



KORI'S KITCHEN

let's get cooking

WEEK 1
MEALS

WELCOME

This delectable and nutritious meal plan has been crafted to allow you to savor the joy of cooking, fostering connections, and crafting delightful dinners inspired by cuisines from around the world. Enjoy!



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COOKING STAPLES

On hand staples for your everyday needs



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Easy Recipe Staples

Mexican - Cilantro Lime Rice

This is a great side dish or bowl base for any Mexican dish. Prepare the rice per instructions on the package. Can use cauliflower rice as well. Once rice is ready, stir together with the juice of 1 lime, about 1/2 cup chopped cilantro, and plenty of salt. Serve and enjoy!

Roasted Chicken

Having roasted chicken on hand is always helpful when preparing healthy meals. To make it even easier, you can purchase a rotisserie chicken at the grocery store.

Do it yourself recipe: Preheat the oven to 350°F. Spread chicken or turkey out in a roasting pan. Drizzle with 1 tablespoon olive oil and season with 2 teaspoons chili powder, 1 tablespoon cumin, 1/2 teaspoon salt and a pinch of cayenne. If you prefer unseasoned meat, drizzle with olive oil and sprinkle with salt and pepper to taste. Roast for 30 minutes and ensure the meat is cooked through. Shred or cut into bite sized pieces. Serve immediately or refrigerate for up to a week.



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Easy Salad Staples

Side Salad

- Organic mixed salad greens
- Chopped green onions or fresh chives
- Dress with olive oil, salt, pepper, and fresh lemon

Note: You can make the dressing fresh with each batch of lettuce. To make it easy on yourself, you can buy the organic prewashed lettuce and have that on hand to quickly make a side salad for any meal. Enjoy!

Mediterranean Salad Dressing

- 1/2 cup extra virgin olive oil
- 1/2 cup red wine vinegar
- 2 cloves garlic, peeled and minced
- 1 tbsp oregano
- 2 tsp coconut sugar
- 1 tsp each of salt and freshly ground pepper

Note: You can make this dressing ahead of time and pull together a delicious side salad for any meal. You can always add fresh tomatoes, avocados, olives, feta cheese, cucumber, or whatever salad ingredients you have on hand. Enjoy!



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Spice Mixes

Masala Seasoning

- 2 tsp salt
- 1 tsp freshly ground black pepper
- 1 tsp turmeric
- 1 tbsp garam masala
- 1/2 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp cayenne pepper optional
- 1/2 tsp smoked paprika

Curry Seasoning

- 2 tbsp turmeric
- 1 tbsp coriander
- 1 tbsp cumin
- 1 tsp ground mustard
- 1 tsp cardamom
- 1 tsp ground cloves
- 1 tsp nutmeg
- 1/4 tsp cayenne pepper (adjust to taste)

Taco Seasoning

- 1 tbsp chili powder
- 1 tbsp garlic powder
- 1.5 tsp paprika
- 1.5 tsp cumin
- 1.5 tsp onion powder
- 1 tsp oregano
- 1 tsp sea salt
- 1/2 tsp ground pepper
- 1/2 tsp cayenne (adjust to taste)

Chili Seasoning

- 2 tbsp chili powder
- 2 tsp garlic powder
- 2 tsp cumin
- 2 tsp oregano
- 1 tsp paprika
- 1 tsp onion powder
- 1/2 tsp thyme

BBQ Seasoning

- 1 tbsp sea salt
- 1 tbsp ground pepper
- 1 tbsp chili powder
- 1 tbsp garlic powder
- 1 tbsp paprika
- 1 tbsp onion powder

Italian Seasoning

- 1 tbsp oregano
- 1 tbsp parsley
- 1 tbsp thyme
- 2 tsp basil
- 2 tsp sage
- 1 tsp garlic powder
- 1 tsp sea salt
- 1 tsp ground pepper



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Food Sensitivity Options

Many sauces offer gluten free options. Consider this for your BBQ sauce, Worcester sauce, soy sauces, etc. In addition, you can always use spices (see above) to flavor your meats and meals. You will have to read the labels carefully to ensure the product is gluten free. You can quickly look at the food label and see if it says, 'contains wheat.' If so, avoid. Here is a helpful guide to help you identify gluten in food labels.

Soy Free Options

Coconut aminos is a great soy free and wheat free replacement for soy sauce or Asian dishes. If you are struggling with finding products, please reference Amazon options for suggested alternatives.

Dairy Free Alternatives

Forager has a variety of options and is available at most stores

King Soopers/Kroger and many grocery stores also carry their own line of tasty options.

Kite Hill has some great alternative dairy free options and their products can be found at many of the mainstream grocery stores.

Items To Have on Hand

- Coconut Aminos
- Olive Oil
- Sesame Seed Oil
- Avocado Oil
- Palm and Coconut Shortening
- Tamari sauce (or Gluten Free soy sauce)
- Gluten free Worcester
- Hot sauce of choice
- Coconut sugar
- Salt and Pepper
- Spices (see spice mixes above, cumin, chili pepper, garam masala, basil, garlic powder, onion powder, pepper flakes, paprika, etc.)
- A tube of minced ginger (often in the produce section)
- A large jar of minced garlic (often in the produce section)



MEAL PLAN

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MONDAY
BEEF AND BROCCOLI



TUESDAY
CILANTRO LIME CHICKEN



WEDNESDAY
CRUNCHY DETOX SALAD



THURSDAY
THAI RED CURRY SOUP



FRIDAY
TURKEY WRAP



SATURDAY
CHICKEN AND VEGGIES



SUNDAY
TERIYAKI TURKEY BURGERS



TAKE-A-BREAK
ROTISSERIE CHICKEN MEAL

SHOPPING

Print and Go List

MEAT

1 LB GROUND LEAN TURKEY
1 LB LEAN STEAK
12 PIECES OF CHICKEN BREASTS
2 PKGS OF SLICED TURKEY MEAT
4 SLICES OF BACON
1 ROTISSERIE CHICKEN, OPTIONAL

PANTRY

TERIYAKI SAUCE
SALT AND PEPPER
AVOCADO CILANTRO DRESSING
SRIRACHA
SOY SAUCE
6 C CHICKEN BROTH
1 CAN COCONUT MILK
3 T RED CURRY PASTE
8 OZ PKG OF RICE NOODLES
CORNSTARCH
GARLIC POWDER
ITALIAN SEASONING
1/2 C SLICED ALMONDS
1/2 C SUNFLOWER SEEDS
CUMIN
HONEY OR MONK FRUIT

BREAD

4 BUNS
4 WRAPS

FRUITS AND VEGGIES

FRESH GINGER (3 THUMBS)
FRESH OR JARRED GARLIC (7 CLOVES)
4 PINEAPPLE SLICES (CANNED OR FRESH)
2 RED ONIONS
3 GREEN ONIONS
2 YELLOW ONION
7 RIPE AVOCADOS
MIXED SALAD GREENS (LARGE CONTAINER)
2 BUNDLES OF BROCCOLI
3/4 C ORANGE JUICE
1/3 C LIME JUICE
1/2 C LEMON JUICE
1 BUNDLE OF CILANTRO
FRESH SALSA (MANGO)
1 BAG OF COLESLAW MIX
1 CAULIFLOWER HEAD
1 BUNDLE OF PARSLEY
3/4 C BASIL
1 GREEN BELL PEPPER
1 RED BELL PEPPER
2 TOMATOES
1 SWEET POTATO
1 ZUCCHINI
1 YELLOW SQUASH



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BEEF AND BROCCOLI BOWL

INGREDIENTS

1 POUND LEAN STEAK, SLICED
2 T CORNSTARCH + PINCH OF PEPPER
1 LB. BROCCOLI; CUT INTO 1 INCH SECTIONS
½ C GLUTEN FREE SOY SAUCE OR COCONUT AMINOS
3 CLOVES GARLIC, MINCED
1 -2 TSP OF FRESH GINGER, MINCED
½ C WATER
COOKING OIL (PALM, COCONUT OR OLIVE OIL)

DIRECTIONS

IN A MEDIUM BOWL, COAT THE MEAT IN THE CORNSTARCH/PEPPER COATING AND SET ASIDE.

HEAT THE OIL IN A LARGE PAN AND ADD THE STEAK PIECES A FEW PIECES AT A TIME. COOK FOR 1-2 MINUTES PER SIDE. PLACE COOKED PIECES ON A PLATE.

ONCE MEAT IS COOKED, PLACE BROCCOLI IN THE PAN WITH MORE OIL IF NEEDED. COOK FOR 5 MINUTES OR UNTIL DESIRED TENDERNESS.

WHILE BROCCOLI IS COOKING, PREPARE SAUCE (AKA. REMAINING INGREDIENTS) IN A BOWL. MIX WELL.

REMOVE BROCCOLI FROM PAN AND SET ON PLATE. MIX THE SAUCE IN THE PAN AND MIX. ADD IN THE BROCCOLI AND MEAT AND COOK FOR 3-5 MINUTES. ADD WATER IF YOU WANT TO THIN OUT THE SAUCE.

CAN SERVE OVER CAULIFLOWER RICE, RICE NOODLES, GREENS, ETC. DEPENDING ON YOUR PREFERENCE.



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CILANTRO LIME CHICKEN

INGREDIENTS

4 PIECES OF LEAN CHICKEN BREAST

FRESH MANGO SALSA*

4 AVOCADOS

CHICKEN MARINADE

$\frac{3}{4}$ C + 1 T FRESHLY SQUEEZED ORANGE JUICE

$\frac{1}{3}$ C + 2 T FRESHLY SQUEEZED LIME JUICE

2 $\frac{1}{2}$ T GLUTEN FREE SOY SAUCE OR COCONUT

AMINOS

2 TSP MINCED GARLIC

$\frac{1}{2}$ C OLIVE OIL

1 T HONEY OR MONK FRUIT

1 $\frac{1}{4}$ TSP CUMIN

$\frac{1}{2}$ C CHOPPED CILANTRO

DIRECTIONS

WHISK ALL MARINADE INGREDIENTS TOGETHER. PUT HALF ASIDE (IN A BOWL) AND HALF IN A BAG.

PREPARE CHICKEN BY CUTTING EXTRA FAT OFF AND POUNDING IT TO THIN, EVEN PIECES. ONCE READY, PLACE THE PIECES OF CHICKEN IN THE BAG AND MARINADE FOR SEVERAL HOURS (UP TO 4 HOURS) IN THE REFRIGERATOR. MAKE SURE TO MIX THE BACK TO COAT ALL PIECES SEVERAL TIMES DURING THE MARINADE PROCESS.

GRILL THE CHICKEN FOR 10-12 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 165 DEGREES. WHILE GRILLING, COAT THE CHICKEN WITH THE RESERVED MARINADE AND COAT BOTH SIDES DURING THE GRILLING PROCESS.

TO SERVE

PLACE GRILLED CHICKEN OVER A BED OF LETTUCE GREENS AND ADD A SCOOP OF FRESH MANGO SALSA. CUT A FEW AVOCADO SLICES AND PLACE ON TOP OF EACH PIECE.



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CRUNCHY DETOX SALAD

INGREDIENTS:

SALAD -

1 BAG OF COLESLAW MIX* THAT INCLUDES CABBAGE + CARROTS

2 C CAULIFLOWER, CHOPPED INTO SMALL PIECES

2 C BROCCOLI, CHOPPED INTO SMALL PIECES

1 ½ C FRESH PARSLEY, CHOPPED

½ C ALMONDS, SLICED

½ C SUNFLOWER SEEDS

1 PACKAGE ROASTED, SLICED TURKEY MEAT

DRESSING -

3 T OLIVE OIL

½ C FRESH LEMON JUICE

1 T GINGER

2 T HONEY OR AGAVE

½ TSP. SALT

DIRECTIONS:

CHOP THE CAULIFLOWER, BROCCOLI, AND PARSLEY. ADD ALL OF THE SALAD INGREDIENTS IN A LARGE SALAD BOWL. WHISK THE DRESSING INGREDIENTS AND PUT INTO A BOTTLE. POUR OVER THE SALAD AND TOSS UNTIL READY. TOP WITH SLICED TURKEY MEAT AND SERVE.

SERVES 4

*STORE BOUGHT



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THAI RED CURRY NOODLE SOUP

INGREDIENTS

1 ½ LBS OF BONELESS, SKINLESS CHICKEN BREAST, CHOPPED INTO 2 INCH PIECES
¼ C BASIL, FRESH AND CHOPPED
½ C CILANTRO, FRESH AND CHOPPED
3 CLOVES GARLIC, MINCED
1 T GINGER, MINCED
3 GREEN ONIONS, CHOPPED
1 ONION, CHOPPED
1 BELL PEPPER, SLICED INTO LONG, THIN PIECES
6 C CHICKEN BROTH
1 CAN COCONUT MILK
3 T RED CURRY PASTE
8 OZ RICE NOODLES
1 T OLIVE OIL

DIRECTIONS

HEAT THE OLIVE OIL IN A LARGE POT OVER MEDIUM HEAT. ADD IN CHICKEN PIECES AND COOK FOR 2-3 MINUTES. REMOVE CHICKEN FROM POT AND SET ASIDE. ADD IN MORE OLIVE OIL AND COOK GARLIC, BELL PEPPER AND ONION. STIR UNTIL ONION IS CLEAR OR ABOUT 4 MINUTES. ADD IN THE RED CURRY PASTE AND GINGER AND COOK FOR 60 SECONDS. ADD IN THE BROTH AND MILK. THEN ADD THE CHICKEN BACK IN AND BRING TO A BOIL. REDUCE HEAT AND COOK, STIRRING OCCASIONALLY, FOR 10 MINUTES.

ADD RICE NOODLES AND COOK FOR AN ADDITIONAL 5 MINUTES. REMOVE FROM HEAT AND TOP WITH THE GREEN ONIONS, CILANTRO, BASIL, LIME JUICE AND SALT AND PEPPER TO TASTE.



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CILANTRO LIME TURKEY WRAP

INGREDIENTS

MIXED GREENS

2 TOMATOES, CHOPPED

4 SLICES OF BACON, COOKED AND
CRUMBLED

2 AVOCADOS, SLICED

1 PACKAGE ROASTED, SLICED TURKEY MEAT

4 WRAPS (LETTUCE-FROM ROMAINE OR YOUR
CHOICE OF WRAP)

GRILLED VEGETABLES (your choice)

DRESSING

CILANTRO LIME DRESSING*

DIRECTIONS

PREPARE THE INGREDIENTS AS DESCRIBED IN INGREDIENTS LIST. RESERVE MIXED GREENS IF USING SOME FOR WRAPS.

CHOP THE REMAINING GREENS. PREPARE WRAP BY SPREADING WITH THE CILANTRO LIME DRESSING. PUT CHOPPED GREENS, TOMATOES, BACON BITS, SLICED AVOCADO, GRILLED VEGETABLES AND SLICED TURKEY MEAT IN EACH WRAP. ROLL UP AND SERVE.

SERVES 4

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RAINBOW CHICKEN AND VEGGIES

INGREDIENTS

1 MEDIUM SWEET POTATO, WASHED AND
DICED INTO ½ INCH PIECES

3 T EXTRA VIRGIN OLIVE OIL

1 ½ LBS OF BONELESS, SKINLESS CHICKEN
BREASTS, CUBED INTO 2 INCH PIECES

1 TSP SALT

½ TSP PEPPER

1 HEAD OF BROCCOLI

1 RED PEPPER

1 ZUCCHINI

1 YELLOW SQUASH

1 MEDIUM ONION, JUICED

1 TSP GARLIC POWDER

1 TSP ONION POWDER

2 ½ TSP ITALIAN SEASONING

DIRECTIONS

PREHEAT OVEN AT 400 DEGREES. PREPARE A LARGE BAKING SHEET BY COVERING IT WITH PARCHMENT PAPER FOR EASY CLEAN UP. SPRAY WITH NON-STICK COOKING SPRAY LIKE COCONUT OIL OR OLIVE OIL.

PLACE THE PREPARED SWEET POTATOES IN A BOWL AND TOSS WITH SALT AND PEPPER AND 1 T OF OLIVE OIL. PLACE ON THE SHEET AND COOK FOR 10 MINUTES.

IN THAT SAME BOWL, PUT THE PREPARED CHICKEN AND REMAINING PREPARED VEGETABLES IN THE BOWL AND DRIZZLE WITH OLIVE OIL. ADD THE SPICES AND TOSS TO COAT.

TRANSFER THE BOWL INGREDIENTS TO THE PAN WITH THE SWEET POTATOES AND SPREAD EVENLY, USING A SPATULA, ON THE SHEET. PUT THE SHEET IN THE OVEN AND COOK FOR 8 MINUTES. STIR AND COOK FOR ANOTHER 8 TO 12 MINUTES OR UNTIL DONE.

SERVES 4

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TERIYAKI TURKEY BURGERS WITH GRILLED PINEAPPLE AND ONION

BURGER PATTY INGREDIENTS

1 POUND LEAN GROUND TURKEY
¼ C GRATED ONION
2 T GLUTEN FREE TERIYAKI SAUCE
½ TSP SRIRACHA
½ TSP FRESH GINGER
SALT AND PEPPER TO TASTE

BURGER PREP

4 GLUTEN FREE BUNS OR LETTUCE
4 FRESH PINEAPPLE RINGS
1 RED ONION CUT INTO ½ INCH THICK SLICES

AVOCADO SPREAD

1 RIPE AVOCADO
¼ C AVOCADO CILANTRO DRESSING*

DIRECTIONS

MIX GROUND TURKEY AND BURGER INGREDIENTS WITH YOUR HANDS. FORM INTO FOUR PATTIES. HEAT THE GRILL TO MEDIUM HIGH. SPRAY THE GRATES WITH NONSTICK COOKING SPRAY.

WHILE THE GRILL IS HEATING UP, PREPARE THE AVOCADO SAUCE BY PUTTING ALL OF THE INGREDIENTS IN A BLENDER AND BLEND UNTIL IT'S A SMOOTH AND CREAMY CONSISTENCY. PLACE IN THE REFRIGERATOR UNTIL THE GRILL ITEMS ARE READY.

WHEN THE GRILL IS READY, BRUSH THE PINEAPPLE RINGS AND ONIONS WITH OLIVE OIL AND SEASON WITH SALT AND PEPPER. GRILL THE PINEAPPLE FOR 3 TO 4 MINUTES PER SIDE AND THE ONIONS FOR 5 MINUTES PER SIDE. WHILE THESE ARE GRILLING, ADD THE TURKEY BURGERS AND GRILL FOR ABOUT 4 MINUTES PER SIDE. WHEN THE MEAT IS CLOSE TO FINISHED, BUT THE BUNS ON THE GRILL AND TOAST FOR 1 MINUTE.

SPREAD THE AVOCADO SPREAD OVER THE BUNS. ADD THE TURKEY BURGER, PINEAPPLE AND ONIONS. SERVE WITH A TOSSED GREEN SALAD DRESSED IN AVOCADO CILANTRO DRESSING FOR A SIDE. SERVES 4. ENJOY!

*STORE BOUGHT PRODUCT




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