



# JUNE MEAL PLAN

SIMPLE, CHEAP, NOURISHING

By: Wholesome Family Roots

[www.wholesomefamilyroots.com](http://www.wholesomefamilyroots.com)



[Wholesome.family.roots](http://Wholesome.family.roots)

# Hey Friend, I am Lindsey E.

Hey, friend!

I am so happy you are here! Are you ready to learn the art of cooking wholesome foods for you and your family? Are you ready for the ultimate guide to help you prep and cook healthy meals for you and your family?

Inside this planner not only will you find nourishing recipes, but you will get practical tips to help you prep these meals with the little time that you have. My goal is to help you meal plan for you and your family and to save you time and money in the kitchen! I want to help you make delicious meals with wholesome ingredients.

Before we get much further let me introduce myself, I'm Lindsey E.—a wife and stay-at-home mama to four little ones, all four and under. My journey into healthy eating and holistic living began in 2021 when I had my second child, Asher. He was born with health issues, and we spent his first two years in and out of hospitals, seeing countless doctors, dietitians, and nutritionists. Through that experience, we realized that our so-called “healthy lifestyle” wasn't actually all that healthy.

My husband and I came to the conclusion that we needed to return to the way God intended us to live:

- ✓ Natural
- ✓ Wholesome
- ✓ Toxin-Free

In 2022, I started sharing my healthy & holistic lifestyle swaps, recipes, and meal plans. After LOTS of research and reading, I discovered that simply changing the way we eat can improve overall health by 60%—that's an incredible difference!

I also saw how busy families struggled to eat healthy meals, which inspired me to create my Fall & Winter 5-Month Meal Planner. I wanted to provide a simple, practical way for moms to cook wholesome, nourishing meals for their families.

Seeing the impact my meal planner had,  
I decided to make a Spring & Summer Meal Planner as well!

Thank you so much for purchasing this planner and  
I pray that it helps you during your busy season of life!

Thank you for being here and if you are wanting to learn more  
about my families holistic lifestyle follow me on social media at:

📱 @Wholesome.Family.Roots

Thank you for your love and support.  
I look forward to serving you and your family!



# Simple-cheap-nourishing

This simple and wholesome meal planner was created with busy moms in mind—especially the ones juggling toddlers on their hips, dinner on the stove, and a heart full of intention to feed their family well.

Here's the heart behind this guide:

We're ordering groceries just once a month, and only from Azure Standard—keeping it simple, wholesome, and budget-friendly. The goal is to keep your grocery bill affordable (around \$500–\$600) while making nourishing, gluten-free, dairy-free meals your whole family (even the toddlers!) will actually eat.

We're not here to reinvent the wheel. You don't have to create extravagant new recipes every week. Simple, healthy, tried-and-true family favorites are often the most nourishing and comforting—especially when toddlers happily eat them too.

Inside this planner, you'll find:

- Frugal, real-food recipes
- Toddler-approved breakfasts, lunches, and dinners
- Snack ideas for busy days
- A complete grocery list
- Easy prep tips to help you stay ahead

You don't have to choose between convenience and health. This is the sweet spot where simplicity meets nourishment.

# Why we should eliminate toxins from our lifestyle....

1. Reduces the Risk of Chronic Illness
  - Toxins in processed foods, household products, and even personal care items can contribute to inflammation, hormonal imbalances, and chronic diseases like diabetes, heart disease, and autoimmune disorders. By reducing exposure, we lower our risk of long-term health issues.
2. Supports the Body's Natural Detox System
  - Our bodies naturally detox through the liver, kidneys, and skin, but excessive toxin exposure can overwhelm these systems. By limiting toxins in our diet and environment, we allow our bodies to function optimally.
3. Boosts Energy & Mental Clarity
  - Toxins can cause fatigue, brain fog, and sluggishness. Eliminating processed foods, artificial ingredients, and chemical-laden products can lead to increased energy and mental sharpness.
4. Improves Gut Health & Digestion
  - Toxins from pesticides, additives, and preservatives can disrupt the gut microbiome, leading to bloating, constipation, and digestive discomfort. A toxin-free diet filled with whole, nutrient-dense foods promotes gut health and better digestion.
5. Supports Hormonal Balance
  - Endocrine disruptors found in plastics, skincare products, and conventional foods can interfere with hormone production, leading to issues like thyroid dysfunction, fertility struggles, and mood swings. A toxin-free lifestyle helps keep hormones in check.
6. Strengthens the Immune System
  - Toxins weaken the immune system, making us more vulnerable to illness. Avoiding harmful chemicals and consuming wholesome, natural foods help strengthen our body's defenses.
7. Creates a Healthier Home & Environment
  - Switching to non-toxic cleaning supplies, cookware, and beauty products not only benefits our health but also protects our children and the environment from harmful chemicals.

By making intentional changes—like choosing organic foods, filtering our water, and using non-toxic household products—we can create a safer, healthier lifestyle for ourselves and our families. ❤️

# Why we should eat organic foods if we can afford it....

This is something I find so important for us to know and how this can all be nutrient dense and healing to our bodies if we allow it.

My FIRST and the MOST IMPORTANT thing is to shop ORGANIC if you can. I know organic foods tend to be pricier but if you can afford it get it! Why?!

- Eating organic reduces the amount of chemicals in your diet. More often than not our foods are sprayed with pesticides that can cause a lot of health issues to our bodies such as cancer, diabetes, kidney disease, respiratory issues, neurological disorder and the list goes on.
- Eating organic is the best way to avoid GMO foods, ingredients and contamination. Not entirely sure what GMO is? GMO is genetically modified organism, which is a plant, animal, or microorganism that has had its DNA modified using genetic engineering.
- No artificial colors, flavors or preservatives are allowed in organic food.
- Organic food contains more vitamins, minerals, enzymes and micronutrients than conventionally raised food
- Eating organic can reduce your risk of cancer, diseases and other major health issues.

# How does eating healthy and using toxin free products go hand in hand?

A lot of people can eat healthy, but they struggle to get rid of their toxic products. While my main goal is to help you with your eating habits because that will change 60% of our bodies overall health. The products we put on our bodies does affect or detox pathways! So, as I was saying before all the toxins that we come in contact with stores in our gut flora and fat cells. This even includes the laundry detergent we use, the skincare products we use, the candles we burn, the toothpaste we use...EVERYTHING!

Here are some of the products I love and use that are toxin free!

- Laundry detergent
  - I use Truly Free Homes
- Dish detergent
  - I use Truly Free Homes
- Skin Care/ Makeup
  - I use Crunchi\_
  - Link: <https://crunchi.com/?als=LindseySiefring>
  - Discount Code: Advocaterio
- Cleaning Products
  - I use doterra essential Oils
  - Link: <https://referral.doterra.me/8394759>.
- Scented candles
  - Salt in the Light By Sami
  - Get 10% Discount with my code: WFR10
- Toothpaste
  - I use Doterra
  - Link Here: <https://referral.doterra.me/8394759>.
- Deodorant
  - Primarily Pure
  - Discount Code: WHOLESOME.FAMILY.ROOTS10
- My favorite brand linked here
- Shampoo & Conditioners
  - Divi
  - Link for \$20.00 off: <https://www.diviofficial.com/LINDSEY96169>

# COOKING NOTES & FAVORITE BRANDS

## Special Note:

- Please adjust serving size to your family
- Please adjust cooking ingredients to your families' dietary needs

## Brands I Love:

- Primal Kitchen
- Rao's
- Chosen Foods
- Siete Traditional
- Date Lady
- Simply Organic

With being a stay-at-home mom, I really do not have time to do much research on ingredients. I was tired of going to the store, reading the nutrition label and seeing all the harmful ingredients that was in some of the sauces, canned items, and baking items. I wanted to make sure all my condiments, cereals, and baked goods were all clean and organic. That is when I discovered Thrive Market. Thrive Market is an online grocery store that delivers groceries right to your door in just a couple of days. If you are wanting to save 40% off your first order, shop the link on my Instagram or Facebook @wholesomefamilyroots.

- <http://thrv.me/iG7wRg>

Other places I like to shop is Aldi's and Azure Standard. With this being my busy season of life, I do a lot of Instacart. I love that I can get Krogers or Aldi's to deliver right to my door. For \$10.00 off use the discount code below!

- <https://www.instacart.com/store>
- Discount Code: *Wo4F9B3*

the Last place I will shop is Azure Standard. It is where I can get all organic products in bulk! I love their raw cheese, their organic cream cheese, organic sour cream and so much more. It is simply amazing that our favorite products (like cheese, sour cream, & cream cheese can actually be clean or organic!

- Link: [https://www.azurestandard.com/?a\\_aid=96f5bafab3](https://www.azurestandard.com/?a_aid=96f5bafab3)

# Brands I love and discount codes...

I am all about helping you guys eat healthy, wholesome and nutrient dense foods on a budget. Below are a list of brands that I personally use and love and have discount codes for!

- Azure Standard- is a family-owned company that offers organic, non-GMO, and natural products—ranging from bulk groceries to household and wellness items. They operate through a unique drop-point delivery system across the U.S., making it easy for families to stock up on healthy staples affordably. From pasture-raised meats and grass-fed dairy to eco-friendly cleaning supplies and supplements, Azure is a one-stop shop for holistic, sustainable living.
  - Link: [Azure Standard](#)
  - Discount Code: LindseySiefringr
- The Perfect Supplement - beef liver, collagen and gelatin for healthy gut gummies
  - Discount code: WHOLESOMEFAMILYROOTS10
- Just Ingredients - Their protein powder is delicious!
  - Discount Code: WHOLESOMEFAMILYROOTS
- Be Well By Kelly - I personally love how clean and delicious this protein powder is. I like to get the unflavored protein powder to sneak into foods and I love their chocolate protein powder to make a delicious chocolate milk.
  - Discount Code: WHOLESOME10
- Primal Kitchen - This is the only brand I buy for my family when it comes to condiments. They don't sneak in any added sugars and they are simply delicious!
  - Discount Code: WHOLESOME10
- Chosen Foods - I like to get mine off Thrive Market
  - Link & discount code for \$40.00 off: <http://thrv.me/iG7wRg>
- Hikers Coffee - This is also the only coffee I purchase for my family. It is delicious but also mold free, toxin free, chemical free and is third party tested!
  - Discount Code: LINDSEYSIEFRING
- Earthley - I use their products to heal my family naturally.
  - Discount Code: wholesomefamilyroots
- Amare - happy juice is great at repair the gut lining, It also has other health benefits like supports mood, motivation, cognitive performance, attention, and memory. It provides comprehensive gut nutrition, promotes natural serotonin, dopamine, and GABA, supports normal cortisol levels and a healthy stress response, optimizes mental flow, productivity and your capacity to tackle the day!
  - Discount code and link: <https://amare.com/en-us/g10/1889779>



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Disclaimer: The information provided in this meal planner is for general informational purposes only. While I strive to ensure accuracy, I am not a medical or nutrition professional. Please consult a healthcare provider or registered dietitian for specific dietary advice.

# Azure Standard Referral Link

Hi sweet friend,


If you're planning to place an order with Azure Standard this month, it would mean the world to me if you used my referral link and code when you check out:

 **AZURE STANDARD**

(Just click and shop as usual!)

Or use code: **LindseySiefring1** at check out!

By using my link, you're directly supporting my ability to keep creating FREE wholesome, family-friendly meal plans based on affordable, clean ingredients from Azure. This little act of kindness helps me continue pouring time and heart into making your mealtimes simpler, healthier, and stress-free — all without adding extra cost to you.

From my home to yours, thank you for being part of this community. Your support means more than you know. 

With gratitude,

Lindsey E.

Wholesome Family Roots

# JUNE MEAL PLAN

# JUNE 2025

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	01	02	03	04	05

# JUNE'S GROCERY LIST

## Dairy/Egg

- 2 Dozen

## Pantry Items

- Brown Rice: 10 lbs
- Gluten-Free Spaghetti: 2 x 12 oz packs
- Gluten-Free Elbow Pasta: 2 x 12 oz packs
- Oats (for oat flour): 5 lbs
- Gluten-Free Flour Blend: 5 lbs
- Hamburger Buns (GF or regular): 2 packs (freeze)
- Tortillas (GF): 1 pack (freeze)
- Crushed Tomatoes (No Sugar Added): 2 x 28 oz cans
- Diced Tomatoes: 2 x 15 oz cans
- Tomato Sauce: 2 x 15 oz cans
- Tomato Paste: 2 x 6 oz cans
- Beef Broth or Bouillon Base: 32 oz or bouillon jar
- Chicken Broth: 32 oz

## Spices (bulk-size)

- Garlic Powder: 8 oz
- Onion Powder: 8 oz
- Smoked Paprika: 8 oz
- Ground Cumin: 8 oz
- Paprika: 8 oz
- Dried Oregano: 8 oz
- Dried Basil: 8 oz
- Dried Thyme: 4 oz
- Dried Rosemary: 4 oz
- Red Pepper Flakes: 4 oz
- Ground Ginger: 4 oz
- Mustard Powder: 4 oz
- Chili Powder: 8 oz
- Parsley (Dried): 4 oz

## Produce

- Sweet Potatoes (Fresh or Frozen if available): 10–12 medium (or 2 x 2 lb frozen diced)
- Yukon/Gold Potatoes: 5 lbs
- Romaine Lettuce or Salad Greens (Bagged/Fresh): 2–3 heads or 2 bags
- Avocados (Fresh or Freeze-Dried): 4–6
- Cherry Tomatoes or Regular Tomatoes (Fresh or Frozen): 2 pints
- Cucumber (Fresh): 2
- Lemon (for flavor): 2
- Red Onion: 2
- Garlic (Fresh or Frozen): 2 bulbs or 1 bag minced
- Bananas (Fresh, freeze if needed): 6–8

## Oils & Condiments

- Olive Oil (Organic): 1 gallon
- Avocado Oil: 1 quart
- Coconut Oil: 1 quart
- Coconut Aminos: 16 oz bottle
- Worcestershire Sauce: 10 oz bottle
- Honey or Maple Syrup (Choose 1): 16 oz
- Dijon Mustard: 8 oz
- Apple Cider Vinegar: 16 oz
- Sea Salt (Fine): 1 lb
- Black Pepper (Ground): 8 oz

## Meat

- Ground Beef (not from Azure): 10 lbs
- Ground Turkey: 6 lbs
- Pork Sausage (bulk or links): 2 lbs
- Chicken Thighs/Breast (boneless, skinless): 3 lbs
- Frozen Whole Chicken (Azure): 1 (4–5 lbs)

## Frozen

- Broccoli Florets: 3 x 16 oz bags
- Carrot Slices: 3 x 16 oz bags
- Peas: 2 x 16 oz bags
- Peas & Carrots Mix: 2 x 16 oz bags
- Zucchini (shredded or chopped): 2 x 16 oz bags
- Spinach or Kale: 2 x 16 oz bags
- Corn (SnoPac Organic): 3 x 16 oz bags
- Green Bell Pepper (Frozen Sliced): 2 x 16 oz
- Red Bell Pepper (Frozen Sliced): 2 x 16 oz
- Onion (Chopped, Frozen): 2 x 16 oz
- Hash Browns (Azure Brand): 1 x 2.5 lb bag
- Mixed Veggies (Carrots/Peas/Corn): 2 x 16 oz bags
- Banana (Freeze Fresh or Buy Sliced Frozen): 2 lbs
- Mixed Berries (Azure Brand): 2 x 2 lb bags
- Blueberries (Frozen): 2 x 2 lb bags
- Strawberries (Frozen): 2 x 2 lb bags

## Optional Extras

- Nutritional Yeast (Cheesy flavor): 1 lb
- Unsweetened Coconut Milk or Cashew Milk: 2 x 32 oz cartons
- Shredded Goat Cheese or Plant-Based Cheese: 1 x 8 oz bag
- Pumpkin Seeds or Sunflower Seeds (Sprouted/Bulk): 1 lb

# OTHER GOODIES TO GRAB FROM AZURE

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## Dairy/Egg

- Raw Goat Cheese
- Raw Cheese
- Butter
- Goat Butter
- Whole Milk Yogurt
- Goat Yogurt
- Ice Cream
- Sour Cream
- Cream Cheese

## Produce

- ANY FRESH FRUIT IS DELICIOUS!

## Meat

- Beef Sticks

## Pantry Items

- Apple Cidar Vinegar
- Maple Syrup
- Vanilla Extract
- Ketchup
- Coconut Oil
- Noodles
- Rice
- Olive Oil
- Died Mango
- Banana Chips
- Yogurt Covered Raisins
- Seaweed Teriyaki Flavor
- Chocolate Chips
- Oats
- Flour
- Baking Soda
- Baking Powder
- Cane Sugar

## Spices

## Misc. Items

- Laundry Detergent
- Toilet Bowl Cleaner
- Dish Soap

*Week 1*

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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**MEAL PLANNER**

# Week 2

Monday.

Tuesday.

Wednesday.

Thursday.

Friday.

Saturday.

Sunday.

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MEAL PLANNER



*Week 3*

Monday.

Tuesday.

Wednesday.

Thursday.

Friday.

Saturday.

Sunday.

MEAL PLANNER

*Week 4*

Monday.

Tuesday.

Wednesday.

Thursday.

Friday.

Saturday.

Sunday.

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**MEAL PLANNER**

*Week 5*

Monday.

Tuesday.

Wednesday.

Thursday.

Friday.

Saturday.

Sunday.

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**MEAL PLANNER**

# SAUSAGE & SWEET POTATO HASH

Serving Size: 6 people    Time Prep: 10 minutes    Time Cook: 25 Minutes

## INGREDIENTS:

- 2 tablespoons olive oil (or coconut oil)
- 1 large yellow onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced (optional)
- 1 lb pork sausage (use ground or sliced sausage links)
- 4 medium sweet potatoes, peeled and diced small (~6-7 cups)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika (optional)
- ½ teaspoon sea salt (adjust to taste)
- ¼ teaspoon black pepper
- Fresh parsley for garnish (optional)

## INSTRUCTIONS:

- Prep the sweet potatoes:
  - Peel and dice sweet potatoes into small ½-inch cubes (for faster cooking). Set aside.
- Brown the sausage:
  - In a large skillet over medium heat, cook sausage until browned and cooked through (7-8 minutes). Remove from pan and set aside.
- Sauté veggies:
  - In the same skillet, add olive oil, onion, and bell peppers. Sauté for 5 minutes until softened.
- Cook sweet potatoes:
  - Add sweet potatoes to the skillet with the spices. Stir to coat. Cover with a lid and cook for 10-12 minutes, stirring occasionally, until sweet potatoes are fork-tender and slightly crispy.
- Combine and finish:
  - Add the sausage back into the skillet. Stir everything together and cook uncovered for 3-4 more minutes to crisp up the edges.
- Serve warm, topped with fresh parsley if desired.

## COOKING TIPS!

- **Chop ahead:** Dice all vegetables (onions, peppers, sweet potatoes) 1-2 days in advance and store in airtight containers in the fridge.
- **Batch cook sausage:** Brown your sausage ahead of time and store in the fridge up to 3 days or freeze for 2-3 weeks.
- **Reheat well:** This dish reheats beautifully in a skillet or oven. Add a splash of oil or water when reheating to keep it moist.
- **Freezer friendly:** Cooked hash can be frozen in meal prep containers for up to 1 month. Thaw in fridge overnight and reheat in skillet or oven.

# TACO RICE BOWLS

Serving Size: 4 people    Time Prep: 10 minutes    Time Cook: 20 Minutes

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## INGREDIENTS:

- 1 lb Ground Beef (organic grass-fed preferred)
- 1 cup Brown Rice (Azure Standard bulk or organic brown rice)
- 1 cup Frozen Corn (SnoPac Organic Frozen Corn)
- 1 medium Avocado (fresh produce, check Azure seasonal availability or local source)
- 1 tsp Garlic Powder (Azure Standard spices)
- 1 tsp Ground Cumin (Azure Standard spices)
- 1/2 tsp Paprika (optional, Azure Standard spices)
- Salt and pepper, to taste
- 1 tbsp Olive Oil (Azure Standard organic olive oil)

## INSTRUCTIONS:

- **Cook the Brown Rice:** Rinse 1 cup brown rice well. Cook according to package instructions or simmer in 2 cups water for about 40 minutes until tender. (Can be made ahead and refrigerated.)
- **Cook Ground Beef:** Heat olive oil in a skillet over medium heat. Add ground beef and cook until browned (about 8–10 minutes), breaking it apart with a spatula.
- **Season Beef:** Add garlic powder, cumin, paprika, salt, and pepper to the beef. Stir well to combine and cook for another 2 minutes to develop flavors.
- **Add Corn:**
  - Stir in frozen corn directly into the beef mixture. Cook 3–5 minutes until heated through.
- **Prep Avocado:** Dice avocado just before serving to avoid browning.
- **Assemble Bowls:** Serve a scoop of brown rice topped with the seasoned beef and corn mixture. Garnish with fresh avocado slices.

## COOKING TIPS!

- Cook the brown rice and store it in the fridge for up to 4 days.
- Brown the ground beef and season it, then refrigerate or freeze in meal-sized portions.
- Frozen corn is ready to go – just thaw or cook directly from frozen.
- Dice avocado fresh at serving time for best texture and flavor.

# CHICKEN & VEGGIE STIR FRY

Serving Size: 4 people    Time Prep: 10 minutes    Time Cook: 5–15 Minutes

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## INGREDIENTS:

- 1.5 lbs Boneless, Skinless Chicken Thighs or Breast (fresh or frozen from local/Azure if available)
- 2 cups Frozen Broccoli Florets (Azure Standard)
- 1 cup Frozen Carrot Slices (Azure Standard)
- 1 cup Frozen Peas (Azure Standard)
- 2 tbsp Coconut Aminos (soy-free soy sauce substitute, available on Azure)
- 1 tbsp Olive Oil or Avocado Oil (Azure Standard)
- 1 tsp Garlic Powder (Azure Standard spices)
- 1 tsp Ground Ginger or 1 tbsp freshly grated ginger (check Azure Standard for ginger powder)
- Salt and pepper, to taste
- Optional: 1/2 tsp Red Pepper Flakes (for mild heat, optional and Azure Standard)

## INSTRUCTIONS:

- **Prep the Chicken:** Cut chicken into bite-sized pieces. Season with salt, pepper, garlic powder, and ground ginger.
- **Heat Oil:** In a large skillet or wok, heat olive oil over medium-high heat.
- **Cook Chicken:** Add chicken pieces and cook for 6–8 minutes, stirring occasionally, until cooked through and lightly browned.
- **Add Veggies:** Toss in frozen broccoli, carrots, and peas (no need to thaw). Stir-fry for 5–7 minutes until veggies are tender-crisp.
- **Add Coconut Aminos:** Pour coconut aminos over the chicken and veggies. Stir well to coat everything evenly. Cook 1–2 more minutes to heat through and blend flavors.
- **Adjust Seasoning:** Taste and add more salt, pepper, or red pepper flakes if desired.

## COOKING TIPS!

- Cut and season chicken ahead of time; store in the fridge up to 2 days.
- Keep frozen veggies ready to go – no prep needed.
- Coconut aminos and spices are shelf-stable; have on hand anytime.
- Make extra and store leftovers in airtight containers for up to 3 days.

# SPAGHETTI WITH HIDDEN VEGGIE SAUCE

Serving Size: 4 people    Time Prep: 10 minutes    Time Cook: 25 Minutes

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## INGREDIENTS:

- 12 oz Gluten-Free Spaghetti Noodles (Azure Standard has GF pasta options)
- 1 tbsp Olive Oil or Avocado Oil
- 1 small Onion, finely chopped (fresh or frozen, check Azure Standard)
- 2 cloves Garlic, minced (fresh or frozen)
- 1 cup Frozen Carrots, finely chopped or grated
- 1 cup Frozen Zucchini, finely chopped or grated
- 1 cup Frozen Spinach or kale (optional, for extra greens)
- 28 oz can Crushed Tomatoes or Tomato Sauce (look for no-sugar-added options on Azure Standard)
- 1 tsp Dried Oregano
- 1 tsp Dried Basil
- Salt and pepper to taste
- Optional: 1 tsp Honey or maple syrup (for slight sweetness, Azure Standard)

## INSTRUCTIONS:

- **Cook Pasta:** Prepare gluten-free spaghetti according to package instructions. Drain and set aside.
- **Make the Veggie Sauce:** Heat olive oil in a large skillet over medium heat.
- Add chopped onion and garlic; sauté 3–4 minutes until translucent and fragrant.
- **Add Veggies:** Stir in frozen carrots, zucchini, and spinach. Cook 5–7 minutes until veggies soften.
- **Add Tomatoes & Seasoning:** Pour in crushed tomatoes or tomato sauce.
- Stir in oregano, basil, salt, pepper, and optional honey.
- Simmer on low heat for 15 minutes, stirring occasionally.
- **Blend (Optional):** For toddlers or picky eaters, use an immersion blender or regular blender to puree sauce until smooth, hiding the veggies completely.
- **Combine:** Toss cooked spaghetti with the veggie sauce. Serve warm.

## COOKING TIPS!

- Chop veggies ahead or use pre-frozen to save time.
- Sauce can be made in advance and refrigerated for up to 3 days or frozen for up to 3 months.
- Cook pasta fresh or ahead and reheat with sauce.

# CROCKPOT WHOLE CHICKEN WITH CARROTS & POTATOES

Serving Size: 6 people    Time Prep: 10 minutes    Time Cook: 6–8 hours

## INGREDIENTS:

- 1 whole chicken (about 4–5 pounds, not from Azure Standard)
- 4 large carrots, peeled and cut into chunks (fresh or frozen from Azure Standard)
- 4 medium baby potatoes, halved (fresh or frozen from Azure Standard)
- 2 tbsp olive oil or avocado oil
- 3 cloves garlic, minced (fresh or frozen)
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp salt
- ½ tsp black pepper
- Optional: 1 lemon, sliced (for flavor, check Azure Standard)

## INSTRUCTIONS:

- **Prepare the Chicken:** Pat the chicken dry with paper towels. Rub olive oil all over the chicken.
- **Season:** Mix garlic, thyme, rosemary, salt, and pepper. Rub seasoning mixture all over the chicken, inside and out.
- **Arrange Vegetables:** Place carrots and potatoes in the bottom of the crockpot. Optionally, add lemon slices on top.
- **Cook:** Place the seasoned chicken on top of the veggies in the crockpot. Cover and cook on low for 6–8 hours or until the chicken reaches an internal temperature of 165°F (75°C).
- **Serve:** Remove chicken and vegetables carefully. Shred chicken for toddler-friendly portions or serve as is.

## COOKING TIPS!

- Chop carrots and potatoes the night before and store in the fridge.
- Season the chicken ahead of time and keep refrigerated overnight for deeper flavor.



# STUFFED BELL PEPPERS

Serving Size: 4 people    Time Prep: 15 minutes    Time Cook: 35–40 Minutes

## INGREDIENTS:

- 4 large bell peppers (any color) – fresh from Azure Standard
- 1 lb ground beef (you provide fresh/frozen)
- 1 cup brown rice, cooked (from Azure Standard)
- 1 cup tomato sauce (check Azure Standard for organic or no-sugar-added options)
- ½ cup onion, finely chopped (fresh or frozen)
- 2 cloves garlic, minced (fresh or frozen)
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp olive oil or avocado oil
- Salt and pepper to taste

## INSTRUCTIONS:

- Preheat oven to 375°F (190°C).
- **Prepare peppers:** Cut tops off bell peppers and remove seeds and membranes. Set aside.
- **Cook beef mixture:** Heat olive oil in a skillet over medium heat. Sauté onion and garlic until translucent. Add ground beef, oregano, cumin, salt, and pepper. Cook until beef is browned and cooked through.
- **Mix filling:** In a bowl, combine cooked beef, cooked brown rice, and tomato sauce. Stir well.
- **Stuff peppers:** Spoon the beef and rice mixture into each bell pepper until full.
- **Bake:** Place stuffed peppers upright in a baking dish. Add a small amount of water to the bottom of the dish to keep peppers moist. Cover with foil and bake for 30–35 minutes.
- **Optional:** Remove foil for the last 5 minutes to slightly brown the tops.

## COOKING TIPS!

- Cook rice and beef mixture the night before and assemble peppers before baking.
- Bell peppers can be prepped and hollowed earlier in the day.

# SLOPPY JOE SWEET POTATOES

Serving Size: 4 people    Time Prep: 10 minutes    Time Cook: 30 Minutes

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## INGREDIENTS:

- 4 medium sweet potatoes (fresh or frozen from Azure Standard)
- 1 lb ground beef (fresh/frozen, your choice)
- 1 cup tomato paste (check Azure Standard for no sugar added)
- 2 tbsp coconut aminos (as a soy sauce substitute, from Azure Standard)
- 1 small onion, finely chopped (fresh or frozen)
- 2 cloves garlic, minced (fresh or frozen)
- 1 tsp smoked paprika (from Azure Standard)
- 1 tsp cumin (from Azure Standard)
- 1 tbsp olive oil or avocado oil (from Azure Standard)
- Salt and pepper, to taste

## INSTRUCTIONS:

- Preheat oven to 400°F (200°C).
- **Prepare sweet potatoes:** Pierce sweet potatoes with a fork several times. Bake whole for 30–40 minutes, or until soft and easily pierced.
- **Cook sloppy joe mixture:** While potatoes bake, heat olive oil in a skillet over medium heat. Sauté onion and garlic until soft. Add ground beef and cook until browned. Drain any excess fat.
- **Add flavor:** Stir in tomato paste, coconut aminos, smoked paprika, cumin, salt, and pepper. Simmer for 10 minutes, stirring occasionally, until mixture thickens slightly.
- **Assemble:** Once sweet potatoes are cooked and cooled slightly, slice open lengthwise and fluff the inside with a fork. Spoon sloppy joe mixture generously over each sweet potato.

## COOKING TIPS!

- Bake sweet potatoes ahead of time and reheat before assembling.
- Sloppy joe meat mixture can be made a day ahead and stored in the fridge.

# MEATBALLS & POTATO SHEET PAN

Serving Size: 4 people    Time Prep: 15 minutes    Time Cook: 25–30 Minutes

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## INGREDIENTS:

- 1 lb ground beef or ground turkey
- 1/2 cup oat flour (make from oats from Azure Standard or buy ready-made)
- 1/4 cup fresh parsley, chopped (or 2 tbsp dried parsley)
- 1 egg (or flax egg if preferred)
- 2 cloves garlic, minced (fresh or frozen)
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 tsp black pepper
- 1.5 lbs baby potatoes or small potatoes, halved
- 2 tbsp olive oil or avocado oil
- 1 tsp paprika (optional)
- Salt and pepper, to taste

## INSTRUCTIONS:

- Preheat oven to 425°F (220°C).
- **Make meatballs:** In a large bowl, mix ground meat, oat flour, parsley, egg, garlic, oregano, salt, and pepper until combined. Form into 1-inch meatballs.
- **Prepare potatoes:** Toss halved baby potatoes with olive oil, paprika (if using), salt, and pepper.
- **Arrange on sheet pan:** Spread potatoes on a large baking sheet. Place meatballs evenly spaced among potatoes.
- **Bake:** Roast for 25–30 minutes, turning potatoes and flipping meatballs halfway, until meatballs are cooked through and potatoes are tender.

## COOKING TIPS!

- Mix and form meatballs ahead of time; store refrigerated until ready to bake.
- Potatoes can be chopped the night before and stored in water to prevent browning.

# DIY TACO NIGHT

Serving Size: 4 people    Time Prep: 15 minutes    Time Cook: 15 Minutes

## INGREDIENTS:

- 1 lb ground beef or ground turkey
- 1 tbsp olive oil or avocado oil
- 2 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- Salt and pepper, to taste
- 1 cup brown rice, cooked
- 1 cup frozen corn kernels (thawed)
- 1 avocado, sliced or mashed
- 8 small gluten-free tortillas or large lettuce leaves for wraps (available at Azure Standard)
- 1 cup shredded lettuce
- 1/2 cup diced tomatoes (fresh or frozen diced tomatoes from Azure)
- 1/4 cup chopped fresh cilantro (or dried cilantro)
- Optional: lime wedges, salsa (check Azure Standard for salsa options)

## INSTRUCTIONS:

- **Cook rice:** Prepare brown rice according to package instructions or ahead of time.
- **Cook meat:** Heat oil in a skillet over medium heat. Add ground beef or turkey, breaking it up with a spoon. Cook until browned.
- **Add spices:** Stir in chili powder, cumin, paprika, garlic powder, onion powder, salt, and pepper. Cook for 2–3 more minutes, stirring to coat meat well.
- **Warm tortillas:** Heat tortillas or lettuce leaves in a dry skillet or microwave.
- **Assemble tacos:** Spoon cooked meat over tortillas or lettuce. Top with rice, corn, avocado, lettuce, tomatoes, and cilantro. Add salsa and lime if desired.

## COOKING TIPS!

- Cook and season the meat ahead of time; reheat before serving.
- Cook rice in bulk to use for several meals.
- Chop veggies and store in airtight containers.

# CHICKEN & RICE ONE-PAN BAKE

Serving Size: 6 people    Time Prep: 10 minutes    Time Cook: 1 Hour

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## INGREDIENTS:

- 4 large chicken thighs (bone-in, skin-on or skinless)
- 1 ½ cups brown rice (uncooked)
- 3 cups chicken broth (or bone broth, check Azure Standard)
- 1 large onion, diced
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 2 cups frozen mixed vegetables (carrots, peas, corn)
- 2 tbsp olive oil or avocado oil
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt and pepper, to taste

## INSTRUCTIONS:

- Preheat your oven to 375°F (190°C).
- **Prepare rice mixture:** In a large baking dish or oven-safe skillet, combine uncooked brown rice, chicken broth, diced onion, garlic, frozen mixed vegetables, thyme, oregano, salt, and pepper. Stir well.
- **Add chicken:** Drizzle olive oil over chicken thighs and season with salt and pepper. Place chicken thighs on top of the rice mixture.
- **Bake:** Cover the dish tightly with foil and bake for 50-60 minutes, or until rice is tender and chicken is cooked through (internal temp 165°F).
- **Optional:** Remove foil for the last 10 minutes to brown the chicken skin if desired.

## COOKING TIPS!

- Dice onions and mince garlic in advance.
- Measure rice and spices beforehand to save time.
- You can partially cook rice ahead but not recommended for best texture.

# ZUCCHINI & GROUND BEEF SKILLET

Serving Size: 2 people    Time Prep: 10 minutes    Time Cook: 5-15 Minutes

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## INGREDIENTS:

- 1 lb ground beef
- 3 medium zucchinis, diced
- 1 medium onion, diced
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 can (15 oz) diced tomatoes (no sugar added)
- 1 tbsp olive oil or avocado oil
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper, to taste

## INSTRUCTIONS:

- **Heat oil:** In a large skillet, heat olive oil over medium heat.
- **Cook beef:** Add ground beef and cook, breaking it apart, until browned and cooked through. Drain excess fat if necessary.
- **Sauté veggies:** Add diced onion and garlic to the skillet. Cook until onion is translucent, about 3-4 minutes.
- **Add zucchini and spices:** Stir in diced zucchini, oregano, basil, salt, and pepper. Cook for 5 minutes until zucchini is tender.
- **Add tomatoes:** Pour in diced tomatoes and stir well. Let simmer for another 5 minutes until flavors combine and sauce thickens slightly.
- **Serve:** Serve warm as is or with a side of brown rice or gluten-free noodles.

## COOKING TIPS!

- Dice veggies the night before or morning of to save time.
- Use pre-minced garlic from Azure Standard to speed up cooking.

# HEALTHY HAMBURGER HELPER

Serving Size: 4-6 people    Time Prep: 10 minutes    Time Cook: 20 Minutes

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## INGREDIENTS:

- 1 lb ground beef (not from Azure)
- 2 cups gluten-free elbow pasta (Azure Standard)
- 2 cups unsweetened coconut milk or cashew milk (Azure Standard)
- 1 ½ cups beef broth (or use Azure bouillon + water)
- ½ cup nutritional yeast (adds cheesy flavor!)
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp paprika
- ½ tsp mustard powder (optional, for depth)
- Salt & pepper, to taste
- 1 tbsp olive oil or avocado oil

## INSTRUCTIONS:

- **Brown the meat:** In a large skillet over medium heat, add oil and cook the ground beef until browned. Drain any excess fat.
- **Add spices:** Stir in garlic powder, onion powder, paprika, mustard powder, salt, and pepper.
- **Pour in liquids:** Add in the coconut milk and beef broth. Stir to combine.
- **Add pasta:** Stir in the dry pasta. Bring to a simmer, then cover and cook for 12-15 minutes, stirring occasionally, until pasta is cooked through and sauce thickens.
- **Add nutritional yeast:** Once pasta is tender, stir in the nutritional yeast for a cheesy flavor. Let sit for 5 minutes to thicken.
- **Serve:** Serve hot. This reheats beautifully for leftovers!

## COOKING TIPS!

- Pre-measure dry seasonings into a jar or bag for a quick dump-and-go dinner.
- Pre-brown and freeze ground beef in advance to cut cook time in half.
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# PHILLY SKILLET & POTATOES

Serving Size: 4-6 people    Time Prep: 10 minutes    Time Cook: 25 Minutes

## INGREDIENTS:

- 1 lb ground beef or thinly sliced beef steak (not from Azure)
- 2 tbsp olive oil or avocado oil
- 4 medium Yukon Gold or Russet potatoes, diced (Azure Standard)
- 1 green bell pepper, diced (Azure Standard – fresh or frozen)
- 1 red bell pepper, diced (Azure Standard – fresh or frozen)
- 1 yellow onion, sliced (Azure Standard)
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper, to taste
- Optional: 1 tsp smoked paprika or coconut aminos for added depth

## INSTRUCTIONS:

- **Cook the potatoes:** In a large skillet, heat 1 tbsp oil over medium heat. Add diced potatoes, season with salt, pepper, and garlic powder. Cover and cook for about 10-12 minutes, stirring occasionally until golden and tender. Transfer to a plate.
- **Sauté veggies:** In the same skillet, add the remaining oil. Sauté onions and peppers for 5-7 minutes until soft and slightly caramelized.
- **Cook the beef:** Add ground beef or thin steak slices to the skillet. Season with onion powder, salt, and pepper. Cook until browned and cooked through.
- **Combine:** Return cooked potatoes to the skillet. Stir everything together and cook for an additional 2-3 minutes to blend flavors.
- **Serve:** Serve hot. It's perfect on its own or topped with avocado or a sprinkle of nutritional yeast for extra flavor.

## COOKING TIPS!

- Dice and freeze peppers and onions ahead of time for faster cooking.
- Precook and refrigerate or freeze potatoes for ultra-quick skillet assembly.
- Pre-brown ground beef and store frozen to cut cook time in half.



# EGG FRIED RICE

Serving Size: 4–6 people    Time Prep: 10 minutes    Time Cook: 15 Minutes

## INGREDIENTS:

- 4 cups cooked white or brown rice (use Azure long grain brown rice or white basmati)
- 2–3 tbsp avocado oil or olive oil
- 4 pasture-raised eggs (not available from Azure, source locally)
- 1 cup frozen peas and carrots mix (Azure Standard)
- ½ cup frozen diced onion or 1 small onion, finely chopped (Azure Standard)
- 2 tbsp coconut aminos (Azure Standard – soy sauce alternative)
- 1 tsp garlic powder
- Salt and pepper to taste
- Optional: pinch of ground ginger for extra flavor

## INSTRUCTIONS:

- **Cook rice ahead of time:** Cold, day-old rice works best for fried rice. You can use fresh rice, but let it cool before frying.
- **Heat oil in skillet or wok:** Add diced onion and sauté until translucent (2–3 minutes). Then add the frozen peas and carrots. Cook for another 4–5 minutes.
- **Scramble the eggs:** Push veggies to one side of the pan. Add a little oil, then crack the eggs into the pan. Scramble until just cooked, then mix into the veggies.
- **Add the rice:** Add the cold cooked rice to the skillet. Stir everything together and cook for 5–7 minutes, letting the rice slightly crisp.
- **Season:** Add garlic powder, coconut aminos, salt, pepper, and optional ground ginger. Stir and taste—adjust seasoning if needed.
- Serve hot and enjoy with a drizzle of extra coconut aminos if desired.

## COOKING TIPS!

- Cook rice 1–2 days in advance and store in fridge for easy stir-fry nights.
- Pre-chop onions or use frozen for faster prep.
- Crack and beat eggs in a jar ahead of time to speed up cooking.

# BREAKFAST FOR DINNER

Serving Size: 4–6 people    Time Prep: 10 minutes    Time Cook: 20 Minutes

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## INGREDIENTS:

- 2–3 Tbsp coconut oil or avocado oil
- 1 (2.5 lb) bag frozen hash browns (Azure brand)
- 1/2 tsp garlic powder
- Sea salt, to taste
- 6 eggs (you can use Azure's organic eggs or farm-fresh)
- Optional: Shredded goat cheddar or plant-based cheese (if tolerable, available on Azure)

### **Banana Muffins (optional side)**

- 3 ripe bananas
- 2 eggs
- 1/4 cup melted coconut oil
- 1/4 cup honey or maple syrup
- 1 tsp vanilla extract
- 1 1/2 cups gluten-free flour (Azure's GF blend or oat flour)
- 1 tsp baking soda
- Pinch of salt

## INSTRUCTIONS:

- **Cook Hash Browns:** Heat oil in a large skillet over medium-high heat.
- Add frozen hash browns and season with salt + garlic powder.
- Cook 10–15 minutes, flipping occasionally until crispy and browned.
- **Scramble or Fry Eggs:** In a second skillet, scramble or fry 6 eggs to your liking.

**Optional:** top with cheese.

- **Make Banana Muffins (Optional but fun!)**
- Preheat oven to 350°F.
- In a bowl, mash bananas and mix with eggs, coconut oil, honey, and vanilla.
- Stir in dry ingredients.
- Pour into muffin liners and bake 18–20 minutes until golden and firm.

## COOKING TIPS!

- Make banana muffins the night before or in bulk to freeze for future breakfasts/snacks.
- Use Azure frozen hash browns for quick prep.
- Double eggs and hash browns if feeding more than 4.

# CHICKEN SALAD BOWLS

Serving Size: 8 people    Time Prep: 10 minutes    Time Cook: 5-15 Minutes

## INGREDIENTS:

### **Proteins & Base:**

- 2-3 cups cooked shredded chicken (from whole chicken, thighs, or breast – Azure has frozen options)
- 1 head romaine lettuce or 1 bag of chopped salad greens
- 2 cups cooked rice (optional for heartier bowls – use Azure brown or white rice)

### **Toppings & Add-ins:**

- 1-2 avocados (Azure offers fresh if in season or freeze-dried)
- 1 pint cherry tomatoes or 2 medium tomatoes, chopped
- 1/2 cucumber, sliced
- 1/2 red onion, thinly sliced (optional)
- Shredded carrots or cabbage (optional – both available through Azure)
- Sprouted sunflower seeds or pumpkin seeds (Azure bulk section)

### **Dressing:**

- 1/4 cup olive oil
- 2 Tbsp apple cider vinegar or lemon juice
- 1 tsp Dijon mustard (check Azure condiments section)
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 tsp honey or maple syrup (optional)

## INSTRUCTIONS:

### **Make the Dressing:**

- In a jar or bowl, whisk together olive oil, vinegar, Dijon mustard, salt, pepper, and honey/maple syrup. Set aside.

### **Assemble the Bowls:**

- Lay a bed of greens or rice in each bowl.
- Top with shredded chicken, sliced tomatoes, avocado, cucumbers, carrots, and onion.
- Sprinkle with seeds for crunch.

### **Drizzle & Serve:**

- Spoon dressing over each bowl just before serving.
- Toss gently if serving as a mixed salad.

## COOKING TIPS!

- Cook a whole chicken early in the week and shred for salads, wraps, and casseroles.
- Pre-chop veggies and store in airtight containers.
- Make a mason jar of dressing to use all week.
- Pre-portion in containers for quick grab-and-go lunches or dinners.

# POTATO & VEGGIE SOUP

Serving Size: 8 people    Time Prep: 10 minutes    Time Cook: 5-15 Minutes

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## INGREDIENTS:

- 2 lbs ground turkey (or ground beef)
- 2 large eggs, beaten to blend
- 4 cloves garlic, finely chopped
- 4 tbsp fresh parsley, chopped
- 2 tbsp Worcestershire sauce
- kosher salt
- ground black pepper
- 2 tbsp olive oil
- hamburger buns, lettuce, sliced tomatoes, mayonnaise, ketchup and any other of your favorite burger toppings

## INSTRUCTIONS:

- In a large bowl, mix turkey (or ground beef), egg, garlic, parsley, and Worcestershire sauce. Season with salt and pepper. Using your hands, form mixture into 4 flat patties.
- In a skillet over medium heat or use your grill or black stone, heat oil. Add patties and cook, turning once, until golden brown and cooked through, about 5 minutes per side. Serve on buns with desired toppings.

## COOKING TIPS!

- You can also prep this on Sunday, you can make these turkey burger patties ahead of time by making the turkey burger mixture, form into patties, then cover with plastic wrap and refrigerate up to 1 day ahead or you can also freeze the patties for up to 3 months and use them when you need.

# QUESADILLA NIGHT

Serving Size: 8 people    Time Prep: 10 minutes    Time Cook: 5-15 Minutes

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## INGREDIENTS:

- 2 lbs ground turkey (or ground beef)
- 2 large eggs, beaten to blend
- 4 cloves garlic, finely chopped
- 4 tbsp fresh parsley, chopped
- 2 tbsp Worcestershire sauce
- kosher salt
- ground black pepper
- 2 tbsp olive oil
- hamburger buns, lettuce, sliced tomatoes, mayonnaise, ketchup and any other of your favorite burger toppings

## INSTRUCTIONS:

- In a large bowl, mix turkey (or ground beef), egg, garlic, parsley, and Worcestershire sauce. Season with salt and pepper. Using your hands, form mixture into 4 flat patties.
- In a skillet over medium heat or use your grill or black stone, heat oil. Add patties and cook, turning once, until golden brown and cooked through, about 5 minutes per side. Serve on buns with desired toppings.

## COOKING TIPS!

- You can also prep this on Sunday, you can make these turkey burger patties ahead of time by making the turkey burger mixture, form into patties, then cover with plastic wrap and refrigerate up to 1 day ahead or you can also freeze the patties for up to 3 months and use them when you need.

# SHEET PAN SAUSAGE & CABBAGE

Serving Size: 8 people    Time Prep: 10 minutes    Time Cook: 5-15 Minutes

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## INGREDIENTS:

- 2 lbs ground turkey (or ground beef)
- 2 large eggs, beaten to blend
- 4 cloves garlic, finely chopped
- 4 tbsp fresh parsley, chopped
- 2 tbsp Worcestershire sauce
- kosher salt
- ground black pepper
- 2 tbsp olive oil
- hamburger buns, lettuce, sliced tomatoes, mayonnaise, ketchup and any other of your favorite burger toppings

## INSTRUCTIONS:

- In a large bowl, mix turkey (or ground beef), egg, garlic, parsley, and Worcestershire sauce. Season with salt and pepper. Using your hands, form mixture into 4 flat patties.
- In a skillet over medium heat or use your grill or black stone, heat oil. Add patties and cook, turning once, until golden brown and cooked through, about 5 minutes per side. Serve on buns with desired toppings.

## COOKING TIPS!

- You can also prep this on Sunday, you can make these turkey burger patties ahead of time by making the turkey burger mixture, form into patties, then cover with plastic wrap and refrigerate up to 1 day ahead or you can also freeze the patties for up to 3 months and use them when you need.

# BAKED CHICKEN DRUMSTICKS & RICE

Serving Size: 8 people    Time Prep: 10 minutes    Time Cook: 5-15 Minutes

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## INGREDIENTS:

- 2 lbs ground turkey (or ground beef)
- 2 large eggs, beaten to blend
- 4 cloves garlic, finely chopped
- 4 tbsp fresh parsley, chopped
- 2 tbsp Worcestershire sauce
- kosher salt
- ground black pepper
- 2 tbsp olive oil
- hamburger buns, lettuce, sliced tomatoes, mayonnaise, ketchup and any other of your favorite burger toppings

## INSTRUCTIONS:

- In a large bowl, mix turkey (or ground beef), egg, garlic, parsley, and Worcestershire sauce. Season with salt and pepper. Using your hands, form mixture into 4 flat patties.
- In a skillet over medium heat or use your grill or black stone, heat oil. Add patties and cook, turning once, until golden brown and cooked through, about 5 minutes per side. Serve on buns with desired toppings.

## COOKING TIPS!

- You can also prep this on Sunday, you can make these turkey burger patties ahead of time by making the turkey burger mixture, form into patties, then cover with plastic wrap and refrigerate up to 1 day ahead or you can also freeze the patties for up to 3 months and use them when you need.

BLANK MEAL PLAN &  
GROCERY LIST



Weekly

Date: \_\_\_\_\_

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

MEAL PLANNER

*Weekly*

*Date:* \_\_\_\_\_

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

MEAL PLANNER

*Date:* \_\_\_\_\_

# GROCERY LIST

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Dairy/Egg

Produce

Meat

Pantry Items

Misc. Items

Spices

Menu

*Date:* \_\_\_\_\_

# GROCERY LIST

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Dairy/Egg

Produce

Meat

Pantry Items

Misc. Items

Spices

Menu