

Saladmaster Owners Class:

Katherine's Meal Preps

4 Weeks of Recipes



Maximize your Saladmaster Healthy Cooking System
by planning meals ahead of time and making them
in record time!

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Nutrition & Cooking Classes

Katherine's

Easy Meal Prep Strategy

Week 1

1. Cooked Vegetable - Sweet Potatoes
2. Cooked Green - Sauteed Brussels Sprouts
3. Cooked Grain - Brown Rice
4. Raw Green or Salad - Cabbage Mango Salad

5. Breakfast - Overnight Oats
6. Main Dish - Black Bean Chili
7. Bean Dish - Easy Bean Salad

1. Sweet Potatoes

2-4 Sweet Potatoes

Wash, cut off ends and cut in half if large. Place in 11" skillet or 7qt roaster and add 2 Tbsp water. Cover and cook over medium heat until the valve clicks. Reduce heat to low and cook for 30-60 minutes until soft and syrup-y!

2. Sauteed Brussels Sprouts

1 lb. Brussels Sprouts
1 Yellow Onion
1 Red Bell Pepper

Slice onion and allow to caramelize on medium heat while covered (add small amount of water if needed). Once tender, add cut bell pepper and cook on medium-low for 5-10 minutes. Add sliced brussels sprouts (and more water if needed) and cook until tender on medium-low for another 10 minutes.

3. Brown Rice

2 Cups Brown Rice
3.5 Cups Water

Place rice and water in a saucepan. Cover and bring to a low boil. Reduce heat to medium and cook 40-45 minutes.

4. Mango Cabbage Salad

1/4 Green Cabbage, cone #2
1/8 Purple Cabbage, cone #2
1 Green Apple, cone #2
2 Carrots, cone #1
1 Orange, zested cone #1 and juiced
1 Mango, cone #2 or 3
Combine all ingredients in a large bowl and toss gently.

Week 1

Continued



5. Overnight Oats

- 1 Mason Jar - Pint
- 1/2 Cup Steel Cut Oats (Uncooked)
- 1 Cup Non-Dairy Milk
- 1 tsp. Chia Seeds
- 1 tsp. Flax Seeds
- 1/4 Cup Chopped Fruit on cone #2 (strawberry, apple, pear) or whole blueberries
- 1/2 Banana, cone #3
- 1 Tbsp. Walnuts, cone #3
- 1 Tbsp. Dried Cranberries

Add to jar in the order listed above. Cover and let sit in fridge overnight.

7. Easy Bean Salad

- 1 1/2 Cup Cooked Kidney Beans
- 1 1/2 Cup Cooked Pinto Beans
- 1 1/2 Cup Cooked Black-Eyed Peas
- 1 Cup Edamame
- 1 Cup Corn
- 1 Large Bell Pepper, Diced
- 3 Celery Stalks, Sliced
- 1 Red or Yellow Onion, diced
- 1 1/2 Cup Brown Rice
- 1/2 Cup Low-Fat or Fat-Free Italian Dressing
- 1/2 tsp Salt
- 1/2 tsp Ground Black Pepper

Rinse and drain all beans. Combine all ingredients in a large bowl and toss gently. Serve chilled or at room temperature.

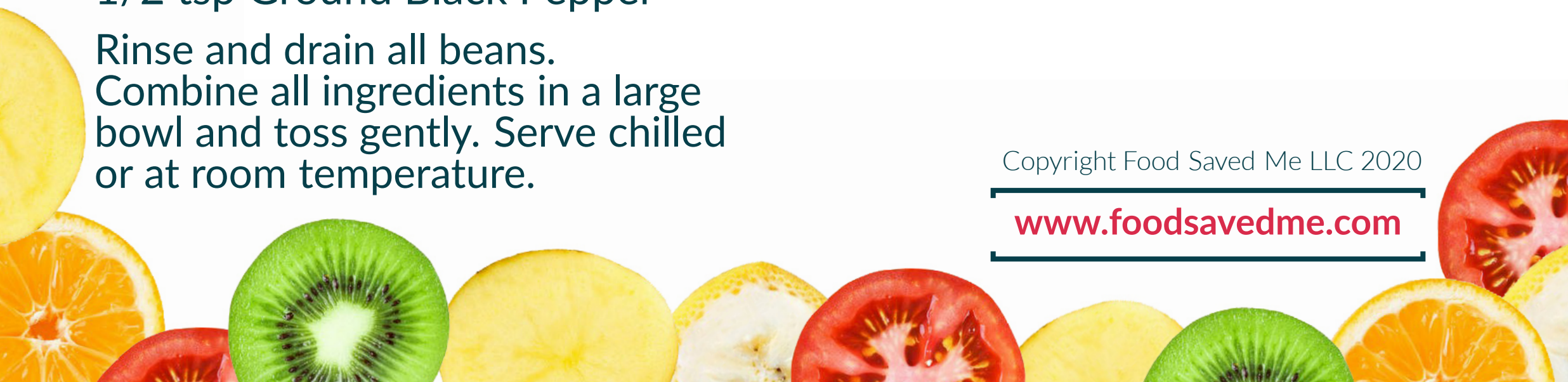
6. Black Bean Chili

- 1 Cup Frozen Corn
- 2 Cups Salsa
- 6 Cups Black Beans
- 1 Yellow Onion, cone #3
- 1 Head Garlic, cone #1
- Cumin & Chili Powder To Taste
- Lime Juice

Place onions and garlic in 5qt roaster and, cover and cook over medium heat until vapo-valve clicks. Add cooked black beans, salsa, corn and spices. Cover and continue cooking on medium heat until valve clicks again. Reduce heat to low and simmer for 10 minutes. Top with lime juice prior to serving.

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Katherine's

Easy Meal Prep Strategy

Week 2



1. Cooked Vegetable - Cauliflower Rice
2. Cooked Green - Sautéed Spinach & Tomatoes
3. Cooked Grain - Quinoa with Salsa
4. Raw Green or Salad - Salad in a Bowl
5. Breakfast - Tofu Scramble
6. Main Dish - Fagioli Soup
7. Bean Dish - Red Beans with Holy Trinity

1. Cauliflower Rice

- 2 Large Carrots, cone #2
- 3 Celery Stalks, cone #5
- 1 Head Cauliflower, cone #2
- 1 Tsp. Soy Sauce
- 1 Tsp. Black Pepper

Cook celery and carrots in an 11" skillet covered over medium heat until the vapo-valve clicks.. Then stir in cauliflower, soy sauce and black pepper. Cook for an additional 5 minutes until vapo-valve clicks. Reduce heat to low and cook for 3-5 minutes until cauliflower is tender.

2. Sautéed Garlicky Spinach and Tomatoes

- Cherry Tomatoes, Halved
- 5 Cloves Garlic, cone #1
- 1 Box Fresh Spinach

Place tomatoes and garlic in 11" skillet, cover and cook on medium heat until the vapo-valve clicks. Then add spinach, reduce heat to low and cook for additional 5 minutes until wilted stirring occasionally.

3. Quinoa with Salsa

- 1 Cup Quinoa
- 1 Cup Water
- 1 Cup Salsa

Place quinoa, salsa and water in a saucepan. Cover and bring to a low boil. Reduce heat to medium and cook 15-20 minutes.

4. Salad in a Bowl

- 1 Box Mixed Spring Greens
- Fresh Arugula
- Broccoli, cone #3
- Cauliflower, cone #3
- Carrots, cone #5
- Edamame
- Walnuts, cone #3
- Chia Seeds or Flax Seeds
- Sunflower Seeds
- Bell Pepper, cone #3
- Raw Onion, cone #2
- Yellow Squash/Zucchini, cone #5
- English Cucumber, cone #3
- Cherry Tomatoes, Halved
- Beets, cone #2

Layer in a bowl, don't toss. Cover and refrigerate.

Week 2

Continued



5. Tofu Scramble

- 2 Packages Extra Firm Water Packed Tofu
- 1 Bell Pepper, cone #3
- 1 Onion, cone #2
- Additional Veggies of Choice
- 1/8 tsp Turmeric
- 1 Tbs Oregano
- Ground Black Pepper (To Taste)

Place veggies in 11" skillet, cover and cook over medium until the vapo-valve clicks. Reduce heat to low and cook for 5-10 minutes until desired tenderness. Press tofu to remove excess water. Add turmeric and oregano then begin mashing with a fork. Add tofu to sautéed veggies and cook for 10-15 minutes on medium heat or until tofu becomes bright yellow. Goes great with quinoa and salsa.

7. Fagioli Soup

- 1 Yellow Onion, cone #3
- 3 Celery Stalks, cone #5
- 2 Carrots, cone #5
- 3 Garlic Cloves, cone #1
- 1 ½ Cups Diced Tomatoes
- 1 ½ Cups Fire Roasted Diced Tomatoes
- 1 ½ Cups White Beans
- 1 ½ Cups Kidney Beans
- 1 Cup Low Sodium V8 Juice
- 24-40 Oz. Spaghetti Sauce
- 4 Cups Vegetable Broth
- 2 tsp Oregano, Basil
- Crushed Red Pepper to Taste
- Fresh Parsley to garnish

Place all ingredients in 5 or 7qt roaster, cover and cook over medium heat until the valve clicks. Reduce heat to low and simmer for 30-40 minutes.

6. Red Beans with Holy Trinity

- 2 Celery Stalks, cone #5
- 1 Green Bell Pepper, cone #3
- 1 Yellow Onion, cone #3
- 3 Cups cooked Red Beans
- 1 tsp. Thyme

Add veggies to pan and cover. Cook over medium heat until valve clicks. reduce heat to low and cook for 5 minutes until tender. Add beans, thyme and 1/2 cup water or broth and cook for an additional 5-10 minutes.

Katherine's

Easy Meal Prep Strategy

Week 3



1. Cooked Vegetable - Squash, Corn & Tomatoes
2. Cooked Green - Collard & Turnip Greens
3. Cooked Grain - Grits
4. Raw Green or Salad - Brussels Sprouts Salad
5. Breakfast - Apple Cinnamon Oatmeal
6. Main Dish - Vegetable Lasagna
7. Bean Dish - Pintos with Chilis

1. Squash, Corn & Tomatoes

- 1 Yellow Squash, cone #5
- 1 Zucchini, cone #5
- 1 1/2 Cups Diced Tomatoes
- 1 Onion, sliced thick
- 1 Tbs Poblano Pepper, minced
- 1 tsp Dried Thyme
- 1 Cup Corn
- 1/4 tsp Black Pepper

Add all ingredients to a 3qt saucepan, cover and cook on medium heat until vapo-valve clicks. Reduce heat to low and cook for 5-7 minutes until veggies are fork-tender.

2. Collard & Turnip Greens

- 1 Bunch Turnip Greens
- 1 Bunch Collard Greens
- 2 Large Carrots, cone #1
- 1 Large Onion, thick sliced or cone #3
- 1 cup Water or Vegetable Broth

De-stem and cut greens into bit size pieces. Cook carrots and onion in a 7qt roaster, covered, over medium heat until the valve clicks. Reduce heat to low and cook for 5 minutes. Then, add greens and broth cover and return to medium heat until the valve clicks again. Reduce heat to low and cook for about 15-20 minutes or until wilted.

3. Grits

- 2 Cups Corn Grits (Polenta)
- 6 Cups Water or Broth

Place grits and water in a 3 qt saucepan. Cover and bring to a low boil while stirring. Reduce heat to medium and cook 25-30 minutes.

4. Brussels Sprouts Salad

- 3 Dozen Brussels Sprouts, cone #4
- 1/2 Red Onion, cone #2
- 3 Scallions, chopped
- 1 Tbs Fresh Basil, chopped
- 1 Apple, cone #2
- 1/2 Cup Dried Cranberries or Cherries

Dressing: Juice from 1 or 2 Lemons, 1 tsp Dijon Mustard, 1 tsp Maple Syrup, 1/2 tsp Ground Black Pepper, 2 Tbs Hazelnuts. Whisk together and cover salad when ready to eat.

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Week 3

Continued



5. Apple Cinnamon Oatmeal

- 2 Cups Steel Cut Oats
- 4 Cups Water
- 2 Red Apples, cone #2
- 1 tsp Cinnamon

Add all ingredients to a 3qt saucepan, cover and cook over medium-high heat until vapo-valve clicks, Reduce heat to low and cook for 30 minutes. To reheat during the week, stir in a little plant based milk to soften.

7. Pintos with Chilis

- 3 Cups Cooked Pinto Beans
- 2 Small Jars of Green Chilis

Combine ingredients in a saucepan and cook on medium low until warm.

6. Vegetable Lasagna

- 1 40 Oz. Jar Marinara Sauce
- Sweet Potato, cone #1
- Squash & Zucchini, cone #2
- Carrot, Cone #1
- 1 1/2 Cups White Beans
- 3 cups Spinach
- Mushrooms, cone #4

Layer in 12" Electric Skillet as follows: sauce, sweet potato, squash, zucchini, noodles, sauce, carrot, spinach, mushrooms, noodles, sauce, white beans. Cover and cook at medium heat (350 deg) until the vapo-valve clicks strongly. Reduce heat to low (190 deg) and cook for 35 minutes until noodles are fork-tender.



Katherine's

Easy Meal Prep Strategy

Week 4



1. Cooked Vegetable - Pan Seared Portobellos
2. Cooked Green - Kale and Stewed Tomatoes
3. Cooked Grain - Brown Rice & Toasted Pecans
4. Raw Green or Salad - Cabbage Cole Slaw
5. Breakfast - Sweet Potato Oatmeal
6. Main Dish - Easy Enchilada Pie
7. Bean Dish - Mexican Black Bean Salad

1. Pan Seared Portobellos

- 2 Large Portobello Mushroom Caps
- 2 Tbs Water
- 2 Tbs. Soy Sauce
- 1 Tbs. Balsamic Vinegar
- ½ tsp Dried Oregano
- 2 Cloves Garlic or fresh ginger, cone #1

Place mushrooms top side down in 11" large skillet. Stir all remaining ingredients together and cover mushrooms with sauce. Cover and cook on medium heat until the vapo-valve clicks. Reduce heat to low and cook for 10-12 minutes or until desired tenderness.

2. Kale and Stewed Tomatoes

- 2 Bunches Dinosaur Kale
- 1 1/2 Cups Stewed Tomatoes

Tear Kale off stem and into bite sized pieces. Place in large skillet with tomatoes, cover and cook over medium heat until the vapo-valve clicks. Reduce heat to low and cook an additional 2-3 minutes until kale is tender.

3. Brown Rice with Toasted Pecans

- 2 Cups Brown Rice
- 3.5 Cups Water
- 1 Cup Pecans

Place rice and water in a saucepan. Cover and bring to a low boil. Reduce heat to medium and cook 40-45 minutes. During last 5-10 minutes of brown rice cooking, preheat oven to 450 degrees. Place pecans on oven safe sheet and cook for 5-6 minutes. Watch carefully to make sure they don't burn! Once toasted, stir into brown rice while it is still hot.

4. Cabbage Cole Slaw

- 1/4 Green Cabbage, cone #2
- 1/8 Purple Cabbage, cone #2
- 1 Green Apple, cone #2
- 1 Cup Strawberries, cone #5
- 2 Tbs Walnuts, cone #3

Combine all ingredients in a large bowl and toss gently.
Dressing: 2-3 Tbs Fat Free Vegan Mayo, 2 Tbs Agave Nectar, 1 Tbs Vinegar

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Week 4

Continued



5. Sweet Potato Oatmeal

- 1 Large Sweet Potato, cooked
- 2 Cups Steel Cut Oats
- 4 Cups Water
- 2 Tbs Pecans (Optional)

Place all ingredients in 3qt saucepan, cover and cook over medium-high heat until valve clicks. Reduce the heat to low and cook for 30 min.

6. Easy Enchilada Pie

- 1 Onion, cone #2
- 1 large Zucchini, cone #2
- 12 Corn Tortillas
- 2 Carrots, cone #1
- 3 cups cooked Beans
- 1 small can Green Chilies
- 1 24 oz jar Green Enchilada Sauce
- 1 small can sliced Black Olives
- Cumin, Chili Powder, Garlic Powder

Layer ingredients in the 12" electric skillet (or 11" large skillet) in this order: Sauce - Onion - Zucchini - 4 tortillas - Sauce - Beans - Spices - Carrots - Tortillas - Remaining Sauce - Olives
Cover and cook at medium heat (350 deg) until the vapo-valve clicks. Reduce heat to low (190 deg) and cook for 20 minutes.

7. Mexican Black Bean Salad with Avocado

- 1 ½ Cups Cooked Black Beans
- 1 Cup Corn
- 1 Cup Cherry Tomatoes (quartered)
- ½ tsp Oregano, Chili Powder, & Cumin
- ½ Small Yellow Onion
- 1 Yellow Bell Pepper, cone #3
- Poblano Pepper (chopped)
- Lime Juice (to taste)
- 1 Avocado

Mix all ingredients, except avocado. Once stirred, add avocado and mash.



Katherine's ***Easy Meal Prep Strategy***

This is a great list to follow when looking to meal prep for the week. The idea is to have multiple dishes that go easily with one another to create variety in nutrition and flavor.

- 1. Cooked Vegetable**
- 2. Cooked Green**
- 3. Cooked Grain**
- 4. Raw Green or Salad**
- 5. Breakfast**
- 6. Main Dish**
- 7. Bean Dish**

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