

REAL FAST. REAL FOOD.
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GROCERY LIST

This week's meal plan serves 4-6.
Scale down the ingredients if you're serving less!



MUSHROOMS

- crimini - 1 pound
Mushroom, Arugula and Cottage Cheese Toast
- white button - 8 ounces
Crispy Sesame-Crusted Mushroom Bowl
- crimini - 1 pound
Brown Butter Gnocchi with Mushrooms and Arugula
- crimini or portabella - 1 pound
Pressure Cooker Blended White Bean Chili

PANTRY

- plain breadcrumbs - 1/2 cup
- tuxedo sesame seeds - 1/4 cup
- long-grain white rice - 2 cups
- sesame dressing - for serving
- potato gnocchi - 1 (16-ounce package)
- olive oil - 4 tablespoons
- kosher salt and freshly ground black pepper, to taste
- pine nuts - 1/4 cup
- cannellini beans - 2 (15-ounce) cans
- chili powder - 1 tablespoon
- sourdough bread - 2 slices
- crushed red pepper flakes
- low-sodium chicken broth - 2 cups

MEAT

- ground turkey - 1 pound

PRODUCE

- shredded purple cabbage - 1 cup
- Persian cucumber - 1
- avocado - 1
- radish - 1
- carrot - 1 small
- garlic - 1 head
- baby arugula - 3 1/2 cups packed
- fresh basil - 1 bunch
- lemon - 1
- yellow onion - 1
- jalapenos - 4 peppers
- fresh cilantro - 1 bunch
- fresh thyme - 1 teaspoon

DAIRY

- unsalted butter - 6 tablespoons
- Parmesan cheese - 1/2 cup shaved
- sour cream - 1 cup + more for serving
- shredded pepper jack cheese - 1 1/2 cups
- cottage cheese - 1/2 cup
- eggs - 2 large



MUSHROOM, ARUGULA AND COTTAGE CHEESE TOAST



PREP TIME
10 min



COOK TIME
8 min



READY IN
18 min



SERVES
2

INGREDIENTS

- 2 tablespoons olive oil
- 3 cloves garlic, thinly sliced
- 1 pound crimini mushrooms, cleaned and quartered
- 1 teaspoon chopped fresh thyme, plus more for garnish
- Kosher salt and freshly ground black pepper, to taste
- 1/2 cup cottage cheese
- 2 slices sourdough bread, toasted
- 1/2 cup baby arugula
- Crushed red pepper flakes, for garnish

PREPARATION

- 1 Heat oil in large skillet over medium-high heat. Add garlic and cook, stirring frequently, until light golden-brown, about 30 seconds to 1 minute. Transfer garlic using a slotted spoon to a paper towel lined plate and let drain. Set aside.
- 2 Add mushrooms to the same skillet and cook, stirring occasionally, until golden-brown, about 6 to 8 minutes. Stir in thyme and season with salt and pepper to taste.
- 3 Meanwhile, whisk cottage cheese, salt and pepper together in medium bowl until combined. Spread mixture evenly over each slice of bread. Top evenly with arugula, mushrooms, reserved garlic, additional thyme and crushed red pepper flakes. Serve and enjoy.

TIP

Elevate your toast by substituting ricotta for the cottage cheese.





CRISPY SESAME-CRUSTED MUSHROOM BOWL



PREP TIME
10 min



COOK TIME
20 min



READY IN
30 min



SERVES
4

INGREDIENTS

- 1/2 cup plain breadcrumbs
- 1/4 cup tuxedo sesame seeds
- 2 large eggs, lightly beaten
- 8 ounces white button mushrooms, cleaned and stems trimmed
- 2 cups cooked long-grain white rice
- 1 cup shredded purple cabbage
- 1 Persian cucumber, thinly sliced into ribbons
- 1 avocado, halved, pitted, peeled and sliced
- 1 radish, thinly sliced
- 1 small carrot, cut into 1/8-inch matchsticks
- Sesame dressing, for serving

PREPARATION

- 1 Preheat oven to 425°F and line a rimmed baking sheet with parchment paper.
- 2 Combine breadcrumbs and sesame seeds in small shallow bowl. Place eggs in a separate shallow bowl. Dip mushrooms in eggs, then into breadcrumb mixture, shaking off any excess. Place breaded mushrooms in a single layer on prepared baking sheet and coat with olive oil cooking spray. Bake, flipping mushrooms halfway through until golden-brown, about 15 to 20 minutes.
- 3 Divide rice into 4 bowls. Top with mushrooms, cabbage, cucumbers, avocados, radishes and carrots. Drizzle with sesame dressing and serve.



TIP Substitute sesame dressing for homemade miso dressing. Simply whisk 3 tablespoons olive oil, 3 tablespoons rice wine vinegar, 2 tablespoons white miso paste, 1 teaspoon soy sauce and 1 teaspoon finely grated ginger together in small bowl until combined. Drizzle over bowls and serve.



TIP Use a vegetable peeler or mandoline to thinly slice cucumbers into ribbons.



BROWN BUTTER GNOCCHI WITH MUSHROOMS AND ARUGULA



PREP TIME
10 min



COOK TIME
15 min



READY IN
25 min



SERVES
4-6

INGREDIENTS

- 1 (16-ounce) package potato gnocchi
- 1 tablespoon olive oil
- 1 pound crimini mushrooms, cleaned and quartered
- 6 tablespoons unsalted butter
- 4 cloves garlic, minced
- 3 cups packed arugula
- 1/2 lemon, juiced
- Kosher salt and freshly ground black pepper, to taste
- 1/2 cup Parmesan cheese, shaved
- 1/4 cup pine nuts, toasted, for garnish
- Chopped fresh basil, for garnish

PREPARATION

- 1 Fill large Dutch oven with water and bring to boil over high heat. Cook gnocchi according to package directions and drain. Reserve 1/2 cup gnocchi cooking water. Set aside.
- 2 Heat oil in the same pot over medium-high heat. Add mushrooms and cook, stirring occasionally, until light golden-brown, about 5 minutes. Add butter and cook, stirring frequently, until butter is golden-brown and fragrant, about 2 to 3 minutes.
- 3 Stir in garlic and cook until fragrant, about 30 seconds. Add cooked gnocchi and reserved pasta water and cook, stirring frequently, until a sauce forms, about 1 to 2 minutes. Remove from heat and stir in arugula and lemon juice until coated. Season with salt and pepper, to taste. Top with Parmesan, pine nuts and basil. Serve and enjoy.



Stir in 3 cups shredded rotisserie chicken in step 3.

PRESSURE COOKER BLENDED WHITE BEAN CHILI



PREP TIME
10 min



COOK TIME
20 min



READY IN
30 min



SERVES
6

INGREDIENTS

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 2 large or 3 small jalapenos, seeded and minced, plus 1 jalapeno, thinly sliced into rounds, for garnish
- 1 pound ground turkey
- 1 pound crimini mushrooms or portabella mushrooms, cleaned and finely chopped
- 2 (15-ounce) cans cannellini beans, drained and rinsed
- 2 cups low-sodium chicken broth
- 1 tablespoon chili powder
- 1 teaspoon each of kosher salt and freshly ground black pepper, plus more to taste
- 1 cup sour cream, plus more for serving
- 1 1/2 cups shredded pepper jack cheese
- Chopped fresh cilantro, for garnish

PREPARATION

- 1 Turn pressure cooker to sauté setting. Heat oil and add onions and jalapenos. Cook, stirring occasionally until tender, about 3 to 4 minutes. Add turkey and mushrooms, and cook, breaking turkey up into small crumbles with a wooden spoon. Cook for about 6 to 8 minutes until turkey is cooked and begins to brown.
- 2 Stir in beans, broth, chili powder, salt and pepper until combined. Lock pressure cooker lid, turn off the sauté setting and set a 8-minute cook time at high pressure. Once cooking is done, release pressure valve manually. Remove lid. Stir in sour cream until combined.
- 3 Divided chili between bowls. Top each bowl with a dollop of sour cream, cheese, jalapenos and cilantro. Serve and enjoy.

