

# ONE WEEK MEAL PLAN

*The journey to living free of autoimmune flare-ups starts in the kitchen*

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# Flare Free Cooking Academy

ONE WEEK MEAL PLAN

## Monday

*Shepherd's Pie Bowls*

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## Tuesday

*Chicken Tenders with Sweet  
Potato Wedges + Green  
Godess Salad*

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## Wednesday

*Enchilada Skillet*

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## Thursday

*Chicken+ Vegetable Soup*

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## Friday

*Beef + Broccoli Stir Fry*

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## **FLARE FREE COOKING ACADEMY ONE WEEK MEAL PLAN:**

Simple Family Friendly Dinners

**NOTE:** Some recipes are x8 so you have leftovers for breakfast/lunch. If you're cooking for less than 4 people, you may only want to cook half the recipe.

### **OPTIONAL SUNDAY PREP (highlighted in recipes below):**

- Cook ground turkey and place chopped potatoes + cauliflower in a pot of cold water and refrigerate
- Chop sweet potato wedges, make Green Goddess Dressing + chop salad veg
- Chop veg for chicken soup
- Make stir fry sauce

### **MENU:**

#### **MONDAY:**

Shepherd's Pie Bowls

#### **TUESDAY:**

Chicken Tenders with Sweet Potato Wedges + Green Goddess Salad

#### **WEDNESDAY:**

Black Bean Enchilada Skillet

#### **THURSDAY:**

Chicken + Vegetable Soup

#### **FRIDAY:**

Beef + Broccoli Stir Fry

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## MONDAY:

(If you prepped according to my suggestions on Sunday: boil potatoes + mash; reheat ground turkey with a splash of water and a drizzle of oil; then cook peas + carrots. If you didn't prep, cook the recipe as it's written from start to finish.)

### SHEPHERD'S PIE BOWLS

(c=cup; T=tablespoon; t=teaspoon)  
Serves 8

#### MASHED POTATOES:

4 lg. baking potatoes, peeled, quartered lengthwise and sliced thin

Two 10 oz. bags of organic frozen cauliflower rice

½ block of organic soy-free Miyoko's Vegan Cultured Butter (substitute Miyoko's Oat Milk Butter if you have a nut allergy)

Generic unsweetened almond milk to taste (about 4-6 T) (substitute generic unsweetened oat or pea milk if you have a nut allergy)

Sea salt and black pepper to taste

#### MEAT + VEGGIE TOPPINGS:

Spray avocado oil

2 lb. organic pasture raised ground turkey or chicken (Imperfect Foods is a great source for affordable pastured poultry and they deliver to your door - you can even do an auto order!)

12 oz. bag of frozen peas + carrots

Splash of filtered water

3 T Miyoko's Vegan Butter

Sea salt and black pepper to taste

#### INSTRUCTIONS:

Boil potatoes and cauliflower rice until potatoes are fall-apart tender. Strain then place back in the pot. Mash with butter then add almond milk until you've reached your desired consistency then season to taste with salt and pepper. Cover and keep warm while you reheat or cook the meat and cook the vegetables.

Heat a large skillet over medium-high heat. Spray with oil then cook ground meat with salt and pepper until browned on all sides. Taste and adjust seasoning by adding more salt or pepper if needed then refrigerate for Monday or cover and keep on low while you make the veggies.

Place frozen veggies, water and vegan butter in a skillet and saute with salt and pepper until veggies are cooked through. Taste and adjust seasoning by adding more salt, pepper or butter if needed.

Build your bowls by putting the mashed potatoes on the bottom and topping with meat and then veggies.

NOTE: Visit the "Meal Plans" highlight on my [Instagram Page](#) to see how I make these!

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## TUESDAY:

(If you prepped according to my suggestions on Sunday: remove dressing from the fridge; bread the chicken tenders; bake sweet potatoes and chicken tenders at the same time; then assemble and toss your salad with dressing to taste. If you didn't prep, cook the recipe from start to finish as it's written.)

### CHICKEN TENDERS WITH SWEET POTATO WEDGES + GREEN GODDESS SALAD

(c=cup; T=tablespoon; t=teaspoon)

Serves 4

#### SWEET POTATO WEDGES:

2 lg sweet potatoes, cut into even sized wedges

Spray avocado oil

Sea salt and black pepper to taste

#### CHICKEN TENDERS:

12 organic chicken tenderloins

2 organic pasture raised eggs, beaten (substitute pastured eggs if you can't find organic pastured eggs. Vital Farms is easily found at most grocery stores and Imperfect Foods has tons!)

1 ½ bags of Ian's Gluten Free Panko Breadcrumbs

½ t garlic powder

½ t onion powder

Spray avocado oil

Sea salt and black pepper to taste

Condiments of your choice for serving (no-sugar added organic ketchup, Yellow Bird Organic hot sauce, [Chef Laura's Dairy Free Ranch](#), etc.)

#### INSTRUCTIONS:

Preheat the oven to 450°F and line 2 baking sheets with parchment paper. Evenly arrange potatoes on a sheet tray (leaving a little space in between each wedge so they bake evenly) then spray with oil. Sprinkle with salt and pepper then roast until lightly browned on the outside and tender on the inside (about 20-30 minutes depending on the size of your wedges).

Set up a dredging station by placing beaten eggs in one shallow dish and breadcrumbs, garlic powder and onion powder in another separate shallow dish. Season both shallow dishes with salt and pepper. Season chicken tenders with salt and pepper. Dip the chicken tenders in beaten egg, then coat in breadcrumbs. Arrange evenly on a parchment paper lined baking sheet (leaving a little space in between so they bake evenly). Bake chicken tenders for 10-15 minutes until crispy on the outside and cooked through on the inside (internal temperature will reach 165°F).

Taste sweet potato wedges and chicken tenders and add any additional salt and pepper if needed then serve with salad and your favorite condiments.

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## TUESDAY (CONTINUED):

### CHICKEN TENDERS WITH SWEET POTATO WEDGES + GREEN GODDESS SALAD

(c=cup; T=tablespoon; t=teaspoon)  
Serves 4

#### GREEN GODDESS DRESSING:

2 scallions, roughly chopped  
2 cloves of garlic, smashed  
½ c organic plain unsweetened vegan yogurt  
½ c mayo (soy free Vegemaise is nice)  
½ c chopped kale  
Splash of Santa Cruz organic lime juice  
¼ t sea salt

#### SALAD:

6 c chopped little gem, butter or romaine lettuce  
1 c chopped veg of your choice (cucumbers, tomatoes, onions, carrots, etc.)  
Sprinkle of organic shelled hemp seeds for garnish  
Sea salt to taste

#### INSTRUCTIONS:

Place all ingredients for dressing in a blender and puree on high until smooth. Taste and adjust seasoning by adding more salt, lemon juice, or garlic to your liking then set aside or refrigerate for Tuesday.

Place lettuce and any veg you are using in a bowl and season with salt. Drizzle with dressing and toss to coat. Serve alongside chicken tenders + sweet potato wedges.

## WEDNESDAY:

(This recipe is simple and quick cooking and can be followed from start to finish as it's written without having to prep in advance.)

### BLACK BEAN ENCHILADA SKILLET

(c=cup; T=tablespoon; t=teaspoon)  
Serves 8

#### INGREDIENTS:

Avocado oil

2 lbs. ground organic turkey or grass-fed beef

1 small zucchini, quartered lengthwise and sliced thin

1 can of organic black beans, strained and rinsed

1-2 t organic cumin powder

2 jars of organic enchilada sauce (about 30 oz. total) (substitute Siete or Frontera brands if you can't find a jar of organic enchilada sauce)

2 packages of Siete almond tortillas, cut into 8ths

16 oz. shredded soy free vegan cheddar cheese that you like the taste of (I like Simple Truth and Daiya brands)

Spray avocado oil

Optional garnishes: organic plain unsweetened vegan yogurt, diced avocado, chopped cilantro, organic Yellow Bird hot sauce

Sea salt and black pepper to taste

#### INSTRUCTIONS:

Preheat the oven to 450°F and heat an extra large cast iron or stainless steel skillet over medium heat until hot. Coat the bottom of the pan with oil then add the ground meat with a generous pinch of salt and pepper and cook until browned on all sides. Add the zucchini and cook until almost tender then add the black beans, cumin and half of the enchilada sauce. Mix well to combine then taste and adjust seasoning by adding more salt, pepper or cumin.

Sprinkle skillet with chopped tortillas then top with half of the remaining enchilada sauce. Sprinkle with cheese then spray with avocado oil and cover and bake until cheese melts and the casserole warms through (about 20 minutes). Remove foil and bake until cheese melts nicely (about another 10 minutes). Serve with your choice of garnishes.

NOTE: You can also cook everything and layer it in a baking dish if you don't have an extra large skillet.

Visit the "Meal Plans" highlight on my [Instagram Page](#) to see how I make these!

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## THURSDAY:

(If you prepped according to my suggestions on Sunday: heat your pot then add butter and saute vegetables; then finish cooking recipe as it's written.)

### CHICKEN + VEGETABLE SOUP

(c=cup; T=tablespoon; t=teaspoon)  
Serves 8

#### INGREDIENTS:

2 T Miyoko's vegan butter (substitute organic grass-fed ghee)  
1 medium red onion, diced large  
4 carrots, diced large  
4 stalks of celery, diced large  
6 cloves of peeled garlic, minced  
1 medium yellow squash, diced large  
2 red potatoes, diced large  
1 organic rotisserie chicken (substitute 3 shredded cooked organic chicken breasts)  
4 c pre-chopped kale from the convenience section of the produce aisle, stems removed  
2 qts. organic chicken broth  
Sea salt and black pepper to taste

#### INSTRUCTIONS:

Heat a medium stock pot over medium-high heat and add butter. Once melted, add onions, carrots and celery and saute with a pinch of salt and pepper for a few minutes.

Add garlic, squash, potatoes and another pinch of salt and saute until garlic is aromatic.

Add broth and cover with a lid. Bring to a boil then cook on high, stirring occasionally, until potatoes are tender.

Stir in shredded chicken and kale then simmer until flavors combine. Taste and adjust seasoning by adding more salt and pepper then serve.

## FRIDAY:

(If you prepped according to my suggestions on Sunday: let stir fry sauce come to room temp while you make the brown rice; chop veg and ribeye while the rice cooks; make stir fry.)

### BEEF + BROCCOLI STIR FRY

(c=cup; T=tablespoon; t=teaspoon)  
Serves 4

#### SAUCE:

¼ c organic coconut aminos (substitute organic gluten free soy sauce if you have a coconut allergy or can't find coconut aminos)  
¼ c organic chicken broth  
1 T organic apple cider vinegar  
1 t ginger paste (in a tube or freshly grated)  
1 T toasted sesame oil  
2 T raw local honey  
⅛ t sea salt  
Pinch of black pepper

#### STIR FRY:

1 c organic brown rice, cooked with filtered water according to package instructions  
Toasted sesame oil  
3 lbs. organic grass fed ribeye, fat trimmed + sliced thin  
1 medium red onion, sliced thin  
5 oz. container of sliced cremini mushrooms, washed  
10 oz. bag of broccoli florets, extra large florets chopped into bite sized pieces  
Optional garnishes: sliced scallions, sesame seeds and/or Organic Yellow Bird Sriracha

#### INSTRUCTIONS:

Place all ingredients for sauce in a large mason jar and shake well to combine. Set aside or refrigerate for Friday.

Heat an extra large skillet over medium-high heat. Coat the pan with toasted sesame oil then add beef, onions and a generous pinch of salt and pepper and saute for a couple minutes. Add remaining vegetables then coat with sauce to taste. Stir fry until beef and vegetables are cooked to your desired doneness. Taste and adjust seasoning by adding more of anything you want to taste more of then serve over brown rice with optional garnishes.

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## GROCERY LIST:

### PRODUCE

4 lg baking potatoes  
2 medium red onions  
2 lg. sweet potatoes  
4 scallions  
8 cloves of peeled garlic (substitute 1 head of garlic)  
4 ½ c pre-chopped kale  
6 c little gem or butter or romaine lettuce for salad  
1 c chopped vegetables of your choice for salad (cucumber, tomatoes, carrots, onion, etc.)  
1 small zucchini + 1 medium yellow squash  
optional: cilantro + avocado for enchiladas  
4 carrots  
4 stalks of celery  
2 red potatoes  
1 t ginger paste in the tube (substitute a small knob of fresh ginger)  
5 oz. sliced cremini mushrooms (substitute any sliced mushrooms you can find)  
10 oz. broccoli florets

### MEAT/SEAFOOD

12 organic chicken tenderloins  
2 lbs. organic ground turkey or organic grass-fed beef (for Enchilada Skillet)  
1 organic rotisserie chicken (substitute non-organic rotisserie or 3 organic chicken breasts)  
3 lbs. organic grass fed ribeye  
2 lbs. ground organic pastured turkey or chicken (for Shepherd's Pie)

### DAIRY/EGGS

2 organic pasture raised eggs  
1 block of Miyoko's Organic Soy-Free Cultured Vegan Butter  
16 oz. soy free shredded vegan cheddar cheese  
½ c plain unsweetened soy free/dairy free yogurt (such as Cocoluna, So Delicious or Culina)  
Unsweetened original almond milk (substitute unsweetened oat or pea milk)

### PANTRY

garlic powder  
onion powder  
dried cumin  
sesame seeds (optional garnish for stir fry)  
can of black beans  
2 jars (30 oz.) enchilada sauce (such as Siete or Frontera brand)  
2 pkg. Siete almond flour tortillas  
small jar of Santa Cruz organic lime juice (substitute 1 fresh lime)  
1 c organic brown rice  
cold pressed avocado oil for cooking (substitute extra virgin olive oil)  
toasted sesame oil  
1 btl. spray avocado oil (substitute virgin olive oil spray)  
1 T organic apple cider vinegar  
3 qts. of organic chicken broth  
¼ c organic coconut aminos (substitute organic gluten free soy sauce)  
2 T local raw honey  
1.5 bags of Ian's gluten free panko breadcrumbs  
½ c mayo (whatever brand you like the taste of or try soy-free veganaise if you'd like)  
Yellow Bird Organic sriracha or other hot sauce (optional garnish)  
Shelled hemp seeds (optional garnish)  
No sugar added ketchup/BBQ sauce or Chef Laura's Flare Free Ranch Dressing for dipping Chicken Tenders (optional)

### FROZEN

20 oz. bag of frozen cauliflower rice (substitute fresh from the prepared foods aisle)  
12 oz. bag of frozen peas/carrots

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# Thank You!

Thank you so much for trying these recipes! I hope you enjoyed making them; I hope your family enjoyed eating them; and I hope it helped save you some time, energy and money along the way!

## **HUNGRY FOR MORE?**

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