

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 healthcare 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					
	 Crispy Oven Baked Chicken Wings (Baking Powder)	 Simple One Skillet Hamburger Rice Recipe	 Baked Ziti with Ground Turkey	 Broiled Cajun Blackened Cod	 Turkey Enchilada Casserole

Fruits

- ☐ 1/2 cup Blueberries
- ☐ 1 Whole Lime

Seeds, Nuts & Spices

- ☐ 2 1/4 tsps Black Pepper
- ☐ 1/4 cup Cajun Seasoning
- ☐ 3 1/3 tsps Chili Powder
- ☐ 1/2 tsp Cracked Black Pepper
- ☐ 1 tsp Cumin
- ☐ 2 tsps Garlic Powder
- ☐ 2 tsps Granulated Garlic Powder
- ☐ 1 1/8 tsps Onion Powder
- ☐ 3/4 cup Walnuts

Vegetables

- ☐ 4 heads Artisan Lettuce
- ☐ 1 tsp Basil
- ☐ 1 1/2 tsps Chopped Parsley
- ☐ 1 tsp Cilantro
- ☐ 1 1/2 cups Cucumbers
- ☐ 2 lbs French Green Beans
- ☐ 1/2 tsp Garlic
- ☐ 2 Garlic
- ☐ 1/2 head Green Cabbage
- ☐ 1/4 cup Green Onion
- ☐ 1/2 cup Onions
- ☐ 2 1/2 tsps Parsley
- ☐ 1 cup Persian Cucumbers
- ☐ 1/4 head Purple Cabbage
- ☐ 1 tsp Rosemary
- ☐ 1 tsp Sage
- ☐ 1/2 cup Scallions
- ☐ 2 tsps Shallot
- ☐ 1 tsp Shallots
- ☐ 1 Whole Red Bell Pepper

Boxed & Canned

- ☐ 1/4 cup Beef Broth
- ☐ 3 1/2 cups Enchilada Sauce
- ☐ 3 cups Long Grain White Rice
- ☐ 1 cup Low Sodium Chicken Broth
- ☐ 1/4 cup Panko Crumbs
- ☐ 1 can Sliced Black Olives)
- ☐ 1 1/2 cups Uncooked Penne Pasta

Baking

- ☐ 1 2/3 tsps Baking Powder
- ☐ 2 tsps Brown Sugar

Bread, Fish, Meat & Cheese

- ☐ 4 lbs Chicken Wings
- ☐ 2 lbs Fresh Wild Cod
- ☐ 1 lb Ground Beef
- ☐ 4 1/2 lbs Ground Turkey
- ☐ 5 cups Mozzarella Cheese
- ☐ 1/4 cup Parmesan Cheese
- ☐ 18 White Corn Tortillas

Condiments & Oils

- ☐ 1/3 cup Avocado Oil
- ☐ 3 tsps Clarified Butter
- ☐ 1 1/2 tsps Dijon Mustard
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1 1/2 tsps Grape Seed Oil
- ☐ 1/3 cup Kosher Salt
- ☐ 3/4 cup Low Sodium Soy Sauce
- ☐ 1/4 cup Orange Muscat Champagne Vinegar
- ☐ 2 tsps Raw Honey
- ☐ 5 cups Shredded Coleslaw Or Cabbage
- ☐ 2 tsps White Wine Vinegar

Cold

- ☐ 1 tbsp Butter

Other

- ☐ 1 1/2 lbs Pasta Sauce
- ☐ 1/4 cup Red Wine



Crispy Oven Baked Chicken Wings (Baking Powder)

13 servings

1 hour 20 minutes

Ingredients

4 lbs Chicken Wings
1 tbsp Cajun Seasoning
1 tbsp Kosher Salt
1 tsp Chili Powder
1 tsp Black Pepper
1 2/3 tbsps Baking Powder (aluminum free)

Directions

- 1 Preheat the oven to 250 degrees F.
- 2 Wash wings and pat dry thoroughly with paper towels. Remove the wing tips or keep them intact. If keeping them intact, pull them back until they snap. This will allow them to lay completely flat on the baking rack.
- 3 Place chicken wings in a large bowl or on a baking sheet, add seasoning and mix well until wings are completely coated. Then, toss in baking powder and mix until the wings are completely coated.
- 4 Line a baking sheet with foil and place a baking rack on top. Mist the rack with cooking spray to prevent the wings from sticking.
- 5 Place wings with skin side up on the baking rack in a single layer. It's okay if they fit close to each other.
- 6 Place wings on the lower rack of the oven for 30 minutes. Then, move wings to the middle rack of the oven and increase the oven temperature to 425 degrees F and bake for 40 to 45 minutes, rotating the baking sheet halfway through the cooking time.



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.



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 tbsps 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 tbsps 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.



Sauteed Green Beans

6 servings

10 minutes

Ingredients

2 lbs French Green Beans (or regular green beans)
1 tbsp Extra Virgin Olive Oil (avocado oil or grapeseed oil)
2 tsps Kosher Salt
1/4 cup Panko Crumbs
1 tbsp Butter
1 tsp Rosemary (fresh, chopped)
1 tsp Sage (fresh, chopped)
1 tsp Basil (fresh, chopped)
1 tsp Cilantro (fresh, chopped)

Directions

- 1 Wash, dry and chop herbs.
- 2 Add butter to skillet and place over medium heat. When butter has melted, add panko crumbs and move the panko crumbs around in the skillet with a spoon until they become lightly brown and toasted. Add chopped herbs. This process should take 3 minutes. Set aside.
- 3 Add extra virgin olive oil to a skillet and place over medium high heat. Add green beans and saute until the green beans start to get tender. Add salt and minced garlic. Continue to saute until green beans become tender and crisp to your liking. Taste test while the green beans are being sauteed as you do not want to overcook or undercook. They should be tender, crisp, and vibrant in color.
- 4 Remove green beans from skillet and top with prepared panko crumbs.



Baked Ziti with Ground Turkey

4 servings

35 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 1/2 lbs Ground Turkey (ground chicken or ground beef)
2 Garlic (cloves, minced - optional)
1/2 cup Onions (chopped)
2 tbsps Kosher Salt (add more or less to taste)
1/4 tsp Black Pepper
1/2 tsp Garlic Powder
1 1/2 lbs Pasta Sauce (your favorite store brand marinara or tomato based pasta sauce)
1/4 cup Red Wine (optional)
2 cups Mozzarella Cheese (more or less)
1/4 cup Parmesan Cheese (more or less)
1 1/2 cups Uncooked Penne Pasta (or your preferred pasta shape either whole wheat or regular)
1 1/2 tpsps Chopped Parsley (1/2 tbsp freshly chopped parsley or 2 tsp dried parsley -optional)

Directions

- 1 Preheat oven to 400 degrees.
- 2 Prepare a baking dish by rubbing a little butter around the inside of the dish or lightly misting it with avocado or olive oil spray to prevent any sticking. Shred cheese with a box grater. Set aside.
- 3 Boil water and cook pasta according to packaging or just until al dente. When done, drain the pasta. IMPORTANT: Reserve 1/2 cup of pasta water. Set aside
- 4 Place skillet over medium-high heat, and add olive oil. When oil is hot, add ground turkey as the turkey starts to brown add chopped onions and minced garlic. Season with salt and pepper and continue to brown the turkey until it's no longer pink.
- 5 Open a jar of your favorite pasta or marinara sauce and add to browned turkey. Taste sauce to make sure it is seasoned to your liking if not add more salt and Italian seasoning as needed. Add wine and simmer until alcohol is no longer potent. Taste test again and add more seasoning if necessary.
- 6 If sauce is too thick for your liking, add a little pasta water to loosen the sauce. Add pasta to sauce and stir until combined (be sure to pay attention to the pasta/sauce ratio). Pour into your prepared baking dish. Layer the top with grated cheese. Place foil over the baked ziti and bake in the oven until cheese is melted, gooey, and bubbly.
- 7 If you like the top to be slightly browned, remove the foil and continue baking for a few extra minutes until the top is slightly browned. Sprinkle the top with parm and chopped parsley (optional).



Broiled Cajun Blackened Cod

4 servings

8 minutes

Ingredients

2 lbs Fresh Wild Cod (depending on the number of people you're serving.)
3 tbsps Cajun Seasoning
1 1/2 tsps Grape Seed Oil
1 tbsp Kosher Salt
1 tbsp Clarified Butter (or regular butter)

Directions

- 1 Rinse cod under cold water and pat dry thoroughly with paper towels.
- 2 Place cod on a baking sheet. Drizzle both sides with grape-seed oil and rub the oil into the cod with your hand.
- 3 Season both sides with kosher salt then generously with Cajun seasoning. Gently press the seasoning into the cod.
- 4 Set oven to broiler and immediately place your cod under the broiler.
- 5 Cook for 8 to 10 minutes or until the cod has reached an internal temperature of 145 degrees F. Your cod should appear a deep golden brown color.
- 6 Place cod on a clean plate and set aside. Place baking sheet on stove-top over low heat add a little butter and mix with pan juices and remaining seasoning until butter melts. Pour over cod.
- 7 Serve with a salad or your favorite sides and enjoy.



No Mayo Coleslaw

4 servings

1 hour 15 minutes

Ingredients

1/2 head Green Cabbage (finely shredded)
1/4 head Purple Cabbage (finely shredded)
1 1/2 cups Cucumbers
1/2 cup Scallions (or green parts of green onion)
1/4 cup Avocado Oil (olive oil or grapeseed oil)
2 tbsps White Wine Vinegar
1 1/2 tps Dijon Mustard
1 tsp Shallots (minced)
1/2 tsp Garlic (minced)
1/2 tsp Kosher Salt (more to taste)
1 tsp Parsley (fresh or dried parsley is optional)
2 tps Raw Honey (optional but recommended)

Directions

- 1 Add all ingredients to a mixing bowl and whisk until combined. Taste and add additional salt if needed. Set aside.
- 2 Take your time shredding your cabbage by cutting into thin uniform strands. Cut your cucumber lengthwise then into quarters and slide a sharp knife down each quarter to remove the seeds then cut into cubes. Slice up the green parts of your green onion. Set aside.
- 3 In a large bowl, add all vegetables and toss. Drizzle your dressing over the top then toss again until coated.
- 4 Cover your coleslaw tightly with plastic wrap or a tight-fitting lid. Store in the fridge for at least one hour before serving or overnight. This will allow the flavors to meld together and for your coleslaw to reach its full potential.



Turkey Enchilada Casserole

6 servings

30 minutes

Ingredients

3 lbs Ground Turkey (ground beef, chicken, or pork)
1 tbsp Kosher Salt
1 tsp Black Pepper
2 tsps Granulated Garlic Powder
2 tsps Onion Powder
1 tsp Cumin
3 tsps Chili Powder
1 cup Low Sodium Chicken Broth
3 1/2 cups Enchilada Sauce (one 28 ounce can store bought enchilada sauce)
18 White Corn Tortillas (or yellow corn totillas)
3 cups Mozzarella Cheese (cheddar, a combination, or a melting cheese of your choice)
1 can Sliced Black Olives) (optional)

Directions

- 1 In a skillet over medium high heat, brown turkey meat until no longer pink
- 2 Add all seasoning, mix, pour in chicken broth and stir until combined. Allow to simmer for 5 minutes. Taste and adjust seasoning.
- 3 Prep casserole or baking dish by greasing the inside with butter
- 4 Pour 1/2 to 3/4 cups of enchilada sauce to bottom of baking dish. Start layering beginning and ending top layer with corn tortillas. Add layer of corn tortillas, add enchilada sauce, add meat mixture, add cheese, and REPEAT the layering process whereby the very final layer is top with with cheese.
- 5 Place a loosely piece of foil paper over the top that has been lightly sprayed with cooking oil
- 6 Place in preheated oven at 400 degrees until cheese has melted and is bubbling. After 30 minutes, check to make sure casserole is heated through. Remove foil and continue baking for an additional 3 or so minutes.

Notes

Optional: Top with sliced black olives and roughly chopped cilantro.