











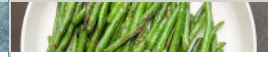
Welcome to your meal planning guide! Taking the time to plan your meals can have such a positive impact on your health.

This guide will help you create your very own delicious meal plan. Once you have done your shopping, you may want to do some meal prep, but it's not required.

Look at the recipes you have chosen and see what can be prepped in advance. Perhaps you can dice vegetables or even make an entire recipe to save yourself time later on in the week.

Now you are all set to follow your meal plan! Check your plan every morning and night, so you know what is coming up next and can stay organized. Meal planning is a skill that gets easier over time. Reach out to me any time with your meal planning questions.

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan. <https://cookingwithbliss.com>

	Mon	Tue	Wed	Thu	Fri
Dinner	 Marinated Whole Chicken Wings	 Lemon Garlic Broiled Salmon	 Best Way To Cook London Broil	 Simple One Skillet Hamburger Rice Recipe	 Crispy Ground Turkey Tacos
	 Pesto Pasta With Veggies	 Fresh Spring Mix Salad	 Crispy Oven Roasted Baby Potatoes	 Charred Green Beans	

### Fruits

- 1/2 cup Blueberries
- 1 cup Heirloom Cherry Tomatoes
- 1/4 cup Lemon Juice
- 2 Lime
- 1 Whole Lime

### Seeds, Nuts & Spices

- 1 2/3 tbsps Black Pepper
- 1 tbsp Chili Powder
- 1/2 tsp Cracked Black Pepper
- 2 tsps Cumin
- 2 2/3 tbsps Garlic Powder
- 1 tsp Herbes De Provence
- 2 2/3 tbsps Onion Powder
- 3/4 cup Raw Walnuts
- 2 1/2 tsps Red Pepper Flakes
- 2 1/3 tbsps Smoked Paprika
- 3/4 cup Walnuts

### Vegetables

- 4 heads Artisan Lettuce
- 1 1/2 lbs Baby Dutch Yellow Potatoes
- 4 cups Basil Leaves
- 3 bunches Broccolini
- 1 cup Fresh Cilantro
- 1 tbsp Fresh Rosemary
- 1 Garlic
- 6 cloves Garlic
- 12 ozs Green Beans
- 1 head Green Lettuce
- 1/4 cup Green Onion
- 1 Hollow Tube Scallion
- 1 cup Mini Sweet Peppers
- 1 1/2 tsps Parsley
- 1 cup Persian Cucumbers
- 2 tbsps Shallot
- 2 Tomato
- 1 Whole Red Bell Pepper

### Boxed & Canned

- 1/4 cup Beef Broth
- 1 cup Chicken Broth
- 3 cups Long Grain White Rice
- 2 cups Pasta Shells
- 5 2/3 ozs Taco Shells
- 1/4 cup Tomato Paste

### Baking

- 2 tbsps Brown Sugar

### Bread, Fish, Meat & Cheese

- 1 cup Cheddar Cheese
- 3 2/3 lbs Chicken Wings
- 1 lb Ground Beef
- 2 lbs Ground Turkey
- 2 lbs London Broil
- 3 lbs Salmon

### Condiments & Oils

- 1/3 cup Avocado Oil
- 1/2 cup Black Olives
- 2 1/2 tbsps Clarified Butter
- 1 1/3 cups Extra Virgin Olive Oil
- 1/2 cup Grape Seed Oil
- 1/3 cup Kosher Salt
- 3/4 cup Low Sodium Soy Sauce
- 2 tbsps Olive Oil
- 1/4 cup Orange Muscat Champagne Vinegar
- 5 cups Shredded Coleslaw Or Cabbage

### Cold

- 1 cup Sour Cream



## Marinated Whole Chicken Wings

4 servings

55 minutes

### Ingredients

- 3 2/3 lbs Chicken Wings (fresh)
- 1 1/2 tsps Garlic Powder
- 1 1/2 tsps Onion Powder
- 1 1/2 tsps Kosher Salt (plus 1 tsp)
- 1 tsp Smoked Paprika (sprinkle on top of wings before placing in oven)
- 1/4 cup Avocado Oil (or grapeseed oil)
- 1 cup Fresh Cilantro (Use fresh cilantro)
- 1 Hollow Tube Scallion (or green part of a green onion)
- 2 cloves Garlic (Fresh garlic cloves)
- 1 Lime (Juice from a fresh lime)

### Directions

- 1 Preheat oven to 425 degrees. Line baking sheet with parchment paper. Set aside.
- 2 Add avocado oil, cilantro, scallion, fresh garlic cloves and lime juice to nutri-bullet or food processor and blitz until combined. Give or take around 10 seconds. Set aside.
- 3 Wash chicken wings under cool water (if that's your thing) and dry thoroughly with paper towels. Add wings to a large ziploc bag, then pour in marinade. Then, add onion powder, garlic powder, and kosher salt. Seal ziploc bag. Move wings around until all are evenly coated. You could also use a shallow dish with a tight-fitting lid if you do not have ziploc bags. Marinate for at least 15 minutes up to 30 minutes. See tips if you're marinating for longer than 30 minutes.
- 4 Place wings on prepared baking sheet in a single layer with space in-between each wing. Place in oven and bake on bottom rack for 25 minutes. Flip wings over and bake for an additional 30 minutes on top rack. NOTE: you know your oven, bake on the rack that will give you the most golden brown color. My process is to bake on the bottom rack first then move my wings to the top rack.



## Pesto Pasta With Veggies

4 servings

27 minutes

### Ingredients

- 4 cups Basil Leaves (fresh)
- 3/4 cup Raw Walnuts
- 1 Garlic (fresh)
- 1/2 cup Extra Virgin Olive Oil
- 2 cups Pasta Shells
- 3 bunches Broccolini
- 1 cup Heirloom Cherry Tomatoes
- 1 cup Mini Sweet Peppers

### Directions

- 1 Remove the thick parts of the stems from the basil, gently rinse under cold water, then place in a salad spinner and gently spin to remove as much of the water as possible.
- 2 Add basil, walnuts, and fresh garlic clove to blender and blend until walnuts are finely dropped.
- 3 Meanwhile, boil the pasta according to the instructions on the packaging. Then, drain the pasta. No need to rinse.
- 4 Gather all your ingredients, wash your veggies and pat dry with paper towels.
- 5 Remove the stems from your broccolini and slice your mini sweet peppers.
- 6 In a saute pan, add a little extra virgin olive oil then add your broccolini and saute for 3 to 4 minutes. Remove from heat then put on clean plate.
- 7 To the same saute pan, add in your sliced sweet mini peppers and saute for 2 to 3 minutes. Remove from heat and place on same plate as your sauteed broccolini.
- 8 To a large bowl, add in all your ingredients but add your pesto in FIRST.
- 9 Using a large spoon, gently toss all ingredients until they are well coated with the pesto and top with your cherry tomatoes.
- 10 Serve warm or cover with plastic wrap until you're ready to serve.



## Lemon Garlic Broiled Salmon

4 servings

13 minutes

### Ingredients

- 3 lbs Salmon (or steelhead )
- 2 tsps Kosher Salt
- 1 tsp Black Pepper
- 1 tsp Red Pepper Flakes
- 1 tbsp Smoked Paprika
- 1/3 cup Grape Seed Oil (or extra virgin olive oil)
- 3 tbsps Lemon Juice (juice of 1 large fresh lemon)
- 4 cloves Garlic (minced or thinly chopped)

### Directions

- 1 Add all the ingredients into a measuring cup and whisk until combined. Use any remaining vinaigrette on a salad.
- 2 Wash salmon and thoroughly dry with paper towels. If you prefer the skin removed, please refer to the section within the post on how to remove the skin.
- 3 Place the salmon on a bakig sheet and pour the lemon garlic vinaigrette over the top. Season with kosher salt, pepper, red pepper flakes, and smoked paprika. Place under the broiler for 8 to 10 minutes.
- 4 Remove the salmon from the broiler. If unsure about the done-ness, check the internal temperature of the salmon using an instant meat thermometer. If the internal temperatures reads 145 degrees, the salmon is done.
- 5 Serve immediately wit your favorite sides and enjoy.



## Fresh Spring Mix Salad

6 servings

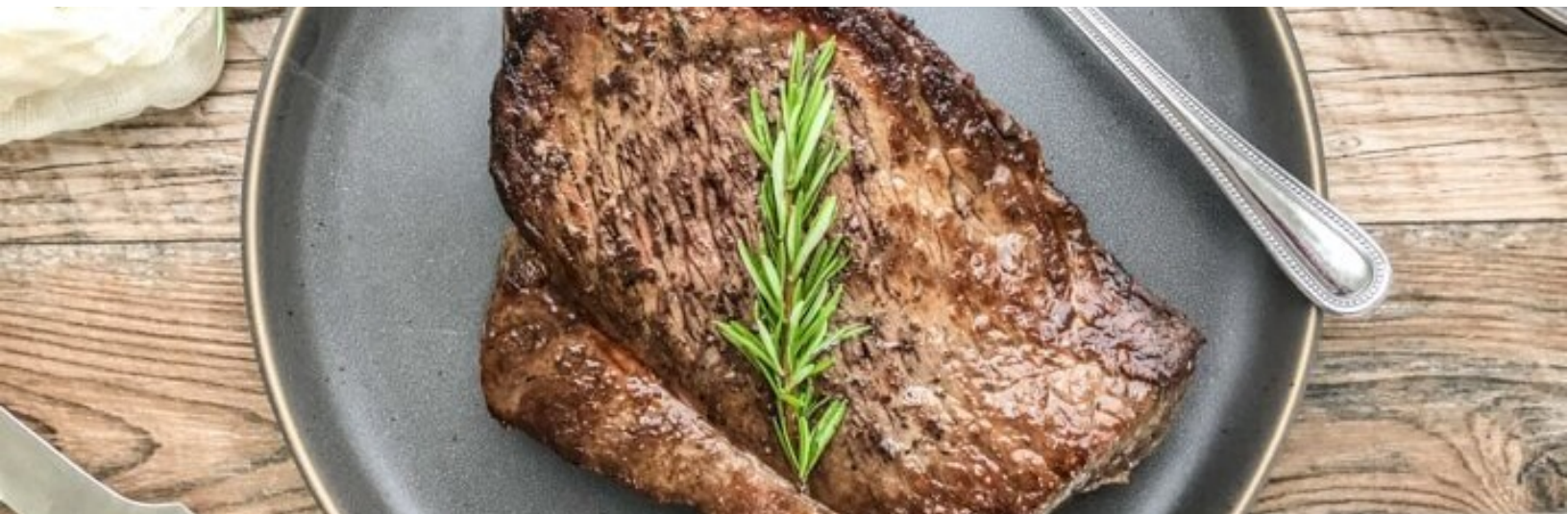
13 minutes

### Ingredients

4 heads Artisan Lettuce (Or a combination of different types of lettuce)  
1 cup Persian Cucumbers (sliced)  
1/2 cup Blueberries (Fresh)  
1/2 tsp Cracked Black Pepper  
1/2 cup Extra Virgin Olive Oil  
1/4 cup Orange Muscat Champagne Vinegar  
1/2 tsp Kosher Salt (more to taste)  
3/4 cup Walnuts  
2 tbsps Brown Sugar  
2 tbsps Clarified Butter (or regular butter)

### Directions

- 1 Add vinegar and kosher salt to a small mixing bowl and slowly whisk in olive oil until emulsified. Set aside.
- 2 Place saute pan over medium heat. Add butter and sugar to pan and allow butter to melt. Add walnuts to pan and toss to coat for 3 to 4 minutes. Set aside.
- 3 Wash and slice Persian cucumbers about 1/4 inch thick. Set aside.
- 4 Place heads of lettuce on cutting board and chop using a sharp knife. Add chopped lettuce in the colander of a salad spinner and wash lettuce. Then, use the salad spinner to dry lettuce thoroughly.
- 5 Add the chopped lettuce to a salad bowl or platter. Top with cucumbers, blueberries, and candied walnuts and lightly drizzle with vinaigrette.
- 6 Store remaining vinaigrette in an airtight container and place in the fridge for up to 5 days.



## Best Way To Cook London Broil

3 servings

35 minutes

### Ingredients

2 lbs London Broil  
2 tbsps Olive Oil  
1 tbsp Fresh Rosemary (1 Sprig)  
1 tbsp Kosher Salt (or to taste)  
2 tsps Black Pepper  
1 1/2 tsps Clarified Butter (or regular butter optional)

### Directions

- 1 Preheat oven to 400 degrees
- 2 Wash London broil and pat dry with paper towels, season both sides liberally with kosher salt, black pepper and/or other seasonings of your choice. Set aside.
- 3 To a skillet or oven-proof pan, add extra virgin olive oil over medium high heat. Add a sprig of rosemary and pan fry just until rosemary turns brown. Remove fried rosemary from heat and set aside.
- 4 Add the London broil to the hot skillet and begin to sear one side for about 6 minutes or until you see a beautiful brown crusty outer coating. Flip the London broil over and keep skillet on the stove for an additional 3 or so minutes.
- 5 Remove the skillet from the stove and place in the preheated oven and bake to your desired doneness. If you prefer your meat cooked just until no longer pink, then bake between 10 to 15 minutes. If you prefer medium rare bake maybe for 7 minutes at first. (My family prefers just until no longer pink).
- 6 Finish it off by topping with clarified butter or regular butter and allowing it to drizzle down the sides. Baste London broil with pan juices and allow it to rest for 5 minutes before cutting. After the meat has rested, slice the London broil thinly against the grain.



## Crispy Oven Roasted Baby Potatoes

4 servings

25 minutes

### Ingredients

- 1 1/2 lbs Baby Dutch Yellow Potatoes (in bag)
- 3 tbsps Extra Virgin Olive Oil
- 1 tsp Kosher Salt (up to 2 tsp of kosher salt)
- 1 tsp Herbes De Provence (or Italian seasoning)

### Directions

- 1 Preheat oven to 415 degrees F.
- 2 Line a baking sheet with parchment paper. Set aside.
- 3 Cut bag and add baby potatoes in a colander. Rinse potatoes under cool water then dry them thoroughly with paper towels.
- 4 Place the potatoes onto a cutting board and using a sharp knife cut each baby potato in half lengthwise (unless really small you can leave whole)
- 5 Transfer cut potatoes to a mixing bowl and drizzle with extra virgin olive oil, kosher salt, and herbes de provence. Toss the potatoes making sure they're well coated with the oil mixture.
- 6 Remove the potatoes from the bowl and onto the prepared baking sheet. Place them in a single layer with the flat side down and the skin side up. Make sure you do not over-crowd the pan. If doubling this recipe, use 2 baking sheets.
- 7 Roast the potatoes in the oven for 20 to 25 minutes. At the 20 minute mark, insert a tooth pick or fork into the largest potato. If it goes through the potato smoothly. They're done.
- 8 Serve with your protein of choice and enjoy.

### Notes

**Prep:** After washing the potatoes, pat them dry with paper towels. Coat them well with extra virgin olive oil to prevent them from coming out dry after roasting. Don't forget to add salt. Feel free to line your baking sheet with parchment paper for easy clean-up

**Arrange Them in a Single Layer:** After slicing the potatoes in half, arrange them on a baking sheet in a single layer. Do not overcrowd the pan as this will prevent them from becoming crisp. If doubling the recipe, use 2 baking sheets so you do not overcrowd the baking sheet.

**Make sure they do not stick:** No need to flip the potatoes over. Halfway through the cooking process, gently slide a spatula under the potatoes to ensure they do not stick. By the way, feel free to get creative by using different seasonings like Ranch or Cajun. If your potatoes are super small, leave them whole.



## Simple One Skillet Hamburger Rice Recipe

4 servings

15 minutes

### Ingredients

- 1 lb Ground Beef
- 3 cups Long Grain White Rice (Jasmine or Basmati rice are great options too. Rice is measured using a rice measuring cup.)
- 1 1/2 tsps Garlic Powder
- 1 1/2 tsps Onion Powder
- 1 1/2 tsps Kosher Salt
- 1 1/2 tsps Parsley (Optional)
- 2 tsps Shallot (Whole shallot or 1/2 small onion. Yellow or sweet onion works great too.)
- 1 Whole Red Bell Pepper (Yellow or orange will work too)
- 1 Whole Lime
- 1/4 cup Beef Broth
- 3/4 cup Low Sodium Soy Sauce
- 5 cups Shredded Coleslaw Or Cabbage
- 1/4 cup Green Onion (preferably the green part)
- 2 tsps Avocado Oil (grapeseed or extra virgin olive oil will work also)

### Directions

- 1 Start by making your rice first. I use a rice cooker but feel free to make your rice on the stove top if that's what you prefer. Set aside.
- 2 Finely chop the shallot (or onion) and red bell pepper. Slice the green onions thinly. I tend to use only the green parts for this recipe. Set aside. Use a measuring up to measure out the soy sauce and beef broth to make the sauce. Set aside.
- 3 In a large skillet over medium heat, add the avocado oil when it begins to shimmer, add the ground beef. Cook until browned and no longer pink, breaking it apart with a spoon as it cooks.
- 4 Sprinkle garlic powder, onion powder, kosher salt, and dried parsley over the cooked ground beef. Stir well to evenly distribute the seasoning. Add the chopped shallot (or onion) to the skillet with the seasoned ground beef. Cook until softened and fragrant, about 2-3 minutes. Turn off heat.
- 5 Toss in the cooked white rice and stir to combine with the meat and vegetables. Then, stir in the shredded coleslaw or cabbage.
- 6 Pour in the beef broth and low-sodium soy sauce, stirring well to combine. Squeeze the juice of half a lime over the rice and meat mixture.
- 7 Sprinkle sliced green onions over the top of the dish for added freshness and color. Serve hot and enjoy.



## Charred Green Beans

4 servings

7 minutes

### Ingredients

- 12 ozs Green Beans (fresh)
- 2 tbsps Extra Virgin Olive Oil (avocado oil or grapeseed oil)
- 2 tsps Garlic Powder
- 2 tsps Onion Powder
- 1 tsp Kosher Salt (1-2 tsp to taste)
- 1/2 tsp Red Pepper Flakes (add more for a little more heat if you'd like)
- 1 tbsp Lemon Juice (from a fresh lemon - this is optional but it adds a little zest)

### Directions

- 1 Snap or cut the stem ends off of each green bean and discard. Place them in a colander and rinse under cool water. Allow the water to drain completely or pat dry with paper towels.
- 2 Place a skillet over medium heat. When the skillet is hot, add the cooking oil.
- 3 Add the fresh green beans to the skillet and allow them cook for a minute or so undisturbed to allow some of the green beans to char slightly. Toss the green beans around and cook for an additional 4 to 6 minutes. Your greens should not be too hard or too soft. They should still taste crisp.
- 4 Add your seasonings and toss until all the green beans are coated. Add a splash of fresh lemon juice if you would like.



## Crispy Ground Turkey Tacos

12 servings

25 minutes

### Ingredients

5 2/3 ozs Taco Shells (12 flat bottom taco shells or any crispy taco shell you prefer shells)  
 2 lbs Ground Turkey  
 2 tbsps Grape Seed Oil (extra virgin olive oil or other cooking oil)  
 1 1/3 tbsps Kosher Salt (more or less to taste)  
 2 tpsps Black Pepper (more or less to taste)  
 1/4 cup Tomato Paste  
 1 tbsp Chili Powder  
 1 tbsp Onion Powder  
 1 tbsp Garlic Powder  
 1 tbsp Smoked Paprika  
 2 tpsps Cumin  
 1 tsp Red Pepper Flakes  
 1 cup Chicken Broth  
 1 cup Cheddar Cheese (shredded - a melting cheese such as cheddar cheese, Monterey jack, mozzarella, or a Mexican cheese, or a Mexican cheese)  
 1 head Green Lettuce (shredded or cut thinly)  
 2 Tomato (diced or 2 cups)  
 1/2 cup Black Olives  
 1 cup Sour Cream  
 1 Lime

### Directions

- 1 Prepare all the toppings and set aside.
- 2 Place a skillet or frying pan over medium high heat and add grape-seed oil or other cooking oil. Add ground turkey to the skillet and break apart using a large spoon. Seasonally liberally with kosher salt and pepper and continue to brown until meat is no longer pink (DO NOT OVERCOOK). After browning, place browned turkey meat on a clean plate. Set aside.
- 3 Place the same skillet over medium high heat, add the tomato paste and the remaining of the dried ingredients to the skillet and saute for about 1 minutes or so while constantly moving the ingredients around in the skillet (this works well with a whisk). This helps to wake up the flavors and allows the rawness of the tomato paste to cook out.
- 4 Begin to slowly add in the chicken broth and continue whisking until all ingredients are combined. Add the browned turkey meat back to the skillet and gently stir. Bring to a gentle boil, lower the temperature, and let simmer for about 5 minutes. If sauce looks too thick, slowly add in a little more chicken broth. Taste and adjust seasoning.
- 5 If using your favorite store brand taco sauce: After browning the turkey meat, follow the instructions on the jar or packaging.
- 6 While turkey meat is simmering, heat up your taco shells and fill them with the saucy turkey taco meat and your favorite toppings.
- 7 Squeeze fresh lime juice over the top (optional) and enjoy.

### Notes

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**Additional Taco Toppings:** Add more of your favorite taco toppings like diced avocado or guac, salsa, hot sauce, pickle onions, pico de gallo.