

IMPATIENT FOODIE SHOPPING LIST

3 MEALS PER DAY MONDAY-SUNDAY, 25 TOTAL MEALS + SNACK IDEAS!

www.impatientfoodie.com

Fruits/Vegetables/Herbs

- 
- 6-ounces of spinach
 - 5-ounces of arugula
 - 1 head of butter leaf lettuce
 - 1 bunch of kale
 - 2 pints of cherry tomatoes
 - 1 bag baby carrots
 - 1 head of celery
 - 1 bunch of broccoli rabe
 - 5 Lemons
 - 6 cluster tomatoes
 - 2 heads of garlic
 - 1 bunch of chives
 - 1 bunch of dill
 - 1 bunch of basil
 - 1 bunch of cilantro
(or parsley if you hate cilantro!)
 - 1 bunch of asparagus
 - 1 pound of sunchoke
 - 4 yellow onions
 - 1 squash
(like kabocha or butternut squash)
 - 1 spaghetti squash
 - 1 cantaloupe or honey dew melon
 - 4 Avocados

Meat/Butcher Section

- 4 links Italian sausages
(spicy or not spicy, whatever you prefer)
- 1 box Beyond Meat's Beyond Burger patties
- 4-ounces prosciutto

Fish

- 4 Salmon filets
(6-ounces each)

Bread/Bakery section

- 2 loaves of bread
(like country bread, multigrain, sourdough, or ciabatta)
- Bag of burger buns
- 8-inch flour tortillas

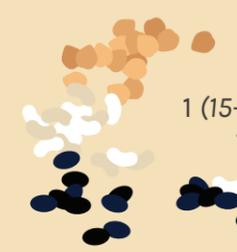
Pre-made section

- 2 pre-roasted chickens
- 8-ounces pre-made pesto
- 16-ounces hummus

Cereal/Snacks section

- 1 box of granola
(such as Natures Path Foods' Coconut Chia Granola)
- 16-ounce bag of pre-made trail mix

Canned Goods

- 
- 1 (15.5-ounce) can of chickpeas
 - 1 (15-ounce) can of cannellini beans
 - 1 (15-ounce) can of black beans or pinto beans
 - 1 (15-ounce) can of red or green enchilada sauce
(whatever heat/spice level you prefer)
 - 2 (28-ounce) cans of crushed tomatoes
 - 1 quart low-sodium vegetable stock
 - 2 (6-ounce) canned salmon or smoked trout

Dairy section

- 
- 1 dozen eggs
 - 1/2 pound Feta Cheese
 - 1/2 pound Parmigiano
(either in block form or pre-grated)
 - 35.3 ounce container of Greek Yogurt
 - 8-ounce bag of shredded Mexican style four cheese blend
 - Whole milk
(just 1 quart will do, if you don't drink/use milk in your coffee/tea)



Pasta/Grains

- 1 box Banza Pasta
- 1 (16-ounce) bag of quinoa (optional)

Pantry

- 
- 1 liter Extra Virgin Olive Oil
(the greener the better)
 - Balsamic glaze
 - Kosher salt
 - Fresh Pepper
 - Honey
(if you like it on your granola, if not skip)
 - 1 pound Almond Butter
 - Mayonnaise
 - Ground Cumin
 - Ground Cinnamon
 - Crushed Red Pepper
 - 1 (2 pound) bag all purpose flour
 - Baking Soda
- Also make sure you have parchment paper!

PRO TIP: There is an easy way to keep your greens fresh and crisp way longer - wrap them in damp paper towels and store either in a Ziploc bag or Tupperware. I highly recommend you do this to your herbs, kale, and broccoli rabe when you get home. Since the spinach, arugula, and butter lettuce will likely be in plastic packaging already, you can just drape a dampened paper towel over the leaves and close the container tightly.

MONDAY

BREAKFAST

2 eggs any style on toast, pinch of salt and pepper (optional: top with a drizzle of olive oil!)

LUNCH

Spinach salad with chopped pre-roasted breast (or chicken leg, if you're not super hungry), cherry tomatoes (sliced in half), ½ an avocado, crumbled feta cheese as a garnish. Olive oil and balsamic vinegar glaze dressing, plus pinch of salt and pepper.

DINNER

Asparagus and Salmon in Parchment with Lemon-Dill Mayo.

Throw in a few extra salmon filets for lunch tomorrow!

OPTIONAL AFTERNOON SNACK

Hummus with carrots/celery.

If I need a snack in the afternoon, I often turn to hummus and carrots/celery. I also like to enjoy it with a nice big glass of ice water with a fresh squeeze of lemon juice, especially on a hot and humid summer's day.

ASPARAGUS AND SALMON IN PARCHMENT WITH LEMON-DILL MAYO (SERVES 4)

1. Preheat the oven to 400°. **2.** Cut four 12-inch lengths of parchment paper and place on a baking sheet. Put 1 salmon fillet in the center of each piece of parchment. **3.** Sprinkle each fillet with a generous pinch of salt. Lay 4 asparagus spears on top of each fillet followed by 3 lemon slices and 4 sprigs of dill. Drizzle with the olive oil. **4.** To close the packets, fold the parchment over and tightly seal the edges by folding and creasing all the sides so that they are airtight but with room to allow the contents to steam properly. (Sometimes, if I am feeling especially lazy, I'll close the parchment by folding all three sides and then stapling them shut.)

5. Place the baking sheet in the oven for about 13 minutes for medium doneness. **6.** Meanwhile, in a small bowl, combine the mayonnaise, lemon juice, and most of the chopped dill. **7.** When time is up, remove the salmon from the oven and split open the paper (be careful of the hot steam!). Discard the lemon slices and sprigs of dill. **8.** Serve the salmon with a sprinkle of the remaining chopped dill, the remaining lemon slices and a spoonful of the lemon-dill mayonnaise on the side.

INGREDIENTS

4 (6-ounce) skinless salmon fillets, Kosher salt, 16 asparagus spears, tough ends removed, 3 lemons—1 juiced, 2 thinly sliced, 16 small sprigs of fresh dill, plus ¼ cup chopped, 2 tablespoons extra-virginolive oil, ⅓ cup mayonnaise



TUESDAY

BREAKFAST

Greek yogurt with granola (topped with honey, if desired).

LUNCH

Arugula salad with left over salmon, handful of cherry tomatoes (sliced), and ½ an avocado. Add a squeeze of fresh lemon juice from half a lemon, a drizzle of olive oil, and a pinch of salt and pepper to dress!

DINNER

Impatient Enchiladas.

This is how you use the rest of your pre-roasted chicken up for the week! These enchiladas are so delicious and quick to make - it's become one of my favorite recipes. If you hate cilantro, then sub in an equal amount of parsley. Also, rather than topping with sour cream, sub in dollops of Greek yogurt for a healthier alternative. Depending on how many people you are feeding, you may have some leftovers for the next day.

OPTIONAL AFTERNOON SNACK

Trail Mix.

IMPATIENT ENCHILADAS

1. Preheat the oven to 350°F. Lightly grease the inside of a shallow rectangular (1-quart) casserole dish. **2.** Fold the tortillas in half and stand them, side by side, with the curved side down in the casserole dish. (Each should look like a "U" or a taco shell.) **3.** Spoon the chicken, beans, a pinch of salt, some onion, and cilantro evenly into each tortilla. **4.** Pour the enchilada sauce evenly over everything and sprinkle evenly with the cheese. The tortillas will still be sticking out the top. **5.** Bake until the tortillas get a little crisp at the edges, about 20 minutes. **6.** Use a spatula to transfer the enchiladas to a plate. Garnish with the reserved cilantro and a dollop of sour cream. Enjoy immediately!

INGREDIENTS

Olive oil, for greasing the pan,
8 (8-inch) flour tortillas,
1 store-bought rotisserie chicken,
meat torn into bite-size pieces,
1 (15.5-ounce) can black beans or
pinto beans, drained and rinsed,
Kosher salt,
1 small yellow onion, finely chopped,
1 cup fresh cilantro, chopped
(reserve some for garnish),
1 (10-ounce) can red or green enchilada sauce,
1 (6-ounce) package shredded Mexican cheese blend,
Sour cream



WEDNESDAY

BREAKFAST

Toast with almond butter.

LUNCH

Left over enchiladas, or a “quick quesadilla” with spinach, shredded cheese, and a little bit of crumbled feta.

If you don't have left over enchiladas from last night, you can still make a quick and easy lunch with your left over tortillas and left over shredded cheese: In a skillet with 1 teaspoon of olive oil over medium-high, quickly sauté some spinach with a small pinch of salt until it is just wilted, about 1-2 minutes. Remove the spinach from the pan and set aside. Lower the heat to medium-low, brush a little more olive oil into the pan, and gently toast a tortilla for about 1 minute. When the tortilla is warm, add in your wilted spinach, shredded cheese, and crumble some feta into the tortilla. Fold the tortilla in half and allow it to toast 1-2 minutes on the both sides, until the cheese melts. Cut in half and enjoy immediately.

DINNER

Spaghetti Squash al Pomodoro with parmigiana-reggiano.

OPTIONAL AFTERNOON SNACK

Hummus with carrots/celery.

SPAGHETTI SQUASH AL POMODORO WITH PARMIGIANA-REGGIANO

1. Preheat your oven to 400F and line a 15 x 10-inch baking sheet with parchment paper or tin foil. **2.** With a sharp knife, cut the spaghetti squash in half, lengthwise. Scoop and discard the seeds. Rub the squash flesh with a little bit of olive oil and a sprinkle of salt and pepper. **3.** Place the squash halves cut side down on the baking sheet, and bake until you can easily pierce all the way through with a fork, 30-40 minutes. **4.** Meanwhile, make the tomato sauce: In a large skillet or saucepan, heat 3 Tablespoons of olive oil over medium-high heat. Add the garlic and onion and cook until fragrant and the onion is translucent, 3 to 5 minutes. Stir in a generous pinch of salt and pepper.

5. Add in the canned tomatoes (with their juice), and break up the tomatoes with the back of a wooden spoon. Allow the sauce to start bubbling, then turn the heat down to a simmer. Cook, uncovered, until the liquid is evaporated and the sauce has thickened, about 20 minutes. **6.** When the squashes are cooked, remove them from the oven, and allow them to cool until they can be handled. Flip them over with a fork to scrape out the strands into a large bowl. **7.** Add the tomato sauce and sprinkle with desired amount of Parmigiano, and toss until the squash is evenly coated. Serve immediately.

INGREDIENTS

1 spaghetti squash,
extra virgin olive oil,
kosher salt and freshly ground
pepper,
2 garlic cloves, minced,
1 medium yellow onion, chopped,
1 (28-ounce can) crushed tomatoes,
1/2 cup Parmigiano-Reggiano (optional)



THURSDAY

BREAKFAST

Greek yogurt with granola (topped with honey, if desired).

LUNCH

Leftover Spaghetti Squash or Impatient white bean spread on top of toast with sliced avocado.

To make white bean spread, drain the can of white beans and then place the beans in a food processor. Add in two cloves of garlic (skins removed), 2 Tablespoons of olive oil, and a pinch of salt. Pulse until the beans are mashed and ingredients are well mixed together. I like my white bean spread a little chunky, but if you prefer yours more of a puree, that is fine too! Spread on top of some toasted bread with slices of avocado for a delicious and easy lunch. I also like to drizzle a little extra olive oil on top. If you have left over white bean spread, you can use it as an alternative to hummus when snacking!

DINNER

One sheet pan meal: Sausages with rapini and sunchokes.

OPTIONAL AFTERNOON SNACK

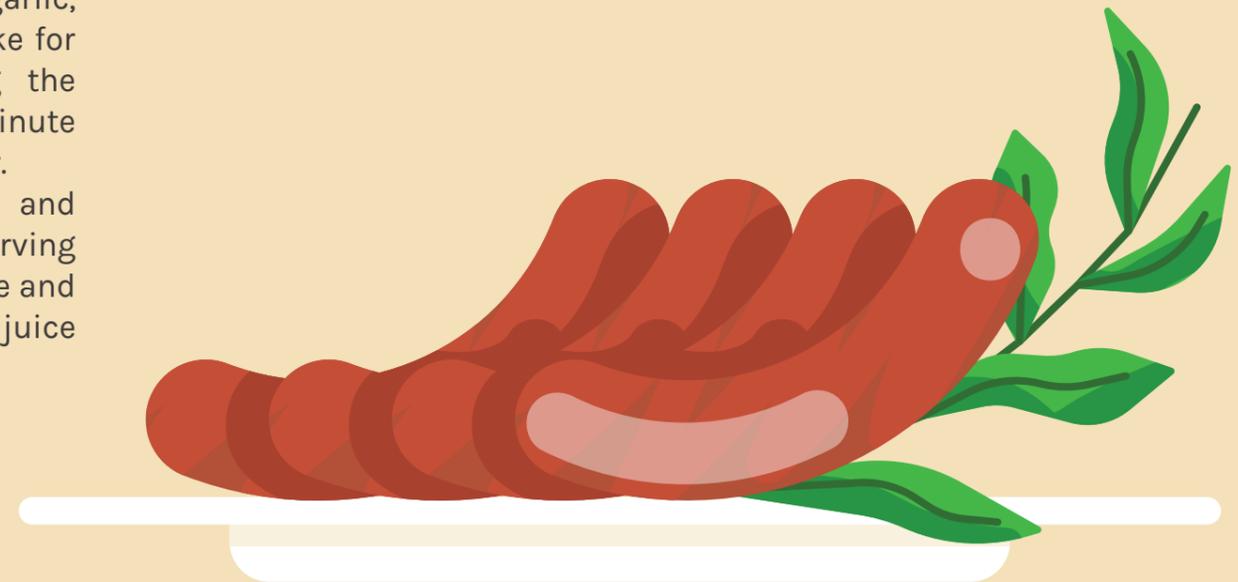
Trail Mix.

SAUSAGES WITH RAPINI AND SUNCHOKES

1. Preheat oven to 375F. **2.** Place the sunchokes on a 15 x 10-inch sheet pan and drizzle with 1 Tablespoon of olive oil and a generous pinch of salt. Bake in the oven and set a timer for 10 minutes. **3.** When timer goes off, add sausages to the sheet pan, bake for another 10 minutes - set another timer. **4.** When timer goes off, push sunchokes and sausages to one side of the tray and add the broccoli rabe and garlic. Drizzle the remaining 1 tablespoon of olive oil over the broccoli rabe and garlic, plus a pinch of salt, and bake for 10 more minutes, flipping the broccoli rabe over at the 5 minute mark so that it does not char. **5.** Remove from the oven and transfer to plates, before serving top with fresh pepper to taste and a squeeze of fresh lemon juice over each serving.

INGREDIENTS

1 pound of sunchokes, scrubbed clean and chopped into large bite sized pieces,
2 Tablespoons of extra virgin olive oil,
Kosher salt,
4 hot Italian sausage,
1 bunch of broccoli rabe (rapini), ends trimmed,
2 garlic cloves, thinly sliced,
freshly ground pepper,
1 lemon, halved



FRIDAY

BREAKFAST

2 eggs any style with left over sausages, rapini, and sunchokes, or toast.

LUNCH

Canned Salmon or smoked trout salad on toast.

This recipe is my friend, Lorenzo's, go-to meal. I love it because it's easy, fast, filling, delicious, AND healthy. I also love it because it uses smoked trout or canned salmon, instead of tuna which is high in mercury and also suffers from a dwindling population due to over-fishing. Use whatever is left of your celery sticks to add a nice, refreshing crunch to this dish. Smoked trout is also great in pasta dishes! You can toss it in pasta with a little bit of cream, salt, lemon zest, and chives for another delicious meal idea!

DINNER

Eat Your Veggies Soup.

This soup is a great way to use up whatever is left of the herbs in your fridge (basil, dill, cilantro/parsley), as well as the spinach and arugula (though be sure to save at least 2 handfuls of spinach for Sunday night's dinner!). Tonight's dinner is on the lighter side because I figured there might be some leftovers in your fridge that need eating. If you don't have anything left over, then you can make a side salad with lettuce, avocado, cherry tomatoes, and some crumbled feta dressed in olive oil and salt.

OPTIONAL AFTERNOON SNACK

Hummus or white bean spread with carrots.

To make white bean spread, drain the can of white beans and then place the beans in a food processor. Add in two cloves of garlic (skins removed), 2 Tablespoons of olive oil, and a pinch of salt. Pulse until the beans are mashed and ingredients are well mixed together. I like my white bean spread a little chunky, but if you prefer yours more of a puree, that is fine too! Spread on top of some toasted bread with slices of avocado for a delicious and easy lunch. I also like to drizzle a little extra olive oil on top. If you have left over white bean spread, you can use it as an alternative to hummus when snacking!

CANNED SALMON OR SMOKED TROUT SALAD ON TOAST

1. Drain smoked trout and set aside. **2.** Chop up your celery stalks, set aside. **3.** Mince chives, set aside. **4.** Now combine celery, chives, lemon juice, veggenaise, salt and pepper. **5.** Lastly add in trout and mix gently to coat, but try not to break up the fish too much!

INGREDIENTS

3/4 pounds of smoked rainbow trout (2-3 cans),
4 stalks french celeries, chopped, chives,
1 lemon (squeezed),
1-2 tablespoons of veggienaise (vegan mayo) or hampton creek, mayo,
salt and pepper to taste

EAT YOUR VEGGIES SOUP

1. In a large pot, heat the olive oil over medium-high heat. Add the garlic and onion and sauté until the onions are softened and translucent, 3 to 4 minutes. **2.** Pour in the vegetable stock and bring to a boil. Add in the spinach, arugula, and up to 1 cup of mixed leftover herbs like basil, parsley, oregano, cilantro, or marjoram, if using. (I would avoid rosemary as it will overpower the soup.) Cook until the arugula and spinach are just wilted, about 2 minutes. Add the lemon juice and a generous pinch of salt and pepper. Stir to combine. **3.** Puree the soup with an immersion blender or regular blender. Transfer the soup to serving bowls and enjoy!

INGREDIENTS

2 tablespoons extra virgin olive oil,
2 garlic cloves, minced,
1 small yellow onion, diced,
2 cups low-sodium vegetable stock,
1 large handful of spinach,
2 large handfuls of arugula,
Leftover herbs (optional),
1/2 lemon, juiced ,
Kosher salt and freshly ground pepper



SATURDAY

BREAKFAST

Spiced Kale Shakshuka.

LUNCH

Banza Pasta with Pesto.

I love Banza Pasta because it tastes great, has a good texture (unlike other gluten free pastas!), and is loaded with protein and fiber from chick peas. I often make a quick and easy Banza pasta al pesto as a weekend lunch, topped with Parmigiano, of course!

DINNER

Beyond Burgers (with your favorite burger toppings!)

I was very skeptical of Beyond Burgers until I tried them for the first time a few weeks ago - WOW! This company is incredible. In a blind taste test, I would not know this burger was 100% vegan - I would have thought it's the real thing! My boyfriend was incredibly skeptical, but he was blown away too. These burgers are not only better for the environment, they're better for you too! Check out their website for nutritional info versus a regular beef burger.

OPTIONAL AFTERNOON SNACK

Hummus on toast, or hummus with carrots.

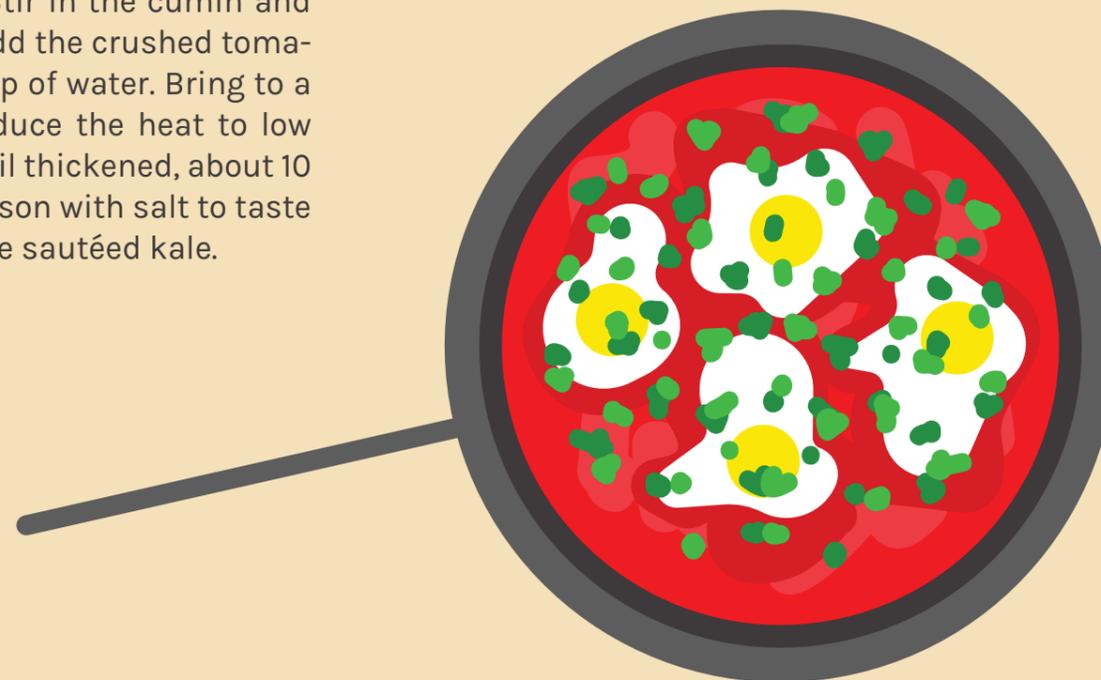
SPICED KALE SHAKSHUKA

1. In a 12-inch skillet, combine 2 tablespoons of the olive oil, the crushed red pepper, and garlic and cook over medium heat for 2 minutes. Don't allow the garlic to brown. **2.** Add the kale and a pinch of salt and sauté until it wilts, about 2 minutes. Transfer everything to a bowl and set aside. **3.** In the same skillet, heat the remaining 2 tablespoons of the olive oil. Add the onion, season with a pinch of salt, and cook, stirring frequently, until the onion is fragrant and has softened, 3 to 4 minutes. **4.** Stir in the cumin and cinnamon. Add the crushed tomatoes and 1 cup of water. Bring to a boil, then reduce the heat to low and cook until thickened, about 10 minutes. Season with salt to taste and stir in the sautéed kale.

5. Make 6 little wells in the sauce with the back of a spoon and crack an egg into each well. Cover the skillet and cook the eggs until the whites are cooked through and opaque, about 4 minutes—no peeking! **6.** While the eggs are cooking, toast the bread and drizzle with some olive oil. Season the shakshuka with pepper and serve with the toast.

INGREDIENTS

4 tablespoons extra virgin olive oil, plus more for drizzling,
1 tablespoon crushed red pepper,
2 garlic cloves, minced,
1 bunch of kale, tough ribs removed, leaves chopped into bite-size pieces,
Kosher salt,
1 large yellow onion, diced,
1 teaspoon ground cumin,
1/4 teaspoon ground cinnamon,
1 (28-ounce) can crushed tomatoes,
6 large eggs,
6 thick slices country bread,
Freshly ground pepper,



SUNDAY

BREAKFAST

Impatient Pancakes.

Since Sunday mornings are usually a little more leisurely for most of us, it's the perfect opportunity to make pancakes! If Greek Yogurt in pancakes sounds weird to you, just trust me! If you don't trust me, then trust French Vogue! They called these pancakes "the best pancakes in town."

LUNCH

Prosciutto with cantaloupe or honey dew melon.

After a big pancake breakfast, it's nice to eat something a little lighter for lunch. Prosciutto wrapped around slices of melon (either cantaloupe or honey dew) is a delicious, cook-free meal that comes together very fast.

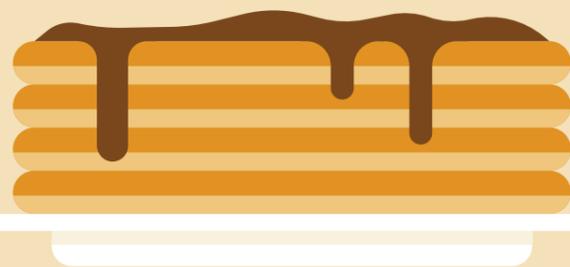
DINNER

Squash Roast.

This squash roast is delicious on its own, or served over some quinoa. I often enjoy it with a slice or two of toast. It also keeps great in the fridge, so you'll have some lunch to start out next week on a healthy foot!

OPTIONAL AFTERNOON SNACK

Toast with almond butter, hummus, or white bean spread, or trail mix



IMPATIENT PANCAKES

1. In a medium bowl, mix the dry ingredients together. **2.** In a separate bowl, mix the wet ingredients together. **3.** Combine the dry and wet ingredients, but don't whisk it - just stir. If the mixture is a little bit chunky, that's fine. Just make sure the mixture is all moist. **4.** Melt butter in a skillet or large pan, over medium-high heat. Take care not to let the butter brown.

SQUASH ROAST

1. Set your oven to 400° F. **2.** Drain your chickpeas and set aside. **3.** Cut your raw squash (will take some muscle!) and scoop out the seeds (discard the seeds). Slice your squash into wedges and place onto a baking sheet. Add the garlic cloves to the baking sheet and cover everything with olive oil and salt. (I use my hands mix everything and to make sure everything is coated evenly) Set aside. **4.** On a separate baking sheet, place the halved tomatoes. Drizzle with olive oil and sprinkle with salt, mix together so everything is coated evenly. Place both trays in the oven and set a timer for 20 minutes. **5.** When your 20 minute timer goes off, remove the tomatoes from the oven and allow to cool.

5. Using a soup spoon, ladle some batter into the hot pan. Allow the pancakes to cook on one side until you see bubbles, then flip. Let the other side cook for 30 seconds. Remove the pancake to a serving plate and repeat with the remaining batter. **6.** Serve with maple syrup, jam, honey, butter, or whatever toppings you desire.

INGREDIENTS

1 cup flour,
½ teaspoon salt,
½ teaspoon baking soda,
1 ¼ cups sour cream (or Greek Yogurt for healthier option!),
1 egg slightly beaten,
½ cup milk

INGREDIENTS

1 squash (like butternut squash or kabocha squash),
1 can of chickpeas, drained well,
6-7 medium tomatoes, halved.
4-6 cloves of garlic, roasted,
big handful of spinach
olive oil,
salt