

Choose the Kitchen Over the Drive Through Handout

Three Main Practices:

1. Use the tools:

- Meal Planning & Online Grocery Shopping
 - Pick a day to sit in your kitchen and do this
 - Open the pantry cupboards and refrigerator and add the essentials to your online shopping cart (or shopping list)
 - When planning your meals, try to think about balance (protein, vegetable, carbohydrate)
- Master Meal List
 - Ground beef: Spaghetti, Chili, Tacos, Burgers, sloppy joes, meatloaf, hamburger soup, lasagna soup, taco soup, meatballs (Italian, Greek, teriyaki, etc.), taco hot dish, Shepard pie, Big Mac casserole, etc....
 - Beef: Roast, pulled BBQ beef sandwiches, beef barbacoa, beef tips with gravy, beef stew, beef stroganoff, Irish beef stew, steaks, steak fajitas,
 - Chicken: Marinated chicken breasts, BBQ chicken, chicken burrito bowls, chicken egg roll in bowl, buffalo chicken, white chicken chili, chicken enchilada soup, shredded chicken sweet potato nachos, chicken fajitas, balsamic chicken thighs, chicken corn chowder
 - Pork: Pork tenderloin, pork chops, BBQ pork, tacos al pastor, sausage/pierogies/cabbage, BLT's, BBQ pulled pork with pineapple coleslaw
 - Seafood: Salmon - lemon dill, garlic, balsamic glaze, teriyaki, fish tacos, garlic shrimp and rice, shrimp fajitas, shrimp tacos, burrito bowl shrimp or salmon, baked cod
 - Pre-Made/Dine out: Costco chicken pot pie, soup, pizza

2. Use the inspiration:

- Pinterest meal planning
 - Create a Master Pinterest Recipe Board that you can shuffle recipes in and out of (if you do this, make sure you have saved the recipe twice!). Every week, change the name of the board to the dates of the week. Put your 5 or so recipes on that board and quickly go through the recipes and put the items in the online grocery cart that you need.
- Social Media inspirations
 - Good follows are: @therealfoodrds, @thewoodenskillet, @healthylittlepeach, @whole30, @ambitiouskitchen, @paleorunningmama, @wholekitchensink

- Cookbooks
 - [The Real Food Table](#) by The Real Food Dietitians
- Favorite Websites for recipes:
 - [The Real Food Dietitians](#)
 - [Whole Kitchen Sink](#)
 - [The Wooden Skillet](#)
 - [Paleo Running Momma](#)
 - [Ambitious Kitchen](#)

3. Use the gadgets:

- Good-quality knife
- 12" Non-Stick Pan
- Pressure Cooker: Beef stew, baked potatoes, Beef barbacoa, any chicken soup, roasts if pressed for time, hard boiled eggs, chicken breasts for shredding, spaghetti
- Air Fryer: Meatballs, chicken nuggets, French fries, tater tots, roasted veggies (any veg), chicken drumsticks, salmon, shrimp
- Grill pan (winter): any meat and vegetable you would grill/roast
- Smoker (summer): most meats
- Crock Pot: soups, stews

Must Know Hacks:

- Shred chicken breasts with a hand mixer or Kitchenaid mixer
- Store your lettuce with a paper towel on the top and flip the container upside-down
- Put Strawberries in a mason jar with a lid
- [Cook basmati rice in the microwave](#)

Make Life Easier:

- Buy frozen minced ginger and jarred minced garlic
- Always have chicken/beef stock and tomato paste on hand
- If trying to eliminate dairy, use a can of coconut milk in place of heavy cream
- If you want to eat less gluten, use a sweet potato as the carb vessel. Top with BBQ meat, taco meat, [sloppy joes](#), fruit for a [sweet potato breakfast bowl](#).
- When in doubt, make soup!
- [Make steel cut oats in the pressure cooker](#)
- Hard Boil Eggs in pressure cooker
- Make sheet pan pancakes

My easiest and tastiest recipes:

- [Balsamic Grilled Chicken](#)
- [Taco Sweet Potato Boats](#)
- Any pulled BBQ meat over an [air fryer baked sweet potato](#)
- [Slow Cooker Hamburger Soup](#) (or pressure cooker)
- [Chicken Pot Pie soup](#)
- [Beef Barbacoa](#)