

# THE DIZZY COOK'S *heal your headache* 5 DAY MEAL PLAN



MEALS FOR TWO

# MEAL PLAN

## BREAKFAST | LUNCH | SNACKS

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### **BREAKFAST**

CHIA SEED PUDDING WITH DIFFERENT VARIATIONS  
PUMPKIN CHIA PUDDING

### **LUNCH**

CHICKEN SALAD  
CHICKEN AND/OR VEGGIE SANDWICHES/WRAPS  
SIMPLE SALAD

### **SNACKS**

SUNBUTTER ENERGY BALLS  
CARROTS AND RANCH  
SUNBUTTER AND GREEN APPLES  
CRACKERS AND BOURSIN CHEESE  
SNICKERDOODLE COOKIES

### **DRINKS**

SPARKLING WATER WITH JUICE

# MEAL PLAN (DINNER)

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## MAKE AHEAD

SUNBUTTER ENERGY BALLS

BASIC SALAD DRESSING

INSTANT POT CHICKEN BROTH

SNICKERDOODLE COOKIES (DESSERT OPTION)

CHIA PUDDING

## SUNDAY

PEPITA CRUSTED SALMON WITH ROASTED ASPARAGUS

## MONDAY

PULLED PORK SALAD WITH BBQ RANCH

## TUESDAY

GARLIC MEATBALLS WITH ROASTED POTATOES

## WEDNESDAY

PULLED PORK TACOS WITH SLAW

## THURSDAY

GREEK MEATBALLS WITH FAUX TZATZIKI SAUCE  
AND PITA



# GROCERY LIST FOR TWO

## VEGETABLES

2 heads of garlic  
11 shallots  
1-2 English cucumbers (no seeds)  
1 red pepper for sandwiches  
10oz of lettuce (one family pack)  
1 lb of small fingerling potatoes  
1 bag of baby carrots  
1 bunch of asparagus  
1/2 red cabbage or cole slaw mix  
1 bunch of celery  
1 pint of cherry tomatoes  
Basil  
Parsley  
Chives  
Rosemary (for broth)

## PACKAGED

1 can of black beans  
1 can of pumpkin puree (unflavored)  
1 package (1cup) of gluten free rolled oats  
Safe dijon mustard (like Annie's)  
Vanilla Extract  
Safe mayo (homemade, Primal Kitchen  
Avocado Oil, or Sir Kensington's Organic)  
Honey & Maple syrup  
Extra virgin olive oil  
Distilled white vinegar  
Flour (brown rice + oat for GF)  
Natural cane sugar  
Plain potato chips  
Safe crackers (like crunchmasters sea salt for gluten free, [unflavored triscuits](#), or trader joe's water crackers)  
Safe bread  
Safe tortillas for wraps and tacos  
Safe pita bread  
Unflavored sparkling water like perrier or topo chico  
Clean juice of choice - pear, cranberry, cherry, pomegranate (like RW Knudsen or TJ's brandcherry juice)

## FRUIT

Pomegranate Seeds (or dried cranberries without sulfites)  
Small package of whatever berries you like - strawberries, blueberries, blackberries (for chia pudding)  
2-4 green apples (for snacks)

## SEEDS

16 oz sunflower seeds (unsalted)  
16 oz pepita/pumpkin seeds (unsalted)  
1 jar of sunbutter  
16oz chia seeds  
1 bag of hemp seeds  
1 bag of flax seed meal

## MEAT

1lb Salmon filet  
2lbs ground beef, lamb, or chicken  
3-4lb bone in or boneless pork shoulder (aka butt)  
1-2 Whole Chickens about 4lb (you can get the precooked "naked" rotisserie chicken if saving time OR roast yourself). Get two if your partner will also be eating lunches for the week as well.

## DAIRY / EGGS

16oz clean butter like Kerrygold unsalted  
1 gallon of milk of your choice (oat milk, regular, etc)  
Boursin garlic & herb cheese  
8oz Daisy cottage cheese  
Package of 6 eggs

## SPICES

oregano, smoked paprika, chili powder, bay leaf + peppercorns (if making stock), sumac, cinnamon, ginger, nutmeg, baking soda, cream of tartar, kosher salt & pepper

# MAKE AHEAD SNACKS

## **SUNBUTTER ENERGY BALLS (about 20pcs)**

**1/3 cup honey**

**1 cup gluten free rolled oats**

**1/2 cup sunbutter**

**1/4 cup flaxseed meal**

**1 tbsp chia seeds**

**1/4 cup toasted pumpkin seeds**

**1 tsp vanilla extract**

1. Combine all ingredients in a mixing bowl and stir to combine. Honestly, It's easier to use your hands and just mush it all together.
2. Cover and chill for 30 min. If mixture is too sticky, add more oats. If mixture is too dry, add more sunbutter.
3. Form into 1 to 1-1/2 inch balls and either refrigerate or keep in the freezer.

**BABY CARROTS + CELERY AND RANCH - you'll be making ranch later in the week that you can use for this with leftover carrots and celery from other recipes.**

**BOURSIN CHEESE AND CRACKERS - you'll have leftover boursin (unless you use it all for a spread on sandwiches), so this is a great and easy snack.**

**APPLES AND SUNBUTTER - get as many apples as you think you will eat for the week - I usually eat 1/2 an apple each day. This snack is my favorite. If your sunbutter isn't salted (like Trader Joe's Sunbutter Spread), it might be worth adding a pinch of salt to it.**

# MAKE AHEAD DESSERT

## SNICKERDOODLE COOKIES

3 Cups of all purpose flour (1-1/2 cups brown rice flour + 1-1/2 cups oat flour for GF)

1 tsp baking soda

2 tsp cream of tartar

2 - 1/2 tsp ground cinnamon

1 cup unsalted butter at room temperature

3/4 cup natural cane sugar

2 large eggs at room temperature

2 tsp vanilla extract

1/2 tsp salt

### Cinnamon Sugar Topping

1/4 cup natural cane sugar

1 tsp cinnamon



1. Preheat oven to 350 degrees. Mix the topping in a small bowl and set aside. In a medium mixing bowl, whisk flour, 2.5 tsp of cinnamon, baking soda, cream of tartar and salt. In a separate bowl cream together the butter and sugar. Add egg and vanilla until combined. Slowly add the dry ingredients to the butter mixture on low, until fully combined. Do not overmix.
2. Scoop about a tablespoon of dough and roll it into a ball. Roll the balls into the cinnamon sugar topping and place onto your baking sheet. I like to sprinkle a bit more topping on top.
3. Bake for 12-15 minutes at 350 degrees for soft puffy cookies or 15-17 minutes for crispier cookies.
4. Cool for 5 minutes on baking sheet, then transfer to wire rack to cool completely. Stick in the freezer and reheat in the microwave for about 10-15 seconds when ready to eat.

# MAKE AHEAD BREAKFAST

**VANILLA CHIA SEED PUDDING** - 1 serving  
(it's easiest to make these ahead one serving at a time in small mason jars for grab and go)

1/4 cup chia seeds

1 cup milk of choice

1 tsp vanilla extract

1-2 tsp honey

1 tbsp sunbutter

OPTIONAL Topping: strawberries/

blackberries/blueberries

pumpkin, hemp, and sunflower seeds

1. In a mason jar that's at least 12oz combine the milk with vanilla and honey. Shake, shake, shake your booty (and the container) till fully combined. Add the 1/4 cup of chia seeds and shake a little more. Place in the fridge up to 1.5 hours or overnight.

2. In the morning stir in the sunbutter, berries, and any extra seeds you'd like. Enjoy!

**\*\*For PUMPKIN SPICE CHIA PUDDING** add 2 Tbsp of pumpkin puree, 1/2 tsp cinnamon, 1/4 tsp of ginger and nutmeg. Use 1-2 tsp of maple syrup instead of honey. Top with toasted pumpkin seeds

**HARD BOILED EGGS** - if you're making the cookies you'll have a few eggs leftover for the week that you can add to your breakfast or put on a salad for lunch.

Simply bring a small pot of water to a boil and gently add in eggs one at a time (I like to use a spoon so they don't hit the bottom and crack).

For soft boiled eggs, it should take around 5-6 minutes. For hard boiled aim for 10 minutes.

Remove eggs from the boiling water and place in an ice bath (really cold water mixed with ice) to cool down. Leave the shell on until ready to eat. Consume soft boiled eggs immediately, but hard boiled eggs can last for 5 days in your fridge.



# MAKE AHEAD LUNCH

**SIMPLE WHOLE ROASTED CHICKEN** serves 1 for the week of lunches, double for two people (if not buying pre-made naked rotisserie chicken) - use this for the chicken salad below and on sandwiches. Use the leftover carcass for [instant pot broth](#)

4 lb organic whole roasting chicken, patted dry

1 tbsp butter

2 tbsp olive oil

2 shallots, peeled and cut in half

4 garlic cloves, peeled and cut in half

1/2 bunch lemon thyme regular thyme is also ok and fresh rosemary

kosher salt and pepper

1. Preheat oven to 425 degrees. Pat chicken dry and remove any giblets. Place chicken in a large roasting pan, breast side up with wings tucked under. Stuff the cavity with, garlic, shallots, and herbs. Tie legs together with a kitchen string. Coat the chicken with olive oil and softened butter then season with freshly cracked black pepper and salt - about 1tsp each.

2. Cook on the middle rack for 1 hour and 5 minutes and then check. Chicken should be a temperature of 165 degrees when inserted into the largest part of the thigh - not touching the bone. Cover with aluminum foil till ready to peel.

**CHICKEN SALAD** - use this in sandwiches, wraps, on top of salad, etc. to switch up meals

3/4 cup naked rotisserie chicken

1 tbsp fresh pomegranate seeds or sulfite free dried cranberries

1/2 tbsp fresh chives, chopped into small pieces

2 tbsp HYH safe mayo

2 tbsp chopped celery

Combine rotisserie chicken, pomegranate seeds, chives, mayo, and celery in a small bowl and toss till fully combined. Add fresh cracked pepper to taste. Can be made 2 days ahead

**SIMPLE DRESSING** - use this for side salads and for lunches where you can add 1/2 of the cucumber you bought, red pepper, celery, carrots, chives, etc.

1/2 cup olive oil

1/4 cup white distilled vinegar

2 tbsp safe dijon mustard

2 tsp honey

2 cloves garlic minced

Whisk all ingredients together and add salt and freshly ground black pepper to taste. Play around here and add 1tsp of dried oregano and/or 2-3 tbsp fresh chopped basil for an Italian flair

# DINNER #1 PUMPKIN SEED CRUSTED SALMON WITH ROASTED ASPARAGUS

## PEPITA CRUSTED SALMON - serves 2

COOK TIME: About 30 min

1 pound salmon filet(s)

1 small garlic clove, peeled and minced

1/3 cup pepitas (shelled pumpkin seeds)

1.5 tbsp dijon mustard \* I like Annie's Naturals

1/8 tsp ground sumac (regular paprika is good here too)

1/4 tsp kosher salt and black pepper

1 Preheat oven to 400 degrees and bring out your salmon filets. Pat them dry on each side with a paper towel and place them on a baking sheet (I use parchment paper underneath for easy clean up). In a small pan, add pepitas in a single layer. Toast over medium heat until lightly browned, about 1-2 minutes. Remove from heat and roughly chop.

2. Add chopped pepitas with minced garlic and sumac. Stir to combine. Sprinkle your salmon with salt and pepper and then slather your dijon mustard on top of each filet. Gently press your pepita mixture on top of each salmon. The dijon should hold most of the topping.

3. Bake for 15-20 minutes at 400 degrees, depending on the size of your salmon filet. Mine was about 1-1/2" and took 20 minutes for medium. Serve immediately.

## ROASTED ASPARAGUS - Serves 2

1lb fresh asparagus

olive oil

salt and pepper

Break off the tough ends of the asparagus. You can do this by holding both ends and bending the stalk till it snaps. Wherever it snaps, trim the ends in the same place on the rest of the bunch. Soak in cold water to remove any grit then pat dry.

Place on a baking sheet and coat with a little bit of olive oil (about 1 tbsp or so) and a little bit of kosher salt and fresh pepper. You can place this in the oven at 400 degrees with the salmon and roast for 20 min.

# DINNER #2 PULLED PORK SALAD WITH BBQ RANCH DRESSING

**PULLED PORK SALAD** - Serves 2 for 2 separate meals (you'll use the pork again later in the week). **\*\*This requires a crock pot or instant pot and 2-8 hours of cooking time.\*\***

1 3-4lb boneless or bone in pork shoulder aka "pork butt" do NOT get pork loin or it will be very dry!

3 shallots, thinly sliced

3 medium garlic cloves, peeled and thinly sliced

1 tbsp brown sugar or maple syrup

1 tbsp chili powder

1 tbsp kosher salt

1/2 tsp ground cumin

1/4 tsp cinnamon

1 cup HYH safe stock or water (you can use the [instant pot chicken stock](#) here)

Salad - greens, chopped carrots, 1/3-1/2 can of black beans drained

Place shallots and garlic at the bottom of your slow cooker. If your pork is wrapped in twine, remove the twine/netting. Place pork on top of shallots and garlic in the slow cooker.

Combine spices in a small bowl and rub onto pork. Cover and cook for 6-8 hours on high or 8-10 on low. My 3lb boneless pork shoulder took about 6 hours on high. If you use bone in, it might take an hour or two longer Remove any fat that's accumulated on the top and pulled apart pork with two forks until shredded. It should shred very easily if done. If you want to remove the pork and then reduce the sauce in a separate pan you can. I usually just shred mine in the accumulated juices and serve from there. The leftovers freeze beautifully.

**INSTANT POT** - cut your boneless pork shoulder into 2-3" cubes and marinate your meat in the spices for at least an hour or overnight.

- Use the saute option to brown meat on all sides. Add shallots, garlic, and broth (use 2 cups instead of 1 cup). Seal the cover and turn venting knob to "sealed".

Hit the Pressure Cook button and set for 50 minutes. Once the time is up, leave it on warm and do a natural release by waiting 20 minutes to turn the venting knob to open.

**BBQ RANCH DRESSING** - serves 2 for salad + leftover for dipping veggies

1/4 cup mayonnaise \*homemade or safe store bought like Primal Kitchen or Sir Kensingtons

1/4 cup whole milk or milk substitute \*I like Oatly for a milk substitute, but I find they don't thicken like real milk does

1 tsp distilled white vinegar

1 tbsp shallot, peeled and chopped

1 tbsp fresh chives, chopped

1 tbsp fresh parsley, chopped

1/8 tsp dried mustard

1/4 tsp smoked paprika

1/4 tsp kosher salt

Combine all the ingredients and whisk together until smooth. Chill for at least 30 minutes - 1 hour. It will thicken and become more flavorful the longer it chills.

# DINNER #3 GARLIC MEATBALLS WITH ROASTED POTATOES

**MEATBALLS Serves 2 for 2 separate meals (you'll use the meatballs again later in the week). COOK TIME is about 30-40 minutes total.**

2lbs ground beef, lamb, or chicken  
1/2 cup chopped fresh parsley  
2 medium shallots (about 1/3 cup)  
2 tbsp extra virgin olive oil  
3 tsp dried oregano  
1/4 cup dijon mustard (I like Annie's Naturals or HEB organic)  
1 tsp kosher salt  
fresh pepper

## SAUCE

1 shallot, peeled and chopped  
4 cloves of garlic peeled and thinly sliced  
1tbsp butter  
1tbsp extra virgin olive oil  
1 1/4 cup of broth (can use the instant pot chicken broth)  
1 pint of cherry tomatoes

Preheat oven to 400 degrees. Mix ingredients together and form meatballs into 1.5 inch balls. Place in the oven for 20 minutes until done (no pink in the center). Freeze half the meatballs for a later meal.

In a large saucepan, melt butter and olive oil over medium heat. Add shallot and garlic and saute about a minute till soft. Then add cherry tomatoes and saute another minute. Add broth and simmer about 5 minutes until reduced. Add meatballs and coat in the sauce. Top with fresh basil if you'd like.

## ROASTED POTATOES

1 lb fingerling potatoes, scrubbed clean and cut in half  
2 tbsp extra virgin olive oil  
1/2 tsp kosher salt and pepper

Place halved potatoes on a baking sheet and toss with olive oil, salt, and pepper. Stick in the oven at 400 degrees with the meatballs. When meatballs are finished, toss your potatoes and keep these in the oven another 15 minutes, turning the temp up to 425 degrees while you make the sauce. Cook time is 30 minutes total.

# DINNER #4 PULLED PORK TACOS WITH SLAW

**COOK TIME is about 20 minutes total. Serves 2.**

Leftover pulled pork from "BBQ Salad" Dinner

4-6 flour or corn tortillas - look for brands that are in the refrigerated section like Tortillaland or fresh made

1/2 package of cabbage mix or 1/2 cabbage thin sliced and cored.

1/4 cup of mayo

1-2 tbsp white vinegar

1/4 tsp cumin and chili powder

Other half can of black beans

Wrap tortillas in tin foil and place them in the oven. Preheat to 350 degrees then remove and they should be nicely warmed. Or you can char them a little by placing them over a gas burner for about 30 secs then flipping with tongs.

Defrost pork by placing on the stove top in a covered pot with a little bit of added broth. Gently rewarm over medium/low heat.

Mix mayo with vinegar, cumin, chili powder and salt and pepper to taste. Toss with the cole slaw mix or thin sliced cabbage (you may have to make more dressing if using an entire bag). Black beans can be warmed and served on the side or on the tacos.

**Corn chips and [this salsa](#) would be a great addition, but requires extra groceries.**

# DINNER #5 GREEK MEATBALL SALAD WITH "TZATZIKI SAUCE" AND PITA

**COOK TIME** is about 25 minutes total. Serves 2.

Leftover meatballs from Garlic Meatball Dinner - defrost by placing on a sheet pan then cover the meatballs with tin foil. Reheat at 300 degrees for about 15 minutes

Lettuce

Pita - warm storebought pita or naan bread by placing in the oven with the meatballs for 3-4 minutes. I can usually find safe brands in the bakery section. Naan you have to watch out for yogurt being added.

## FAUX TZATZIKI SAUCE

3/4 cup of cottage cheese (daisy brand)

1-2 garlic cloves (two is VERY garlicky!)

2/3 cup of grated English cucumber (the seedless kind). Don't worry about peeling.

1tbsp white vinegar

2 tsp dried dill

Place the cottage cheese in a food processor and blend for about 2 minutes until smooth and light. Transfer to a serving bowl. Mince garlic and wrap grated cucumber (can do this with a cheese grater) in a paper towel. Squeeze out the excess moisture from the cucumber. Add garlic, cucumber, dill, and vinegar. Mix to combine and let sit in the fridge for at least 15 minutes.

If you have any leftover herbs, you can sprinkle those on top.

