



SIMPLE + ON BUDGET

MAMA'S MEAL PLAN

5 DAYS OF MEALS

From Jennifer Woodward, FDN

day 1



quick and simple meals

breakfast

2 chicken apple sausages
1 small avocado
1 cup berries

either pop sausages in the toaster oven until crispy, or cut into rounds and fry in butter. Salt the avocado and enjoy!

lunch

4 oz lunchmeat
1 mandarin orange
1 large carrot
10 macadamia nuts

easy on a plate or in a bento box if you're on the go.

Breakfast and lunch serving sizes are for mamas. For little ones, adjust accordingly. Have fun introducing your babies to new and yummy proteins, fruits, and veggies. Start with the suggestions provided and then add in their current favorite foods. Breakfasts and lunches are set up so you don't have to cook during the day—simply throw your ingredients together for nourishing and delicious meals as it works into your schedule.

trader joe's teriyaki salmon and garlic broccoli

serves: 6 prep time: 10 minutes cook time: 25 minutes

6 frozen salmon fillets, defrosted
1 bottle Island Soyaki Sauce
2 bags broccoli flores
2 packets pre-peeled garlic
salt and pepper to taste

Preheat oven to 425 degrees. Place salmon fillets on a large baking sheet and season with salt and pepper. Pour sauce evenly over the salmon, reserving 1/4 cup. Use that sauce to toss evenly with broccoli and garlic. Spread veggies out over another baking sheet. Place both trays in the oven. Bake salmon for 12–15 minutes. Allow veggies to bake for an additional 10 minutes or until crisp.

day 2



quick and simple meals

breakfast

2 tbsp each chia, hemp, pumpkin seeds
2 tbsp macadamia nuts
1 apple, diced
cinnamon and maple syrup to taste
1 cup almond milk

mix all ingredients and microwave for 1 minute.

lunch

6 slices ham
3 romaine lettuce leaves
3 corn tortillas
3 pickle spears
mustard to taste

roll up meat and pickles in tortillas. Drizzle mustard.

Sub out any protein for another protein, and any fruit or veggie for another fruit or veggie. Add berries to your Paleo Granola instead of apples if you want. Pears would be yummy, too! For little ones too small to chew nuts or seeds, heat some gluten-free oats with diced apples, cinnamon, maple syrup, and butter for a warm and comforting breakfast. Enjoy some fresh fruit after lunch for a sweet treat.

trader joe's multigrain veggie bowls

serves: 6 prep time: 10 minutes cook time: 15 minutes

2 bags Trader Joe's Multigrain Veggie Mix
2 lb lean ground beef
1 tbsp Italian Seasoning
Salt and Pepper to taste
1/2 cup fresh parsley, for serving.

Heat a large cast iron skillet for 1-2 minutes on medium heat. Add in ground beef, italian seasoning, salt, and pepper and mix well as you sauté the beef. When sautéed beef is nearly cooked through (about 10 minutes), add in the bags of the Multigrain Veggie Mix. Sauté for 7-8 more minutes, or until all ingredients are cooked through. Remove from heat, portion into bowls, and top with parsley for garnish (if your kids are into green things!)

day 3



quick and simple meals

breakfast

2 slices bacon
2 fried eggs
1/2 cantaloupe

use a giant sheet pan to cook bacon for your family. Heat oven to 400 degrees, lay bacon on sheet pan, and bake for 30 minutes or so while you get ready. Remove from heat and cook eggs in bacon grease.

lunch

Trader Joe's Sliced Grass-fed Beef
Broccoli Florets
Trader Joe's Sweet Chili Sauce

Microwave broccoli in the bag as directed. Remove, allow to cool while you separate sliced beef. Toss the broccoli in the sweet chili sauce and lay beef on top. Kids can omit the sauce or use butter or ranch!

Tonight is a crock pot meal. Crock pot meals are great because you can get most of the work done during the day. Also, it's likely you'll have some food left over for lunch the next day. Moms need to save time whenever we can, right? This recipe makes 12 servings so you can freeze the extras and take a day off of cooking next week. If you think the soup will be too spicy for your kids, omit the diced chilis.

slow cooker green chicken chili

serves: 12 prep time: 15 minutes cook time: 6 hours

8 cups chicken stock
2 rotisserie chickens, shredded
4 cups frozen corn
2 cans diced tomatoes (not drained)
2 cans black beans (drained)
2 (4.5 oz) cans diced green chilis
2 cups green tomatillo salsa
2 cups diced onion
2 tsp garlic powder
1 tbsp cumin
6 tbsp taco seasoning

Combine the chicken broth, chicken, corn, tomatoes, beans, green chilis, salsa, onion, garlic powder, cumin, and taco seasoning in the slow cooker. Cook on low for 6 hours.

Top with the following options: shredded cheese, diced green onions, fresh lime, cilantro, diced avocado, and/ or sour cream.

day 4



quick and simple meals

breakfast

1 cup almond milk + 1/2 cup ice
1 banana
1 tbsp cocoa powder
2 tbsp almond butter
2 scoops collagen

Blend well and serve immediately. Double or triple the recipe for a family-sized smoothie.

lunch

3 hardboiled eggs
1 pack Wholly Guacamole
cucumber + bell pepper spears
1 peach

Assemble the ingredients and dip away! Trader Joe's has remade hardboiled eggs in a pinch.

I always fall back on chicken apple sausages for breakfast. It's easy to cook a batch in the toaster oven while you go about your morning routine. If you or your family want more protein for breakfast, add a side of chicken apple sausage to your smoothie. I love collagen protein because it is easy to digest and each scoop has about 10 grams of quality protein. It's safe for kids and husbands too!

carnitas and sweet potatoes

serves: 6 prep time: 15 minutes cook time: 60 minutes

2 lb precooked carnitas (Trader Joe's or Del Rio brand from Costco or Sam's Club)
6 sweet potatoes
2 avocados, diced
1/2 cup green onion, diced
1/2 cup cilantro, diced

Sriracha Mayo option:
1/2 cup avocado mayo (regular mayo fine!)
1/4 cup Sriracha
1 lime, juiced

Preheat the oven to 400 degrees. Wash the sweet potatoes, dry, and pierce a few times with a fork. Roast for 35-45 minutes, or until crispy on the outside and soft on the inside. Meanwhile, heat carnitas in an oven safe dish in the oven for the same amount of time. Remove sweet potatoes from oven and slice open 3/4 of the way. Remove carnitas from oven and shred with two large forks. Fill each sweet potato with carnitas and top with avocado, green onions, and cilantro. Mix Sriracha mayo ingredients together and drizzle over the top of the potatoes.

day 5



quick and simple meals

breakfast

8 eggs
3 ripe bananas
1 tsp cinnamon
1 tsp vanilla

Blend mixture in blender. Heat a cast iron skillet. Drop a generous dab of butter into the skillet. Pour "pancrepe" mixture into 4 inch rounds and cook quickly on each side. Serve immediately with more butter and maple syrup.

lunch

Trader Joe's Grass-fed Sliced Beef
Mozzarella Cheese stick
pear slices
baby carrots

Assemble the ingredients on a plate or pack in a bento box to take on the road.

If you are egg free, make banana oatmeal: 1/2 cup dry oats + 1 cup water + 1 tsp cinnamon or 1 tsp pumpkin pie spice. Cook on the stove or in the microwave until oats are ready, and then mash a banana into the oats. Add butter and syrup as desired. Oatmeal is easy to eat on the road, too! If you are dairy free, sub your lunch cheese stick out for a package of almonds or macadamia nuts. The ebb and flow of family meals usually include a protein, a fat, and fruit, and a vegetable- improvise!

chilly weather chili

serves: 6 prep time: 15 minutes cook time: 45 minutes

2 lb grassfed ground beef
2 tbsp kerrygold butter or ghee
1 medium onion, chopped
8 cloves garlic, minced
1 tbsp fresh or ground thyme
1 tsp cinnamon
2 cups carrots, diced
2 cups celery, diced
4 cups bone broth
1 tbsp salt
garnish: avocado, cilantro

In a dutch oven, heat butter until shimmering. Add onion, garlic, carrots, and celery. Cook until vegetables for 10 minutes. Add in the herbs and salt and stir. Pour in bone broth and simmer, covered, until vegetables are soft, about 20 minutes. Meanwhile, cook ground beef in a skillet. When meat is cooked, add it to the soup and simmer another 15 minutes. Serve with cilantro and avocado. Pour over brown rice if desired.



grocery shopping list

protein

chicken apple sausages
lunchmeat of choice
ham lunchmeat
frozen salmon fillets (6)
lean ground beef (4 lb)
bacon (1 lb)
eggs (2 dozen)
TJ's Grass-fed Sliced Beef
TJ's premade carnitas
whole rotisserie chicken (2)

fruit

berries
mandarin orange
apple
cantaloupe
banana (5)
peach
lime
pear

vegetables

avocado (4)
pre-cut broccoli florets (3 lb)
pre-peeled garlic
fresh parsley
fresh thyme
fresh cilantro
frozen corn (1 bag)
white onion (3)
cucumber
bell pepper
sweet potatoes (6)
green onion
baby carrots (1 large bag)
celery

pantry

macadamia nuts
chia seeds
pumpkin seeds
hemp seeds
almond butter
collagen powder
corn tortillas
pickles
mustard
avocado mayo
Sriracha

pantry

TJ's Island Soyaki Sauce
cinnamon
maple syrup
vanilla
Italian seasoning
salt + pepper
TJ's Sweet Chili Sauce
Chicken Stock (4 quarts)
diced tomatoes (2 cans)
black beans (2 cans)
diced green chilis (2 cans)
green tomatillo salsa
garlic powder
cumin
taco seasoning
cocoa powder

refrigerated

almond milk
Multigrain Veggie Mix
Wholly Guacamole packs
Kerrygold butter



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