

# FARM BELLY

EAT LIKE A FARMER

## WEEK #1 MEAL PLAN

- (1) **Entree #1:**  
Roasted Sea Bass with Chimichurri Sauce, Slow Roasted Tomatoes & Polenta
- (2) **Entree #2:**  
Zucchini Stuffed with Sausage, Summer Vegetables & Fresh Herbs
- (3) **Entree #3:**  
Coconut Vegetable & Chickpea Curry with Brown Rice
- (4) **Salad:** Quinoa Tabbouleh Salad
- (5) **Breakfast #1:** Sweet Potato Pancakes
- (6) **Breakfast #2:** Zucchini & Chocolate Chip Muffins
- (7) **Breakfast #3:** Avocado Toast with Cherry Tomatoes & Crispy Bacon
- (8) **Nourishing Snack:** Baked Root Veggie “Chips”
- (9) **Delicious Dip:** Herb Hummus

### **A note on using this meal planning guide:**

Each recipe is associated with a different number (1-9), and the grocery list on the following page tells you which ingredients are associated with which recipes, based on those numbers. For example, under Produce, the grocery list calls for “**8 carrots (3, 8)**” – which means that carrots are used in recipes #3 (Coconut Vegetable & Chickpea Curry) and #8 (Baked Root Veggie “Chips”).

# WEEK #1 GROCERY LIST

## VEGGIES

- 1 shallot (1)
- 3-4 lbs cherry tomatoes (1, 4, 7)
- 2 medium tomatoes (2)
- 5 zucchini (2, 6)
- 8 carrots (3, 8)
- 2 red bell peppers (3)
- 2 yellow onions (2, 3)
- 3 ripe avocados (4, 7)
- 2 ears of corn (4)
- 1 beet (8)
- 1 parsnip (8)
- 1 red onion (4)
- 1 hothouse cucumber (4)
- 1 knob fresh ginger (3)
- 1 cup frozen peas (3)
- 1 head cauliflower (3)
- 2 sweet potatoes (5, 7)

## FRUIT

- 6-7 lemons (4, 7, 9)

## FRESH HERBS

- 2 bunches parsley (1, 2, 4, 9)
- 1 bunch cilantro (1, 3, 9)
- 1 bunch fresh mint (4, 9)
- 1 bunch fresh basil (2, 4, 9)
- 6 sprigs fresh thyme (1)
- 4 sprigs fresh rosemary (1)

## DAIRY PRODUCTS / EGGS

- 1 1/4 cup cheddar cheese (1, 2)
- 2 sticks butter (1)
- 6 eggs (5, 6)
- Milk (1, 5, 6)
- Feta cheese (4)

## MEAT

- 16 ounces sweet loose Italian sausage (2)
- 1 lb thick cut bacon (7)

## FISH

- 1.5lbs sea bass or halibut, cut into 4 portions (1)

## GRAINS, FLOURS, NUTS & SEEDS

- 2 cups polenta (1)
- 4 cups quinoa (3, 4)
- 2 tablespoons coconut flour (5)
- 1/2 cup fine almond flour (5)
- 1 cup walnuts or pecans (6)
- 1 3/4 cups white whole wheat flour (6)
- 2 slices whole wheat toast (6)

## CANNED GOODS

- 2 (14-oz) cans coconut milk (3)
- 2 (15-oz) cans chickpeas (3, 9)

## OILS & VINEGARS

- Coconut Oil
- Extra virgin olive oil
- Red wine vinegar
- Rice vinegar (2)
- Balsamic Vinegar

## SPICES, SEASONING & SWEETENERS

- Thai Red Curry Paste (3)
- Roasted Red Pepper Flakes
- 1 head garlic
- Tahini (9)
- Kosher salt & Pepper
- Honey
- Maple syrup
- Brown sugar
- Soy Sauce
- Dijon Mustard
- Cinnamon
- Nutmeg
- Baking Soda
- Vanilla extract
- 1/2 cup chocolate chips (6)

## (1) ENTREE #1

### ROASTED LOCAL SEA BASS (OR HALIBUT) WITH CHIMICHURRI SAUCE

#### INGREDIENTS

*For the chimichurri:*

1-2 cloves of garlic

1 small shallot, coarsely chopped

1 packed cup parsley leaves

1/2 packed cup cilantro leaves

1/2 cup extra virgin olive oil

3 tablespoons red wine vinegar

1/2 teaspoon red pepper flakes

1/2 teaspoon salt, plus more for seasoning fish

2 lbs sea bass (or halibut or similar mild white, flakey fish), *cut into 4 portions*

#### PREPARATION

- Preheat oven to 375°F.
- *Make the Chimichurri Sauce:* Combine all the chimichurri ingredients in a small food processor and pulse until well chopped, but not pureed until smooth. Taste and adjust seasoning as needed, then set aside.
- Lightly season the fish with a pinch of salt. Rub all sides of fish with a spoonful of the chimichurri and place in a baking dish. Reserve remaining sauce for serving.
- Bake for 13-18 minutes – depending on the thickness of the fish – or until fish is firm and almost opaque all the way through (and reads 135F on an instant thermometer). Serve with spoonfuls of the reserved chimichurri sauce.

## (1) ENTREE #1 (continued)

### **SLOW ROASTED CHERRY TOMATOES**

#### **INGREDIENTS**

2 lbs cherry tomatoes  
1 cup olive oil  
4-5 cloves of garlic, peeled and smashed  
6 sprigs fresh thyme  
4 sprigs fresh rosemary  
Flaky sea salt

#### **PREPARATION**

- Pre-heat oven to 275F. Fill a rimmed baking tray with whole cherry tomatoes. Add olive oil, garlic, thyme, and rosemary to the tray and sprinkle with flaky sea salt.
- Roast, uncovered for 2-3 hours until the tomatoes are swollen and the skins are wrinkled (total time will depend on the size of your tomatoes).
- Cool tomato mixture to room temperature, discard the rosemary, thyme, and garlic (this lengthens the shelf life of the tomatoes). Store tomatoes with oil and accumulated pan juices in an airtight container (I use mason jars) in refrigerator up to 2 weeks, or freeze up to 2 months.

### **CREAMY POLENTA**

*Serves 6-8*

#### **INGREDIENTS**

3 cups milk  
2 cups of water  
1 tablespoon olive oil  
1 tablespoon kosher salt  
Freshly ground pepper  
2 cups polenta/cornmeal  
1/4 cup parmesan cheese  
2 tablespoons butter

#### **PREPARATION**

- In a saucepan, combine the milk, water, olive oil, salt, a pinch of pepper and bring to a simmer over high heat. Be careful, as this mixture can boil-over quickly!
- Reduce heat to medium-low and slowly whisk in the cornmeal, stirring constantly until it thickens, 10-15 minutes, adding more water or milk as needed.
- Turn the stove off and stir in the parmesan cheese and butter. Taste and adjust seasoning as needed. If the polenta seems too thick, just add more water or milk.
- Serve topped with additional parmesan cheese and several grinds of pepper.

## (2) ENTREE #2

### **ZUCCHINI STUFFED WITH SAUSAGE, SUMMER VEGETABLES & FRESH HERBS**

*Makes 8 zucchini halves*

#### **Ingredients**

4 medium zucchini, cut in half lengthwise  
1 tablespoon olive oil  
16 ounces sweet loose Italian sausage  
1 clove garlic, minced  
1 small onion, chopped  
2 medium vine-ripened tomatoes, chopped or halved  
Kosher salt and freshly ground black pepper  
1 cup shredded cheddar cheese  
1/4 cup chopped fresh parsley  
2 tablespoons chopped fresh basil

#### **Instructions**

- Preheat the oven to 400 degrees F.
- With a teaspoon, scoop out the flesh from the interior of the zucchini, so they resemble boats. Chop the zucchini flesh and set aside.
- Place the zucchini boats in a 9-by-13-inch casserole dish and cook in the oven for 10 minutes.
- While the zucchini are in the oven, heat a medium saute pan over medium-high heat, add the olive oil and let heat through. Add the Italian sausage, and cook for 4-5 minutes. Add the garlic, onion, chopped zucchini flesh, tomatoes, and corn. Season to taste with kosher salt and pepper. Cook until softened, about 4 minutes.
- Remove saute pan from heat and stir in most of the cheese and chopped parsley. Reserve some of the cheese for topping the zucchini.
- Spoon in and mound the sausage mixture into the zucchini boats. Sprinkle some of the reserved cheese on top of each zucchini. Place in oven and bake until golden on top, about 10 minutes.

## (3) ENTREE #3

### COCONUT VEGETABLE & CHICKPEA CURRY WITH QUINOA OR CAULIFLOWER RICE

#### Ingredients

- 1 tablespoon coconut oil (or substitute extra-virgin olive oil)
- 1 medium yellow onion, thinly sliced
- 4 cloves garlic, minced
- 2 tablespoons minced fresh ginger (or in a pinch, 2–3 teaspoons ground ginger)
- 3 tablespoons plus 2 teaspoons Thai red curry paste
- 1/4 teaspoon red pepper flakes
- 6 carrots, peeled and cut into 1/4-inch-thick rounds (about 2 cups)
- 2 large red bell peppers, cored and sliced
- 2 (14-ounce) cans light coconut milk
- 1 tablespoon brown sugar
- 1 (15-ounce) can reduced-sodium chickpeas, rinsed and drained
- 2 tablespoons plus 2 teaspoons soy sauce
- 2 tablespoons rice vinegar
- 1 cup frozen peas
- Chopped fresh cilantro, for serving
- Prepared brown rice or quinoa, for serving

#### Instructions

1. Heat a large pot such as a Dutch oven over medium. Once hot, add the coconut oil and onion. Sauté for 2 to 3 minutes, until slightly softened.
2. Add the garlic and ginger and let cook 30 seconds, then add the red curry paste and red pepper flakes. Stir to combine and let cook 1 additional minute.
3. Add the carrots and bell pepper and stir to coat with the spices and curry.
4. Add the coconut milk, 1 tablespoon brown sugar, and chickpeas. Stir to combine and bring to a simmer over medium-high heat. Then reduce the heat to low and continue cooking (uncovered) for 10 to 15 minutes, until slightly thickened and the vegetables are crisp-tender.
5. Stir in the soy sauce and rice vinegar. Taste and add additional soy sauce (for more saltiness), sugar (for more sweetness), or red pepper flakes (for more heat) as desired.
6. Stir in the peas and let cook 3 additional minutes. Serve warm over rice, garnished with fresh cilantro.

## (3) ENTREE #3 (continued)

### QUINOA

#### Ingredients

- 2 cups uncooked quinoa
- 3 cups water
- 1/2 teaspoon kosher salt

#### Instructions

1. Pour 3 cups of water and 1/2 teaspoon kosher salt into a medium saucepan and bring to a boil.
2. Stir in the quinoa, reduce the heat to low, cover the pot, and simmer for 15 minutes.
3. After 15 minutes, turn off the heat and allow quinoa to steam with the lid on for 5 more minutes, then uncover and fluff with a fork.

### CAULIFLOWER RICE

#### Ingredients

- 1 large head of cauliflower

#### Instructions

4. Wash and thoroughly dry cauliflower, then remove all greens.
5. Roughly chop the cauliflower into florets and place in your food processor, making sure not to over-fill. Pulse in 2 second increments until it has completely broken down to the size of rice/couscous.
6. Transfer to a clean towel or paper towel and press to remove any excess moisture, which can make your dish soggy.
7. Once you have your cauliflower rice, it's easy to cook (or enjoy raw)! To cook, simply sauté in a large skillet over medium heat in 1 tablespoon olive oil. Cover with a lid so the cauliflower steams and becomes more tender. Cook for a total of 5-8 minutes, then season as desired (such as with fresh herbs, soy sauce or salt and pepper).
8. Store leftovers in the refrigerator up to 5 days. Store uncooked cauliflower rice in the freezer up to 1 month.

## (4) ENTREE SALAD

### QUINOA TABBOULEH SALAD

*Serves 8*

#### **Ingredients**

2 cups uncooked quinoa  
1/2 teaspoon kosher salt, plus more  
1 red onion, thinly sliced  
1 hothouse cucumber (or 2 Persian cucumbers), cut to a small dice  
2 cups cherry tomatoes, halved  
2 ripe avocados, diced  
2 ears of corn, kernels removed  
Chopped fresh parsley (about a 1/2 cup)  
Chopped fresh mint (about a 1/4 cup)  
Chopped fresh basil (about a 1/4 cup)  
8 ounces feta cheese, diced

#### *Lemon Vinaigrette*

1/2 cup olive oil  
1/4 cup lemon juice  
1 tablespoon Dijon mustard  
1 tablespoon honey (or maple syrup)  
1 clove minced garlic  
Kosher salt and freshly ground pepper to taste

#### **Instructions**

- **Cook the quinoa:** Pour 2 cups of water and 1/2 teaspoon kosher salt into a medium saucepan and bring to a boil. Stir in the quinoa, reduce the heat to low, cover the pot, and simmer for 15 minutes. After 15 minutes, turn off the heat and allow quinoa to steam with the lid on for 5 more minutes, then uncover and fluff with a fork. Spread out quinoa on a large rimmed baking sheet and let cool.
- **Make the lemon vinaigrette:** Add vinaigrette ingredients to a mason jar. If you'd like, add fresh herbs and/or lemon zest for added flavor. Add salt and pepper to taste and shake, shake shake! Taste the dressing and adjust seasoning as necessary - you're looking for a good balance between sour, sweet, and salty.
- Transfer quinoa to a large salad bowl, mix in 1/2 cup of the vinaigrette and stir.
- Add the sliced red onion, diced cucumber, halved tomatoes, avocado, corn kernels, chopped herbs and feta cheese to the bowl with the cooked quinoa. Pour in enough of the vinaigrette to coat all the ingredients (you may not need all of the vinaigrette) and stir gently to combine.
- Taste and adjust seasoning as needed. Serve warm or at room temperature. Keeps for several days in the fridge.

## (5) BREAKFAST #1

### **SWEET POTATO PANCAKES**

Makes 2 servings

#### **Ingredients:**

- 4 large eggs
- ¾ cup mashed, cooked\* sweet potato (do this the day before)
- 2 tablespoons coconut flour
- ½ cup blanched fine almond flour (not almond meal)
- 1 tablespoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon baking soda
- ½ teaspoon pure vanilla extract
- ¼ teaspoon sea salt
- ¼ cup milk
- 2 Tablespoons pure maple syrup
- melted unrefined virgin coconut oil for cooking the pancakes

#### **Instructions:**

1. Preheat a griddle over medium heat.
2. In a medium bowl, combine the egg yolks, mashed sweet potato, coconut flour, almond flour, cinnamon, nutmeg, baking soda, vanilla extract, salt, milk and maple syrup until well-combined. Stir in the egg whites until blended.
3. Lower the heat to medium-low and brush with coconut oil. Spoon 1/4 cup of the batter onto the griddle, using the back of a spoon or a spatula to spread it about ¼” thin. If the pancake is too thick, it may not cook well in the center.
4. Cook for 4-5 minutes per side, until golden and cooked through.

**\*To cook the sweet potato:** wrap the sweet potato in aluminum foil and roast on a baking sheet at 400 degrees until super tender. This can take 45-90 minutes, depending on the size of the potato. Scoop out the flesh and set aside for recipe.

## (6) BREAKFAST #2

### ZUCCHINI & CHOCOLATE CHIP MUFFINS

#### Ingredients:

- $\frac{3}{4}$  cup roughly chopped raw walnuts or pecans
- $\frac{1}{3}$  cup melted coconut oil
- $\frac{1}{2}$  cup maple syrup
- 2 eggs
- $\frac{2}{3}$  cup milk (mixed with 2 teaspoons white vinegar)
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon fine-grain sea salt
- $\frac{1}{4}$  teaspoon ground nutmeg
- 2 teaspoons vanilla extract
- 1  $\frac{1}{2}$  cups grated zucchini (1 medium zucchini - if your grated zucchini is very wet, squeeze out the excess moisture before stirring into the batter)
- 1  $\frac{3}{4}$  cups white whole wheat flour
- $\frac{1}{2}$  cup chocolate chips (*optional*)

#### Instructions:

1. Preheat oven to 400F. Grease all 12 cups on your muffin tin with cooking spray.
2. Once the oven has finished preheating, pour the walnuts onto a rimmed baking sheet. Bake until the nuts are fragrant and toasted, 4-5 minutes, stirring halfway.
3. Mix  $\frac{2}{3}$  cup milk with 2 teaspoons of white vinegar and set aside.
4. In a large mixing bowl, combine the coconut oil and honey. Beat them with a whisk until they are combined. Add the eggs and beat well.
5. Add the milk, cinnamon, baking powder, baking soda, salt, nutmeg and vanilla extract, and whisk to blend. Switch to a big spoon and stir in the zucchini, then add the flour and stir just until combined. A few lumps are ok!
6. Gently fold the toasted walnuts and chocolate chips (if using) into the batter.
7. Divide the batter between the 12 muffin cups. Bake for 16-19 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
8. Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store them, covered, at room temperature for two days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.

## (7) BREAKFAST #3

### **AVOCADO TOAST WITH CHERRY TOMATOES & CRISPY MAPLE BACON**

*Makes 2 slices of toast*

#### **Ingredients**

- 2 pieces thick cut whole wheat toast
- 1 avocado
- 1/2 lemon
- 1/4 cup cherry tomatoes, halved
- 2-4 slices cooked maple bacon (see recipe below)
- 1 teaspoon balsamic vinegar
- Maldon salt and freshly cracked black pepper to taste

#### **Instructions**

1. Toast the 2 pieces of whole wheat toast until the bread is just golden brown.
2. Cut the avocado in half lengthwise. Remove the pit from the avocado and discard. Remove the avocado from the skin and place the avocado flesh into a medium bowl and mash it with a fork and a squeeze of the fresh lemon juice. Season with salt and pepper as needed.
3. Divide the mashed avocado on top of the 2 pieces of toast, followed by a spoonful of the halved cherry tomatoes, followed by slices of bacon.
4. Drizzle with balsamic vinegar, garnish with flaky sea salt and pepper and serve immediately.

### **CRISPY MAPLE BACON**

*Serves 4-6*

#### **Ingredients**

- 1 lb thick-cut bacon
- 1 to 2 tablespoons maple syrup

#### **Instructions**

1. Preheat oven to 400F.
2. Place a baking rack on a foil-lined sheet pan and arrange the bacon in 1 layer on the baking rack. Bake for 15 to 20 minutes, until the bacon begins to brown. Remove the pan carefully from the oven; there will be hot grease in the pan!

3. Brush the bacon slices with maple syrup and bake for another 3 to 5 minutes, until the bacon is a warm golden brown. Transfer the bacon to a plate lined with paper towels and serve warm.

## (8) NOURISHING SNACK

### ROASTED ROOT VEGGIE “CHIPS”

#### Ingredients

- Nonstick olive oil cooking spray
- 1 sweet potato
- 1 parsnip
- 1 beet
- 2 large carrots
- Maldon Flaky Sea Salt
- Freshly ground black pepper

#### Instructions

1. Preheat oven to 375F. Line 2 baking sheets with parchment, then lightly coat each sheet with cooking spray.
2. Use a mandoline to slice vegetables 1/16-inch thick. Spread slices out on paper towels and add a pinch of kosher salt across the top. Leave for 15 minutes while the salt draws out their liquid. Blot with paper towel.
3. Arrange vegetable slices in a single layer on the prepared baking sheets. Coat top of all of the vegetable slices with cooking spray, then sprinkle with Maldon sea salt and freshly ground pepper. (Optional: Add herbs, like thyme or rosemary.)
4. Bake until crisp, about 15-20 minutes. Chips are done when the center of each chip no longer looks wet. Transfer chips to paper towels. Let cool for 5 minutes to crisp the chips. Best eaten the same day they are made!

## (9) DELICIOUS DIP

### HERB HUMMUS

#### Ingredients

- 1/4 cup tahini
- 1/4 cup fresh lemon juice
- 1 (15-ounce) can of chickpeas, drained and rinsed
- 2 tablespoons olive oil, plus more for serving
- ½ cup roughly chopped assorted herbs (parsley, basil, mint - use what you have!)
- 1 large garlic clove
- 1/2 teaspoon salt, more to taste
- 1 to 2 tablespoons water, optional
- Garnish with extra olive oil and a sprinkling of chopped fresh herbs

#### Instructions

1. First, combine the tahini and lemon juice in the bowl of your food processor or high-powered blender. Process for about 1 minute, pausing to scrape down the bowl as necessary, until the mixture is light and fluffy.
2. Add the chickpeas, olive oil, chopped herbs, garlic and salt to the whipped tahini and lemon juice mixture. Process for about 2 more minutes, pausing to scrape down the bowl as necessary.
3. Process for until the hummus is thick and quite smooth. If your hummus is too thick, run the food processor while drizzling in 1 to 2 tablespoons water, until it reaches your desired consistency. Taste and adjust seasoning as needed. Drizzle about a tablespoon of olive oil on top and garnish with additional chopped herbs.