



5-day Dinner Plan for Busy Families

Jennifer Williams
<http://goodfood2u.ca>

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MealTime2u/Goodfood2u

jennifer@goodfood2u.ca

We get it! Weekday dinners are tough. Whether you have to be at the arena, the dance studio or the gym for 6 pm it doesn't leave a lot of time for cooking and eating a healthy meal.

And we also know how important eating whole foods is to keep us nourished and healthy, SO, we are here to help.

Download a weeks work of meals that are family friendly and take less than 30-minutes to prepare. These meals are developed by nutritionists and are designed to deliver a healthy balanced meal.

Looking to make it even easier, we can deliver the ingredients to you home in Greater Ottawa, making meal discovery, prep and enjoyment easier.

Need a meal plan more customized to your family (dietary restrictions, allergies?) get in touch, jennifer@goodfood2u.ca and we can set this up for you too!



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Dinner

Mon



Spinach Lentil Curry

Tue



Sweet Potato & Sausage Hash

Wed



Lemon Dill Baked Salmon

Thu


















One Pan Maple Miso Glazed Chicken with Veggies

Fri



Lemon Turkey Quinoa Skillet

Mon	Tue	Wed	Thu	Fri
Fat  28%	Fat  52%	Fat  49%	Fat  43%	Fat  44%
Carbs  59%	Carbs  35%	Carbs  3%	Carbs  21%	Carbs  26%
Protein  13%	Protein  13%	Protein  48%	Protein  36%	Protein  30%
Calories 463	Calories 428	Calories 247	Calories 349	Calories 356
Fat 15g	Fat 25g	Fat 13g	Fat 17g	Fat 18g
Carbs 70g	Carbs 37g	Carbs 2g	Carbs 18g	Carbs 24g
Fiber 13g	Fiber 7g	Fiber 0g	Fiber 4g	Fiber 3g
Sugar 8g	Sugar 12g	Sugar 0g	Sugar 10g	Sugar 1g
Protein 15g	Protein 14g	Protein 29g	Protein 32g	Protein 27g
Cholesterol 0mg	Cholesterol 49mg	Cholesterol 86mg	Cholesterol 151mg	Cholesterol 84mg
Sodium 436mg	Sodium 1189mg	Sodium 252mg	Sodium 882mg	Sodium 547mg
Vitamin A 4488IU	Vitamin A 19084IU	Vitamin A 229IU	Vitamin A 5694IU	Vitamin A 1724IU
Vitamin C 22mg	Vitamin C 19mg	Vitamin C 9mg	Vitamin C 83mg	Vitamin C 10mg
Calcium 109mg	Calcium 157mg	Calcium 41mg	Calcium 74mg	Calcium 71mg
Iron 6mg	Iron 3mg	Iron 2mg	Iron 2mg	Iron 4mg



Spinach Lentil Curry

4 servings
 25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tbsps Curry Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 1/2 cup Organic Vegetable Broth
- 1 cup Organic Coconut Milk (from the can)
- 2 cups Lentils (cooked)
- 1/2 cup Cilantro (optional, roughly chopped)
- 6 cups Baby Spinach
- 1 cup Jasmine Rice (dry)
- 2 tps Maple Syrup

Nutrition

Amount per serving	
Calories	463
Fat	15g
Carbs	70g
Fiber	13g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	436mg
Vitamin A	4488IU

Directions

- 1 In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
- 2 Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
- 3 Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
- 4 Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
- 5 When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!

Notes

No Rice, Serve alone or with quinoa, couscous or potatoes instead.

Leftovers, Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

Too Thick, If the curry gets too thick, add extra vegetable broth to thin it.

More Flavour, Add extra cilantro and lime.



Vitamin C	22mg
Calcium	109mg
Iron	6mg



Sweet Potato & Sausage Hash

2 servings
 30 minutes

Ingredients

- 170 grams Pork Sausage (casings removed)
- 1 Sweet Potato (medium, diced into cubes)
- 3 cups Kale Leaves (chopped)
- 1 Apple (medium, diced)
- 1/8 tsp Cinnamon
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	428
Fat	25g
Carbs	37g
Fiber	7g
Sugar	12g
Protein	14g
Cholesterol	49mg
Sodium	1189mg
Vitamin A	19084IU
Vitamin C	19mg
Calcium	157mg
Iron	3mg

Directions

- 1 Cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
- 2 In the same skillet, add the diced sweet potato and cook over medium-high for 1 to 2 minutes or until brown on one side. Lower the heat to medium, stir and cook for 7 to 8 more minutes or until tender and cooked through.
- 3 Add the kale and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!

Notes

- Prep Ahead,** Cook the sweet potato in advance to save time.
- No Kale,** Use another hearty green such as dandelion or shaved brussels sprouts.
- No Pork,** Use turkey sausage, chicken sausage or ground meat instead.
- Vegans & Vegetarians,** Use lentils instead of sausage.



Lemon Dill Baked Salmon

4 servings
 25 minutes

Ingredients

- 567 grams Salmon Fillet
- 1 tbsp Ghee (melted)
- 2 Garlic (cloves, minced)
- 2 tbsps Fresh Dill (chopped)
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt (or more to taste)
- 4 cups Mixed Greens

Nutrition

Amount per serving	
Calories	247
Fat	13g
Carbs	2g
Fiber	0g
Sugar	0g
Protein	29g
Cholesterol	86mg
Sodium	252mg
Vitamin A	229IU
Vitamin C	9mg
Calcium	41mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (191°C).
- 2 Line a baking sheet with aluminum foil and place the salmon in the middle.
- 3 In a small jar, mix together the melted ghee, garlic, dill, lemon juice, lemon zest and sea salt. Pour it over the salmon. Fold up the edges of the foil so that the fish is sealed in a pouch. Bake for 15 to 20 minutes or until fish flakes with a fork.
- 4 Remove the salmon from the oven and serve with mixed greens. Enjoy!

Notes

- No Foil, Use parchment paper instead.
- Likes it Crispy, Broil for 1 to 2 minutes after baking to make it crispy.
- Leftovers, Keep well in the fridge for 2 to 3 days.
- No Ghee, Use butter, avocado oil or coconut oil instead.



One Pan Maple Miso Glazed Chicken with Veggies

4 servings
 30 minutes

Ingredients

- 4 cups Broccoli (chopped into florets)
- 2 Carrot (medium, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper
- 2 tbsps Miso Paste
- 2 tbsps Maple Syrup
- 1 tbsp Sesame Oil
- 1 tbsp Ginger (grated)
- 454 grams Chicken Thighs (boneless, skinless)

Nutrition

Amount per serving	
Calories	349
Fat	17g
Carbs	18g
Fiber	4g
Sugar	10g
Protein	32g
Cholesterol	151mg
Sodium	882mg
Vitamin A	5694IU
Vitamin C	83mg
Calcium	74mg
Iron	2mg

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the broccoli and carrots on the prepared baking sheet. Drizzle with the olive oil and season with half the salt and pepper.
- 3 In a small mixing bowl whisk together the miso paste, maple syrup, sesame oil, ginger and remaining salt.
- 4 Place the chicken on the baking sheet with the veggies and lightly brush each side of the chicken with 1/4 of the miso glaze.
- 5 Bake the chicken for 15 minutes. Remove from the oven and then coat the chicken in the remaining miso glaze. Toss the vegetables and return to oven. Bake for an additional 10 minutes or until chicken is cooked through.
- 6 Divide the chicken and veggies between plates, season with additional salt if needed and enjoy!

Notes

Mix it Up, Instead of broccoli and carrots, use cauliflower and bell peppers instead.

No Chicken Thighs, Use chicken breast instead.

Miso Paste, A salty paste made from fermented soybeans. We used white miso, but any color will work in this recipe.

Leftovers, Will keep in the fridge for up to 3 days.



Lemon Turkey Quinoa Skillet

4 servings
 30 minutes

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 454 grams Extra Lean Ground Turkey
- 1 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1/4 cup Black Olives (chopped)
- 2 cups Baby Spinach (chopped)
- 3/4 cup Quinoa (dry, uncooked)
- 1 1/2 cups Organic Vegetable Broth
- 1 Lemon (zested and juiced)

Nutrition

Amount per serving	
Calories	356
Fat	18g
Carbs	24g
Fiber	3g
Sugar	1g
Protein	27g
Cholesterol	84mg
Sodium	547mg
Vitamin A	1724IU
Vitamin C	10mg
Calcium	71mg
Iron	4mg

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 2 Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 3 Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 4 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 5 Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

Notes

More Flavor, Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

Leftovers, Keep in an air-tight container in the fridge for up to 3 days.

No Quinoa, Use long-grain white rice instead.

No Spinach, Use chopped kale or swiss chard instead.

No Ground Turkey, Use ground chicken or ground beef instead.

No Vegetable Broth, Use any type of broth, or water instead.

Vegan & Vegetarian, Use cooked lentils instead of ground turkey.