


Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 <span style="float: right;">Slow Cooker</span></p> <p style="text-align: center;"><b>Beef Short Ribs with Thyme</b></p> <p><i>Creamy Polenta and Steamed Green Beans</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">10h 10m</td> <td style="padding: 2px 5px;">10h 30m</td> </tr> </table> </div>	Prep	Cook	Total	20m	10h 10m	10h 30m	<p>4 lb boneless beef short ribs            1 Tbsp olive oil            1 onion, chopped            2 carrots, chopped            4 cloves garlic, minced            1 (28-oz) can organic crushed tomatoes            ½ cup low-sodium chicken broth            1 Tbsp minced fresh thyme            1 bay leaf</p> <hr/> <p><i>2 cups uncooked coarse-ground cornmeal</i>  <i>¼ cup freshly shredded Parmesan cheese</i>  <i>1 (8-oz) pkg fresh thin green beans</i></p>	<p>Cut ribs into 3-inch pieces, and lightly season with salt and pepper. Brown in hot oil in a skillet over medium-high heat. Place onion, carrot, and garlic in a 5- to 7-quart slow cooker; top with ribs. Pour tomatoes and broth over ribs; add thyme and bay leaf. Cover and cook on LOW 10 hours or until beef is tender; discard bay leaf. Remove ribs, and shred meat with 2 forks. (Reserve 2 cups meat for Short Rib Sandwiches recipe.) Skim and discard fat from surface of slow cooker; toss remaining meat in sauce. Serve meat and sauce over polenta.</p> <hr/> <p><i>Bring 8 cups water to boil in a saucepan; slowly whisk in cornmeal. Reduce heat, and cook, stirring constantly, 30 minutes or until tender. Add water to thin, if desired. Stir in cheese and salt and pepper to taste. Steam green beans according to package directions.</i></p>
Prep	Cook	Total						
20m	10h 10m	10h 30m						
<p>Meal 2 <span style="float: right;">Paleo</span></p> <p style="text-align: center;"><b>Italian Turkey Sausage Spaghetti Sauce</b></p> <p><i>Roasted Spaghetti Squash and Steamed Broccoli</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">8h 15m</td> <td style="padding: 2px 5px;">8h 35m</td> </tr> </table> </div>	Prep	Cook	Total	20m	8h 15m	8h 35m	<p>1½ lb Italian turkey sausage, casings removed            1 (8-oz) pkg sliced fresh mushrooms            1 onion, chopped            1 organic green bell pepper, chopped            1 (28-oz) can organic diced tomatoes            1 (14.5-oz) can organic fire-roasted diced tomatoes            1 (8-oz) can organic tomato sauce            2 tsp Italian seasoning</p> <hr/> <p><i>1 (2-lb) spaghetti squash, halved lengthwise</i>  <i>1 (14-oz) pkg frozen broccoli florets</i></p>	<p>Cook sausage in a large skillet over medium heat until meat is browned, stirring to crumble; drain. Transfer to a 5- or 6-quart slow cooker. Add mushrooms, onion, bell pepper, diced tomatoes, tomato sauce, and Italian seasoning. Cover and cook on LOW 8 hours. Serve over spaghetti squash.</p> <hr/> <p><i>Preheat oven to 400°F. Remove seeds from squash. Place, cut sides down, in a roasting pan with ¼ cup water. Bake, covered, 30 minutes or until tender. Using a fork, scrape spaghetti-like strands from squash into a bowl. Steam broccoli according to package directions.</i></p>
Prep	Cook	Total						
20m	8h 15m	8h 35m						
<p>Meal 3 <span style="float: right;">Easy for Entertaining</span></p> <p style="text-align: center;"><b>Pickled Onion-Short Rib Sandwiches</b></p> <p><i>Zucchini "Fries"</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">35m</td> </tr> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>1 Tbsp butter            2 red onions, thinly sliced            4½ Tbsp red wine vinegar            1 tsp honey            6 whole-wheat sub rolls, split            Reserved 2 cups shredded cooked beef (from Thyme Beef Short Ribs recipe)            1 (5-oz) bag fresh baby spinach            ½ cup freshly shredded Parmesan cheese</p> <hr/> <p><i>3 large zucchini, cut lengthwise into quarters</i>  <i>1 Tbsp olive oil</i>  <i>½ tsp salt, ½ tsp pepper</i>  <i>¼ tsp garlic powder</i></p>	<p>Melt butter in a large skillet over medium heat; add onions, and cook 15 to 20 minutes or until tender and slightly browned. Add vinegar and honey; cook, stirring occasionally, until liquid evaporates. Spoon onions into sub rolls; top with short ribs, spinach, and cheese. Preheat broiler. Place sandwiches on a baking sheet. Broil 2 to 3 minutes or until bread is toasted and cheese is melted.</p> <hr/> <p><i>Preheat oven to 400°F. Combine zucchini, olive oil, salt, pepper, and garlic powder in a large bowl, tossing to coat. Arrange in a single layer on a baking sheet. Bake 15 minutes, turning twice.</i></p>
Prep	Cook	Total						
15m	20m	35m						

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<p>Meal 4 <span style="float: right;">Paleo</span></p> <p><b>Lemon-Herb Chicken</b></p> <p><i>Spicy Brussels Sprouts and Mashed Sweet Potatoes</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">6h</td> <td style="padding: 2px 5px;">6h 20m</td> </tr> </table> </div>	Prep	Cook	Total	20m	6h	6h 20m	<p>2 large carrots, cut into 3-inch pieces            1 medium onion, quartered            2 Tbsp olive oil (or coconut oil)            2 Tbsp Italian seasoning            Grated rind and juice of 1 lemon            1 tsp salt            1 (4-lb) whole chicken, giblets removed</p> <hr/> <p><i>2 slices applewood-smoked bacon, chopped</i>  <i>1 lb Brussels sprouts, cut in half</i>  <i>½ tsp salt, ½ tsp black pepper</i>  <i>¼ tsp crushed red pepper</i>  <i>2 lb sweet potatoes, peeled and cut into cubes</i>  <i>2 Tbsp olive oil (or coconut oil)</i></p>	<p>Place carrots and onion in a 5- to 7-quart slow cooker; add 1½ cups water. Stir together oil, seasoning, lemon rind, lemon juice and salt. Press fingers between skin and flesh of chicken; spread mixture evenly under skin on breast and legs. Place chicken, breast side up, on carrots in cooker. Cover and cook on LOW 6 to 8 hours or until a meat thermometer inserted into thigh reads at least 165°F and juices run clear.</p> <hr/> <p><i>Heat a large skillet over medium-high heat. Add bacon; cook 5 minutes or until just crisp. Add Brussels sprouts, salt, black pepper, and red pepper. Cook 6 minutes or until tender, stirring frequently. Combine potatoes and water to cover; bring to a boil over medium-high heat. Reduce heat, and simmer 10 minutes or until tender; drain, and return to pot. Add oil, and mash to desired consistency; season to taste.</i></p>
Prep	Cook	Total						
20m	6h	6h 20m						
<p>Meal 5 <span style="float: right;">Paleo</span></p> <p><b>Thyme-Scented Turkey Breast</b></p> <p><i>Arugula-Tomato Salad and Asparagus</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">10h</td> <td style="padding: 2px 5px;">10h 10m</td> </tr> </table> </div>	Prep	Cook	Total	10m	10h	10h 10m	<p>1 (6-lb) frozen bone-in turkey breast, thawed            1 onion, thinly sliced            2 stalks organic celery, cut into 1-inch pieces            10 fresh thyme sprigs            2 bay leaves            1 tsp pepper</p> <hr/> <p><i>4 Tbsp olive oil, divided (or use coconut oil)</i>  <i>1½ Tbsp red wine vinegar</i>  <i>½ tsp finely chopped fresh thyme</i>  <i>1 clove garlic, minced</i>  <i>¼ tsp salt, ¼ tsp pepper</i>  <i>1 (5-oz) container baby arugula</i>  <i>1 pint grape tomatoes, halved</i>  <i>½ organic English cucumber, thinly sliced</i>  <i>1 lb fresh asparagus, trimmed</i></p>	<p>Place turkey in a 5- to 7-quart slow cooker; arrange onion, celery, thyme and bay leaves around turkey. Sprinkle with pepper. Add 3 cups water. Cover and cook on LOW 10 hours. Remove turkey from cooking liquid, and shred; toss with enough cooking liquid to moisten. Reserve 2 cups chopped turkey for Quinoa Salad with Turkey recipe.</p> <hr/> <p><i>Whisk together 2 Tbsp oil, vinegar, thyme, garlic, ⅛ tsp salt and ⅛ tsp pepper. Add arugula, tomatoes, and cucumber; toss. Cook asparagus and remaining ⅛ tsp each salt and pepper in 2 Tbsp hot oil in a large skillet over medium-high heat 6 minutes or until crisp-tender.</i></p>
Prep	Cook	Total						
10m	10h	10h 10m						
<p>Meal 6 <span style="float: right;">Good For You</span></p> <p><b>Quinoa Salad with Turkey</b></p> <p><i>Toasted Pita Wedges</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">25m</td> <td style="padding: 2px 5px;">45m</td> </tr> </table> </div>	Prep	Cook	Total	20m	25m	45m	<p>2 cups uncooked quinoa            1 cup fresh parsley leaves            1 cup sliced organic celery            ½ cup thinly sliced green onions            ½ cup raisins            5 Tbsp fresh lemon juice            2 Tbsp olive oil            1½ Tbsp honey            ¼ tsp salt, ¼ tsp pepper            2 cups chopped cooked turkey (from Slow-Cooker Thyme-Scented Turkey Breast recipe)</p> <hr/> <p><i>1 (6-count) pkg whole-wheat pita bread</i>  <i>1 Tbsp olive oil</i>  <i>1 tsp kosher salt</i></p>	<p>Bring 4 cups water and quinoa to a boil in a medium saucepan; cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Spoon quinoa into a large bowl. Add parsley, celery, green onions, and raisins. Whisk together lemon juice, oil, honey, salt, and pepper in a small bowl; add to quinoa mixture, tossing to coat. Stir in turkey.</p> <hr/> <p><i>Preheat oven to 400°F. Cut pitas into 6 wedges each, and place on a baking sheet. Brush with oil, and sprinkle with salt. Bake 10 minutes or until crisp.</i></p>
Prep	Cook	Total						
20m	25m	45m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 7 <span style="float: right;">Paleo</span></p> <p><b>Enchilada Chicken Stew</b></p> <p><i>Avocado and Tomato Salad</i></p> <div style="display: flex; align-items: center; margin-top: 10px;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">8h</td> <td style="padding: 2px 5px;">8h 10m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	10m	8h	8h 10m	<p>2 lb skinless, boneless chicken breasts            1 onion, chopped            1 organic green bell pepper, chopped            1 (4-oz) can diced jalapeño peppers            1 (14.5-oz) can organic diced tomatoes            1 (8-oz) can organic tomato sauce            3 cloves garlic, minced            1 Tbsp ground cumin            1 Tbsp chili powder            2 tsp dried oregano            1 tsp salt, ½ tsp pepper</p> <hr style="border: 0.5px dashed #000;"/> <p><i>2 tomatoes, seeded and diced            2 ripe avocados, diced            ½ small red onion, thinly sliced            2 Tbsp olive oil            1½ Tbsp fresh lime juice</i></p>	<p>Place all ingredients in a 5- to 7-quart slow cooker. Cover and cook on LOW 8 hours. Remove chicken from cooker; shred chicken with 2 forks, and return to cooker.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Combine all ingredients and salt and pepper to taste in a bowl. Let stand 5 minutes before serving.</i></p>
Prep	Cook	Total						
10m	8h	8h 10m						



# Slow Cooker Clean Eating Family Plan

Sample Plan

Meal	✓	Grocery Items to Purchase	Price
<b>Produce</b>			
1		1 (8-oz) pkg fresh thin green beans	2.50
1,2,4,5,7		5 onions (about 2½ lb)	3.25
1,4		1 (16-oz) pkg carrots, need 4	0.99
1,5		1 (1-oz) pkg fresh thyme	1.99
2		1 (8-oz) pkg sliced fresh mushrooms	1.99
2		1 (2-lb) spaghetti squash	1.96
2,7		2 organic green bell peppers	3.00
3		3 large zucchini (about 1½ lb)	2.52
3		1 (5-oz) bag fresh baby spinach	2.49
3,7		3 red onions, need 2½ (about 1½ lb)	1.95
4		1 lb Brussels sprouts	2.88
4		2 lb sweet potatoes	2.96
4,6		3 lemons	1.56
5		1 small organic English cucumber	1.99
5		1 (5-oz) container baby arugula	2.49
5		1 lb fresh asparagus	2.99
5		1 pint grape tomatoes	2.48
5,6		1 bunch organic celery, need 5 stalks	1.99
6		1 bunch fresh parsley, need 1 cup leaves	1.29
6		1 bunch green onions, need ½ cup thinly sliced	1.19
7		2 tomatoes (about 1 lb)	1.99
7		2 ripe avocados	2.00
7		1 lime, need 1½ Tbsp juice	0.33
<b>Meat &amp; Seafood</b>			
1,3		4 lb boneless beef short ribs	18.16
2		1½ lb Italian turkey sausage	6.44
4		1 (4-lb) whole chicken	5.16
4		2 slices applewood-smoked bacon (about 2 oz; from the meat counter)	2.00
7		2 lb skinless, boneless chicken breasts	9.26
<b>Refrigerated</b>			
1,3		1 (3-oz) wedge Parmesan cheese, need ¾ cup freshly shredded	1.99
<b>Frozen</b>			
2		1 (14-oz) pkg frozen broccoli florets	1.69
5,6		1 (6-lb) frozen bone-in turkey breast	12.78
<b>Canned &amp; Packaged</b>			
1		1 (28-oz) can organic crushed tomatoes	1.76
1		1 (14.5-oz) can low-sodium chicken broth, need ½ cup	1.19
1		1 (20-oz) pkg coarse-ground cornmeal, need 2 cups	1.50
2		1 (14.5-oz) can organic fire-roasted diced tomatoes	1.38
2,7		2 (8-oz) cans organic tomato sauce	1.36
2,7		1 (28-oz) can AND 1 (14.5-oz) can organic diced tomatoes	2.84
6		1 (10-oz) pkg quinoa, need 2 cups	4.96
7		1 (4-oz) can diced jalapeño peppers	0.98
<b>Bakery &amp; Deli</b>			
3		1 (6-count) pkg whole-wheat sub rolls	2.78
6		1 (6-count) pkg whole-wheat pita bread	2.12
<b>Approximate Total</b>			<b>\$127.13</b>

Necessary Staples
<b>Meal 1</b>
1 bay leaf 1 Tbsp olive oil 4 cloves garlic
<b>Meal 2</b>
2 tsp Italian seasoning
<b>Meal 3</b>
1 Tbsp olive oil 4½ Tbsp red wine vinegar 1 tsp honey ¼ tsp garlic powder 1 Tbsp butter
<b>Meal 4</b>
4 Tbsp olive oil (or use coconut oil) 2 Tbsp Italian seasoning ¼ tsp crushed red pepper
<b>Meal 5</b>
2 bay leaves 4 Tbsp olive oil (or use coconut oil) 1½ Tbsp red wine vinegar 1 clove garlic
<b>Meal 6</b>
3 Tbsp olive oil 1½ Tbsp honey ½ cup raisins
<b>Meal 7</b>
2 Tbsp olive oil 1 Tbsp ground cumin 1 Tbsp chili powder 2 tsp dried oregano 3 cloves garlic