



My Montana Kitchen Table Meal Plan September 9-13

SARAH HARDY, MY MONTANA KITCHEN



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Bacon Bombs, Creamy Cauliflower Salad (Low Carb)

Cheesy Chicken Vegetable Casserole, Tossed Salad (Low Carb)

One Pan Hawaiian Salmon, Brown Rice (Low Fat)

Chili Lime Drumsticks w/Zucchini, Creamy Rainbow Coleslaw (Low Carb)

Slow Cooker Apple Pork Tenderloin, Herb & Garlic Quinoa (Low Fat)

Cheeseburger Salad (Low Carb)



MON



DINNER

Bacon Bombs, Creamy Cauliflower Salad

THU



DINNER

Chili Lime Chicken Drumsticks with Zucchini, Creamy Rainbow Coleslaw

SUN



DINNER

Cheeseburger Salad

TUE



DINNER

Cheesy Chicken Vegetable Casserole, Tossed Salad

FRI



DINNER

Slow Cooker Apple Cinnamon Pork Tenderloin, Herb & Garlic Quinoa

WED



DINNER

One Pan Hawaiian Salmon, Brown Rice

SAT



DINNER

Chicken Thighs with Mushrooms, Cheesy Cauliflower Rice

FRUITS

- 2 Apple
- 2 Limes
- 2 cups Pineapple

SEEDS, NUTS & SPICES

- 1 tbsp Chili Powder
- 1 tbsp Cinnamon
- 1 tsp Cumin
- 1 tsp Garlic Powder
- 1 tsp Mineral Salt
- 0 dash Of Garlic Salt
- 1 tsp Onion Powder
- 2 tsps Tarragon

FROZEN

- 4 Bag Frozen Cauliflower Rice
- 2 cups Frozen Spinach

VEGETABLES

- 4 cups Broccoli Slaw
- 3 Carrot
- 1 head Cauliflower
- 1 stalk Celery
- 6 cups Chopped Lettuce
- 1 cup Chopped Tomatoes
- 1 Cucumber
- 1 tbsp Fresh Dill
- 4 Garlic
- 1/2 head Green Lettuce
- 3 stalks Green Onion
- 1 Medium Zucchini
- 1 cup Parsley
- 4 Red Bell Pepper
- 2 tsps Shallot
- 1/4 Small Onion
- 1 Small/Medium Yellow Squash
- 1/2 Sweet Onion
- 1 Tomato
- 14 White Button Mushrooms
- 1 Yellow Onion
- 4 Zucchini

BOXED & CANNED

- 1 cup Brown Rice
- 1/2 cup Chicken Broth
- 1/3 cup Coconut Milk
- 4 Large Dill Pickles Or Mozzarella Cheese Sticks
- 1 cup Quinoa

BAKING

- 1 tbsp Gentle Sweet

BREAD, FISH, MEAT & CHEESE

- 8 slices American Cheese
- 2 lbs Chicken Drumsticks
- 1 lb Chicken Thighs
- 1 Cream Cheese
- 3 1/2 lbs Ground Beef
- 1/2 cup Parmesan Cheese
- 1 lb Pork Tenderloin
- 1 lb Salmon Fillet
- 1 cup Shredded Cheddar Cheese
- 1 lb Sliced Bacon
- 2 lbs Boneless Skinless Chicken Breast

CONDIMENTS & OILS

- 1/3 cup Apple Cider Vinegar
- 1/2 tsp Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 1 Dill Relish
- 1/4 cup Extra Virgin Olive Oil
- 1/3 cup Mayonnaise
- 1 tbsp Red Wine Vinegar
- 1/2 cup Sugar Free Ketchup
- 1/4 cup Yellow Mustard

COLD

- 1 cup Cottage Cheese
- 2 Egg
- 1/2 cup Grated Parmesan Cheese
- 1 1/2 cups Shredded Cheddar Cheese
- 1/2 cup Sour Cream
- 1/2 cup Unsweetened Almond Milk

OTHER

- 0 Toothpicks

Bacon Bombs

8 SERVINGS 35 MINUTES



INGREDIENTS

2 lbs Ground Beef (Hamburger)
4 Large Dill Pickles Or Mozzarella
Cheese Sticks (or a mix of both pickles
and cheese sticks)
1 lb Sliced Bacon
Toothpicks (to hold the bacon in place)

DIRECTIONS

- 01 Preheat Grill.
- 02 Using 1/4 pound ground beef for each bacon bomb, form the meat around the pickle or cheese.
- 03 Wrap slices of bacon around the ground beef, using toothpicks to secure if desired.
- 04 Grill over medium heat for approximately 30-35 minutes, or until cooked through.

Creamy Cauliflower Salad

4 SERVINGS 35 MINUTES



INGREDIENTS

1 head Cauliflower (small, cut into very small florets)
2 Egg
1/4 cup Mayonnaise
1 1/2 tbsps Dijon Mustard
3 tbsps Apple Cider Vinegar
1/2 tsp Sea Salt
1 stalk Celery (chopped)
3 stalks Green Onion (chopped)
1 tbsp Fresh Dill

DIRECTIONS

- 01 Bring a large pot of water to a boil. Place cauliflower florets in a steamer basket over the boiling water and cover with a lid. Let it steam for 6 to 8 minutes, or until tender. Transfer to a plate or bowl and let it cool.
- 02 Meanwhile, hard boil the eggs by bringing a small pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place the eggs in a bowl of ice water for 10 minutes or until cool. Peel and finely chop the eggs.
- 03 In a large mixing bowl combine mayonnaise, Dijon mustard, apple cider vinegar and salt. Fold in the celery, green onion, fresh dill, cauliflower and the chopped egg. Mix until well combined. Season with additional salt if needed. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately 1 1/4 cups of salad.

MEAL PREP

Steam the cauliflower and hard boil the eggs ahead of time. Keep everything refrigerated until you're ready to make the salad.

MORE FLAVOR

Add chopped pickles, red onion and/or fresh parsley.

Cheesy Chicken Vegetable Casserole

9 SERVINGS 26 MINUTES



INGREDIENTS

1 Cream Cheese (Softened)
1 cup Cottage Cheese (pureed in a blender - see note below)
1/2 cup Sour Cream
1/2 cup Grated Parmesan Cheese (the green can kind is fine)
1 1/2 cups Shredded Cheddar Cheese
2 cups Frozen Spinach
1 Medium Zucchini (Diced)
1 Small/Medium Yellow Squash (Diced)
1/4 Small Onion (Optional, Diced)
1 tsp Onion Powder
1 tsp Garlic Powder
1 tsp Mineral Salt
3 cups Cooked Chicken Breast (Diced or Shredded)

DIRECTIONS

- 01 Preheat oven to 350.
- 02 In a large bowl, mix all the ingredients except 1/2 Cup shredded Cheddar cheese.
- 03 Pour into a 9x13 pan and top with the remaining cheese.
- 04 Bake for 25-30 minutes, or until casserole is hot and bubbly.

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.

ON-THE-GO

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

One Pan Hawaiian Salmon

4 SERVINGS 35 MINUTES



INGREDIENTS

4 Red Bell Pepper (sliced)
2 tsps Extra Virgin Olive Oil
1 lb Salmon Fillet
Sea Salt & Black Pepper (to taste)
2 cups Pineapple (cored and sliced into rounds)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
- 03 Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
- 04 After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

NO SALMON

Use chicken breast instead. You may need to adjust cooking time to ensure chicken is cooked through.

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!

Chili Lime Chicken Drumsticks with Zucchini

4 SERVINGS 25 MINUTES



INGREDIENTS

2 Limes (juiced)
3 tbsps Extra Virgin Olive Oil (plus extra for zucchini)
1/2 Sweet Onion (finely diced)
1 tsp Sea Salt
1 tbsp Chili Powder
1 tsp Black Pepper
1 tsp Cumin
2 lbs Chicken Drumsticks
4 Zucchini
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Combine the lime juice, water, olive oil, onion, sea salt, chili powder, black pepper and cumin in a bowl. Mix well.
- 02 Add drumsticks to a large ziplock baggie. Add in the marinade. Seal the bag and shake well. Place in the fridge to marinate up to 24 hours.
- 03 Slice your zucchinis in half lengthwise. Toss in a splash of olive oil and season with sea salt and black pepper to taste. Set aside.
- 04 Preheat grill over medium-high heat.
- 05 Grill the chicken for about 10 minutes per side or until cooked through. Add the zucchini to the grill face down at the halfway point.
- 06 Remove chicken and zucchini from the grill. Serve over a bed of mixed greens and garnish with herbs like chopped cilantro if you like. Enjoy!

NOTES

NO GRILL

Cook in the slower cooker on low for 8 hours, or bake in the oven at 350°F (177°C) for 30 minutes.

MORE FLAVOUR

Drizzle with a lime wedge before serving.

MORE CARBS

Grill or roast some sweet potato as a side.

TIME SAVER

Marinate the chicken in advance and store in the fridge or freezer.

Creamy Rainbow Coleslaw

4 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Broccoli Slaw (bagged)
2 tbsps Mayonnaise
2 tbsps Apple Cider Vinegar
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Combine all ingredients in a large bowl and mix thoroughly. The slaw can be enjoyed immediately but tastes best after sitting for a few hours.

NOTES

NO COLESLAW MIX

Use shredded green and red cabbage, carrot, leftover broccoli stems, and any other veggies you think would be good to add!

LEFTOVERS

Refrigerate in an airtight container up to two days.

HIGH QUALITY MAYONNAISE

Read the ingredients. Look for an avocado oil, coconut oil or olive oil based mayonnaise.

TOO SOUR

If you do not like vinegar, you can reduce the apple cider vinegar by half and add 1-2 teaspoons Gentle Sweet.

Slow Cooker Apple Cinnamon Pork Tenderloin

4 SERVINGS 4 HOURS



INGREDIENTS

- 1 lb Pork Tenderloin
- 2 Apple (sliced and divided)
- 3 Carrot (medium, sliced into rounds)
- 1 Yellow Onion (diced)
- 1 tbsp Gentle Sweet
- 1 tbsp Cinnamon

DIRECTIONS

- 01 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 02 Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Sprinkle Gentle Sweet and cinnamon over everything. Cook on low for 4 hours.
- 03 Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

NOTES

MAKE IT TENDER

Brine your pork tenderloin the night before for more flavour and tenderness.

MORE GREENS

Serve on a bed of spinach or add your choice of veggies to the slow cooker.

Herb & Garlic Quinoa

4 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Quinoa (dry, uncooked)
1 3/4 cups Water
1 1/2 tsps Extra Virgin Olive Oil
1 cup Parsley (finely chopped)
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 02 In a bowl, combine the quinoa, olive oil, parsley, garlic, salt and pepper. Mix well and enjoy!

NOTES

STORAGE

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

FREEZER TIP

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Chicken Thighs with Mushrooms

4 SERVINGS 40 MINUTES



INGREDIENTS

1 lb Chicken Thighs (boneless, skinless)
1/4 tsp Sea Salt
1/2 tsp Coconut Oil
14 White Button Mushrooms (quartered)
2 tbsps Shallot (diced)
2 Garlic (cloves, minced)
1/2 cup Chicken Broth
1/3 cup Coconut Milk
2 tsps Tarragon

DIRECTIONS

- 01 Heat a pan over medium heat. Season the chicken thighs with sea salt. Add the coconut oil to the pan and once melted, add the chicken. Cook for 5 to 6 minutes per side. Remove and set aside.
- 02 Lower the heat to medium-low and add the mushrooms. Cook for 3 to 4 minutes. Add the shallot and cook for 2 to 3 minutes. Add the garlic cloves and cook for 1 minute and then add the chicken back in along with the broth. Cover and simmer for 8 to 10 minutes.
- 03 Remove the lid and add the coconut milk and tarragon. Stir to combine. Cook for 2 to 3 minutes. Divide the chicken and mushrooms between plates and spoon your desired amount of liquid over top. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO TARRAGON

Use thyme instead.

SERVE IT WITH

Cauliflower rice.

NO COCONUT OIL

Use extra virgin olive oil or avocado oil instead.

Cheesy Cauliflower Rice

4 SERVINGS 7 MINUTES



INGREDIENTS

4 Bag Frozen Cauliflower Rice
8 slices American Cheese
1/2 cup Unsweetened Almond Milk
1/2 cup Parmesan Cheese (I use the green can variety)
Of Garlic Salt
Of Pepper

DIRECTIONS

- 01 Steam Cauliflower Rice in microwave according to package directions. (Or you can steam in a saucepan.)
- 02 Move Cauliflower Rice to a saucepan and add remaining ingredients.
- 03 Heat together over medium heat until cheese has melted.

Cheeseburger Salad

6 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 lbs Ground Beef
1/2 cup Sugar Free Ketchup
1/4 cup Yellow Mustard
1 Dill Relish (1 jar, 10 oz)
6 cups Chopped Lettuce
1 cup Chopped Tomatoes
1 cup Shredded Cheddar Cheese

DIRECTIONS

- 01 Brown hamburger and drain well.
- 02 Add ketchup, mustard and pickles.
- 03 Place lettuce on plates and top with hamburger mixture.
- 04 Add toppings and enjoy!

NOTES

ADDITIONAL TOPPINGS

Add diced onions, pickled jalapeños, or diced cucumber.

MORE FLAVOR

If you want an extra pop of flavor, you can add 1 teaspoon each of garlic powder and onion powder to the meat mixture.