

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

- white button or crimini - 1 pound
Mushroom, Sweet Potato and Kale Breakfast Skillet
- portabella - 4-6 large
Shredded Mushroom Carnitas
- crimini or white button - 8 ounces
Sheet-Pan Blended Hawaiian Meatball Dinner
- crimini - 8 ounces or portabellas - 3 large
Mediterranean-Style Mushroom Pizza

PANTRY

- olive oil - 7 tablespoons
- ground cumin - 1 teaspoon
- paprika - 1/2 teaspoon
- kosher salt and freshly ground black pepper, to taste
- plain breadcrumbs - 1/2 cup
- Hawaiian barbecue sauce - 1 cup
- canned pineapple chunks - 2 cups
- taco seasoning - 2 tablespoons
- corn or flour tortillas - 12 (6-inch)
- pizza dough, frozen or canned - 1 pound
- pitted Kalamata olives - 1 cup
- crushed red pepper flakes

PRODUCE

- sweet potatoes - 2
- kale - 2 cups
- avocado - 1
- fresh parsley - 1 bunch
- broccoli - 1 small head
- red and yellow bell peppers - 1 each
- red onion - 2 small
- green onions - 2
- white onion - 1 small
- radishes - 2
- jalapeno - 1 pepper
- fresh cilantro - 1 bunch
- lime - 1
- garlic - 4 cloves
- cherry tomatoes - 2 cups
- fresh oregano - 1 bunch



DAIRY

- eggs - 5 large
- shredded mozzarella cheese - 2 1/2 cups
- crumbled feta cheese - 1 cup



MEAT

- ground beef - 1 pound



MUSHROOM, SWEET POTATO AND KALE BREAKFAST SKILLET



PREP TIME
8 min



COOK TIME
20 min



READY IN
28 min



SERVES
4

INGREDIENTS

- 3 tablespoons olive oil, divided
- 2 sweet potatoes, cut into 1/2-inch pieces
- 1 pound white button mushrooms, or crimini mushrooms, cleaned and quartered
- 2 cups kale, stemmed, roughly chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- Kosher salt and freshly ground black pepper, to taste
- 4 large eggs
- 1 avocado, halved, pitted, peeled and sliced
- Chopped fresh parsley, for garnish

PREPARATION

- 1 Preheat oven to 375°F. Heat 2 tablespoons oil in large cast iron skillet over medium-low heat. Add potatoes and cook, stirring occasionally, until light golden-brown and tender crisp, about 10 minutes. Stir in remaining oil, mushrooms and kale, and cook until kale is wilted, about 1 to 2 minutes. Stir in cumin, paprika, salt and pepper. Remove from heat.
- 2 Make 4 small wells in mushroom mixture. Crack an egg into each well. Bake until whites are set and yolks are cooked to your liking, about 6 to 8 minutes. Garnish with avocado and parsley. Serve and enjoy.



Add crumbled bacon as an additional garnish at the end.

SHEET PAN BLENDED HAWAIIAN MEATBALL DINNER



PREP TIME
10 min



COOK TIME
20 min



READY IN
30 min



SERVES
4

INGREDIENTS

- 1 pound ground beef
- 8 ounces crimini mushrooms or white button mushrooms, cleaned and finely chopped
- 1/2 cup plain breadcrumbs
- 1 large egg, lightly beaten
- 2 teaspoons kosher salt
- 1 cup Hawaiian barbecue sauce, plus more for serving
- 1 small head broccoli, cut into 1/2-inch florets
- 1 each small red and yellow bell peppers, seeded and cut into 1/2-inch slices
- 1 small red onion, cut into 1/2-inch slices
- 2 cups canned pineapple chunks, drained
- 2 green onions, for garnish, optional

PREPARATION

- 1 Preheat oven to 450°F and line a rimmed baking sheet with parchment paper. Mix beef, mushrooms, breadcrumbs, egg and salt together in large bowl until just combined. Portion meatball mixture into 1 to 1 1/2-inch balls. Place in an even layer on prepared baking sheet. Coat meatballs with olive oil cooking spray.
- 2 Bake, flipping meatballs halfway through and brushing with barbecue sauce halfway through until meatballs are light golden-brown, about 10 minutes. Remove from oven.
- 3 Arrange vegetables and pineapple in a single layer on baking sheet with meatballs. Coat vegetables with olive oil cooking spray and season with salt. Continue to bake until vegetables are tender and meatballs are golden-brown, or internal temperature reaches 160°F, about 10 minutes. Drizzle with additional barbecue sauce. Top with green onions and serve.



Serve over rice and garnish with sesame seeds for additional flavor and texture.



SHREDDED MUSHROOM CARNITAS



PREP TIME
10 min



COOK TIME
20 min



READY IN
30 min



SERVES
4

INGREDIENTS

4-6 large portabella mushrooms, cleaned, stemmed and gills removed

1 tablespoon olive oil

2 tablespoons taco seasoning

12 (6-inch) corn or flour tortillas

1/2 small white onion, finely chopped

2 radishes, thinly sliced

1 jalapeno, thinly sliced into rounds

Chopped fresh cilantro, for garnish

Lime wedges, for serving

PREPARATION

- 1 Preheat oven to 425°F and line a rimmed baking sheet with parchment paper. Brush mushrooms evenly with olive oil. Season both sides of mushrooms with taco seasoning and place stem side up on prepared baking sheet. Bake until mushrooms are tender, about 20 minutes. Transfer mushrooms to a large bowl and shred into bite-sized pieces using two forks.
- 2 Top each tortilla with mushroom mixture, onion, radish, jalapeno and cilantro. Serve with lime wedges and enjoy.



MEDITERRANEAN- STYLE MUSHROOM PIZZA



PREP TIME
10 min



COOK TIME
18 min



READY IN
28 min



SERVES
8

INGREDIENTS

1 pound pizza dough, room temperature, canned or frozen
3 tablespoons olive oil
4 cloves garlic, minced
2 1/2 cups shredded mozzarella cheese
2 cups cherry tomatoes, halved
8 ounces white button mushrooms, crimini mushrooms, or 3 portabella mushrooms, cleaned and sliced
1/2 small red onion, thinly sliced
1 cup pitted Kalamata olives, halved
1 cup crumbled feta cheese
Crushed red pepper flakes, for garnish
Chopped fresh oregano, for garnish

PREPARATION

- 1 Preheat oven to 500°F. Divide pizza dough into 2 balls. On a lightly floured surface, press each ball into a 10-inch circle. Place dough on a rimmed baking sheet. Combine oil and garlic in small bowl. Brush pizza dough with oil mixture. Top with half the mozzarella, tomatoes, mushrooms, red onion and olives, leaving a 1/2-inch border.
- 2 Bake, rotating pizza halfway through, until crust is golden-brown and cheese is melted, about 5 to 10 minutes. Repeat with remaining dough, mushrooms, tomatoes, onion and olives.
- 3 Garnish with feta, crushed red pepper flakes and oregano. Slice and serve.



Substitute a pizza stone for a baking sheet. Simply place a pizza stone in the oven and preheat to 500°F for 30 minutes. Bake pizza as directed.