

MEAL PLAN

TURKEY STOCK

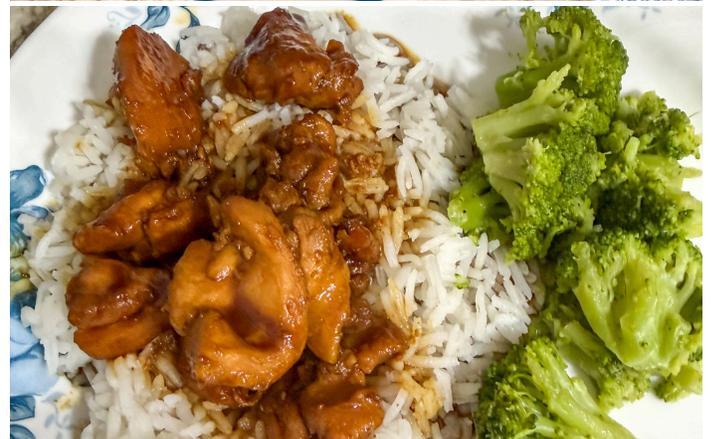
CHICKEN AND RICE SOUP

DAIRY-FREE ZUPPA TOSCANA

DAIRY, GLUTEN, AND CORN-FREE

TACO BOWLS

SOY-FREE TERIYAKI CHICKEN



TURKEY STOCK ON THE STOVETOP

INGREDIENTS:

1 turkey carcass
Veggie scraps *see notes
1 tablespoon salt
1 teaspoon pepper
1 bay leaf

Put your leftover turkey carcass into a stockpot. Throw in veggie scraps, salt, pepper, and a bay leaf. Fill the pot with water. Leave a few inches of space at the top, but try to mostly cover the turkey carcass with water. Put the lid on and bring to a boil. Set the heat to low and let it simmer at least 4 hours.

*Notes:

If you do not have veggie scraps, you can cut up celery, carrots, and onions and add them to the stock.

I keep a plastic bag of veggie scraps in my freezer and add to it whenever I peel carrots or chop up onions.



CHICKEN AND RICE SOUP

1 TB olive oil
1 onion diced
3 carrots diced
1 rib celery diced
1 tsp. minced garlic
1 tsp. parsley
1 tsp. salt
1 tsp. Italian seasoning
 $\frac{1}{4}$ tsp pepper
6 cups chicken broth
2 chicken breasts
 $\frac{1}{2}$ cup rice

01 Put chicken broth in a pot.
Sauté veggies in olive oil in a separate pan. Add to broth

02 Add parsley, salt, Italian, seasoning, and pepper.
Rinse $\frac{1}{2}$ cup rice and pour in.
Bring soup to a boil, and let simmer 30 minutes

03 While soup is simmering, cube cooked chicken breasts. Add to soup when rice is finished cooking and serve.



DOURY-FREE ZUPPA TOSCANA

INGREDIENTS:

1 lb, Italian Sausage
1/2 onion diced
1 TB minced garlic (or
1/4 tsp. garlic powder
6 cups chicken broth
6 potatoes
1 1/2 tsp salt
1 tsp. pepper
4 cups chopped kale
1 cup canned coconut
milk (optional)

Brown your Italian Sausage. Add diced onion and garlic when the meat is mostly cooked and sauté.

Put 6 cups of chicken broth in a pot.

Chop up 6 russet potatoes and add them to the pot.

Add salt and pepper and bring to a boil.

Put the heat on medium-low and let simmer until potatoes are cooked through.

Add 4 cups of chopped kale and Italian sausage to the soup.

Right before serving, pour in 1 cup of coconut milk if desired.



DAIRY, GLUTEN, & CORN FREE TACO BOWLS



Ingredients:

3 cups stovetop rice

1 lb. ground beef

15 oz. black beans

2 tablespoons taco seasoning

Toppings:

salsa, lettuce, avocado, hot sauce, jalapenos. etc.

Steps for Rice

1. Bring 3 cups of water to a boil.
2. Add 1 ½ tsp. salt and 1 ½ tablespoons of dairy-free butter.
3. Rinse 1 ½ cups rice and add to boiling water.
4. Cover and turn heat to low.
5. After 20-30 minutes, take the lid off, and let rice sit 5 minutes.
6. Fluff with a fork.

Steps for Taco Meat:

1. Fry ground beef. Can add onions if desired.
2. Drain beef.
3. Add to a pot with black beans (I prefer to soak/cook dried black beans in the Instant Pot.)
4. Sprinkle 2 tablespoons taco seasoning on top and stir.
5. Put the heat on medium and bring to a simmer.
6. Switch the heat to low until ready to serve.
7. Serve over stovetop rice and add whatever toppings your family enjoys.

SOY-FREE CHICKEN TERIYAKI (INSPIRED BY WHOLESOME YUM)



INGREDIENTS:

2 TB olive oil

2 chicken breasts

½ cup Coconut Aminos

¼ cup honey

1 TB Apple Cider Vinegar

½ tsp. garlic powder

½ tsp. ground ginger

Optional: 2 TB arrowroot powder
and 2 TB water to thicken sauce at
the end.

STEPS:

- Cut up chicken breast into small pieces
- Sauté in olive oil about 2-3 minutes each side.
- While chicken is cooking, add coconut aminos, honey, apple cider vinegar, garlic powder and ground ginger to a separate bowl.
- Whisk ingredients to combine and pour over cooked chicken.
- Reduce heat to medium low and let simmer 5-8 minutes.
- If desired , whisk 2 TB arrowroot powder in 2 TB water and add to sauce at the end to thicken.
- Serve over stovetop rice with broccoli on the side.