup water  
3 ripe banana, mashed  
8 tbsp fresh / frozen desiccated coconut  
5 tbsp chia seeds

Topping  
5 large mango  
1 1/2 cup coconut milk  
5 tsp coconut sugar  
5 tsp corn / tapioca flour  
5 tsp chia seed

**INSTRUCTIONS:**

Sticky Oatmeal:

Add all ingredients and bring to a boil.  
Simmer and cook for about 8 minutes or until most of the liquid has evaporated.

Toppings:

Slice the mango. Set aside.  
Add the coconut milk, coconut sugar and corn flour and bring to a boil.  
This should take less than a minute to prepare  
Drizzle the sauce on the cooked oatmeal, and serve with mangoes  
Sprinkle with the remaining 1 tsp chia seeds

**LUNCH: Pork Belly Fried Rice**

**SERVINGS:** 5

**INGREDIENTS:**



4 cups cooked rice (leftovers work best)  
3 tbsp butter, plus a little more.  
Any high heat oil will work  
2 eggs  
12 oz Fully Cooked Pork Belly  
1 tsp Chinese Five Spice powder (sold in most grocery stores)  
5 green onions, diced  
1 lb asparagus, tough ends removed  
1/2 cup frozen peas  
4 tbsp soy sauce  
1/5 tsp sesame oil

INSTRUCTIONS:

Cut your pork belly into 1" pieces and add them to a pan on medium heat with a little bit of oil.  
Add the Chinese five spice powder on the pork belly and stir.  
Once they become crispy, remove them from heat and set aside.  
It should take about ten minutes for them to crisp up completely.  
Wipe the pan clean, then heat it back up and add a little oil or butter to the pan.  
Scramble eggs and then remove from heat and set aside in a bowl.  
Chop up your asparagus and onions.  
Add 1 tbsp butter to a large sauté pan or wok.  
Once it heats up, add the majority of your onions and asparagus.  
Cook for 5 minutes  
Add the rest of the butter to the pan, followed by the sesame oil, your rice and peas.  
Mix well  
Add the soy sauce to the pan and mix well. Once it is fully incorporated, let it heat up without moving it so that the rice gets a little crispy.  
Add your scrambled eggs and pork belly back into the rice and mix.  
Serve and top with remaining green onions  
Enjoy!

Dinner: Smoked Sausage with Potatoes and Green Beans

SERVINGS: 6

INGREDIENTS:

For the Green Beans  
2 tablespoon olive oil  
½ teaspoon red pepper flake  
1 pound green beans, trimmed  
3 cloves garlic, minced  
½ teaspoon salt  
¼ teaspoon fresh cracked black pepper  
¼ cup water

For the Potatoes  
1 pound small baby potatoes, quartered  
1 tablespoon butter  
1 tablespoon olive oil  
salt and fresh ground pepper, to taste

For the Smoked Sausage  
1 tablespoon olive oil  
1 package (14 ounces) smoked sausage, like, Andouille sausage or Polish sausage  
1 teaspoon Italian seasoning  
1 teaspoon dried oregano  
2 cloves garlic, minced  
¼ cup chicken broth or beef broth  
chopped fresh parsley, for garnish  
red pepper flake, for garnish

INSTRUCTIONS:

Heat 2 tablespoons olive oil in a large (14-inches) skillet over medium heat.  
Add the pepper flakes and stir around to coat with the oil.  
Add green beans; cook, stirring often, for about 5 minutes, or until beans start to brown.  
Stir in the garlic and salt, and cook for 10 seconds.  
Pour in the water; cover. Cook for 2 minutes, or until crisp tender.  
Remove green beans from skillet and keep them covered.  
Wipe down the skillet and set it back over medium heat.  
Heat 1 tablespoon butter and 1 tablespoon olive oil.  
Add the prepared potatoes to the heated skillet; season with salt and pepper and cook for 10 to 12 minutes, or until golden and cooked through. Stir frequently.  
Remove potatoes from skillet; cover and set aside.  
In the same skillet, heat up 1 tablespoon olive oil.  
Add the sliced sausages and cook over medium heat for 5 minutes.  
Season with Italian seasoning and oregano.  
Stir in the garlic, and continue to cook for 20 seconds.  
Deglaze with the chicken broth and stir around to coat.  
Return prepared green beans and prepared potatoes back to the skillet; mix it all together and cook for a minute or two, or until everything is heated through.  
Taste for seasonings and adjust accordingly.  
Garnish with parsley and pepper flakes.  
Serve.

Snack: Peach Pie French Toast Roll Ups

SERVINGS: 6

INGREDIENTS:

10-12 toast bread slices  
4 oz cream cheese room temperature  
2 eggs  
3 tbsp milk  
1/3 cup sugar  
1 tsp ground cinnamon  
2 tbsp butter for cooking more if necessary

\* for the homemade Peach Filling Option  
1/2 cup granulated sugar  
1/3 cup water or peach juice if use canned  
4 tablespoon cornstarch  
1 tablespoon lemon juice  
1/2 teaspoon vanilla extract  
2 cups chopped peeled peaches chopped, peeled (roughly 2-3 large peaches)

\* for the canned Peach Filling option  
1 can Peach pie filling





INSTRUCTIONS:

In a large saucepan, whisk together sugar, water, cornstarch, and lemon juice.  
Bring to a boil over medium heat, stirring often.  
Cook until thickened, about 2-3 minutes. Remove from the heat and stir in vanilla and peaches.  
Cool.  
In a bowl combine sugar with cinnamon and set aside.  
In another bowl beat eggs with milk and set aside.  
Remove the bread crust, and flatten the slices with a rolling pin.  
Spread cream cheese evenly on each slice of bread.  
Add about 1-2 teaspoons of the peach filling along one edge of the bread, the roll them up.  
Gently but tightly roll up the bread around the peach filling.  
Continue with the remaining bread.  
Heat a non-stick pan over medium heat and melt about 1 tbsp of butter.  
Coat the rolls in the egg mixture and place seam side down.  
Cook 3-4 roll at a time.  
When browned, turn a quarter turn and continue until all sides are cooked and browned nicely.  
Clean the pan slightly with a paper towel and repeat until all rolls are cooked.  
Roll into the sugar cinnamon mixture.  
Serve warm and dip in maple syrup if desired

Thursday

Breakfast: Easy Peanut Butter Blueberry Overnight Oats

SERVINGS: 5

INGREDIENTS:

6 (5.3 oz) container vanilla greek yogurt (or use any flavor you'd like)  
6 ¼ cup unsweetened vanilla almond milk  
6 tablespoon chia seeds  
6 cup rolled oats, gluten free if desired  
2 cup fresh blueberries

For the layers/toppings:  
6 tablespoons low sugar blueberry jam (or your favorite jam)  
6 tablespoons peanut butter (or your favorite nut butter)

INSTRUCTIONS:

Add yogurt and almond milk to a medium bowl and stir until well combined and creamy.  
Stir in chia seeds, oats, and blueberries.  
Cover bowl and place in the fridge for at least three hours or overnight.  
Fill each jar halfway full with oat mixture.  
Then add a tablespoon of blueberry jam followed by a tablespoon of peanut butter to each jar  
Place in the fridge for later or enjoy immediately.  
Once ready to serve you can top with a few extra blueberries if you'd like.



Lunch: Vegan Vegetable Chow Mein

SERVINGS: 5

INGREDIENTS:

Chow Mein Sauce  
6 tbsp soy sauce  
2 tbsp hoisin sauce  
2 tbsp shaoxing wine or dry sherry  
3 tsp sugar  
2 tsp sesame oil  
2 tsp sriracha (optional)

Stir Fry  
6 garlic cloves, finely chopped  
2 shallot, thinly sliced  
2 carrot, cut into thin strips  
2 red pepper, cut into thin strips  
1 white cabbage, shredded  
1 head broccoli, cut into small florets  
3 cups/150g bean sprouts  
600g chow mein noodles\*  
8 spring onions, chopped  
Sesame seeds

INSTRUCTIONS:

Heat some oil in a wok or pan on high heat. Add the garlic and onion and fry for about 20 seconds, tossing so they don't burn.  
Add the broccoli and carrot and fry for a further minute or two.  
Add the pepper, bean sprouts and cabbage and fry for a couple of minutes. Toss well so they get cooked evenly.  
Cook noodles accoriding to packet instructions - they made need soaking in water or adding straight to the pan.  
Add the chow mein sauce and noodles, stir well and serve!  
Top with chopped spring onion and sesame seeds.



Dinner: Air Fryer Garlic and Parmesan Wings

SERVINGS: 5

INGREDIENTS:

Nonstick cooking spray for air fryer basket  
3 pound chicken wings split into flats and drumettes  
3 tablespoon olive oil  
1.5 teaspoon paprika  
1.5 teaspoon garlic powder  
Salt and pepper to taste  
Chopped parsley for serving  
Ranch dressing for serving

INSTRUCTIONS:

Preheat the air fryer to 380°F. When heated, spray the basket with cooking spray.  
Pat the chicken wings dry. Then transfer them to a large bowl. Toss the wings with olive oil, paprika and garlic powder; then season with salt and pepper.



Place the chicken wings in the air fryer so they are not touching. Cook for 10 minutes, then increase the temperature to 400°F, and cook until crisp and golden, about 6-8 more minutes.

Garnish the chicken wings with parsley, and serve with ranch dressing on the side, if desired

**Snack: Veggie Spring Rolls**

**SERVINGS:** 18 pieces

**INGREDIENTS:**

- 18 Spring Roll Wrappers (I have used mini roll wrappers)
- 1 tablespoon Vegetable Oil
- 4 Garlic (chopped)
- 1 Onion (thinly sliced)
- 1 tablespoon Spring Onion Whites (chopped)
- 2.5 cups Cabbage (shredded)
- ¼ cup Carrot (finely chopped or thinly sliced)
- ¼ cup Capsicum (finely chopped or thinly sliced)
- ¼ cup Beans (finely chopped)
- Salt and Pepper to taste
- 1 teaspoon Red Chilli Sauce
- ½ tablespoon Soy Sauce or Tamari
- 1 teaspoon Rice Vinegar
- ¼ cup Spring Onion Greens (chopped)
- ½ tablespoon Sesame Oil
- 5 tablespoons Cornstarch mixed with 4 tablespoons of water
- Oil for Deep Frying

**INSTRUCTIONS:**

In a pan or a wok, heat vegetable oil and add garlic and fry until just golden.  
Add garlic and fry until just golden.  
Do not over brown or burn it.  
Add sliced onions, and spring onion whites and fry until soft and translucent.  
Add cabbage and sauté on high heat until water dries up.  
Add salt and pepper, sauté for another 30 seconds.  
Add chilli sauce, soy sauce and rice vinegar, sauté on for a minute.  
Lastly, add spring onion greens and sesame oil.  
Toss on high for another 30 seconds. Please be sure to keep the mixture dry.  
Take it off the heat and cool.

To fold spring roll:  
Spread one wrapper on plate or cutting board.  
Place a spoonful of stuffing at the one end.  
Gently roll the edge cover and secure the filling.  
Apply some slurry on both the sides and bring it to the center.  
Again, apply the slurry on the edges and seal the rolls.  
Make sure that rolls are covered throughout to prevent from drying.  
Now, heat enough oil in a wok pan or kadhai. When the oil is hot, gently slide in the rolls and fry them until golden and crisp.  
Take them off and place it on to a absorbent paper towel.  
Deep fry the remaining rolls in the same manner.  
Serve these crisp rolls with dipping sauce of choice.



**Friday**

**Breakfast: Mexican Style Hotdog in a Bun**

**SERVINGS:** 6

**INGREDIENTS:**

- 1 1/2 avocado, peeled and pitted
- ¼ cup sour cream
- Juice and zest of 1 lime
- 1/2 teaspoon salt
- 1 teaspoon hot sauce, or to your desired spice level
- 1 cup (128 grams )pinto beans, drained and rinsed
- ½ cup (64 grams) sweet red or yellow peppers, finely chopped
- 2 tablespoons red onion, finely chopped
- 1 tablespoon jalapeño, finely chopped
- 4 ounces (113 grams) tomato, chopped
- 1 tablespoon fresh cilantro, chopped
- 1/2 teaspoon salt
- Pinch freshly ground pepper
- 6 hot dogs
- 6 hot dog buns

**INSTRUCTIONS:**

Add the avocado, sour cream, lime juice, hot sauce and salt to a food processor.  
Pulse until smooth, add to a squeeze bottle and refrigerate.  
To a bowl add the pinto beans, peppers, red onion, jalapeño, tomato, cilantro, salt and pepper.  
Mix well and refrigerate.  
Preheat grill.  
Grill the hot dogs for about 5 to 7 minutes, turning occasionally until they have good grill marks.  
Open up the buns and add them face down onto the grill for only about 1 minute.

To serve: add franks to buns, top with salsa and drizzle with crema.



**Lunch: Grilled Garlic and Herb Chicken and Veggies**

**SERVINGS:** 6

**INGREDIENTS:**

- 1 1/2 lbs boneless, skinless thin sliced chicken cutlets
- 3 ounce package Delallo garlic and herb veggie marinade
- kosher salt
- 1 lb asparagus, 1 bunch, tough ends removed
- 1 medium 8 ounce zucchini, sliced 1/4-inch thick
- 1 medium yellow squash, sliced 1/4-inch thick
- 1 red bell pepper, seeded and sliced into strips
- olive oil cooking spray





INSTRUCTIONS:

Shake marinade well.  
Season chicken with 1/2 teaspoon salt and 2 tablespoons of the veggie herb marinade at least 1 hour, or as long as overnight.  
Marinate the veggies with the remaining marinade.  
Heat a grill over medium-high, be sure grates are clean and well oiled to prevent sticking.  
Put veggies on 1 large grill tray or 2 smaller trays (or cook in batches).  
Season with 3/4 teaspoon salt and black pepper and cook, turning constantly until the edges are browned, about 8 minutes.  
Set aside on a platter.  
Cook the chicken about 4 to 5 minutes on each side, until grill marks appear and the chicken is cooked though.  
Transfer to a platter with the veggies and serve.



Dinner: Oven-Baked Meatballs and Spaghetti

SERVINGS: 6

INGREDIENTS:

- 16 oz spaghetti
- 24 oz pasta sauce
- 3 cups water
- 2 tbsp olive oil
- 2 tbsp garlic paste
- 1/2 cup grated Parmesan or pecorino
- 1/2 tsp salt
- 1 tsp oregano
- 6 leaves fresh basil
- Black pepper
- 25 party size meatballs
- 1-2 cups shredded mozzarella



INSTRUCTIONS:

Preheat oven to 375°F.  
In a wide 3.5 -4 quart oven safe pot, add the olive oil and minced garlic.  
Slowly break the spaghetti in half in small bundles and lay them in the pot.  
Add the oregano, salt, a good sprinkle of black pepper, pasta sauce, fresh basil, and water.  
Then use a spoon or spatula to gently let the water and sauce go in between the dry pasta.  
Cover the pot with a heavy lid and bake in the oven for 25 minutes  
Carefully remove from the oven and use a spoon or spatula to mix up the pasta.  
The pasta should still be hard  
Add the parmesan cheese, give it a good mix, and then add the meatballs on top.  
Cover the pan and cook for another 15 minutes.  
Remove from the oven, cover with shredded mozzarella cheese and pop it back in the oven for another 10 minutes without the lid.  
Top with some more fresh basil and serve immediately.  
Enjoy!

Snack: Vietnamese Summer Rolls with Chicken

SERVINGS: 6 rolls

INGREDIENTS:

For the summer rolls:

- 1 cup thin rice vermicelli noodles
- 6 (8.5 inch) rice wrappers
- 1 medium cucumber, julienned
- 1 medium carrot, julienned
- ¼ cup fresh basil or cilantro, chopped
- 1 cup chicken breast, cooked



For the peanut dipping sauce:  
2 tablespoons hoisin sauce (or black bean sauce)  
1 tablespoon peanut butter  
1 tablespoon water  
½ tablespoon fresh lime juice  
½ tablespoon honey (or granulated sugar)  
1 tablespoon roasted peanuts, chopped

INSTRUCTIONS:

Bring a pot of water to a boil over high heat and add vermicelli noodles.  
Cook for 2 minutes until soft.  
Transfer the noodles to a bowl with a strainer to completely drain out any water.  
Fill a large shallow bowl with warm water, about 1 to 2 inches high.  
Take one rice wrapper at a time and quickly dip it into the warm water for one second, or according to package directions.  
Shake off excess water.  
The wrapper will start to soften and feel a bit sticky.  
Transfer the wrapper onto a clean dry flat surface.  
Place some cucumbers and carrots in the center of the rice wrapper into a log shape, leaving 2 inches of space on each side.  
Top with about 2 tablespoons of vermicelli noodles, a few basil leaves, and 2-3 tablespoons of chicken.  
Roll the wrapper up tightly from the bottom but gently so that you don't tear it.  
Roll it up halfway over top of the noodles. Then fold over the left and right sides inward. Then continue to tightly roll the wrapper to seal the mixture inside.  
If the wrapper doesn't feel soft and pliable, apply some water to your fingers and to the wrapper to help it soften.

Make the peanut sauce:  
Combine hoisin sauce, peanut butter, water, lime juice, and honey.  
Stir well with a spoon until smooth and uniform.  
Sprinkle some chopped roasted peanuts on top.

Saturday

Breakfast: Caramelized Spam and Eggs

SERVINGS: 6

INGREDIENTS:

- 14 tablespoons vegetable oil
- 12 large eggs whisked
- Pinch of Salt
- Pinch of White Pepper
- 20 garlic cloves minced
- 2 can of 12 oz Spam
- 5 teaspoons of soy sauce
- 4 tablespoons sugar



0.5 cup water  
2 cup white rice

Optional Garnishes:  
Furikake Seasoning  
Sesame seeds  
Green Onion

INSTRUCTIONS:

Cook the rice.  
Make the rice using a rice cooker or over the stove.  
Make fried garlic. Mince fresh garlic.  
Over a small frying pan on medium-high heat, pour in 5 tablespoons of vegetable oil.  
Add in the garlic and toss the garlic in the oil. Heat the garlic for about 1-2 minutes until golden brown and crispy and take off the heat.  
Set aside.

Prepare the eggs.  
In a mixing bowl, whisk the eggs with a pinch of salt and a pinch of white pepper.

Cook the eggs.  
Using a medium pan over medium heat, pour a tablespoon of neutral vegetable oil to grease the pan.  
Pour in the whisked eggs and spread the eggs over the entire pan.  
For the softest scrambled eggs, use a rubber spatula and slowly and gently stir the eggs.  
When the eggs become soft curds stop stirring and begin to push the eggs together to make them extra fluffy.  
This should take 2-3 minutes total.  
Be sure to JUST undercook them.  
They will continue to cook off the heat.

Cut the spam into cubes.  
Using a medium pan on medium heat, cook the spam until browned and crispy on the edges tossing every 2 minutes.  
Around 4-5 minutes.

Make sauce.  
Mix soy sauce and water into a small bowl. Sprinkle the sugar evenly over the spam and toss the spam to evenly coat.  
Then pour in the soy sauce mixture.  
Swirl the sauce and toss the spam to evenly distribute.  
Let the spam simmer until nearly dissolved around 4-5 minutes.  
Flip the spam cubes every 2 few minutes.

Serve.  
Serve the spam and eggs over white rice.  
Top with the fried garlic, furikake, sesame seeds, green onion.

Lunch: Air-fryer Chicken Parmesan

SERVINGS: 6

INGREDIENTS:

4 large skinless, boneless chicken breasts  
Kosher salt  
Freshly ground black pepper  
1 c. all-purpose flour  
4 large eggs  
2 c. panko bread crumbs  
1 c. freshly grated Parmesan  
2 tsp. garlic powder  
2 c. marinara  
2 c. shredded mozzarella  
Freshly chopped parsley, for garnish

INSTRUCTIONS:

Carefully butterfly chicken by cutting in half widthwise all the way through to create 6 thin pieces o  
Season both sides with salt and black pepper.

Place flour in a shallow bowl.  
Season with a large pinch of salt and a few grinds of black pepper.  
In another shallow bowl, beat eggs to blend. In a third shallow bowl, combine dry ingredients (panko mixture)

Working one at a time.  
Coat chicken in flour, shaking off any excess. Dip into eggs, letting excess drip off.  
Then finally dip into panko mixture.  
Gently pressing to adhere and ensuring both sides of chicken are well coated.

Working in batches if necessary, in an air-fryer basket, arrange chicken in a single layer. Cook at 400°, turning once, for 5 minutes per side.  
Top chicken with marinara and mozzarella. Continue to cook at 400° until cheese is melted and golden.  
About 3 minutes more.

Divide chicken among plates.  
Garnish with parsley.

Snack: The Ultimate Homemade Burger

SERVINGS: 6

INGREDIENTS:

1.5 lbs ground beef  
3-6 burger buns  
6 slices American cheese  
lettuce (iceberg, romaine etc)  
0.75-1.5 tomato sliced  
1.13 tbsp garlic powder  
0.75 tbsp smoked paprika  
0.38 tbsp black pepper  
0.38 tsp salt  
1.5 – 1.88 tbsp Worcestershire sauce  
mayo  
mustard  
ketchup  
vegetable oil if cooking on stove top

INSTRUCTIONS:

If using grill, fire up the grill.





Loosen defrosted ground beef with hands or spatula.  
In a small bowl, mix together dry ingredients for burger seasoning – smoked paprika, garlic powder, black pepper, and salt.  
Pour half of the dry seasoning into ground beef, use hand to mix it into the beef, then pour the other half and do the same.  
Next, pour Worcestershire sauce onto ground beef and mix everything thoroughly.  
Grab a fistful of ground beef and form a round patty.  
Round the edges and gently press on the middle to create a slight dent in the middle.  
When grill is hot, place burger patties on the grill.  
Grill 5-7 minutes on each side, or until burger is cooked to your liking.  
If using stove top, heat up skillet with some vegetable oil, then place patties on the skillet.  
When one side is done, flip and cook the other side.  
Do not overlap and cook in batches if needed.  
Place a slice of cheese on top of the burger during the last 30 seconds of cooking. Remove patties from grill/stovetop.  
Lightly toast burger buns in toaster oven or on the grill if desire.  
Assemble burgers.  
Place beef patties and cheese between burger buns, and add lettuce, sliced tomato, condiments of your choice (mayo, mustard, ketchup, others?).  
Serve and enjoy!

Dinner: Teriyaki Chicken and Broccoli Bowl

SERVINGS: 6

INGREDIENTS:

- 1 1/2 pound Boneless/skinless Chicken thigh or breasts meat
- 1 cup flour
- 1 Tbsp. Garlic Powder
- 1 Tbsp. Paprika
- Salt/pepper to taste

- Teriyaki sauce:
- 1/2 Cup Low sodium Teriyaki sauce
  - 1/4 Cup Low sodium soy sauce
  - 1 Tbsp. Sesame oil
  - 1 Tbsp. Honey
  - 2 Garlic Cloves, minced
  - 2 Tbsp. Cornstarch

INSTRUCTIONS:

In a small bowl, combine teriyaki sauce, soy sauce, sesame oil, honey, and garlic.  
Adjust to taste, you might want to add more honey or more soy sauce.  
Add cornstarch to the mix until dissolves.  
Set aside.  
Cut chicken into bite-size pieces.  
In a plastic bag or a bowl combine flour, garlic powder, paprika, salt, and pepper.  
Dredge chicken pieces and make sure they are well coated on all sides.  
Heat the skillet to Medium-Hi and add light olive oil.  
Add coated chicken and cook until almost done.  
Add prepared sauce on top and toss to coat the chicken. Cook for 2 - 3 minutes.  
Transfer Teriyaki chicken to a plate.  
Use Costco's fried rice or make your own. Add cooked Teriyaki Chicken, mix well and serve.



Sunday

Breakfast: Mushroom Omelette with Spinach and Cherry Tomato

SERVINGS: 6

INGREDIENTS:

- Filling:
- 6 tablespoon avocado oil or preferred oil
  - 6 small shallot , thinly sliced
  - 6 clove garlic , minced
  - 30 ounces mushrooms , sliced (about 5 medium)
  - 6 cup spinach , tight-packed
  - 1.5 cup vegan cheese shreds
  - Salt & Pepper , to taste

- Omelette:
- 12 teaspoons avocado oil or preferred oil
  - 3 cups egg (beaten)
  - 6 tablespoon all-purpose flour
  - 0.75 teaspoon baking powder

INSTRUCTIONS:

Heat 1 tablespoon of oil in a small non-stick pan over medium heat. Add shallots and garlic, then sauté for 30-60 seconds until softened and fragrant.  
Add mushrooms then sauté until softened and slightly golden. About 2-3 minutes.  
Now add the spinach and sauté until just wilted. About 1 minute. Lightly sprinkle with salt and pepper.  
Transfer mixture to a plate/bowl and wipe out the pan.  
In a small bowl, whisk together the JUST Egg, flour, and baking powder until combined. Set aside.  
Place the pan back on the stove and heat up the 2 teaspoons of oil on medium-low heat, then swirl to spread it out.  
Pour in the JUST Egg and tilt the pan to spread it across the bottom into an even circle.  
Once the edges begin to solidify, gently run your spatula around the edges to keep them from sticking.  
Do this a few more times as the omelette cooks and starts to fluff up a bit.  
Once the bottom starts to solidify, you can slip the spatula underneath the omelette to gauge if it's almost ready to flip.  
If the top is still soft and looks like it might break, give it another minute to cook.  
You can turn the heat up slightly if it's not cooking or lower if it seems to be browning too fast underneath.  
When the top has fully cooked, gently and quickly flip the omelette.  
Place ½ of the shredded cheese on one side of the omelette, then the spinach and mushroom mixture, and then the remaining cheese.  
If the bottom has cooked, gently fold over the omelette to close. Remove from heat and serve.



Lunch: Apricot Baked Chicken

SERVINGS: 6

INGREDIENTS:

- 5 boneless, skinless chicken breasts (about 2 1/2 – 3 pounds total)
- 2 teaspoon seasoned salt
- 1 cup apricot preserves
- 2 teaspoon fresh thyme, chopped



INSTRUCTIONS:

Preheat your oven to 400 degrees. Evenly arrange the chicken breasts in a 9×13 baking pan and Add the apricot preserves into a small, microwave-safe bowl. Microwave for about 10 seconds to slightly warm and loosen the preserves. Stir in the chopped thyme. Evenly spread the apricot preserves mixture over the tops of the chicken. Cover with foil and bake for 35-40 minutes. Remove the foil. Baste the chicken with the juices and glaze from the bottom of the pan. Bake for another 15-20 minutes. Until the top of the chicken starts to turn golden brown. The glaze will also reduce a bit. Serve the chicken with the glaze from the pan spooned over the top. Enjoy!



Dinner: Steak Alfredo

SERVINGS: 6

INGREDIENTS:

For the pasta and sauce:

- 1 cup unsalted butter
- 4 cups heavy cream
- 3 cups Parmesan cheese, freshly and finely grated
- salt and pepper to taste
- pinch of fresh nutmeg
- 4 Tbsp. fresh parsley, chopped
- 2 lb. fettuccine pasta

For the steak:

- Sirloin, Filet, New York Strip, Ribeye, etc.
- 2 Tbsp. olive oil





Kosher salt  
Black pepper  
4 Tbsp. unsalted butter

INSTRUCTIONS:

Make the Alfredo sauce first.  
In a saucepan, heat the butter and cream over medium heat just until it begins to bubble.  
Then turn the heat down to low and simmer for 15 minutes.  
Remove from heat.  
Stir in the Parmesan.  
Then add in salt, pepper, nutmeg and parsley. Set aside.  
The sauce will thicken a bit as it sits while you prepare the rest of the meal.

Make the steak.  
Preheat the oven to 400°.  
Season the steaks with salt and pepper on both sides.  
In a large cast iron skillet over medium-high heat, heat the oil.  
Add the steaks when the oil is hot and sear for 2-3 minutes.  
Flip the steaks and add the butter.  
Baste for another 3-ish minutes.  
Check the temperature of your steak.  
At this point so you know how long to keep it in the oven.  
Transfer the steaks into the oven for 3-5 more minutes.  
Depending on how you like your steak. Remove the steak from the oven and transfer to a cutting board.  
Let rest a few minutes before slicing.  
Cook the fettuccine according to package directions.  
Drain and toss the cooked pasta in the Alfredo sauce.

Divide the pasta between plates or bowls and top with the sliced steak.  
Garnish with more parsley, cheese and black pepper.  
Enjoy!

Snacks: Banana Fritters

SERVINGS: 6

INGREDIENTS:

6 pieces banana saba or plantain variety, ripe (mashed)  
1 cup all-purpose flour  
1 1/2 teaspoon vanilla extract  
1 piece egg beaten  
1 teaspoon baking powder  
3/4 cup granulated white sugar  
1 cup fresh milk  
3/4 cups cooking oil  
1/2 teaspoon salt

INSTRUCTIONS:

In a large bowl, combine flour, baking powder, salt, and 1/2 cup sugar.  
Mix well.  
Gradually add the mashed bananas while mixing.  
Add the egg, vanilla extract, and milk.  
Mix to incorporate all the ingredients.  
Heat half of the oil in a pan.  
When the oil becomes hot, scoop about 1/2 cup of the mixture and then pour in the pan (add the remaining oil in the next batches).  
Fry both sides until the color turns golden brown.  
Sprinkle the remaining sugar on both sides.  
Serve. Share and enjoy!

