



Family Meal Plan Sample Menu

MONICA HOSS



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MONICA HOSS NUTRITION AND WELLNESS

Hi!

Thank you for requesting a sample of menu of my family friendly meal plan! Each week I'll be giving you 5 dinner recipes + grocery list to make feeding your family dinner less stressful. For each recipe make sure to read the instructions thoroughly and check out the notes section to find tips and ways to modify the recipe. If you have any questions please reach out!

For this week I recommend the following for meal prep:

1. Cook a big double batch of brown rice to use during the week.
2. Wash and prep veggies so that you can just grab and toss them into the recipe when needed.
3. Make any sauces ahead of time.

Love the ease of using this meal plan? Sign up for my monthly membership to get weekly meal plans like this and take the stress away from planning dinners.

Monica Hoss, MS, RD, LD



MON



DINNER
Slow Cooker Honey Garlic Chicken

TUE



DINNER
Pressure Cooker Thai Chicken &
Vegetables with Rice

WED



DINNER
Southern Shrimp & Grits

THU



DINNER
Steak with Garlic Butter, Roasted
Potatoes & Asparagus

FRI



DINNER
Pizza Meatloaf Turkey Muffins

SEEDS, NUTS & SPICES

- 1/2 tsp Cajun Seasoning
- 2 tsps Chili Paste
- 1 tsp Garlic Powder
- 2 tsps Italian Seasoning
- 1 tsp Onion Powder
- 2 1/3 tsps Sea Salt
- 1 tbsp Sesame Seeds

VEGETABLES

- 4 cups Asparagus
- 6 cups Baby Spinach
- 4 cups Broccoli
- 3 Carrot
- 1 cup Cherry Tomatoes
- 8 Garlic
- 1 tbsp Ginger
- 1 1/2 cups Green Beans
- 4 stalks Green Onion
- 1 cup Kale Leaves
- 4 cups Mini Potatoes
- 2 tsps Parsley
- 1 Red Bell Pepper
- 1/2 Yellow Onion

BOXED & CANNED

- 1/4 cup Bread Crumbs
- 3 cups Brown Rice
- 1 cup Organic Chicken Broth
- 1 cup Organic Coconut Milk
- 2 tsps Tomato Paste

BAKING

- 2 tsps Cornstarch
- 1/3 cup Honey

BREAD, FISH, MEAT & CHEESE

- 1 1/2 lbs Boneless Skinless Chicken Breasts Or Thighs
- 1 lb Chicken Breast
- 2 lbs Extra Lean Ground Turkey
- 2 lbs Flat Iron Steak
- 1 cup Mozzarella Cheese
- 3 slices Organic Bacon
- 1 1/4 cups Pepperoni
- 1 lb Shrimp

CONDIMENTS & OILS

- 2 tsps Coconut Aminos
- 2 tsps Extra Virgin Olive Oil
- 1/3 cup Low Sodium Soy Sauce
- 1 tbsp Rice Vinegar
- 2 tsps Thai Red Curry Paste
- 1/2 cup Tomato Sauce

COLD

- 1/4 cup Butter
- 2 Egg
- 1 1/2 cups Plain Coconut Milk

OTHER

- 3/4 cup Old Fashioned Grits

Slow Cooker Honey Garlic Chicken

4 SERVINGS 4 HOURS 30 MINUTES



INGREDIENTS

1 1/2 lbs Boneless Skinless Chicken
Breasts Or Thighs
1/3 cup Low Sodium Soy Sauce
1/3 cup Honey
2 tbsps Tomato Paste
2 tsps Chili Paste (like sriracha)
4 Garlic (minced)
1 tbsp Rice Vinegar
2 tbsps Cornstarch
2 cups Brown Rice (cooked)
4 cups Broccoli (cooked)
1 tbsp Sesame Seeds
1 stalk Green Onion (chopped)

DIRECTIONS

- 01 Place the chicken in the bottom of a 6-quart or larger slow cooker. In a medium mixing bowl or very large measuring cup, whisk together the soy sauce, honey, tomato paste, chili paste, garlic, and rice vinegar. Pour over the chicken. Cover and cook on LOW for 4 to 5 hours or HIGH for 2 to 3 hours, until the chicken reaches an internal temperature of 165 degrees F on an instant-read thermometer. If you are available, flip the chicken over once halfway through to coat both sides. (If not, don't stress; it will still be tasty.)
- 02 Remove the chicken to a plate and let cool slightly. Whisk the cornstarch into the slow cooker cooking liquid. Cover and cook on HIGH for 15 minutes, until the sauce thickens slightly, stirring occasionally. If you'd like the sauce particularly thick, you can cook it for a full 30 minutes in the slow cooker OR follow the stovetop method below.
- 03 For quicker sauce thickening, reduce the sauce on the stove: After whisking in the cornstarch, transfer the cooking liquid to a medium saucepan. Cook on the stovetop over medium heat, stirring often until the sauce thickens, 5 to 10 minutes. (If your slow cooker insert is stovetop safe, you can remove it from the slow cooker and place it directly on the burner, but do not do this unless you are POSITIVE your insert is stovetop safe or it may crack.)
- 04 With two forks (or your fingers if the chicken is cool enough), shred the chicken and place it in the slow cooker. If you reduced the sauce on the stove, add it back to the slow cooker now. Stir to coat the chicken with the sauce. Serve over rice and broccoli, sprinkled with green onions and sesame seeds.

NOTES

CAULIFLOWER RICE

Serve with cauliflower rice instead of brown rice for a lower carb option.

ADAPTED FROM
Well Plated



Pressure Cooker Thai Chicken & Vegetables with Rice

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 cup Brown Rice
- 1 cup Organic Coconut Milk (full fat, from the can)
- 1 cup Organic Chicken Broth
- 2 tbsps Thai Red Curry Paste
- 2 tbsps Coconut Aminos
- 1 tbsp Ginger (fresh, minced)
- 2 Garlic (clove, minced)
- 1 lb Chicken Breast
- 1 Red Bell Pepper (sliced)
- 1/2 Yellow Onion (sliced)
- 1 1/2 cups Green Beans
- 1 cup Kale Leaves (chopped)

DIRECTIONS

- 01 Cook the rice according to the directions on the package.
- 02 In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
- 03 Set to “sealing”, then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 04 Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
- 05 Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine.
- 06 Divide the rice, chicken and vegetables between plates and top generously with the red curry sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

NO BROWN RICE

Omit or use jasmine rice, quinoa or cauliflower rice instead.

NO CHICKEN BREAST

Use chicken thighs instead.

NO FRESH GREEN BEANS

Use frozen or choose another vegetable like snap peas or broccoli.

NO KALE

Use spinach or bok choy instead.

Southern Shrimp & Grits

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/2 cups Water
- 1 1/2 cups Plain Coconut Milk (from the carton)
- 1 tsp Sea Salt (divided)
- 3/4 cup Old Fashioned Grits (uncooked)
- 3 slices Organic Bacon (chopped)
- 1 lb Shrimp (peeled, deveined)
- 1/2 tsp Cajun Seasoning
- 3 stalks Green Onion (sliced)

DIRECTIONS

- 01 In a pot, bring the water and milk to a boil. Add half of the salt and slowly whisk in the grits. Reduce the heat to medium-low and cook for about 15 minutes, or until thickened. Add more water as needed. Set aside.
- 02 In a skillet over medium-high heat, add in the chopped bacon and cook for 6 to 10 minutes or until crispy. Transfer the bacon to a paper towel-lined plate.
- 03 Reserve a few tablespoons of the bacon fat and return to medium-high heat. Add the shrimp, cajun seasoning and remaining salt. Cook for 3 to 4 minutes, or until the shrimp turns pink.
- 04 Divide the grits into bowls and top with the shrimp, bacon and green onions. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

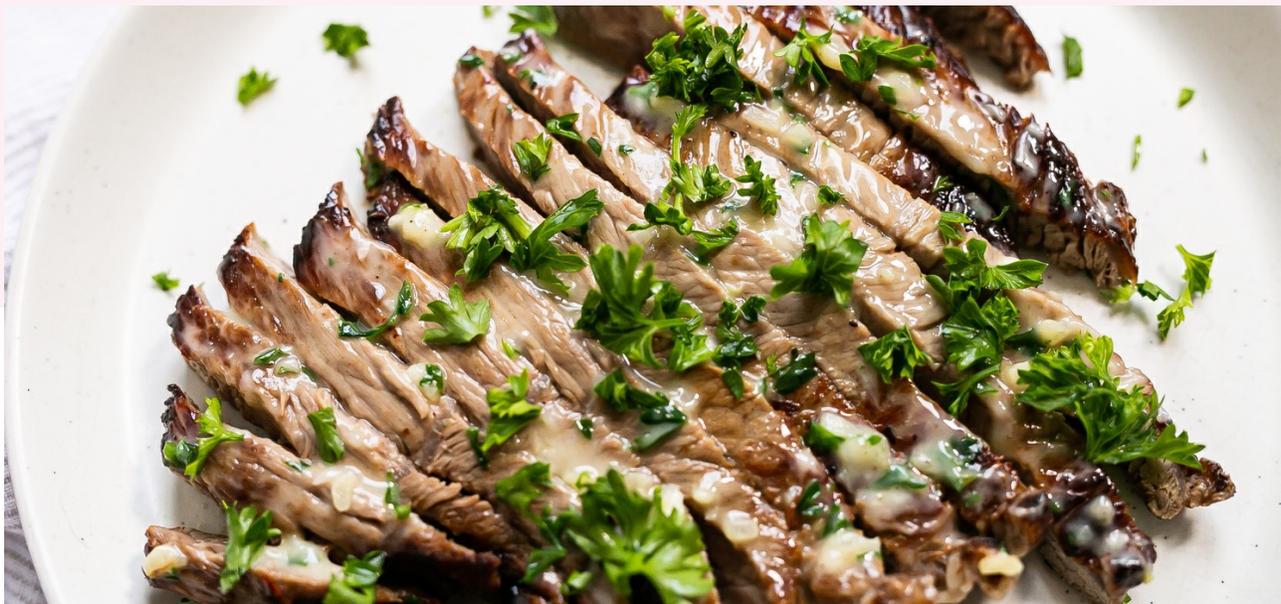
One serving equals approximately one cup of grits and 6 shrimp.

MORE FLAVOR

Use broth instead of water. Add butter and/or cheddar cheese to the grits.

Steak with Garlic Butter

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1/4 cup Butter (room temperature, divided)
- 2 Garlic (clove, minced)
- 2 tsps Parsley
- 1 1/3 tbsps Sea Salt (divided)
- 2 lbs Flat Iron Steak

DIRECTIONS

- 01 Mix half of the butter with the garlic, parsley and half of the sea salt. Set aside.
- 02 Heat a cast-iron pan over medium-high heat. Once hot, add the remaining butter. Once the butter is melted, add the steak. Cook for at least 4 minutes before flipping. Cook for at least 4 minutes per side, but up to 10 depending on preference. In the final few minutes, tilt the pan towards you and carefully spoon the butter over top of the steak.
- 03 Remove the steak from the pan and let it rest for 5 minutes. Serve with the garlic butter and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add pepper or red pepper flakes to the butter mixture.

ADDITIONAL TOPPINGS

Caramelized onions and mushrooms.

SERVE IT WITH

Add to a bed of greens, roasted potatoes or alongside roasted vegetables.

Roasted Potatoes & Asparagus

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Mini Potatoes (halved)
4 cups Asparagus (woody ends trimmed,
chopped in half)
2 tbsps Extra Virgin Olive Oil
1/2 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line your baking sheet(s) with parchment paper.
- 02 Place the potatoes and asparagus on separate baking sheets. Toss with oil and salt until evenly coated. Place the potatoes in the oven for 15 minutes.
- 03 After 15 minutes, place the asparagus into the oven.
- 04 Once the potatoes are fork tender, remove the asparagus and potatoes from the oven. Add as a side dish to your choice of protein and enjoy!

NOTES

NO OLIVE OIL

Use sesame oil, grapeseed oil, sunflower oil or ghee.

LEFTOVERS

Refrigerate in an airtight container up to 5 days.

SERVING SIZE

One serving is equal to approximately one cup of potatoes and one cup of asparagus.

Pizza Meatloaf Turkey Muffins

4 SERVINGS 35 MINUTES



INGREDIENTS

2 lbs Extra Lean Ground Turkey
2 Egg
1 1/4 cups Pepperoni
1 cup Mozzarella Cheese (shredded)
1/4 cup Bread Crumbs
1/2 cup Tomato Sauce (pizza)
2 tsp Italian Seasoning
1 1/2 tsp Sea Salt
1 tsp Garlic Powder
1 tsp Onion Powder
6 cups Baby Spinach
1 cup Cherry Tomatoes
3 Carrot (chopped)

DIRECTIONS

- 01 Pre-heat oven to 400°F.
- 02 In a large bowl combine ground turkey, 2 beaten eggs, 1 cup turkey pepperoni, 1/2 cup shredded mozzarella, breadcrumbs, 1/4 cup pizza sauce, italian seasoning, salt, garlic powder and onion powder. Mix until fully combined.
- 03 In a muffin tin, place 1/2 cup mixture in 9 tins and smooth the mound on the top
- 04 Brush remaining pizza sauce on top of each muffin.
- 05 Bake for 15 minutes, or until turkey is fully cooked to 165°F.
- 06 Remove from oven and turn broiler on to high. Divide remaining cheese and pepperoni on top of meat muffins and place under broiler until cheese has melted and begun to melt and bubble, about 3 minutes.
- 07 To make salad: toss spinach, tomatoes and carrots together. Add your favorite dressing.
- 08 Serve warm with salad, or fully cool and pack away for meal prep.

NOTES

NO GROUND TURKEY

Use any other ground meat

PEPPERONI

Use sausage, turkey pepperoni, or leave out to make vegetarian

ADD MORE VEGGIES

Add Olives, mushrooms, or green peppers