



30 MINUTE DINNERS

December Meal Plan 2

OVERVIEW

Here's what's on the dinner menu this week:

Day 1: [Salmon Patties](#) // [Instant Pot Mashed Potatoes](#) // [Sauteed Green Beans](#)

Day 2: [Three Bean Chili](#) // [Cornbread Muffins](#)

Day 3: [Easy Fish Tacos](#) // [Creamy Coleslaw](#) // [White Rice](#)

Day 4: [Lemon Pappardelle with Shrimp](#) // [Steamed Broccoli and Cauliflower](#) // [Cornbread Muffins](#)

Day 5: [Clam Chowder](#) // [Side Salad with House Dressing](#)

(These links should be used for reference only. The step-by-step cooking instructions for each meal are below.)

GET AHEAD ACTION PLAN

*Anytime you're in the kitchen, you should be doing SOMETHING. This **Get Ahead Action Plan (GAAP)** helps you do just that, whether it's dicing one extra onion or freezing an entire meal. Everything listed below is optional, therefore any extra ingredients are not included in the shopping list.*

Be sure to update your shopping list accordingly if you choose to follow any GAAP ideas!

Day 1: Salmon Patties // Instant Pot Mashed Potatoes // Sauteed Green Beans

- 2x or 3x **Salmon Patties** to freeze
- 2x or 3x **Instant Pot Mashed Potatoes** for leftovers
- 2x **Sauteed Green Beans** for leftovers

Day 2: Three Bean Chili // Cornbread Muffins

- 2x or 3x **Three Bean Chili** for leftovers
- 2x or 3x **Cornbread Muffins** for leftovers

Day 3: Easy Fish Tacos // Cilantro Lime Slaw // White Rice

- 2x or 3x **Easy Fish Tacos** for leftovers
- 2x **Cilantro Lime Slaw** for leftovers
- 2x or 3x **White Rice** to freeze

Day 4: Lemon Pappardelle with Shrimp // Steamed Broccoli and Cauliflower // Cornbread Muffins

- 2x or 3x **Lemon Pappardelle with Shrimp** for leftovers
- 2x **Steamed Broccoli and Cauliflower** to freeze

Day 5: Clam Chowder // Side Salad with House Dressing

- 2x or 3x **Clam Chowder** for leftovers
- 2x **Side Salad with House Dressing** for leftovers

WEEKLY

Mise En Place

Instant Pot White Rice

- 2 cups jasmine rice
- 2 cups water
- 1 tsp salt

Cornbread Muffins (2x)

- 2 ½ cup all-purpose flour
- 1½ cup yellow cornmeal
- ½ cup sugar
- 2 Tbsp baking powder
- 2 tsp salt
- 4 eggs
- 4 Tbsp honey
- 1½ cup milk
- 16 Tbsp butter melted and cooled

Creamy Coleslaw Dressing

- ½ cup Greek yogurt
- ½ bunch cilantro
- 2 tsp minced garlic
- ½ tsp salt
- 2 Tbsp lime juice

House Dressing

- 1 tsp mustard
- ¼ cup olive oil
- ¼ cup apple cider vinegar
- 1 tsp maple syrup
- ¼ tsp salt
- ⅛ tsp pepper

Vegetables

- 6 potatoes
- 2 onions
- 1 bunch green onion
- 1 head lettuce
- 1 head broccoli
- 1 head cauliflower
- 5 cloves garlic
- 2 jalapeno
- 1 rib celery
- 1 large carrot

Equipment

- Cutting board + sharp knife
- Instant Pot
- Measuring cups + spoons
- Muffin tins
- Whisk
- Large bowl
- 16 oz mason jar or small bowl

Step-by-Step

1. Preheat the oven to 450F.

2. Start the White Rice. In an Instant Pot, combine 2 cups rice, 2 cups water and 1 tsp salt. Cook on high pressure for 4 minutes. Release the pressure using Quick Pressure Release. Fluff the rice with a large fork.

3. Make your Cornbread Muffins. Line 2 12-cup muffin pans with paper liners, silicone liners, or spray with non-stick cooking spray. In a medium bowl, crack the eggs and whisk them together. Add honey and milk and whisk well. Set aside. In a large bowl, whisk together the flour, cornmeal, sugar, baking soda, and salt.

Add the milk mixture to the dry mixture and stir JUST until combined - do not overmix. A few lumps are ok. Divide the batter evenly between the prepared muffin liners, filling each cup to about 3/4 full. Bake for 17-20 minutes, or until the tops are golden brown. Cool slightly, and serve warm.

4. Make the Creamy Coleslaw Dressing. In a large bowl, whisk together ½ cup Greek yogurt, ½ bunch cilantro leaves (finely diced), 2 tsp minced garlic, ½ tsp salt, and 2 Tbsp lime juice.

5. Make the House Dressing. Mix dressing in a small jar or bowl.

6. Prep the veggies:

- Green Beans: Trim 1 lb for Sautéed Green Beans
- Broccoli: Cut 1 head into florets
- Cauliflower: Cut 1 head into florets

What to cut last:

- Onion: Mince 1 for Three Bean Chili
- Onion: Dice 1 for Clam Chowder
- Garlic: Mince 4 cloves for Sautéed Green Beans
- Garlic: Mince 3 cloves for Three Bean Chili
- Garlic: Mince 1 clove for Lemon Pappardelle
- Garlic: Mince 2 cloves for Clam Chowder
- Jalapeños: Dice 2 for Three Bean Chili

Step-by-Step Cooking Instructions

Day 1: Salmon Patties // Instant Pot Mashed Potatoes // Sauteed Green Beans

Mise en Place

Salmon Patties

- 1 lb canned salmon
- 1 Tbsp dried minced onion
- ½ tsp salt
- 1 well-beaten egg (or 3 tbsp ground chia seeds placed in water if egg-free)
- cayenne pepper to taste
- 1 Tbsp dried parsley
- ¼ cup crushed crackers (dry oatmeal works too for gluten-free or almond flour for grain-free)
- 2 Tbsp butter or ghee

Instant Pot Mashed Potatoes

- 2 lbs potatoes washed and quartered
- 1 cup water
- 2-4 Tbsp butter room temperature
- ½ cup milk any type
- ½ tsp salt as desired
- ¼ tsp pepper as desired

Sauteed Green Beans

- 1 lb green beans
- 4 cloves garlic
- 2 Tbsp oil or butter
- ¼ salt
- ⅛ pepper

Equipment

- Cutting board + sharp knife
- 6 quart pot
- Large pot and steamer basket (or Instant Pot)
- Cast iron skillet
- Mixing bowl
- Measuring cups + spoons
- Colander
- Masher or immersion blender

Step-by-Step

1. Start the Mashed Potatoes. Add potatoes and water to the Instant Pot. Cook on high pressure for 10 minutes and then use the Quick Release to release the pressure. While the potatoes are hot, mash with a potato masher until they reach the desired consistency.

Add 2 Tbsp of melted butter and milk. Season with salt and pepper. Taste, add remaining butter if desired, and adjust the seasoning.

2. Make the Salmon Patties. Turn on your cast iron skillet to medium high heat with 2 Tbsp of your high heat oil of choice (butter, ghee, tallow or lard.) Pick out any skins and bones and pull salmon apart with a fork in a medium sized bowl. Then add seasonings, crushed crackers/bread crumbs/etc., onion, egg, and parsley.

Mix well and shape into 2-inch patties. Place as many patties that will fit in your skillet and set a timer for 2.5-3 minutes per side.

Tip: For efficiency's sake, try hitting "222 + timer" on your microwave instead of punching in an exact minute.

3. Make the Green Beans. Turn a skillet to medium high heat. Meanwhile, Line the green beans in a row and trim all the ends off the green beans. In the same way, cut into 1-inch pieces (if desired). Add oil to the pan and cook for 4-6 minutes, or until the green beans are your desired tenderness. Top with butter, garlic, salt, and pepper.

Day 2: Three Bean Chili // Cornbread Muffins

Mise en Place

Three Bean Chili

- 1 Tbsp olive oil
- 1 large onion, minced
- 3 cloves garlic, minced (or 1½ tsp garlic powder)
- 2 jalapenos, seeds removed and diced (a few seeds ok for extra heat)+
- 3 Tbsp chili powder
- 1 tsp chipotle powder
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) pinto beans, drained and rinsed
- 1 can (28oz) diced tomatoes, with juices
- 1 Tbsp cocoa powder or small piece of dark chocolate (about ½ oz.), optional
- 1½ cups water or bone broth
- ¼ tsp salt
- ⅛ tsp pepper
- ½ cup green onions, sliced (optional)
- ½ cup sour cream (optional)
- 1 lime, cut in wedges (optional)

Cornbread Muffins (2x for Day 4)

- 2 ½ cup all-purpose flour
- 1½ cup yellow cornmeal
- ½ cup sugar
- 2 Tbsp baking powder
- 2 tsp salt
- 4 eggs
- 4 Tbsp honey
- 1½ cup milk
- 16 Tbsp butter melted and cooled

Equipment

- Cutting board + sharp knife
- Measuring cups + spoons
- Muffin tins
- Whisk
- Stock pot

Step-by-Step

1. Preheat the oven to 450F.

2. Start the Chili. In a large pot heat olive oil over medium heat, saute onion for 7 minutes, or until tender and translucent. Add the garlic, jalapeno, chili, and chipotle powder, cook for 1 minute, or until fragrant.

Add the beans, tomatoes, chocolate, and liquids bring to boil, reduce heat, cover askew, and simmer for 15–20 minutes or so, stirring occasionally. Add more water as needed. Taste for flavor, season with salt and pepper and add anything else you feel it needs.

3. Make your cornbread. Line 2 12-cup muffin pans with paper liners, silicone liners, or spray with non-stick cooking spray. In a medium bowl, crack the eggs and whisk them together. Add honey and milk and whisk well. Set aside. In a large bowl, whisk together the flour, cornmeal, sugar, baking soda, and salt.

Add the milk mixture to the dry mixture and stir JUST until combined - do not overmix. A few lumps are ok. Divide the batter evenly between the prepared muffin liners, filling each cup to about 3/4 full. Bake for 17-20 minutes, or until the tops are golden brown. Cool slightly, and serve warm.

Reserve half the cornbread for Day 4.

Day 3: Easy Fish Tacos // Cilantro Lime Slaw // White Rice

Mise en Place

Easy Fish Tacos

- 3 Tbsp butter, melted (if dairy free use oil)
- 1 lime (juice)
- 1 tsp chili powder
- ½ tsp garlic powder
- ⅛ tsp salt
- 10–15 oz cod or other white fish
- 6-8 tortillas
- 2 avocados sliced

Creamy Coleslaw

- ½ cup Greek yogurt
- ½ bunch cilantro
- 2 tsp minced garlic
- ½ tsp salt
- 2 Tbsp lime juice
- 1 (16 oz) bag coleslaw (no dressing)
- 1 (10 oz) bag shredded carrots

White Rice

- 2 cups jasmine rice
- 2 cups water
- 1 tsp salt

Equipment

- Cutting board + sharp knife
- Small mixing bowl
- Measuring cups + spoons
- Baking pan

- Whisk
- Large bowl
- Fork
- Pot or Instant Pot for rice

Step-by-Step

1. Preheat the oven to 400F.

2. Start the Rice. In an Instant Pot, combine 2 cups rice, 2 cups water, and ½ tsp salt. Cook on high pressure for 4 minutes. Release the pressure using Quick Pressure Release. Fluff the rice with a large fork. Serve hot or warm. Freeze leftovers in 2 cup portions for a fast meal in the future!

3. Make the Tacos. Mix butter, lime juice, chili powder, garlic powder, and salt in a small bowl. Pour mixture over the fish. Bake for 10-15 minutes. Flake apart the fish and coat with the extra sauce in the pan. Prep your avocado and tortillas.

4. Make the Creamy Coleslaw. In a large bowl, whisk together ½ cup Greek yogurt, ½ bunch cilantro leaves (finely diced), 2 tsp minced garlic, ½ tsp salt, and 2 Tbsp lime juice. Add the bagged coleslaw mix (no dressing - just the vegetables) and the bag of shredded carrots and toss well to coat.

Taste and add additional salt and/or lime juice if desired. The coleslaw will be thick at first but will thin after a few minutes. Let the coleslaw sit at room temperature until serving (up to an hour). Store in the refrigerator if the meal is more than one hour away. Stir before serving.

5. Serve fish in tortillas with creamy coleslaw and avocado!

Day 4: Lemon Pappardelle with Shrimp // Steamed Broccoli and Cauliflower // Cornbread Muffins

Mise en Place

Lemon Pappardelle with Shrimp

- 1 lb uncooked shrimp
- 4 Tbsp butter divided
- ½ tsp fresh garlic or 1 minced small clove
- ¼ to ½ cup bone broth
- ½ cup heavy cream
- ½ tsp salt
- ¼ cup grated Parmesan cheese (or nutritional yeast if dairy-free)
- 1–2 Tbsp fresh lemon juice
- 8 oz pappardelle or fettuccini pasta
- ⅛ tsp freshly grated black pepper

Broccoli and Cauliflower

- 1 head broccoli, cut into florets
- 1 head cauliflower cut into florets

Cornbread Muffins

- Reserved Cornbread Muffins

Equipment

- Cutting board + sharp knife
- Measuring cups + spoons
- Medium saucepan
- 2 medium skillet
- Steamer basket
- Strainer

Step-by-Step

1. Make your Pasta. Cook pasta in a pot of boiling water. Drain and reserve some water. Toss pasta with olive oil to prevent sticking.

2. Steam your vegetables. Cut broccoli and cauliflower into florets. Add to a steamer basket over boiling pasta water. Cover and let steam as the pasta cooks. Remove from heat when fork-tender.

3. Make your Lemon sauce. Melt 2-3 tablespoons butter over medium heat. Add the garlic; sauté for 1-2 minutes (do not brown the garlic). Add the bone broth; let it sizzle out for a few minutes. Add the cream; bring to a simmer. Add the lemon juice, salt, and optional Parmesan; bring down to low heat.

4. Make the Shrimp. Pat shrimp dry with paper towels. Heat one tablespoon of the butter in a large skillet over medium heat. Add the shrimp, season with salt, and flip when pink (1-2 minutes per side). Cover with foil and set aside.

5. Heat cornbread. If desired, preheat the oven to 350F to warm cornbread muffins. You can place the muffins in the oven before it fully heats.

6. Toss your pasta with warm sauce. Serve alongside a pile of fresh, juicy, hot, buttery shrimp. Serve with freshly cracked black pepper and little wedges of lemon.

Day 5: Clam Chowder // Side Salad with House Dressing

Mise en Place

Clam Chowder

- 2 Tbsp unsalted butter (or another oil if dairy free)
- 2 cloves garlic minced
- 1 onion diced
- ½ tsp dried thyme
- 3 Tbsp all-purpose flour (or arrowroot or cornstarch)
- 1 cup milk
- 1 cup chicken or vegetable stock
- 2 (6.5-ounce) cans chopped clams, juices reserved
- 1 bay leaf
- 2 russet potatoes, peeled and diced
- 1 cup half and half (use a can of coconut milk if dairy free)
- ½ tsp salt
- ¼ tsp black pepper
- 2 Tbsp chopped fresh parsley leaves or parsley seasoning
- ½ cup Green Onion (optional)

Salad

- 1 head lettuce
- 1 cucumber
- ½ pint tomatoes (grape or cherry)
- 12 black olives
- 2 oz shredded carrots

House Dressing

- 1 tsp mustard
- ¼ cup olive oil
- ¼ cup apple cider vinegar
- 1 tsp maple syrup
- ¼ tsp salt
- ⅛ tsp pepper

Equipment

- Cutting board + sharp knife
- Measuring cups + spoons
- Stock pot
- Spoon
- Medium bowl

Step-by-Step

1. Make the Chowder. Heat a large stockpot or Dutch oven over medium high heat. Melt butter in the stockpot. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in thyme until fragrant, about 1 minute.

Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, vegetable stock, clam juice, and bay leaf, and cook, whisking constantly until slightly thickened about 1-2 minutes. Stir in potatoes.

Bring to a boil; reduce heat and simmer until potatoes are tender, about 12-15 minutes.

Stir in half and half and clams until heated through, about 1-2 minutes; season with salt and pepper, to taste. If the soup is too thick, add more half and half as needed until desired consistency is reached.

2. Make the Salad and dressing. Begin by slicing your head of lettuce into bite-sized strips and place it into individual bowls or a large salad bowl. Cut your cucumbers into slices and top with cherry tomatoes and black olives. Mix dressing in a small jar or bowl. Drizzle salad dressing on individual salads when serving.

3. Serve chowder immediately, parsley, and green onion, if desired with salad on the side.



DECEMBER MEAL PLAN 2

Day 1: Salmon Patties // Instant Pot Mashed Potatoes // Sauteed Green Beans

Day 2: Three Bean Chili // Cornbread Muffins

Day 3: Easy Fish Tacos // Cilantro Lime Slaw // White Rice

Day 4: Lemon Pappardelle with Shrimp // Steamed Broccoli and Cauliflower // Cornbread Muffins

Day 5: Clam Chowder // Side Salad with House Dressing

Cold Case

<input type="checkbox"/> butter	<input type="checkbox"/> 27 tbsp	<input type="checkbox"/> heavy cream	0.50 cup
<input type="checkbox"/> butter or ghee	<input type="checkbox"/> 2 tbsp	<input type="checkbox"/> milk	3 cups
<input type="checkbox"/> eggs	5	<input type="checkbox"/> Parmesan	0.25 cup
<input type="checkbox"/> Greek yogurt	0.50 cup	<input type="checkbox"/> sour cream	0.50 cup
<input type="checkbox"/> half and half (use a can of coconut milk if dairy free)	1 cup	<input type="checkbox"/> unsalted butter	2 tbsp

Meat

<input type="checkbox"/> shrimp	1 lb
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Pantry

<input type="checkbox"/> all-purpose flour	2.50 cups + 3 tbsp	<input type="checkbox"/> corn meal	1.50 cups
<input type="checkbox"/> apple cider vinegar	0.25 cup	<input type="checkbox"/> crackers	0.25 cup
<input type="checkbox"/> baking powder	2 tbsp	<input type="checkbox"/> fresh lemon juice or 1 fresh lemon juiced	1 tbsp
<input type="checkbox"/> black olives	12	<input type="checkbox"/> honey	4 tbsp
<input type="checkbox"/> broth or water	1.50 cups	<input type="checkbox"/> jasmine rice	2 cups
<input type="checkbox"/> can black beans	1 (15 oz)	<input type="checkbox"/> lime juice	2 tbsp
<input type="checkbox"/> can chopped clams	2 (6.5 oz)	<input type="checkbox"/> maple syrup	1 tsp
<input type="checkbox"/> can diced tomatoes	1 (28 oz)	<input type="checkbox"/> mustard	1 tsp
<input type="checkbox"/> can kidney beans	1 (15 oz)	<input type="checkbox"/> oil or butter	2 tbsp

<input type="checkbox"/> can pinto beans	1 (15 oz)	<input type="checkbox"/> olive oil	1 tbsp + 0.25 cup
<input type="checkbox"/> canned salmon	1 lb	<input type="checkbox"/> pappardelle or fettuccini pasta	8 oz
<input type="checkbox"/> chicken stock or broth	1.75 cups	<input type="checkbox"/> sugar	0.50 cup
<input type="checkbox"/> cocoa powder or small piece of dark chocolate (about ½ oz)	1 tbsp	<input type="checkbox"/> tortillas	6

Produce

<input type="checkbox"/> avocado	2	<input type="checkbox"/> jalapeno	2
<input type="checkbox"/> bag coleslaw	1 (16 oz)	<input type="checkbox"/> lettuce	1 head
<input type="checkbox"/> broccoli	1	<input type="checkbox"/> lime	2
<input type="checkbox"/> cauliflower	1	<input type="checkbox"/> minced garlic	2 tsp
<input type="checkbox"/> cilantro	0.5	<input type="checkbox"/> onion	2
<input type="checkbox"/> cucumber	1	<input type="checkbox"/> potato	2 lb
<input type="checkbox"/> fresh parsley	2 tbsp	<input type="checkbox"/> russet potato	2
<input type="checkbox"/> garlic	10 cloves	<input type="checkbox"/> shredded carrots	1 (10 oz) + 2 oz
<input type="checkbox"/> green beans	1 lb	<input type="checkbox"/> tomatoes (grape or cherry)	0.50 pt
<input type="checkbox"/> green onion	1 cup		

Spices

<input type="checkbox"/> bay leaf	1	<input type="checkbox"/> dried thyme	0.50 tsp
<input type="checkbox"/> cayenne (!)	0.13 tsp	<input type="checkbox"/> dry minced onion	1 tbsp
<input type="checkbox"/> chili powder	3 tbsp	<input type="checkbox"/> garlic powder	0.50 tsp
<input type="checkbox"/> chipotle seasoning	1 tsp	<input type="checkbox"/> pepper	1 tsp
<input type="checkbox"/> cod or other white fish	10 oz	<input type="checkbox"/> salt	5.88 tsp
<input type="checkbox"/> dried parsley	1 tbsp		

*Note: Items marked with * can be made from scratch if you have the time. Go to the recipe in 30 Minute Dinners to find the from scratch version.*