

Project Vibrancy Meals™

COOK. NOURISH. HEAL. CELEBRATE.



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Week Twenty-Six

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DETAILS, HINTS & SUBSTITUTIONS

DETAILS & SERVING SIZES

This meal plan feeds 2 adults generously. Don't be alarmed when you look at the shopping list, you likely own many of the pantry staples already and if not, they will be used in future menus. Increase recipes by half (ie: 1.5) if including 1-2 children in your plan. Adjust accordingly.

Plan for one batch cooking session. You'll be looking at approximately 3 hours of time on the weekend. Don't worry, you can do other things during this time (like clean up), since stretches of it are roasting and simmering time. The rest of the week you'll be spending no more than 20-30 minutes pulling meals together from your batch cooked staples with the addition of some fresh vegetables.

WORKFLOW HINTS

- **Read through all of the recipes before you begin.** You'll note there are Standard Menu and a few AIP/Whole30-only recipes.
- **Set a timer in your phone to thaw broth on Thursday night** by transferring it to the refrigerator.
- **Clear your sink, counters, and dishwasher so you have as much space as possible.** Set out dish soap and a couple of clean towels so you're ready to wash dishes as you go along (**TIP:** don't wait until the end to do all the dishes, it will make the whole process seem like much more work).
- **Make note of which bowls, pans, storage containers, and appliances** (i.e. blender, food processor, and or Instant Pot) **that you'll choose or need** and have them at the ready.
- **Set out a cutting board and sharp chef's knife.** Nothing makes chopping vegetables more irritating than a dull knife - find a local knife sharpener (butchers will often offer the service) or buy a stone and steel and watch a few YouTube videos to learn to do it yourself. You'll be glad!
- **The Batch Cooking recipes appear in order** of how best to tackle them. Here's an overview:
 1. **Start with mise en place chopping.**
 2. **Brown and braise the chicken.**
 3. **Make the seasoned beef mixture patties and sauté.**
 4. **Make the orange sauce and pesto.**
 5. **Simmer the broth (or make in Instant Pot).**

HINTS AND SUBSTITUTION SUGGESTIONS

SUBSTITUTIONS

Seasonal Vegetable Substitutions:

- Feel free to substitute chives for scallions throughout, and include any variety of favorite fresh herbs as well.
- Substitute greens like watercress and pea shoots for the arugula in the Healing Green Broth soup.
- Substitute sweet corn for the hominy.
- Make rutabaga or sweet potato fries instead of onion rings.

Protein Substitutions/Shellfish Allergy:

- Substitute salmon, shrimp, or scallops for the halibut.

All other substitutions are noted in the shopping list and recipes.

Happy Cooking!

SHOPPING LIST

NOTE: Shopping with a phone or tablet? Open this PDF with Adobe Acrobat Reader (free at the app store) or online at www.projectvibrancymeals.com/list26.html and check these items off the list for easier shopping.

FRESH INGREDIENTS: Ingredients you will need to buy fresh.

1 pound ground beef	1 cucumber
3-4 pound whole chicken	3 ounces button mushrooms
8 ounces frozen wild halibut	2 fennel bulbs
Butter (skip for AIP/Whole30/Dairy Free)	2 stalks celery
8 ounces whole milk Greek yogurt (substitute coconut yogurt for AIP/Whole30/Dairy Free)	1 serrano or jalapeño chile (skip for AIP)
4 ounces heavy cream (skip for AIP/Whole30/Dairy Free)	1 red bell pepper (skip for AIP)
4 ounces feta cheese (skip for AIP/Whole30/Dairy Free)	10 ounces zucchini noodles (Whole30 only)
2 slices cheddar cheese (skip for AIP/Whole30/Dairy Free)	2 radishes
3 medium yellow onions	Head leaf lettuce
1 bunch scallions (about 6 scallions)	1 tomato (skip for AIP)
1 leek	5-ounce package arugula
13 cloves garlic (2 heads)	.75-ounce package thyme
2-inch piece fresh ginger (AIP only)	1-2 bunches cilantro (for 2 1/2 cups of leaves)
1 head broccoli	2 avocados
2 medium carrots (3 medium carrots for AIP)	1 navel orange
	3 lemons
	3 limes
	2 medjool dates (Whole30 only)
	Small jar dill pickle slices

PANTRY ITEMS: Items you may already have and will use again.

Sea salt	Fish sauce
Black pepper (skip for AIP)	Tamari (substitute coconut aminos for AIP/Whole30)
Extra-virgin olive oil	Can full-fat coconut milk (AIP/Whole30/Dairy Free only)
Avocado oil	Can hominy (skip for AIP/Whole30)
Bay leaves	Can sliced black olives
Chinese Five Spice powder (skip for AIP)	Sesame seeds (skip for AIP)
Cinnamon stick	1/2 cup pepitas (skip for AIP)
Mace (AIP only)	Hot sauce (skip for AIP)
Nutmeg (skip for AIP)	Cheesecloth
Oregano	Parchment paper
Maple syrup (skip for Whole30)	Mason jars (for storing broth)
Arrowroot or tapioca starch	

OPTIONAL ITEMS

MCT oil (buy online »)	Collagen peptides or hydrolysate (buy online »)
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Batch Cook Recipes



BATCH COOK RECIPES

Mise en Place

Mise en Place aka Everything in Its Place aka Chopping Commonly Used Vegetables Before You Begin.

NOTE: Many of the Batch Cook recipes utilize onions, garlic, fresh herbs, and citrus.

1. Chop the batch ingredients below now.
2. Keep the amounts separate, as instructed below, so that you can quickly add the proper amounts to the recipes as you go.

BATCH INGREDIENTS:

- 4 cloves garlic, minced
- 4 cloves garlic, quartered
- 1/2 medium yellow onion, peeled and quartered
- 1 leek, minced
- 2 scallions, chopped

BATCH COOK RECIPES

Braised Chicken in a Pot

NOTE: You will use the chicken carcass to make broth, recipe below.

PLAN: You can reuse the Dutch oven to make broth, recipe below.

BATCH INGREDIENTS:

- One 3-4 pound chicken
- Sea salt
- 2 tablespoons olive or avocado oil, divided
- 4 sprigs fresh thyme
- 1/2 medium onion, diced
- 4 cloves garlic, quartered
- 3 ounces button mushrooms, quartered
- 2 medium carrots, peeled and sliced on the diagonal into 1/2-inch thick slices
- 1 large (or 2 small) fennel bulbs, trimmed, halved, core and outermost layer removed, cut into 1/2-inch thick slices
- 2 stalks celery, cut on the diagonal into 1/2-inch thick slices
- 1 teaspoon dried oregano
- 1/4 teaspoon nutmeg (substitute mace for AIP)
- 1/2 cinnamon stick
- Freshly ground black pepper (skip for AIP)
- 1/4 cup whipping cream (substitute coconut milk for AIP/Whole30/Dairy Free; substitute homemade nut milk unless AIP/Nut Free)
- 1 cup water

INSTRUCTIONS:

1. Preheat oven to 350° F.
2. Set a Dutch oven (or other covered pot that will fit chicken snugly) over medium-high heat. Add 1 tablespoon of oil and while oil heats, pat chicken dry and sprinkle with salt (rubbing salt in a bit).
3. Brown chicken on all sides, taking your time to get a really nice color before turning. Also take the time to balance it on its sides to brown as many angles as you can. Adjust heat down to medium if pan juices are burning.

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BATCH COOK RECIPES

4. Transfer browned chicken to a plate and stuff the fresh thyme sprigs into the chicken.
5. Return pan to heat and add remaining tablespoon of oil. Add onion, garlic, and mushrooms and sauté for 2-3 minutes. Add carrots, fennel, celery, oregano, nutmeg (substitute mace for AIP), cinnamon stick, and black pepper (skip for AIP) and stir around for a minute. Add cream (or substitution) and water to the pan and bring to a simmer.
6. Nestle chicken on top of the vegetables and cover. Transfer pan to oven and bake for 1 hour. Remove lid, baste chicken with pan juices, and bake for another 30 minutes or until chicken is golden brown and very tender (falling apart).
7. Transfer chicken to a cutting board. Transfer vegetables to a serving bowl (keep warm). Season vegetables and pan sauce with salt if needed.
8. Carve chicken away from all of the bones and reserve bones/carcass for Chicken Broth, recipe below.
9. Eat $\frac{1}{3}$ of the chicken and all of the vegetables and pan sauce warm for dinner. Refrigerate the remaining $\frac{2}{3}$ chicken in an airtight glass container.

BATCH COOK RECIPES

Seasoned Beef Mixture

NOTE: You will form half of the mixture into 2 hamburger patties to cook later in the week; the remaining half you'll sauté today. Adding water while cooking the ground beef helps break it down more uniformly and keeps it tender. Adding a bit of arrowroot starch at the end keeps the pan juices from separating. Cook the beef until it's just done.

PLAN: You can wash and put away the skillet when you're done.

BATCH INGREDIENTS:

- 1 tablespoon olive oil
- 1 leek, washed and minced
- 2 cloves garlic, minced
- 1 pound grass-fed ground beef
- Sea salt
- Freshly ground black pepper (skip for AIP)
- 1 tablespoon arrowroot starch
- 1/2 teaspoon Chinese Five Spice (substitute mace for AIP)

INSTRUCTIONS:

1. Add oil to a large (12-inch or larger) skillet and set over medium heat. When oil is hot, add leek, a generous pinch of salt, and sauté until leek is tender, about 10 minutes. Add garlic and sauté for 2 minutes. Set aside to cool for a few minutes.
2. Add beef, a generous sprinkle of salt, and several grind of black pepper (if using) to a medium bowl. Add cooled vegetables (reserve skillet) and using your hands, mix thoroughly.
3. Divide mixture in half. Form 1/2 of mixture into 2 hamburger patties. Wrap patties in plastic and refrigerate.
4. Return remaining 1/2 of the mixture to the skillet. Set over medium heat and sauté beef, breaking up the beef with a spatula. Add a bit of water to the pan (the water will help break down the beef more uniformly). Cook the beef gently, continuing to break it up, until water is evaporated.
5. Sprinkle arrowroot starch and Chinese Five Spice (or mace) over beef and cook for just a few minutes more, until beef is just done and still tender.
6. Remove from heat. Cool beef to room temperature then refrigerate in an airtight glass container.

BATCH COOK RECIPES

Spicy Cilantro Pesto

NOTE: This pesto is more of a chunky spread than an oily sauce.

PLAN: You can wash and put away the food processor when you're done.

BATCH INGREDIENTS:

- 2 cups cilantro leaves
- 2 scallions, chopped
- 1 clove garlic, minced
- 1 tablespoon minced jalapeño or serano chile (start with less if you're sensitive to heat - you can always add more later; substitute minced fresh ginger for AIP)
- 1/4 cup toasted pepitas (skip for AIP)
- 2 tablespoons crumbled feta cheese (skip for AIP/Dairy Free)
- 1/2 cup olive oil (or 1/3 cup for AIP, since you're adding fewer solid ingredients)
- 1/2 teaspoon sea salt (more to taste)
- Several grinds of fresh black pepper (skip for AIP)

INSTRUCTIONS:

1. Combine all ingredients in the bowl of a food processor and pulse-process until pesto is a chunky puree. Taste and add more salt (and heat) if needed.
2. Transfer to a glass container. Press a piece of plastic wrap onto the pesto and cover with an airtight lid. Refrigerate.

BATCH COOK RECIPES

Orange Sauce

NOTE: For Whole30, soften 2 dates in boiling water for 15 minutes before beginning.

PLAN: You can wash and put away the blender when you're done.

BATCH INGREDIENTS:

- One large orange, zested and juiced
- 1/2 cup maple syrup (substitute 2 softened dates for Whole30)
- 3 tablespoons tamari (substitute coconut aminos for AIP/Whole30)
- 2 teaspoons fish sauce
- 1 clove garlic, minced
- 2 tablespoons fresh ginger, minced
- 1 teaspoon arrowroot starch dissolved in 2 tablespoons water

INSTRUCTIONS:

1. In the bowl of a blender, combine orange juice, zest, syrup (or dates for Whole30), tamari, fish sauce, garlic, and ginger. Process until smooth.
2. Pour sauce into a small saucepan and bring to a simmer. Stir in arrowroot starch mixture and stir until thickened. Remove from heat, cool, and transfer to a glass jar. Refrigerate.

BATCH COOK RECIPES

Chicken Broth

NOTE: You will have some leftover broth in your freezer. Keep it for future meal plans or use when making gravies/pan sauces, risotto, quick soups, or for sipping.

PLAN: You can wash the pot when you're done, you won't need it for another Batch Recipe.

BATCH INGREDIENTS:

- Chicken carcass from **CHICKEN IN A POT**, broken into 6 or so pieces
- 1/2 medium yellow onion, peeled and quartered
- 2 bay leaves
- 2 cloves garlic, smashed and peeled
- 1/2 teaspoon sea salt
- Water

INSTRUCTIONS:

1. Add chicken carcass pieces, onion, bay leaves, garlic, and salt to a small stock pot or the Dutch oven you braised the chicken in. Add water to almost cover, but not quite.
2. Set the pot over medium-low heat. Bring to a slow, slow simmer, NOT a boil. Do not cover. It will take awhile to come to a simmer, which is great, because you can wash a few dishes in the meantime. Check the broth every once in a while.
3. When it's slowly simmering, turn the heat to low, and let the broth barely simmer for up to 2 hours, skimming occasionally without stirring.
4. Remove from heat and set aside until cool enough to handle. Line a chinois or colander with two layers of cheese cloth and strain warm broth into a large pitcher or bowl. Discard carcass and vegetables. I taste for salt and add a bit more at this point, but you can leave it as is and adjust seasoning as you cook with it – your call.
5. Cool broth to room temperature. Reserve 2 cups of broth and refrigerate in a pint jar.

INSTANT POT INSTRUCTIONS:

6. Add ingredients to Instant Pot liner. Add water to just cover the bones. Pressure cook for 45 minutes, then turn Instant Pot off. Let it rest for 30 minutes or until pressure releases naturally. Strain and store per above.



~
*Chicken with
Vegetables*
~

Week Twenty-Six Menu



SATURDAY OR SUNDAY (BATCH COOK DAY)

ON THE MENU:

Chicken with Vegetables

TODAY'S PREP INGREDIENTS:

- 1/3 of the **CHICKEN**
- All of the **BRAISED VEGETABLES**
- All of the **CHICKEN PAN SAUCE**

GARNISH:

- **SPICY CILANTRO PESTO**

INSTRUCTIONS:

1. Divide chicken, vegetables, and pan sauce between two pasta bowls. Garnish with pesto and serve.

Lemon Halibut with Pesto Zucchini Noodles



MONDAY

ON THE MENU:

Lemon Halibut with Pesto Zucchini Noodles

NOTE: Thaw halibut by placing in an airtight plastic bag, submerged in a bowl of cool tap water, for about 20 minutes.

TODAY'S PREP INGREDIENTS:

- 10 ounces zucchini noodles
- Olive oil
- Sea salt
- 8 ounces frozen halibut, thawed
- 2 tablespoons of the **ORANGE SAUCE**
- 4 thin slices lemon
- 3 tablespoons of the **SPICY CILANTRO PESTO**

INSTRUCTIONS:

1. Preheat oven to 400° F. Line a baking sheet with parchment paper.
2. Add zucchini noodles to a medium bowl. Drizzle with olive oil, sprinkle with salt, and toss to coat. Spread zoodles evenly over baking sheet. Roast for 15 minutes.
3. Remove pan from oven and stir zoodles, making space for the halibut filets on the baking sheet. Place filets on sheet and drizzle with oil, rubbing it in to coat it evenly. Sprinkle with salt, spread 1 tablespoon each of orange sauce on filets, and lay 2 lemon slices on each filet.
4. Return pan to oven and roast for 10-12 minutes (10 for a thinner filet, 12 for thicker). Zoodles are done when they're "al dente" (tender with texture) and halibut is just cooked through and juicy (cut into the middle to check and know that resting the hot pan for a couple of minutes will continue cooking).
5. Dab pesto over zoodles and stir around to coat. Divide between 2 pasta bowls. Top with halibut and another smear of pesto, if desired. Serve hot.



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Burgers with Onion Rings
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TUESDAY

ON THE MENU:

Burgers with Onion Rings

TODAY'S PREP INGREDIENTS:

- Avocado oil and/or bacon or beef fat
- 1 cup arrowroot starch
- Sea salt
- 1 medium yellow onion, peeled and sliced into 1/2-inch rings
- Both of the remaining **SEASONED BEEF PATTIES**
- 2 slices (or 2 ounces grated) cheese (skip for AIP/Whole30/Dairy Free)

TO SERVE:

- Butter or leaf lettuce leaves
- Tomato slices (skip for AIP)
- Sliced dill pickles

INSTRUCTIONS:

1. Line a large plate with paper towels. Set a medium skillet over medium-high heat. Add oil to 1/2-inch deep.
2. While oil heats, add arrowroot starch and 1 teaspoon of salt to a large plastic bag. Add onion slice to bag, seal, and toss to coat.
3. When oil is hot, fry rings, a few at a time, until golden brown on one side. Flip and fry the other side. Transfer to paper towel-lined plate and sprinkle with a bit of salt. Continue frying the rest of the rings and keep warm.
4. When onion rings are done, pour oil into a heat-safe dish, scraping out any flour residue. Return pan to medium heat and when pan is hot, fry burgers for 3-4 minutes. Flip burgers and add cheese (skip for AIP/Whole30/Dairy Free). Fry for another 3-4 minutes.
5. Serve burgers in lettuce leaves with garnishes, alongside onion rings.



~
Orange Beef and Broccoli
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WEDNESDAY

ON THE MENU:

Orange Beef and Broccoli

TODAY'S PREP INGREDIENTS:

- 1 tablespoon olive or avocado oil
- 1 head broccoli, cut into 1-inch florets
- Sea salt
- 1 clove garlic, minced
- All of the **SAUTÉED SEASONED GROUND BEEF**
- Remaining **ORANGE SAUCE**

GARNISH:

- Sesame seeds (skip for AIP)
- 2 tablespoons sliced scallion greens

INSTRUCTIONS:

1. Heat oil in a large skillet or wok over medium-high heat. When oil is hot, add broccoli florets and a pinch of salt. Stir-fry broccoli until tender crisp (cover the pan for 2-3 minutes to steam, if you like). Add garlic to pan and stir-fry for another 1 minute.
2. Add beef to pan and stir-fry for 2 minutes. Add sauce to pan and toss to coat and heat through.
3. Divide between 2 bowls and garnish with sesame seeds (if using) and scallions.

Chicken Burrito Bowl



THURSDAY

ON THE MENU:

Chicken Burrito Bowl

PLAN: Transfer frozen broth for tomorrow's soup to the refrigerator to defrost.

TODAY'S PREP INGREDIENTS:

- 1 red bell pepper, cut into strips (for AIP, substitute 1 medium carrot cut into matchstick)
- Olive oil
- Sea salt
- 1/2 cup hominy (skip for AIP/Whole30)
- Remaining 1/3 of **CHICKEN**, torn into bite-sized pieces
- 2 tablespoons Greek yogurt (substitute coconut yogurt for AIP/Whole30/Dairy Free)
- 2 tablespoons of the **SPICY CILANTRO PESTO**
- 2 cups arugula
- 2 cups leaf lettuce, torn into bite-sized pieces
- 2 tablespoons sliced black olives
- 1/2 avocado, sliced
- 2 radishes, cut into matchstick
- 1/2 cucumber, cut into matchstick
- 2 tablespoons crumbled feta cheese (skip for AIP/Whole30/Dairy Free)
- Hot sauce (skip for AIP)

INSTRUCTIONS:

1. Preheat oven to 400° F. Line a baking sheet with parchment paper.
2. Drizzle some olive oil on baking sheet. Add bell pepper strips (or carrot for AIP). Smear around and turn over to coat with oil. Sprinkle with salt. Roast for 15 minutes. Make room for the chicken and hominy (if using) and add both to pan. Roast for another 10 minutes or until chicken is hot.
3. Meanwhile, in a small bowl, stir together yogurt and pesto. Season with salt to taste.
4. Divide remaining ingredients - except sauces - between 2 pasta bowls. Top with chicken, peppers (or carrots), and hominy (if using). Drizzle with yogurt sauce (and hot sauce, if using) and serve.



~
Healing Green Broth Posole
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FRIDAY

ON THE MENU:

Healing Green Broth Posole

TODAY'S PREP INGREDIENTS:

For the soup

- 2 teaspoons olive or avocado oil
- Remaining **ROAST CHICKEN**, torn into bite-sized pieces
- 1/2 cup canned hominy, drained (skip for AIP/Whole30)
- Sea salt

For the broth

- 2 cups broth
- 2 cups arugula
- 2 tablespoons each chopped fresh oregano, cilantro, and green scallion
- 2 tablespoons freshly squeezed lime juice (or more to taste)
- 2 tablespoons butter (or extra-virgin olive oil for AIP/Whole30/Dairy Free)
- 1 tablespoon MCT oil (optional)
- 2 tablespoons (one scoop) collagen peptides
- Sea salt to taste
- Few grinds black pepper (skip for AIP)

To serve

- 1 avocado, sliced
- 1 lime cut into wedges
- 2 tablespoons cilantro leaves
- **SPICY CILANTRO PESTO**
- Hot sauce (skip for AIP)
- Pepitas (skip for AIP)

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FRIDAY

ON THE MENU:

Healing Green Broth Soup

CONTINUED

INSTRUCTIONS:

For the soup

1. Add oil to a medium skillet over medium heat. When oil is hot, add hominy (skip for AIP/Whole30) and chicken and a sprinkle of salt. Sauté hominy and chicken until hot, about 4 minutes. Remove from heat and keep warm.

For the broth

1. Add broth to a small saucepan and heat until very hot.
2. Put arugula, herbs, lime juice, additional butter (or olive oil for AIP/Whole30/Dairy Free), and MCT oil in a Vitamix or other high-powered blender. Pour broth into the blender and (starting on low and gradually increasing speed, watching carefully when working with hot liquids) blend on high speed until pale green and frothy.
3. Add collagen peptides and blend on medium until combined. Season to taste with salt and additional lime juice.

TO ASSEMBLE:

1. Set out 2 soup bowls. Divide chicken and hominy (if using) between two soup bowls. Add broth to the bowls, then garnish with avocado, lime wedges, cilantro, pesto, and hot sauce and pepitas (skip sauce and pepitas for AIP).