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Meal Planning Podcast Recipes

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Hello!

I'm so glad you gave a listen to my Meal Planning podcast and downloaded a few of my favorite recipes and meal planning tips.

Meal planning is an essential skill when it comes to healthy eating and losing weight. Here are a few tips that I spoke about in the podcast:

1. Healthy meal planning starts with knowing what to put in the plan and why. All plans and ways of eating have a few universal guidelines. A lot of seasonal fruits and vegetables, lean proteins, whole grains, and healthy fats to make your taste great.
2. What are your goals for meal planning? To save time? Lose weight? Eat better? Whatever your goal, it is important to know why you want to meal plan.
3. Give yourself a little time to plan. Avoid burnout by planning on a Friday, shopping on Saturday, and prepping on a Sunday for example.
4. Use a simple paper and pen. Meal planning does not have to be complicated. Make a grid with breakfast, lunch, dinner, and snacks at the top and days of the week down the side.
5. Fill in the blanks. Cross off days you are not cooking, such as date night. Add in your YES! recipes on busy days that require almost no thought.
6. Hone in on recipes. There are literally millions of recipes on the internet. Make it simple by using themes, such as "meatless Mondays" or "taco Tuesdays" and proceed with your search.
7. Cook once, eat twice. Take the guesswork out of lunch by doubling last night's dinner.
8. Save your meal plans! Did you have a successful week? Use the plan again.
9. Save time and stress. Remember, meal planning saves you tons of time and stress in the kitchen and at the grocery store. And we are all looking for that!

Be sure to listen back to the podcast for even more tips and tricks. And be sure to grab additional recipes at my website below.

Happy meal planning!

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Salsa Verde Salmon with Tomatoes & Brown Rice

2 servings
45 minutes

Ingredients

1/2 cup Brown Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil (divided)
10 ozs Salmon Fillet (cut in two pieces)
2 cups Cherry Tomatoes (halved)
1/2 tsp Sea Salt
2 tbsps Capers
1/2 cup Parsley (finely chopped)
2 tbsps Apple Cider Vinegar

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 3 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 4 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

Notes

No Brown Rice: Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

Leftovers: Keeps well in the fridge for 2-3 days.

No Capers: Use olives instead.



Grilled Chicken and Summer Veggie Kabobs

4 servings

30 minutes

Ingredients

- 1 Lemon (juiced)
- 1 tbsp Red Wine Vinegar
- 1 tbsp Oregano (dried)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Kosher Salt And Freshly Ground Pepper (each)
- 1 lb Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 cup Red Onion
- 2 cups Cherry Tomatoes
- 8 Barbecue Skewers

Directions

- 1 Combine the lemon juice, red wine vinegar, oregano, 1 tablespoon of the olive oil and salt and pepper in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 2 Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining 1 tablespoon of olive oil with a sprinkle of salt.
- 3 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 4 Preheat the grill to medium heat.
- 5 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 6 Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Side Dish Ideas: Rice, quinoa, grilled potatoes and/or tzatziki sauce.

Leftovers: Store covered in an airtight container in the fridge up to three days.

Serving Size: One serving is equal to approximately two kabobs.

Vegan & Vegetarian: Omit the chicken and use marinated tofu or whole mushrooms instead.

Wooden Skewers: If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

Turn Them Into a Salad: Slide the chicken and vegetables off the skewers after grilling and toss them with leafy greens like arugula, kale or spinach. Add extra toppings if desired like tzatziki sauce, sunflower seeds or feta cheese.



Thai Turkey Burgers with Sunflower Carrot Slaw

4 servings

30 minutes

Ingredients

- 1 lb Ground Turkey
- 2 stalks Green Onion (sliced)
- 1/4 cup Cilantro (chopped)
- 1/4 cup Basil Leaves (chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- Sea Salt & Black Pepper (to taste)
- 2 Carrot (medium, grated)
- 1 Lime (juiced)
- 2 tbsps Almond Butter
- 2 tbsps Tamari (or low sodium soy sauce)
- 1 head Boston Lettuce (peeled apart into leaves)

Directions

- 1 In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into equal-sized patties and set aside.
- 2 Heat a grill or pan to medium heat and cook the patties for 10 to 15 minutes per side, or until cooked through.
- 3 While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and tamari. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).
- 4 To serve, wrap patties in lettuce leaves and top with the sunflower carrot slaw. Enjoy!

Notes

Serving Option: Serve on whole wheat burger buns.

Make Ahead: Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.

No Boston Lettuce: Use romaine leaves instead.

Oven Version: Bake the patties in the oven at 350 degrees F for 30 minutes or until cooked through, flipping halfway.