Meals Plan for February 3-9
The Overview

Breakfast

- Roasted Potatoes with Spicy Tomato Sauce & Eggs
- Apple & Blueberry Oatmeal
- Ham & Leek Frittata

Dinner

- Mediterranean Snack Dinner & Caramelized Goat Cheese Crostini
- Pasta with Kale Sauce & Whipped Ricotta
- Spicy Teriyaki Chicken Wings & Asian Veggie Stir-fry
- Spanish-Style Steelhead with Roasted Carrot & Farro Salad
- Squash & Chestnut Soup
- Asian Chicken Lettuce Wraps & Sweet Potato Fries

Bonus

- Banana Bread with Chocolate-Orange Butter

Get all social!

Do you have questions? Need help with recipes or ingredient swaps? Shoot me an email!
sarah@thesaucyrabbit.com
thesaucyrabbit.com
#saucyrabbiteats
@thesaucyrabbit
TheSaucyRabbit

All underlined text are links you can click on for recipes.
<table>
<thead>
<tr>
<th>Day</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td>None/Leftovers/Go Out</td>
<td>Roasted Potatoes w/ Spicy Tomato Sauce &amp; Eggs</td>
<td>Apple &amp; Blueberry Oatmeal</td>
<td>Ham &amp; Leek Frittata w/ Sliced Oranges</td>
<td>Roasted Potatoes w/ Spicy Tomato Sauce &amp; Eggs</td>
<td>Ham &amp; Leek Frittata w/ Sliced Oranges</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td>None/Leftovers/Go Out</td>
<td>Leftover Mediterranean Snack Dinner &amp; Caramelized Goat Cheese Crostini</td>
<td>Leftover Pasta w/ Kale Sauce &amp; Whipped Ricotta</td>
<td>Leftover Spicy Teriyaki Chicken Wings &amp; Asian Veggie Stir-fry</td>
<td>Leftover Spanish-Style Steelhead w/ Roasted Carrot &amp; Farro Salad</td>
<td>Leftover Squash &amp; Chestnut Soup</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Mediterranean Snack Dinner &amp; Caramelized Goat Cheese Crostini</td>
<td>Pasta w/ Kale Sauce &amp; Whipped Ricotta</td>
<td>Spicy Teriyaki Chicken Wings &amp; Asian Veggie Stir-fry</td>
<td>Spanish-Style Steelhead w/ Roasted Carrot &amp; Farro Salad</td>
<td>Squash &amp; Chestnut Soup</td>
<td>Asian Chicken Lettuce Wraps &amp; Sweet Potato Fries</td>
<td>None/Leftovers/Go Out</td>
</tr>
</tbody>
</table>

*This meal plan feeds 3 if you follow as is. Keep in mind, each dinner technically serves 6 but we eat leftovers for lunch. Also each breakfast can be easily scaled up or down to suit your needs.*
Breakfast

Roasted Potatoes with Spicy Tomato Sauce & Eggs

I was craving patatas bravas but didn't want to deal with frying the potatoes and making a fancier sauce. This quick version tastes pretty dang good to me! Next time I would probably double the tomato sauce only because I prefer things on the saucy side. Scrambled eggs would be fine if you prefer and also a little sprinkling of feta cheese would be great!

- 6-8 medium potatoes, diced
- Olive oil
- Salt & pepper
- 2 teaspoons dried rosemary
- 2 cloves garlic, finely chopped
- 1/2 teaspoon (or more) red pepper flakes
- 1 14.5-ounce can crushed tomatoes
- Balsamic or red wine vinegar
- 12 eggs

1) Preheat oven to 425° and line a large baking sheet with parchment. Throw the potatoes onto the sheet, drizzle with olive oil, and season with salt, pepper, and rosemary. Toss to coat then spread out in an even layer. Roast for 30 minutes, stir, then return to the oven until golden and cooked to your liking, about 10 minutes more.

2) Meanwhile, grab a small saucepan and put on medium heat with a glug of olive oil, garlic, and red pepper flakes. When the garlic is golden, pour in the tomatoes and vinegar and bring up to a bubble. Simmer until thickened, about 10-15 minutes, stirring occasionally. Season with salt and pepper to taste. Keep warm until ready to eat.

3) When the potatoes are just about done roasting, throw a large sauté pan on medium-high heat with a good drizzle of olive oil. Crack in the eggs, season to taste, and cook to your liking.

4) To serve, divide the potatoes and eggs between plates then drizzle with the tomato sauce.
Apple & Blueberry Oatmeal

Oatmeal is an easy and relatively quick breakfast to throw together in the morning plus it’s pretty dang cheap too. This recipe blends the old apple-cinnamon classic with blueberries (or any berry you prefer) for a comforting bowl of oatmeal that tastes a million times better than those packets. Plus there’s enough here to actually fill you up and keep you full until lunch!

- 1 tablespoon butter
- 1 apple, diced
- 1½ cups + a handful quick cooking oats
- Ground cinnamon
- 1 tablespoon honey
- 3 cups milk or water
- Salt
- ¾ cup blueberries (frozen or fresh)

1) Grab a large sauté pan and put on medium-high heat with the butter. When hot, throw in the apple and cook until softened and turning golden, about 5 minutes. Stir in a handful of oats, a good sprinkling of cinnamon, and the honey. Cook for another couple minutes then remove from the heat.

2) Meanwhile, grab a medium saucepan and throw in the oats, milk, and a pinch of salt. Bring up to a bubble on medium heat, stirring frequently, and cook until softened and creamy, about 5 minutes. Stir in the blueberries and cook for another minute or so.

3) To serve, divide the oatmeal between bowls and top with the apples.
Mediterranean Snack Dinner w/ Sangria & Caramelized Goat Cheese Crostini

Prepare yourself for a feast! This easy snack dinner can be made in less than a half hour and is perfect for nights in front of the TV or an impressive dinner party spread. Feel free to change the meats, cheeses, pickled things, and fruit with whatever you prefer.

### Sangria
- 1 bottle red wine (I used Merlot)
- 1 each orange, lime, & lemon, sliced
- ½ cup orange or blackberry liqueur
- 1 cup orange juice
- 2 cups club soda

### Rosemary Almonds
- 1 tablespoon butter
- 2 cups whole almonds
- 2 teaspoons dried rosemary
- Salt

### Hummus
- 1 14.5-ounce can chickpeas, drained & rinsed
- 2 tablespoons extra virgin olive oil
- Juice of ½ lemon
- 1 clove garlic, peeled
- 2 tablespoons tahini
- Salt & pepper

### Everything Else
- 1 batch Caramelized Goat Cheese Crostini
- 18-24 sweet cherry/piquante peppers
- 18-24 small fresh mozzarella balls
- 6 ounces cured meat, sliced (I used Spanish chorizo)
- 6 Pepperoncini peppers
- 1 large handful Kalamata olives
- 4 ounces feta cheese, cut into small cubes
- 1 apple, sliced (or whatever fruit you prefer)
- 6 pitas, cut into wedges

### Sangria
1) Grab a large pitcher and dump in the wine along with the sliced fruit, liqueur, and juice. Set aside in the fridge. Just before serving, stir in the club soda.

### Rosemary Almonds
1) Grab a large skillet and put on medium-high heat with the butter. Once the butter is melted, throw in the almonds, rosemary, and salt to taste. Stir to coat. Cook the almonds, stirring frequently, until toasted to your liking, about 10 minutes. Set aside for now.

### Hummus
1) Grab a food processor and throw in all of the hummus ingredients. Blitz into a smooth paste. Taste for seasoning and adjust with more salt, lemon juice, etc. Remove to a serving bowl, drizzle with a little olive oil, and set aside for now.

Original Recipe: Roasted Rosemary Almonds from Nom Nom Paleo
Mediterranean Snack Dinner w/ Sangria & Caramelized Goat Cheese Crostini

Prepare yourself for a feast! This easy snack dinner can be made in less than a half hour and is perfect for nights in front of the TV or an impressive dinner party spread. Feel free to change the meats, cheeses, pickled things, and fruit with whatever you prefer.

Everything Else

- 1 batch Caramelized Goat Cheese Crostini
- 18-24 sweet cherry/piquante peppers
- 18-24 small fresh mozzarella balls
- 6 ounces cured meat, sliced (I used Spanish chorizo)
- 6 Pepperoncini peppers
- 1 large handful Kalamata olives
- 4 ounces feta cheese, cut into small cubes
- 1 apple, sliced (or whatever fruit you prefer)
- 6 pitas, cut into wedges

Everything Else

1) Make a batch of Caramelized Goat Cheese Crostini.
2) Stuff the sweet cherry peppers with the mozzarella and arrange on plates or a large serving platter. Throw the remaining ingredients on the platter along with the Rosemary Almonds and Hummus and serve.

Original Recipe: Roasted Rosemary Almonds from Nom Nom Paleo
Pasta with Kale Sauce & Whipped Ricotta

This simple pasta dish is a great, sneaky way to get Kale haters to eat some greens and enjoy it. I love how quickly the meal comes together plus you can prep everything while the water comes to a boil and the pasta cooks. Perfect for a Kid-friendly weeknight meal! I made a double batch of the whipped ricotta and saved half for the Roasted Carrot & Farro Salad.

- 8 cloves garlic, peeled
- 1 1/2 pounds black kale (about 2 large bunches), stemmed
- 1 pound dried spaghetti
- Extra virgin olive oil
- 2 large handfuls Parmesan cheese, grated
- Salt & pepper
- Zest of 1 lemon
- Red pepper flakes
- 3/4 cup ricotta cheese

1) Bring a large pot of salted water to a boil. Throw in the garlic and kale and cook for 5 minutes. Use tongs or a slotted spoon and transfer to a blender. Add the spaghetti to the boiling water and cook according to package directions.

2) To the blender, add a couple glugs of olive oil, the parmesan, lemon zest, a hearty pinch of red pepper flakes, and salt and pepper to taste. Blitz until smooth then taste for seasoning.

3) Grab a food processor and throw in the ricotta plus a good pinch of salt and pepper. With the motor running, drizzle in 2 tablespoons of olive oil. Process until smooth and creamy. Taste and adjust the seasoning.

4) Before draining the pasta, set aside a cup of the cooking water. Return the pasta to the pot and scrape in the kale sauce. Toss to coat, adding some of the pasta water if needed to loosen the sauce.

5) To serve, divide the pasta between plates and top with little dollops of the whipped ricotta.

Original Recipe: Super Green Spaghetti from 5 Ingredients
Spicy Teriyaki Chicken Wings & Asian Veggie Stir-Fry

These easy to make Asian flavored wings are made extra special with a homemade teriyaki sauce. It's totally worth the extra 5 minutes it takes to make the sauce however you can use store-bought if you prefer. The wings and veggies loaded up my largest pans, but everything worked out fine, however you could use multiple pans if you are concerned.

1) First make the teriyaki sauce. Grab a small saucepan and put on medium heat with about 2 tablespoons of sesame oil. Stir in the garlic and ginger and cook for about 1 minute. Throw in 1/2 cup coconut aminos, honey, sriracha, and fish sauce and whisk until smooth. Simmer on medium-low for about 5 minutes or until slightly thickened.

2) Grab a large non-stick skillet and put on medium-high heat. When hot, throw in the wings in a single layer (you may have to do this in batches) and brown on both sides. Pour in the teriyaki sauce and just enough water to mostly cover the wings and stir to combine. Spread the wings out in an even layer (they can overlap a bit) then sprinkle over the red chili. Simmer on medium heat for 45 minutes or until the chicken is cooked through and the liquid has reduced to a thick sauce.

3) When the wings have about 15 minutes remaining, get started on the veggies. Grab a large wok or sauté pan and put on medium-high to high heat with a couple glugs of sesame oil. When smoking, throw in the broccoli, carrots, and mushrooms and cook for a couple minutes to soften before stirring in the bok choy and peas. Cook, stirring frequently, until the veggies are softened to your liking. Season with salt, pepper, and a couple glugs each of coconut aminos and sesame oil to taste.

4) To serve, divide the wings and veggies between plates. Sprinkle with the scallions and sesame seeds.

Original Recipe: Sticky Kickin’ Wings from 5 Ingredients
Spanish-Style Steelhead with Roasted Carrot & Farro Salad

This quick cooking meal tops simple pan-fried fish with smoked paprika and a warm tomato-chorizo mixture that gives the dish a tasty Spanish vibe. I recommend serving this with the Roasted Carrot & Farro Salad however any starchy veggie or grain would work fine...

- 1 batch Roasted Carrot & Farro Salad
- 2 pounds steelhead or salmon fillet, cut into 6 equal portions
- Olive oil
- Salt & pepper
- Smoked paprika
- 2 pints cherry tomatoes, halved
- Handful fresh basil leaves, chopped or torn
- 1 cup Kalamata olives, halved
- Red wine vinegar
- 4 ounces cured chorizo, thinly sliced

1) First get started on the Roasted Carrot & Farro Salad.
2) Grab a large non-stick sauté pan and put on medium-high heat with a drizzle of olive oil. Season the fish with salt and smoked paprika to taste then throw into the hot pan. Cook for 4 minutes on each side or until cooked to your liking.
3) Meanwhile, throw the tomatoes, basil, olives, and a couple glugs of vinegar in a medium bowl. Toss to combine then season with salt and pepper to taste. Set aside for now.
4) When the fish is done, remove to a plate, loosely tent with foil, and pour off any excess fat (you need about 1 tablespoon). Add the tomato mixture (along with its juices) and the chorizo to the hot pan. Cook until the chorizo begins to crisp up, about 2 minutes.
5) To serve, divide the fish and farro salad between plates. Top the fish with the tomato-chorizo mixture.
1 ounce dried porcini mushrooms
Olive oil
4 slices bacon, sliced into \( \frac{1}{4} \) -inch pieces
14-16 ounces chestnuts, roasted & peeled
3 sprigs fresh rosemary, leaves picked & finely chopped
Red pepper flakes
2 onions, peeled & chopped
1 medium butternut squash, peeled & chopped
Large handful farro or brown rice
5-6 cups stock (I used bone broth)

1) Throw the dried mushrooms into a bowl and cover with 1 cup of boiling water. Set aside for about 15 minutes.
2) Meanwhile, grab a large pot and put on medium-high heat with a drizzle of olive oil and the bacon. When the bacon starts to turn golden, crumble in the chestnuts and stir in the rosemary and a good pinch of red pepper flakes.
3) Drain the dried mushrooms, saving the liquid, roughly chop, and add to the pot along with the onions, squash, and farro. Cook for about 10 minutes or until the onions start to soften. Pour in the reserved mushroom liquid and enough stock to cover. Bring to a boil, reduce heat, and simmer for 45 minutes or until everything is cooked through and soft. Taste for seasoning and serve warm.

Squash & Chestnut Soup

Original Recipe: Chestnut Pumpkin Soup from Jamie Oliver’s Great Britain
Asian Chicken Lettuce Wraps & Sweet Potato Fries

A lot of people snub lettuce wraps but I think they’re great! These simple chicken wraps take on an Asian flair thanks to the hoisin sauce. I had originally planned to use mangoes but the ones I bought ended up being rotten on the inside but oranges made a great substitute. For lunch leftover the next day we also tried them with kiwis! I love versatile dishes!

1 batch [The Best Oven Fries](#) (using sweet potatoes)
- Olive oil
- 1 1/2 pounds boneless chicken breasts
- 3/4 cup hoisin sauce
- 3 oranges, peeled & cut into small pieces
- 2 heads butter lettuce, leave washed & separated
- 1 1/2 cups sprouts (like alfalfa or broccoli)

1) First get [The Best Oven Fries](#) into the oven.
2) When the fries are about halfway done, grab a large skillet and put on medium-high heat with a good drizzle of olive oil. While the pan heats up, cut the chicken breasts in half horizontally through the middle and season with salt and pepper. Throw the chicken into the pan and cook for about 4 minutes on each side or until cooked through. Remove to a plate and let rest for a few minutes before thinly slicing.
3) To serve, divide the hoisin sauce between 6 small bowls and throw onto plates along with the oranges, butter lettuce, sprouts, and fries.
Banana Bread with Chocolate-Orange Butter

I had some brown bananas to use up and a quick bread/cake like this sounded perfect! I got the idea for the chocolate-orange butter from Jamie Oliver and I really felt it made this treat special and didn't take much work at all. If I was feeling especially lazy, I would consider mixing Nutella with orange zest for a similar spread.

Banana Bread
- Large handful walnuts, toasted & chopped
- 4-5 large ripe bananas, peeled & mashed
- 8 tablespoons butter, softened
- ¾ cup brown sugar
- 2 eggs
- 1½ cups flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 heaping teaspoon ground cinnamon
- Pinch of salt

Chocolate-Orange Spread
- 3 ounces dark chocolate
- Zest of 2 oranges
- 8 tablespoons butter, softened
- ½ cup powdered sugar

Serves 12

1) Preheat oven to 325° and grease an 8x4-inch loaf pan.
2) Grab a large bowl and throw in the butter and sugar. Use a hand mixer to cream the mixture until fluffy and pale. Beat the eggs in one at a time, scraping down the sides of the bowl as needed. Stir in the mashed bananas and walnuts along with the remaining ingredients. Stir until smooth and no floury bits remain.
3) Pour the batter in to the greased loaf pan then bake for 1 hour or until a toothpick poked into the center comes out clean. Set aside on a wire rack to cool.

To Serve
1) Slice the banana bread and serve with a thick smear of the chocolate-orange butter.

Original Recipe: Walnut & Banana Loaf from Jamie Oliver’s Great Britain