



My Montana Kitchen Table Meal Plan August 19 - 25

SARAH HARDY, MY MONTANA KITCHEN



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Grilled Chicken Caesar Wraps, Cheesecake Berry Salad (Low Carb)

BLT Spaghetti, Tossed Salad (Low Carb)

One Pan Sausage & Peppers (Low Carb)

Slow Cooker Chicken Cacciatore, Crispy Roasted Brussels Sprouts (Low Carb)

Turkey Taco Lettuce Wraps (Low Carb)

Sweet & Sour Chicken, Brown Rice (Low Fat)



FRUITS

- 2 Avocado
- 1 1/2 cups Fresh Blackberries
- 1/2 cup Fresh Blueberries
- 1/2 cup Fresh Raspberries
- 3 1/2 cups Fresh Strawberries
- 1 Lemon
- 2 Lime

SEEDS, NUTS & SPICES

- 2/3 tsp Black Pepper
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1 1/2 tsps Garlic Powder
- 1/4 tsp Ginger Powder
- 1 tsp Italian Seasoning
- 1/2 tsp Onion Powder
- 2 tsps Oregano
- 1/2 tsp Paprika
- 1 1/2 tsps Red Pepper Flakes
- 2 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Smoked Paprika

VEGETABLES

- 4 cups Baby Spinach
- 1 head Boston Lettuce
- 4 cups Brussels Sprouts
- 1 Carrot
- 1 Cucumber
- 3 Garlic
- 1 Green Bell Pepper
- 1/2 head Green Lettuce
- 1 head Iceberg Lettuce
- 1 Jalapeno Pepper
- 1/2 Medium Onion
- 2 cups Mushrooms
- 1/2 cup Parsley
- 2 Red Bell Pepper
- 1 cup Red Onion
- 1/2 Sweet Red Pepper
- 4 Tomato
- 1 Yellow Bell Pepper
- 2 Yellow Onion
- 2 Zucchini

BOXED & CANNED

- 1 cup Brown Rice
- 2 cups Crushed Tomatoes
- 1 can Pineapple Chunks
- 3 cups Sugar Free Spaghetti Sauce
- 2 tbsps Tomato Paste

BAKING

- 6 "Doonks" Stevia Extract
- 2 tbsps Gentle Sweet
- 1 tsp Glucomannan

BREAD, FISH, MEAT & CHEESE

- 1 1/2 lbs Boneless Skinless Chicken Breast
- 1 lb Chicken Breast
- 1 1/2 lbs Chicken Thighs
- 1 package Cream Cheese
- 1 lb Extra Lean Ground Turkey
- 1 1/4 cups Heavy Whipping Cream
- 8 slices Organic Bacon
- 1/4 cup Parmigiano Reggiano
- 1 lb Pork Sausage

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1/2 cup Black Olives
- 1 tsp Braggs Liquid Aminos
- 2 tbsps Capers
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar

Grilled Chicken Caesar Lettuce Wraps

4 SERVINGS 40 MINUTES



INGREDIENTS

1 Garlic (whole bulb)
Sea Salt & Black Pepper (to taste)
1/2 tsp Paprika
1/2 tsp Black Pepper
1/2 tsp Onion Powder
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
1 Lime (juiced)
1 lb Chicken Breast
1 Lemon (juiced)
1/4 cup Extra Virgin Olive Oil (plus some extra for roasting garlic)
1 tbsp Dijon Mustard
1 head Boston Lettuce (washed and pulled apart into leaves)

DIRECTIONS

- 01 Preheat the grill over medium heat.
- 02 Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
- 03 In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
- 04 Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
- 05 Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
- 06 Remove chicken from the grill and dice with a knife.
- 07 Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

NOTES

TIME SAVER

Make the roasted garlic dressing up in advance. Store in the fridge up to a week. Chicken can also be grilled in advance.

NO GRILL

Use an oven pre-heated to 400°F (204°C) instead.

Cheesecake Berry Salad

12 SERVINGS 15 MINUTES



INGREDIENTS

3 1/2 cups Fresh Strawberries (Sliced)
1 1/2 cups Fresh Blackberries
1/2 cup Fresh Blueberries
1/2 cup Fresh Raspberries
1 1/4 cups Heavy Whipping Cream
1 package Cream Cheese (Softened,)
6 "Doonks" Stevia Extract (a "doonk" is
1/32 of a teaspoon)

DIRECTIONS

- 01 In a large bowl, cream the softened cream cheese with the stevia.
- 02 Add heavy whipping cream and whip for 1-2 minutes, or until mixture is fluffy.
- 03 Fold in berries.
- 04 For best results, refrigerate for 2 hours before serving.

BLT Spaghetti

4 SERVINGS 45 MINUTES



INGREDIENTS

- 8 slices Organic Bacon
- 2 Zucchini
- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 Garlic (clove, minced)
- 3 cups Sugar Free Spaghetti Sauce
- 1/2 tsp Oregano
- 4 cups Baby Spinach
- 1 tsp Red Pepper Flakes (to taste)
- 1/8 tsp Black Pepper (to taste)
- 1/4 cup Parmigiano Reggiano (grated, optional)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper. Spread the bacon in a single layer across the sheet. Bake in the oven for 15 to 18 minutes, flipping once at the halfway point. Remove from oven and wrap in paper towel to soak up the grease. Let cool and then chop into fine pieces. Set aside.
- 02 Use a spiralizer to spiralize your zucchini into noodles. If you don't have a spiralizer, you can use a box grater (use the side with bigger holes) or a peeling knife to create long strips. (Tip: For best results, glide the zucchini across the entire length of the box grater with long strokes).
- 03 Heat the olive oil in a large skillet over medium heat. Add the onion and saute until translucent. Add in the minced garlic and saute for another minute. Then add in the spaghetti sauce and oregano. Let simmer for about 20 to 30 minutes or until thickened.
- 04 Add in the bacon, baby spinach and zucchini noodles and stir for three minutes or until noodles are tender and spinach is wilted. Remove from heat.
- 05 Spoon into bowls and top with red pepper flakes, fresh ground pepper and parmigiano reggiano cheese. Enjoy!

NOTES

NO ZUCCHINI

Use Dreamfields spaghetti

DAIRY-FREE

Leave out the parmigiano reggiano cheese.

Tossed Salad

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1 tbsp Red Wine Vinegar
- 1/2 head Green Lettuce (roughly chopped)
- 1 Tomato (medium, sliced)
- 1 Cucumber (sliced)

DIRECTIONS

- 01 Add lettuce, tomato and cucumber to a large bowl and drizzle the vinegar over top. Toss until well coated. Divide onto plates and enjoy!

NOTES

NO RED WINE VINEGAR

Use apple cider vinegar or white vinegar instead.

NO LETTUCE

Use spinach, kale or mixed greens instead.

MORE TOPPINGS

Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

SERVE IT WITH

Our Roasted Chicken, Marinated Baked Tofu, 15-Minute Grilled Steak, or any of our burger recipes.

ON-THE-GO

Keep dressing in a separate container on the side. Add just before serving.

One Pan Sausage and Peppers

4 SERVINGS 35 MINUTES



INGREDIENTS

2 Red Bell Pepper (sliced)
1 Yellow Bell Pepper (sliced)
1 cup Red Onion (sliced)
1 tbsp Avocado Oil
1 tsp Italian Seasoning
1/4 tsp Sea Salt
1 lb Pork Sausage

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Arrange the sliced peppers and onion on the baking sheet and season with avocado oil, Italian seasoning and sea salt. Place the sausages in the center of the pan. Transfer the pan to the oven and roast for 30 to 35 minutes or until sausages are cooked through.
- 03 Divide between plates and enjoy!

NOTES

MEAL PREP

Divide between storage containers and store in the fridge for up to 3 days.

GLUTEN-FREE AND PALEO

Ensure the pork sausages are gluten-free and do not contain wheat crumbs or other grain products.

MORE FLAVOR

Use a spicy Italian or honey garlic flavored sausage.

NO PORK

Use chicken, turkey, lamb or veggie sausages instead.

NO AVOCADO OIL

Use olive oil or coconut oil instead.

Slow Cooker Chicken Cacciatore

4 SERVINGS 4 HOURS



INGREDIENTS

1 1/2 lbs Chicken Thighs (skinless, boneless)
1 Carrot (peeled and sliced)
2 cups Mushrooms (sliced)
2 cups Crushed Tomatoes
1 1/2 tsps Oregano
2 tbsps Capers
1/2 cup Black Olives (pitted, sliced)
1/2 tsp Sea Salt
1/2 cup Parsley (finely chopped)

DIRECTIONS

- 01 Combine all ingredients except parsley in the slow cooker and cook on high for 4 hours, or on low for approximately 6 to 8 hours.
- 02 Divide into bowls and garnish with parsley. Adjust salt to taste if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Crispy Roasted Brussels Sprouts

4 SERVINGS 15 MINUTES



INGREDIENTS

4 cups Brussels Sprouts (trimmed, thinly sliced)

2 tbsps Avocado Oil

1/2 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the Brussels sprouts onto the baking sheet and toss with avocado oil. Spread evenly and season with salt. Roast for 10 to 15 minutes or until fork tender and the edges have crisped.
- 03 Transfer onto plates and serve as a side dish. Enjoy!

NOTES

NO AVOCADO OIL

Use olive oil, coconut oil or sunflower seed oil instead.

LEFTOVERS

Refrigerate in an airtight container up to 5 days.

SERVING SIZE

One serving is equal to approximately one cup of brussels sprouts.

Turkey Taco Lettuce Wraps

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Avocado Oil
- 1 Yellow Onion (diced)
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 2 tsps Smoked Paprika
- 1 tsp Garlic Powder
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 3 Tomato (finely chopped and divided)
- 1 Jalapeno Pepper (seeds removed and chopped)
- 1 head Iceberg Lettuce (leaves pulled apart and washed)
- 2 Avocado (diced)

DIRECTIONS

- 01 Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
- 02 Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
- 03 Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
- 04 To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

NOTES

OPTIONAL TOPPINGS

Salsa, cheese, cilantro, sour cream or guacamole.

NO ICEBERG LETTUCE

Use romaine leaves, green lettuce or Boston lettuce instead.

Sweet and Sour Chicken

5 SERVINGS 40 MINUTES



INGREDIENTS

1 1/2 lbs Boneless Skinless Chicken Breast (cut into bite-size pieces)
1 can Pineapple Chunks (in 100% juice, Drained)
2 tbsps Tomato Paste
2 tbsps Gentle Sweet (or 1 Tablespoon Pyure)
1 tbsp Apple Cider Vinegar
1 tsp Braggs Liquid Aminos
1/3 cup Water
1/4 tsp Ginger Powder
1 Green Bell Pepper (Sliced)
1/2 Sweet Red Pepper (Sliced)
1/2 Medium Onion (Sliced)
1 tsp Glucomannan

DIRECTIONS

- 01 In a medium size bowl, mix drained pineapple, tomato paste, gentle sweet (or Pyure), apple cider vinegar, Braggs liquid aminos, water and ginger powder.
- 02 Place bite size chicken pieces into the Instant Pot liner.
- 03 Add green and red peppers and onions to the Instant Pot liner.
- 04 Pour pineapple mixture over all.
- 05 Place lid on Instant Pot, lock lid, and set valve to seal.
- 06 Set for 20 minutes manual pressure.
- 07 When finished, quick release the pressure.
- 08 Remove lid and sprinkle in the glucomannan. Stir well. (Sauce will continue to thicken as it stands.)
- 09 Serve over brown rice.

NOTES

NO INSTANT POT

You can also cook this in a slow cooker for 4-6 hours on low.

Brown Rice

4 SERVINGS 45 MINUTES



INGREDIENTS

1 cup Brown Rice (uncooked)
2 cups Water

DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!