

# GETTING AHEAD OF THE GAME

Creating a kitchen plan that works for you.



## Bulk cook a protein or two

Depending on household size, precook proteins once, or twice, each week. Aim for proper portions to stretch what you cook. Start from fresh, pull from the freezer, or restock the freezer depending on your current needs.



## Stock versatile vegetables

Choose vegetables that can be eaten raw or cooked, and with many cuisines. Take "knife time" into consideration and don't overwhelm yourself with many intricate recipes.



## Keep quick and healthy carbs on hand

Let carbs be an afterthought. What do roast sweet potato, brown rice, quinoa, canned beans have in common? They are versatile and can be easily kept in the pantry. No planning needed.



## Learn how to spice things up

Discover which spices go with which cuisine so you can change the direction of your meals in a snap. When you know how to spice things up in the kitchen, you can start to ditch recipes altogether.



## Cook Tender Proteins

A key factor to this strategy is cooking tender proteins to use for 2 - 3 days. Personally, I usually cook on Sunday and Wednesday using the Seer-Bake method for the best results.

Heat an oven-safe/cast iron skillet to medium high heat and preheat oven to 350 F. Pat protein dry and spray with olive oil. Season if desired, or cook plain and season later. Sear protein for 3-4 minutes on one side. Flip and bake in preheated oven until protein reaches safe temperature. If cooking more than what fits in pan, sear on both sides, transfer to sheet pan and bake for allotted time. Let protein cool then slice or dice, if desired.

Store in refrigerator and use within 3-4 days, or freeze in labeled bags for future use.

# PROTEIN: NEXT LEVEL

## CHICKEN

**bake . broil . grill . shred**

### **Greek Chicken Wrap**

Cold sliced chicken + hummus + roasted red peppers + avocado + feta + spinach + dried oregano

### **SW Chicken Bowl**

Quinoa + black beans + cooked chicken + sauteed peppers & onions + guac + salsa + cilantro + lime

### **Thai Chicken Salad**

Broccoli slaw + shredded carrots + chopped kale + diced chicken + peanuts + cilantro + almonds + peanut sauce

### **White Chicken Chili**

Diced chicken + white beans + onions + garlic + canned diced tomato + salsa + cumin + chili powder + avocado + cilantro

## LEAN PORK

**roast . grill . stir fry . crockpot**

### **Shredded Pork Stew**

Replace the protein in your favorite chili with shredded, lean pork. Add extra beans and vegetables, and top with avocado.

### **Apple Cider Pork Skillet**

Quartered apples + sliced onion + diced sweet potato. Bake at 375 F for 25 min until vegetables are done. Drizzle with apple cider vinegar last 5 minutes of baking. Add cooked shredded or sliced pork + parsley.

### **Pineapple Pork Stir Fry**

Saute peppers, onion, pineapple and carrots in coconut oil. Add cooked pork and scallions. Top with lower sugar teriyaki sauce. Serve over brown rice.

## SALMON

**bake . cast iron . en papillote**

### **Cast Iron Salmon**

Heat olive oil in cast iron. When hot, sear spiced salmon skin side UP for 3-5 minutes, until browned. Flip and finish in oven, 5 - 10 minutes at 350 F, depending on salmon thickness.

### **Farro Salmon Bowl**

Farro + cold flaked salmon + cherry tomato + cucumber + scallions + tzatziki + feta

### **Salmon Wrap**

Leftover salmon + broccoli slaw + avocado + red peppers + capers + lemon juice + dill

## LENTILS

**boil . steam . soup . salad**

### **Cold Lentil Salad**

Cooked lentils + cherry tomatoes + spinach + feta + balsamic vinaigrette

### **Lentil Burgers**

Cooked onions + carrots + cumin + smashed lentils + egg. Form into patties and cook on stove-top or bake.

### **Lentil Soup**

Lentils cook in 25 minutes. Use your favorite soup base and swap lentils for any bean or grain.

# FLAVOR

## SPICE BLENDS

Before searing or add to grains or vegetables

### Mexican & Southwest

Cumin + Chili Powder + Paprika + Dried Oregano

### Greek

Dried Dill + Dried Oregano + Garlic + Lemon Zest

### General Spice Rub

Smoked Paprika + Cumin + Coriander + Garlic Powder + Black Pepper

### Jamaican Curry Blend

Coriander + Cumin + Turmeric + Dry Mustard + Pepper + Ground Ginger + Nutmeg + Chili Powder + Touch of Cinnamon

## SAUCES

Add after cooking for flavor.

### Quick Thai Peanut Sauce

1/2 c peanut butter + 1/2 c water + 1 T low sodium soy sauce + 1 tsp honey + 1 tsp garlic + 1 tsp rice or red wine vinegar

### Cilantro Caper Sauce

1 c cilantro + 1/4 c scallions + 2 T drained capers + 1 garlic clove + 1/4 c olive oil + 2 T water + 2 T white vinegar

### Roasted Red Pepper Sauce

1/3 c almonds + 12 oz jar drained roasted red peppers + 1 T olive oil + 2 T smoked paprika + pinch red pepper flakes

## BOWL BASES

Just add protein and vegetables.

### Southwest Quinoa & Black Bean

2 c cooked quinoa + 1 can drained black beans + 1 tsp cumin + 1 tsp chili powder + 1-2 scoops prepared salsa

### Lemon Dill Farro

2 c cooked farro + 1 T lemon juice + 1 T olive oil + 1 T chopped capers + 1 tsp dried dill

### Ginger Brown Rice

2 c cooked long grain rice + 1 T toasted sesame oil + 1 tsp minced garlic + 1 T minced ginger + 1 T low sodium soy sauce

## NEXT LEVEL TOPPINGS

Dress your plate to impress.

### Quick Pickled Red Onions

1/2 c water + 1/4 c white vinegar + 1/4 c apple cider vinegar + 1 T honey + 1 tsp salt. Heat over stove. Pour over 1 medium red onion, halved and sliced thin in jar. Let sit 30 minutes.

### Cumin Lime Slaw

1/2 green cabbage, sliced thin + 1/4 c olive oil + 1 tsp cumin + 1 lime, juiced and zested + 1/2 tsp salt + 1 T honey

### Tzatziki

16 oz plain greek yogurt + 1 cucumber, shredded + 1 garlic clove, minced + 2 T white vinegar + 1 T dill