

pampered|chef

Meal Planning Packet

Nonstick Double Burner Grill



60%

*of people eat out
because there's
"no time to cook."**

*New York Post

Meal Planning Tips

New to meal planning? Here are 10 tips to get you started!

- 1. Use the 3 P's.** Meal planning works best when you take it one stage at a time. **Plan** your recipes, **purchase** your groceries, and **prep** your ingredients.
- 2. Check schedules.** Before you choose recipes for the week, look at your calendar to see what your family's schedule will be.
- 3. Leave room to be flexible.** Don't plan an entire week of meals. Unexpected things happen and you don't want food waste! Leave a couple nights in your plan open.
- 4. Give yourself time.** Don't pack all 3 P's into one afternoon. It's easy to get overwhelmed. Instead, break them up over a few days.
- 5. Use theme nights.** Don't be afraid of theme nights when you're starting out. Knowing that you can count on Meatless Monday and Spaghetti Sunday takes away a lot of the stress in planning.
- 6. Rely on family favorites.** Every family has favorites. Use those recipes for most of your weekly meals. Keep it easy—aim to try only one or two new recipes each week.
- 7. Make your list.** Once you've chosen your recipes, make a master ingredient list. This is the list of all the ingredients you need to make your meals that week.
- 8. Check your pantry first.** Go through this master ingredient list and cross off everything you already have in the house. What's left over is your grocery list.
- 9. Have fallback recipes.** Some nights your plan might fall through. For those nights, have simple go-to recipes that are made with foods from the pantry or freezer.
- 10. Take some time to prep.** Only have 30 minutes? Great! You don't have to prep everything for your week. You just don't want to start from scratch every night.

More than
60%
*of people take an hour or more to make dinner.**

*New York Post

These recipes take
30 min
or less to make and cost an average of \$12 per recipe.

Grilled Spinach, Basil & Honey Pizza



Pizza is a family favorite and this dish is better than delivery—it can be on the table in 20 minutes!

SERVES 6 ▶ Prep Time: 2 minutes | Total Time: 20 minutes

Ingredients

- ¼ cup (50 mL) cornmeal for dusting
- 1 pkg (13.8 oz./391 g) refrigerated pizza dough
- 8 cups (2 L) fresh baby spinach
- 3 garlic cloves
- 8 oz. (250 g) mozzarella cheese, divided (2 cups/500 mL grated)
- ½ cup (125 mL) part-skim ricotta cheese
- ¼ cup (50 mL) loosely packed fresh basil leaves, divided
- 2 tbsp (30 mL) honey, divided
- ½ tsp (5 mL) salt

Directions

- Heat the **Nonstick Double Burner Grill** over medium heat for 3–5 minutes.
- Use the **Powdered Sugar Shaker** to generously sprinkle cornmeal over a large, clean cutting board. Unroll the pizza dough over the cornmeal. Use the **Baker's Roller**® to roll the dough into a 16" x 8" (40.5-cm x 20-cm) rectangle. Sprinkle with additional cornmeal.
- Fold the dough in half, then gently lift and place it in one half of the pan (see cook's tip). Carefully unfold the dough and stretch it to fit the bottom of the pan. Cook for 3–5 minutes, or until dark grill marks appear.
- Place the spinach and garlic pressed with the **Garlic Press** in a **Classic Batter Bowl**. Microwave, uncovered, for 1–2 minutes on HIGH for the spinach to wilt. Use the back of a **Mix 'N Scraper**® to press out the excess water; discard.
- Grate the mozzarella with the **Microplane**® **Adjustable Coarse Grater**.
- Add the ricotta, *half* of the mozzarella, *half* of the basil grated with the **Herb Mill**, *half* of the honey, and salt to the batter bowl. Mix well.
- Use the **Large Chef's Tongs** to flip the crust, then reduce the heat to medium-low. Spread the spinach mixture evenly over the crust, then top with the remaining mozzarella. Cook for 5–7 minutes, or until the cheese is melted and the crust is browned.
- Drizzle with the remaining honey and grate the remaining basil over the top before serving.

Cook's Tips

To transfer your dough, fold it in half then gently lift it into the pan.



Go-To Tools



Nonstick Double Burner Grill



Powdered Sugar Shaker



Microplane® Adjustable Coarse Grater



Herb Mill



Large Chef's Tongs



Baker's Roller®

Grilled Chicken Fajitas



Everyone loves fajitas and this recipe is great for a crowd—it can easily be doubled.

SERVES 4 ▶ Prep Time: 10 minutes | Total Time: 20 minutes

Ingredients

- 2 limes
 - 2 tbsp (30 mL) **Chipotle Rub**
 - 1 tbsp (15 mL) canola oil
 - 1 lb. (450 g) boneless, skinless chicken breasts
 - 2 medium green or red bell peppers
 - 1 large onion
 - 4 oz. (125 g) cheddar cheese block
 - 8 (6-7"/15-18 cm) flour tortillas, warmed
- Optional toppings: lime, salsa, guacamole and sour cream

Directions

- For the marinade, juice the limes with the **Citrus Press** to measure 2 tbsp (30 mL) juice. Add the juice, rub, oil, and chicken to a medium bowl. Let the chicken marinate, covered, in the refrigerator for 5 minutes.
- Cut the tops off the bell peppers and use the **Scoop Loop™** to remove the seeds and veins. Cut the bell peppers into quarters.
- Heat the **Nonstick Double Burner Grill** and **Grill Press** over medium heat for 3–5 minutes. Use the **Quick Slice** to slice the peppers. Cut the top off the onion and peel. Slice the onions with the **Simple Slicer** on the No. 3 setting. Stack the rings and cut them in half.
- Remove the chicken from the marinade. Lightly spray the vegetables with oil using the **Kitchen Spritzer** and sprinkle them with salt. Add the bell peppers and onion to one side of the pan and the chicken to the other side. Cook the vegetables and chicken covered with the Grill Press for 6–8 minutes, turning the chicken once and stirring the vegetables occasionally.
- Grate the cheese using the **Microplane® Adjustable Coarse Grater**.
- Place the tortillas in the **2-qt. (2-L) Micro-Cooker®**. Microwave, covered, on HIGH for 30–60 seconds or until they're warm.
- Place the chicken into a large bowl and use the Salad Chopper to chop into small pieces. Spoon the chicken and vegetable mixture into the centers of the tortillas. Serve with cheese and optional toppings.

Go-To Tools



Nonstick Double Burner Grill



Grill Press



Citrus Press



Scoop Loop™



Quick Slice



2-qt. (2-L) Micro-Cooker®

Turkey Taco Sliders



This dish is a fun take on sliders with all the taco flavors your family loves!

SERVES 12 ▶ Prep Time: 15 minutes | Total Time: 30 minutes

Ingredients

- 1 can (16 oz. / 398 mL) low-sodium pinto beans, drained and rinsed
 - 1 lb. (450 g) 93% lean ground turkey
 - ½ cup (125 mL) shredded cheddar cheese
 - 1 cup (250 mL) plain dry bread crumbs
 - 1½ tbsp (22 mL) low-sodium taco seasoning
 - 12 mini slider buns, (6"/15-cm) corn or flour tortillas
- Optional toppings: shredded lettuce, salsa, guacamole, Greek yogurt or sour cream, and tortilla chips

Directions

1. Place the beans into a large bowl and use the **Mix 'N Chunk** to mash.
2. Add the turkey, cheese, bread crumbs, and seasoning. Mix until thoroughly combined.
3. Place the slider insert into the base of the **Burger & Slider Press**. Lightly spray the base and slider press with oil using the **Kitchen Spritzer**.
4. Using the **Medium Scoop**, place two scoops of meat mixture into the press. Gently press the meat onto a cutting board. Repeat with the remaining meat mixture. (You may need to spray the press more than once to prevent sticking.)
5. Heat the **Nonstick Double Burner Grill** over medium heat for 3–5 minutes. Grill the sliders for 3–4 minutes per side, or until the centers of the sliders are no longer pink and the internal temperature reaches 165°F (74°C).
6. Serve on mini slider buns, or cut the sliders in half and serve in tortillas. Top with optional toppings.

Cook's Tips

Need a little sauce for your sliders? Mix ½ tsp (2 mL) of low-sodium taco seasoning with ¼ cup (50 mL) Greek yogurt. This makes a great dip for chips, too!

To make this recipe without the pinto beans, reduce the bread crumbs to ½ cup (125 mL). This will make 8–9 sliders instead of 12.

Go-To Tools



Nonstick Double Burner Grill



Mix 'N Chunk



Burger & Slider Press

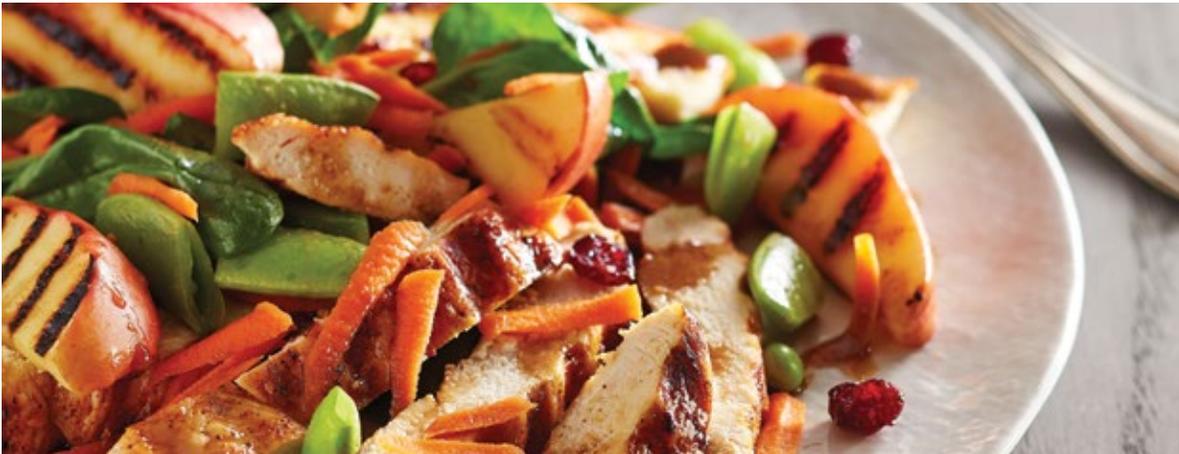


Kitchen Spritzer



Medium Scoop

Grilled Apple & Spinach Salad



This is a satisfying salad the whole family can love.

SERVES 6 ▶ Prep Time: 10 minutes | Total Time: 20 minutes

Salad

- 3 (6–7 oz./175–200 g each) boneless, skinless chicken breasts
- 2 tsp (1 mL) **Smoky Applewood Rub**
Canola oil for brushing pan
- 2 medium Gala apples
- 1 pkg (5 oz.) fresh baby spinach leaves, washed and dried (about 5 cups/1.25 L)
- 1 medium carrot, peeled
- ½ cup (125 mL) dried cranberries
- 1 cup (250 mL) sugar snap peas, trimmed and cut in half

Dressing

- 2½ tbsp (37 mL) balsamic vinegar
- 2 tbsp (30 mL) canola oil
- 1 tbsp (15 mL) maple syrup
- ½ tbsp (7 mL) Dijon mustard
- ⅛ tsp (0.5 mL) salt

Directions

1. Place 1 chicken breast into the **Close & Cut** and slice it in half with the **Coated Chef's Knife**. Set aside and repeat with the remaining chicken. Sprinkle both sides of chicken with the rub. Use the **Chef's Silicone Basting Brush** to lightly brush the **Nonstick Double Burner Grill** with oil. Heat the pan and **Grill Press** over medium heat for 3–5 minutes.
2. Core and slice the apples with the **Apple Wedger**.
3. Place the apples, cut-side down, in half of the pan. Place the chicken in the other half of the pan. Cover the chicken with the Grill Press. Cook the apples for 3–6 minutes per side, turning with the **Large Chef's Tongs** until grill marks appear and the apples are crisp-tender.
4. Cook the chicken for 3–4 minutes per side, or until the internal temperature reaches 165°F (74°C).
5. Remove apples and meat to cutting board and let them rest while you prepare the salad.
6. Place the spinach in a large **Glass Mixing Bowl**. Use the **Veggie Strip Maker** to grate the carrot into short pieces over the bowl. Add the cranberries, snap peas, and grilled apples.
7. Combine all the dressing ingredients in the **Measure, Mix & Pour®** and mix until blended. Drizzle half the dressing over salad and toss gently.
8. With a clean Chef's Knife, cut the chicken into thin slices. Serve with the remaining dressing.

Go-To Tools



Nonstick Double Burner Grill



Grill Press



Close & Cut



Apple Wedger



Veggie Strip Maker



Measure Mix & Pour

Grilled Chicken Shawarma Wrap



This international dish is sure to be one of your family's new favorites.

SERVES 4 ▶ Prep Time: 15 minutes | Total Time: 30 minutes

Ingredients

- | | |
|---|---|
| ¼ cup (50 mL) fresh parsley leaves | 12 oz. (350 g) chicken tenders, if large cut in half lengthwise |
| ½ lemon | ½ red onion |
| ½ cup (125 mL) 2% plain low-fat Greek yogurt, divided | ⅓ seedless cucumber |
| ½ tsp (2 mL) each red pepper flakes and ground cumin | 4 pieces naan or pita pockets |
| ¼ tsp (1 mL) ground coriander | Oil for spraying bread |
| | 2 garlic cloves |
| | 1½ tbsp (22 mL) plain hummus |

Directions

1. Snip the parsley in a small bowl with the **Professional Shears**.
2. Juice the lemon with the **Juicer**. Combine the parsley, 1 tbsp (15 mL) of lemon juice, 1 tbsp (15 mL) of yogurt, red pepper flakes, cumin, and coriander in a medium bowl. Add the chicken and mix to coat.
3. Spiralize the onion and cucumber with the ribbon blade on the **Veggie Spiralizer**. Set aside.
4. Heat the **Nonstick Double Burner Grill** over medium heat for 3–5 minutes. Spray both sides of the bread with oil using the **Kitchen Spritzer**.
5. Add the chicken to one side of the pan. Add two pieces of bread to other side, slightly overlapping. Cook the chicken for 3–4 minutes per side, or until the internal temperature reaches 165°F (74°C). Cook the bread for 2–3 minutes per side.
6. Remove the bread and wrap it in foil; repeat with the remaining bread.
7. Combine the remaining lemon juice and yogurt, garlic pressed with **Garlic Press**, and hummus in a small bowl. Spread the sauce onto one side of each piece of bread.
8. Add the chicken and vegetables to the bread and wrap.

Go-To Tools



Nonstick Double Burner Grill



Professional Shears



Juicer



Kitchen Spritzer



Garlic Press



Veggie Spiralizer

Meal Planning Template

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

3 Ps of Meal Planning

- 1 *Planning*
- 2 *Purchasing*
- 3 *Prepping*

Ingredients to Use This Week:

Prep:

Grocery List

Grilled Spinach, Basil & Honey Pizza

- ¼ cup (50 mL) cornmeal
- 1 pkg (13.8 oz./391 g) refrigerated pizza dough
- 8 cups (2 L) fresh baby spinach
- 3 garlic cloves
- 8 oz. (250 g) mozzarella cheese
- ½ cup (125 mL) part-skim ricotta cheese
- ¼ cup (50 mL) loosely packed fresh basil leaves
- 2 tbsp (30 mL) honey
- ½ tsp (5 mL) salt

Notes:

Grilled Chicken Fajitas

- 2 limes
- 2 tbsp (30 mL) **Chipotle Rub** or favorite Mexican seasoning
- 1 tbsp (15 mL) canola oil
- 1 lb. (500g) boneless, skinless chicken breasts
- 2 medium bell peppers
- 1 large onion
- 4 oz. (125 g) cheddar cheese block
- 8 (6-7"/15-18 cm) flour tortillas
- Optional toppings: lime, salsa, guacamole and sour cream

Notes:

Turkey Taco Sliders

- 1 can (16 oz. or 398 mL) low-sodium pinto beans
- 1 lb. (450 g) 93% lean ground turkey
- ½ cup (125 mL) shredded cheddar cheese
- 1 cup (250 mL) plain dry bread crumbs
- 1½ tbsp (22 mL) low-sodium taco seasoning
- 12 mini slider buns, (6"/15-cm) corn tortillas or flour tortillas
- Optional toppings: shredded lettuce, salsa, guacamole, Greek yogurt or sour cream, and tortilla chips

Notes:

Grocery List

Grilled Apple & Spinach Salad

Salad

- 2 medium Gala apples
- 1 pkg (5 oz.) fresh baby spinach leaves (about 5 cups/1.25 L)
- 1 medium carrot, peeled
- ½ cup (125 mL) dried cranberries
- 1 cup (250 mL) sugar snap peas
- 3 (6–7 oz./175–200 g each) boneless, skinless chicken breasts
- 2 tsp (1 mL) **Smoky Applewood Rub**
- Canola oil for brushing pan

Dressing

- 2½ tbsp (37 mL) balsamic vinegar
- 2 tbsp (30 mL) canola oil
- 1 tbsp (15 mL) maple syrup
- ½ tbsp (7 mL) Dijon mustard
- ⅛ tsp (0.5 mL) salt

Notes:

Grilled Chicken Shawarma Wrap

- ¼ cup (50 mL) fresh parsley leaves
- ½ lemon
- ½ cup (125 mL) 2% plain low-fat Greek yogurt
- ½ tsp (2 mL) red pepper flakes
- ½ tsp (2 mL) ground cumin
- ¼ tsp (1 mL) ground coriander
- 12 oz. (350 g) chicken tenders
- ½ red onion
- ⅓ seedless cucumber
- 4 pieces naan or pita pockets
- Oil for spraying bread
- 2 garlic cloves
- 1½ tbsp (22 mL) plain hummus

Notes:
