






















YOUR 20-MINUTE MEAL PLAN

Busy week ahead? These breakfasts, lunches and dinners are all ready in 20 minutes or less. Plus, we're arming you with a ready-made shopping list to make your weekly grocery trip a breeze.

BY **JESSE LANE LEE**

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p>Honey Almond Oatmeal (p. 2) with 1 Berry Green Smoothie (p. 4)</p>	 <p>1 serving Greek Lamb Burger Salad with Yogurt Feta Drizzle (p. 3; save leftovers)</p>	 <p>1 serving Curried Coconut Squash Soup (p. 4; save leftovers)</p>	<p>Calories: 1,425, Fat: 82 g, Sat. Fat: 42 g, Carbs: 113.5 g, Fiber: 17 g, Sugars: 49.5 g, Protein: 61 g, Sodium: 1,562 mg, Cholesterol: 138 mg</p>
TUESDAY	 <p>1 serving Triple Coconut Pancakes (p. 2; save leftovers)</p>	 <p>1 serving Curried Coconut Squash Soup (leftovers, p. 4)</p>	 <p>1 serving Greek Lamb Burger Salad with Yogurt Feta Drizzle (leftovers, p. 3)</p>	<p>Calories: 1,471, Fat: 105 g, Sat. Fat: 60 g, Carbs: 84 g, Fiber: 18 g, Sugars: 33 g, Protein: 50 g, Sodium: 2,234 mg, Cholesterol: 290 mg</p>
WEDNESDAY	 <p>1 serving Triple Coconut Pancakes (leftovers, p. 2)</p>	 <p>1 serving Greek Lamb Burger Salad with Yogurt Feta Drizzle (leftovers, p. 3)</p>	 <p>1 serving Salmon Lettuce Cups (p. 5; save leftovers)</p>	<p>Calories: 1,305, Fat: 92 g, Sat. Fat: 37 g, Carbs: 63 g, Fiber: 21 g, Sugars: 21 g, Protein: 62 g, Sodium: 1,895 mg, Cholesterol: 324 mg</p>
THURSDAY	 <p>1 serving Triple Coconut Pancakes (leftovers, p. 2)</p>	 <p>1 serving Moroccan Chicken Salad Sandwich (p. 5; save leftovers)</p>	 <p>1 serving Greek Lamb Burger Salad with Yogurt Feta Drizzle (leftovers, p. 3)</p>	<p>Calories: 1,608, Fat: 102 g, Sat. Fat: 40 g, Carbs: 91 g, Fiber: 22 g, Sugars: 20 g, Protein: 87 g, Sodium: 2,096 mg, Cholesterol: 402 mg</p>
FRIDAY	 <p>Honey Almond Oatmeal (p. 2) with 1 Berry Green Smoothie (p. 4)</p>	 <p>1 serving Moroccan Chicken Salad Sandwich (leftovers, p. 5)</p>	 <p>1 serving Salmon Lettuce Cups (leftovers, p. 5)</p>	<p>Calories: 1,369, Fat: 61 g, Sat. Fat: 12 g, Carbs: 122.5 g, Fiber: 23 g, Sugars: 35.5 g, Protein: 89 g, Sodium: 1,220 mg, Cholesterol: 180 mg</p>
SATURDAY	 <p>1 serving Triple Coconut Pancakes (leftovers, p. 2)</p>	 <p>1 serving Curried Coconut Squash Soup (p. 4; save leftovers)</p>	 <p>1 serving Moroccan Chicken Salad Sandwich (leftovers, p. 5)</p>	<p>Calories: 1,581, Fat: 97 g, Sat. Fat: 53 g, Carbs: 114 g, Fiber: 21 g, Sugars: 31 g, Protein: 66 g, Sodium: 2,231 mg, Cholesterol: 298 mg</p>
SUNDAY	 <p>Honey Almond Oatmeal (p. 2)</p>	 <p>1 serving Moroccan Chicken Salad Sandwich (leftovers, p. 5)</p>	 <p>1 serving Curried Coconut Squash Soup (leftovers, p. 4)</p>	<p>Calories: 1,350, Fat: 67 g, Sat. Fat: 33 g, Carbs: 123.5 g, Fiber: 17 g, Sugars: 32.5 g, Protein: 64 g, Sodium: 1,546 mg, Cholesterol: 124 mg</p>

Honey Almond Oatmeal

Q V GF

SERVES 1.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 10 MINUTES.

Easy and delicious, this hearty oatmeal is the perfect way to have a healthy whole-grain breakfast.

½ cup rolled oats

½ cup whole milk

1 tsp natural almond butter, unsalted

1 tsp raw honey

In a small nonstick saucepan on medium-high, combine all ingredients. Bring to a boil and cook for 5 minutes. (Alternatively, prepare in the microwave: Combine ingredients in a microwave-safe bowl and cook for 1 minute. Stir, then cook for 1 more minute. Stir again.)

PER SERVING (1 bowl): Calories: 319, Total Fat: 10 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g, Carbs: 46.5 g, Fiber: 5 g, Sugars: 11.5 g, Protein: 11 g, Sodium: 74 mg, Cholesterol: 12 mg

Triple Coconut Pancakes

F Q V GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

Light and fluffy, these triple-coconut pancakes are easy to make ahead for weekday mornings. However, they are delicate, so take extra care when storing leftovers: Use an airtight container with parchment paper between the layers.

4 large eggs

1 cup unsweetened coconut milk beverage (from a carton, not a can)

¾ cup almond flour

½ cup coconut flour

½ cup tapioca flour

⅓ cup melted coconut oil

¼ cup shredded unsweetened coconut

2 tbsp organic evaporated cane juice (aka organic cane sugar)

1 tbsp baking powder

1 tsp pure vanilla extract

½ tsp sea salt

1. To a blender, add all ingredients and blend until smooth and thoroughly mixed, scraping down sides if necessary with a rubber spatula.

2. Heat a nonstick griddle over medium-high and spray with cooking spray. Working in batches, pour a scant ¼ cup batter per pancake, making 3-inch circles; cook until small bubbles appear and burst on the surface and underside is golden brown, 2 to 3 minutes. Flip and cook until golden brown, 1½ to 2 minutes more. Repeat with remaining batter, making a total of 12 pancakes.

3. Serve warm with optional toppings such as sliced bananas, shaved dark chocolate and a drizzle of maple syrup, if desired.

NOTE: If following our Meal Plan, refrigerate leftovers, storing in airtight containers with parchment paper between layers. Reheat on a parchment-lined sheet in the oven at 300°F until warmed through, 5 to 8 minutes.

PER SERVING (¼ of recipe): Calories: 550, Total Fat: 40 g, Sat. Fat: 23 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 4 g, Carbs: 37 g, Fiber: 9 g, Sugars: 10 g, Protein: 13 g, Sodium: 759 mg, Cholesterol: 186 mg

Greek Lamb Burger Salad with Yogurt Feta Drizzle



SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

A juicy, savory lamb burger is nestled into a fresh chopped Greek salad – no bun necessary. Instead of crumbled feta, we went to the next level and created an irresistible, creamy yogurt-feta sauce for drizzling.

- 1¼ lb** ground lamb or beef
- 1 tbsp** dried oregano
- ¼ tsp** ground black pepper + additional to taste
- ¾ tsp** sea salt + additional to taste
- 1 head** romaine lettuce, chopped
- 1 pint** cherry or grape tomatoes, halved
- ½** English cucumber, chopped
- ¼ cup** chopped pitted Kalamata olives
- 1** lemon, juiced
- 3 tbsp** extra-virgin olive oil
- ⅓ cup** full-fat yogurt
- ¼ cup** crumbled full-fat feta cheese
- 1 tbsp** chopped fresh mint

- 1.** Preheat a greased grill or grill pan to medium-high.
- 2.** In a large bowl, combine lamb, oregano and pepper; mix with your hands until well combined, then form into 4 patties. Sprinkle patties with salt. Grill, flipping once, until an instant-read thermometer inserted into the thickest part reads 145°F, 3 to 4 minutes per side.
- 3.** Meanwhile, in a large bowl, combine lettuce, tomatoes, cucumber and olives; gently toss. Add lemon juice and oil and toss to coat. In a small bowl, whisk together yogurt, feta, mint and additional salt and pepper, to taste. Divide salad among bowls. Top each with a burger patty and drizzle with yogurt sauce.

NOTE: If following our Meal Plan, refrigerate 3 burger patties, salad components and yogurt-feta sauce in separate containers. Reheat patties in a skillet on the stove, dress salad, and drizzle with sauce just before serving.

PER SERVING (¼ of recipe): Calories: 474, Total Fat: 35 g, Sat. Fat: 12 g, Monounsaturated Fat: 18 g, Polyunsaturated Fat: 3 g, Carbs: 12 g, Fiber: 5 g, Sugars: 6 g, Protein: 29 g, Sodium: 670 mg, Cholesterol: 104 mg

Berry Green Smoothie

F Q V GF

SERVES 1.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 5 MINUTES.

Get a hearty helping of antioxidants with this delicious berry and spinach smoothie.

- ½ cup frozen berries
- ½ cup spinach
- ½ cup plain yogurt
- ¼ cup whole milk
- 1 scoop vanilla protein powder

In a blender, combine all ingredients. Blend on high until mixture is a smooth consistency.

PER SERVING (1 smoothie): Calories: 185, Total Fat: 7 g, Sat. Fat: 2 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 20 g, Fiber: 3 g, Sugars: 15 g, Protein: 13 g, Sodium: 194 mg, Cholesterol: 22 mg

Curried Coconut Squash Soup

P F Q V GF

SERVES 2. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 20 MINUTES.

The secret to making this soup extra fast is frozen butternut squash – here, it's blended with coconut milk and an array of aromatic spices.

- 3 cups frozen cubed butternut squash, thawed (about 16 oz)
- 1 cup low-sodium vegetable broth
- 1 cup BPA-free canned coconut milk + additional for serving
- 1 tbsp raw honey
- 1½ tsp curry powder
- 1 tsp ground cumin
- ¼ tsp ground cayenne pepper
- ¾ tsp sea salt
- 2 tbsp toasted pepitas
- fresh basil or Thai basil, optional

1. In a blender, purée squash, broth, coconut milk, honey, curry powder, cumin and cayenne.

2. Transfer mixture to a medium saucepan on medium. Add salt and cook, stirring occasionally, until heated, about 10 minutes. Divide among bowls; sprinkle with pepitas. Swirl in additional coconut milk and garnish with basil (if using).

NOTE: If following our Meal Plan, refrigerate leftovers in an airtight container. Reheat on the stove when called for; top with pepitas and optional garnishes just before serving. This recipe is made twice within the plan, but alternatively you can double the recipe and then freeze half for later in the week.

PER SERVING (½ of recipe): Calories: 447, Total Fat: 30 g, Sat. Fat: 25 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Carbs: 35 g, Fiber: 4 g, Sugars: 17 g, Protein: 8 g, Sodium: 805 mg, Cholesterol: 0 mg

Salmon Lettuce Cups

P Q GF

SERVES 2.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 10 MINUTES.

Canned salmon wrapped in fresh lettuce leaves makes a super-easy Paleo-friendly lunch or dinner.

- 1 6-oz can wild salmon, drained
- 1 cup finely chopped carrots
- ½ cup each finely chopped celery and fennel
- ½ avocado, mashed
- 1–2 tbsp olive oil or avocado oil mayonnaise
- ½ tsp each salt and pepper
- 4–6 romaine lettuce leaves

In a bowl, combine salmon, carrots, celery and fennel. Stir in avocado and mayonnaise; season with salt and pepper. Serve in lettuce leaves.

NOTE: If following our Meal Plan, refrigerate 1 serving salmon filling and lettuce leaves separately. Assemble when called for.

PER SERVING (½ of recipe): Calories: 281, Total Fat: 17 g, Sat. Fat: 2 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 6 g, Carbs: 14 g, Fiber: 7 g, Sugars: 5 g, Protein: 20 g, Sodium: 466 mg, Cholesterol: 34 mg

Moroccan Chicken Salad Sandwich

Q

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

Salty olives, sweet grapes and fresh herbs give ordinary chicken salad a tantalizing twist. Harissa paste gives it a Moroccan flair, but if you can't find it, you can use a pinch of curry powder or skip it entirely.

- ⅓ cup olive oil or avocado oil mayonnaise
- 1 lemon, zested and juiced
- ¼ cup chopped fresh flat-leaf parsley
- 1 tbsp harissa paste
- ¼ tsp ground black pepper
- ⅓ tsp sea salt
- 1 rotisserie chicken, meat removed and shredded (or about 4 cups any variety of leftover cooked and shredded chicken)
- 1 small bulb fennel, cored, chopped
- ⅓ cup halved red grapes
- 3 tbsp chopped pitted green olives
- 4 toasted whole-grain buns, for serving
- 8 leaves Boston lettuce, for serving

1. In a large bowl, whisk together mayonnaise, lemon zest and juice, parsley, harissa, pepper and salt. Stir in shredded chicken, fennel, grapes and olives.

2. Divide mixture among buns and top with lettuce.

NOTE: If following our Meal Plan, refrigerate 3 servings chicken mixture in an airtight container. Assemble sandwiches when called for.

PER SERVING (¼ of recipe): Calories: 584, Total Fat: 27 g, Sat. Fat: 5 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 11 g, Carbs: 42 g, Fiber: 8 g, Sugars: 4 g, Protein: 45 g, Sodium: 667 mg, Cholesterol: 112 mg

GROCERY LIST

PROTEINS & DAIRY

- 1 rotisserie chicken
- 1¼ lb ground lamb or beef
- 1 16-oz container full-fat plain yogurt
- 1 oz full-fat feta cheese
- 1 pint whole milk
- 1 6-oz can wild salmon
- 4 large eggs

VEGGIES & FRUITS

- 2 lemons
- 1 bunch flat-leaf parsley
- 1 small bunch fresh mint
- 1 small bunch fresh basil or Thai basil, optional
- 2 small fennel bulbs
- 1 small bag red grapes
- 1 head Boston lettuce
- 2 heads romaine lettuce
- 1 pint cherry tomatoes
- 1 English cucumber

- 1 large carrot
- 2 celery ribs
- 1 avocado
- 1 jar pitted green olives
- 1 jar pitted Kalamata olives
- 32 oz frozen cubed butternut squash
- 1 small bag frozen berries
- 1 small bunch spinach

WHOLE GRAINS

- 4 whole-grain buns
- 1 small bag rolled oats

NUTS, SEEDS & OILS

- 1 jar natural almond butter, unsalted
- 1 bottle extra-virgin olive oil
- 1 bottle coconut oil
- 1 oz toasted pepitas

PANTRY STAPLES

- 1 bottle harrissa paste
- 16 oz low-sodium vegetable broth
- 2 13.5-oz BPA-free cans coconut milk
- 8 oz unsweetened coconut milk beverage
- 1 small bag almond flour
- 1 small bag coconut flour
- 1 small bag shredded unsweetened coconut
- 1 small bag tapioca flour
- 1 bottle vanilla protein powder
- 1 jar olive oil or avocado oil mayonnaise
- 1 bag organic evaporated cane juice (aka organic cane sugar)
- 1 container baking powder
- 1 bottle pure vanilla extract
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 bottle dried oregano
- 1 bottle curry powder
- 1 bottle ground cumin
- 1 bottle ground cayenne pepper
- 1 bottle raw honey

We include our symbols on every recipe for easy reading.

P	Paleo
F	Freezable
Q	Quick <i>under 45 minutes</i>
V	Vegetarian <i>may contain eggs and dairy</i>
GF	Gluten-free
GFA	Gluten-free adaptable <i>Recipe contains soy sauce, hoisin sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.</i>