

T H E

feel
good
food
plan

M A S T E R G U I D E

Dinner Week 1

Proteins

- 1 12-oz. skin-on salmon fillet
- 4 small bone-in, skin-on chicken thighs
- 8 oz. ground pork, turkey or chicken
- 1 14-oz. block firm tofu

Oils

- Olive oil
- Virgin coconut oil
- Toasted sesame oil

Eggs / Dairy

- 1 small container whole-milk Greek yogurt
- 2 large eggs

Produce

- 2 small sweet potatoes
- 2 celery stalks
- 4 limes
- 1 bunch scallions
- 1 head Napa cabbage
- 2 small onions
- 2 serrano chiles
- 1 bunch cilantro
- 6 oz. tiny or small waxy potatoes
- 2 medium leeks
- 1 fennel bulb
- 1 small Asian pear
- 3 lemons
- ½ lb. brussels sprouts
- 2 small heads of broccoli (about 1 lb.)
- 1 bunch parsley
- 1 Persian cucumber
- 2 medium Japanese or small globe eggplants
- 1 head of garlic
- 1 5" piece ginger

Spices

- Kosher salt
- 1 tsp. ground turmeric
- 2 tsp. coriander seeds
- Aleppo-style pepper, urfa pepper, or other mild red pepper flakes

Pantry

- Tamari or soy sauce
- Honey
- 1 jar mild harissa
- White miso
- Toasted sesame seeds
- 1 5.5-oz. can unsweetened coconut milk (mini can)
- ⅓ cup green olives
- ½ cup hemp seeds
- Rice (for serving)
- Toasted coconut flakes (for serving)
- Toasted almonds (for serving)

Dinner Week 2

Proteins

- 12 oz. skinless, boneless white fish fillets (such as halibut or cod)
- 2 bone-in, skin-on chicken breasts (about 1 ½ lb. total)

Oils

- Olive oil
- Toasted sesame oil

Eggs / Dairy

- 1 small container whole-milk Greek yogurt
- 2 large eggs

Produce

- 2 red chiles
- 1 head of garlic
- 1 medium onion
- 1 bunch celery
- 2 bunches cilantro
- 2 lemons
- 2 limes
- 1 grapefruit
- 1 medium head of green cabbage
- 1 bunch mint
- 1 1" piece ginger
- 4 medium radishes
- 2 small carrots
- 2 medium Persian cucumbers
- 1 bunch scallions
- 1 acorn squash (about 1 ¼ lb.)
- 1 large red onion

Spices

- Kosher salt
- Black Pepper

Pantry

- Low-sodium chicken stock
- 1 15.5-oz. can chickpeas
- 1 ⅓ cups cashews
- Tamari or soy sauce
- 4 oz. dried rice noodles
- ½ cup pearly farro or barley
- Tahini
- Honey
- 1 cup sushi rice or other short-grain white rice
- Pickled ginger
- 2 Tbsp. toasted black sesame seeds

Lunches



Oils

- Olive oil

Proteins

- 1 4-lb. whole chicken

Produce

- 1 ½ lb. carrots
- 1 head fennel
- 1 large bunch curly green or purple kale
- 2 lemons
- 1 red onion
- 1 shallot
- 1 head of garlic
- Lettuce (optional, for serving)
- Assorted fresh vegetables like radishes and cucumbers (optional, for serving)

Spices

- Kosher salt
- Black pepper
- Onion powder
- Garlic powder
- Black or white sesame seeds
- Urfa pepper (optional)
- Fennel seeds
- Mild crushed red pepper flakes

Eggs / Dairy

- 8 oz. plain yogurt (any kind)

Pantry

- 1 sheet nori (toasted seaweed)
- ½ cup almonds
- 2 cans gigante, corona, or butter beans
- 2 cups mixed whole grains, such as whole farro or barley, spelt, rye, wheat berries, or black quinoa
- Tahini
- White miso
- Maple syrup or agave nectar
- Red wine or white wine vinegar

And Dessert !

- 2 5-oz. cans coconut cream
- 7 oz. semisweet chocolate
- ½ cup strained aquafaba (from one 15-oz. can chickpeas)
- ¼ tsp. cream of tartar
- Kosher salt
- Coconut sugar

Dinner Week 1

1

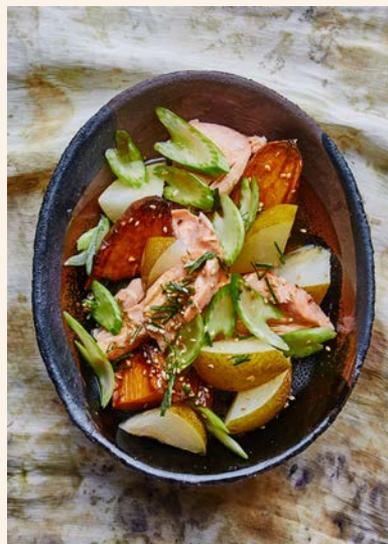
2 Servings

Ponzu Roasted Salmon For Two

➔ *Salty-tart and just-sweet-enough ponzu sauce is a great back-pocket finisher for everything from salads to roasted vegetables, especially when you are tired of your everyday vinaigrette.*

Ingredients

2 small sweet potatoes, halved lengthwise
 4 tablespoons extra-virgin olive oil, divided
 Kosher salt
 1 12-ounce skin-on salmon fillet
 1 1-inch piece ginger, peeled, crushed
 1 small garlic clove, lightly crushed
 3 tablespoons fresh lime juice
 1 tablespoon tamari or soy sauce
 ½ teaspoon honey
 ¼ teaspoon toasted sesame oil
 2 celery stalks, thinly sliced on a bias
 1 small Asian pear, cut on an angle into chunky pieces
 Sliced scallions and toasted sesame seeds (for serving)



Method

- Preheat oven to 325°. Coat potatoes with 1 Tbsp. olive oil on a rimmed baking sheet; season with salt. Arrange potatoes cut side down and roast until tender, 30–40 minutes.
- When potatoes are halfway done, coat salmon with 1 Tbsp. olive oil on another rimmed baking sheet; season with salt. Roast salmon until just opaque in the center, 16–18 minutes.
- Meanwhile, mix ginger, garlic, lime juice, tamari, honey, sesame oil, and remaining 2 Tbsp. olive oil in a small bowl; season with salt.
- Break potatoes and salmon into large pieces. Divide potatoes, salmon, celery, and pear among plates. Drizzle with ponzu dressing, then top with scallions and sesame seeds.

Dinner Week 1



One-Skillet Crispy Chicken Thighs with Harissa

➔ Starting the chicken skin side down in a cold skillet lets the fat render slowly and results in the crispiest skin imaginable. It also yields a pan of flavorful schmaltz, aka liquid gold.

Ingredients

4 small bone-in, skin-on chicken thighs
(about 2 pounds total)
Kosher salt
6 ounces very small potatoes, halved if wider
than 1 inch
1 tablespoon mild harissa paste
2 tablespoons extra-virgin olive oil, divided
2 medium leeks, halved lengthwise, cleaned,
thinly sliced
4 garlic cloves, crushed
1 fennel bulb, very thinly sliced, preferably with a
mandoline, divided, fronds reserved for serving
3 tablespoons fresh lemon juice, divided

Method

○ Arrange a rack in top third of oven; preheat to 425°. Season chicken with salt and place, skin side down, in a medium cast-iron or other ovenproof skillet. Arrange potatoes around chicken. Heat skillet over medium and cook, without moving chicken but turning potatoes occasionally, until chicken skin is browned, crisp, and releases with just a bit of coaxing from a spatula, 14–16 minutes.

○ Transfer chicken skin side up and potatoes to a plate, leaving as much fat in skillet as possible. Let skillet cool slightly, then add harissa. Return skillet to medium heat and cook harissa, stirring occasionally, until fragrant and sizzling, about 30 seconds. Pour off harissa schmaltz into a small bowl; set aside.

● Heat 1 Tbsp. oil in same skillet over medium. Add leeks, garlic, and three-quarters of sliced fennel and cook, covered but stirring occasionally, until softened, 8–10 minutes. Return chicken skin side up and potatoes to skillet. Transfer to oven and roast until chicken is cooked through and juices run clear when pierced with the tip of a paring knife, 10–12 minutes.

● Meanwhile, toss 1 Tbsp. lemon juice and remaining sliced fennel and 1 Tbsp. oil in a small bowl; season with salt. Add remaining 2 Tbsp. lemon juice to reserved harissa schmaltz and stir to combine; season with salt.

● Transfer chicken and potatoes to a platter. Top with fennel salad, then fennel fronds. Drizzle with harissa dressing.

2 Servings

2

Dinner Week 1

3

2 Servings

Turmeric-Coconut Curry with Pork

➔ *Instead of just using plain rice, make your own medley! Try a mix of white rice, millet, and/or quinoa, which all cook in about the same time. You can also sub kale for the Napa cabbage.*

Ingredients

¼ head of Napa cabbage (a lengthwise quarter),
thinly sliced
Kosher salt
1 tablespoon virgin coconut oil or extra-virgin
olive oil
8 ounces ground pork, turkey, or chicken
1 small onion, thinly sliced
1 1-inch piece ginger, peeled, grated
½ serrano chile, thinly sliced (leave the seeds in if
you like spice and remove them if you don't)
4 garlic cloves, thinly sliced
1 teaspoon ground turmeric
1 5.5-ounce can unsweetened coconut milk
Steamed rice, lime wedges, Greek yogurt, toasted
coconut flakes, and cilantro leaves (for serving)



Method

- Toss cabbage with a pinch of salt in a medium bowl, then massage with your hands until slightly softened, about 1 minute. Set aside.
- Heat oil in a large saucepan over medium-high. Add pork and cook, undisturbed, until browned, about 2 minutes. Break up pork with a spoon or spatula and continue to cook, tossing and breaking up as much as possible, until browned all over but still pink in places, about 2 minutes more. Add onion, season with salt, and cook, stirring occasionally, until softened, about 3 minutes.
- Reduce heat to medium. Add ginger, chile, garlic, and turmeric and cook, stirring often and reducing heat if bottom of pan gets very dark, until vegetables are softened and fragrant, 4–5 minutes. Add coconut milk and ¼ cup water and bring to a simmer. Cook, stirring occasionally, until slightly thickened, about 5 minutes. Season with salt.
- Divide rice and reserved salted cabbage among plates. Top rice with curry and lime wedges, then dollop with yogurt. Sprinkle with coconut flakes and cilantro.

Dinner Week 1

2 Servings

Roasted Broccoli and Tofu with Creamy Miso Dressing

➔ *Toasted sesame seeds can often be found in the Asian sections of some supermarkets, sometimes labeled Gomasio. If ever there was a time of year to keep a big jar of them on hand, pre-toasted and ready to go, this is it. They are the perfect crunchy topper for everything from salads to soups and roasted vegetables.*

Ingredients

½ pound brussels sprouts
 2 teaspoons coriander seeds
 2 small heads of broccoli (about 1 pound total), cut into large florets
 1 14-ounce block firm tofu, drained well, torn into bite-size pieces
 5 tablespoons extra-virgin olive oil, divided
 1 teaspoon Aleppo-style pepper or other mild red pepper flakes
 Kosher salt
 ⅓ cup green olives, pitted, coarsely chopped
 ¼ cup plus 2 tablespoons fresh lemon juice, divided
 ½ cup hemp seeds
 2 tablespoons white miso
 2 teaspoons toasted sesame seeds, plus more for serving
 Crushed toasted almonds and/or parsley leaves with tender stems (for serving)

Special Equipment

A spice mill or mortar and pestle



4

Method

- Preheat oven to 425°. Cut off stems from brussels sprouts; discard. Place outer leaves on a large rimmed baking sheet. Finely slice inner brussels sprout cores and transfer to a medium bowl. Coarsely grind coriander seeds in spice mill or with mortar and pestle.
- Add broccoli and tofu to baking sheet with outer sprout leaves. Drizzle with 2 Tbsp. oil, add crushed coriander and pepper, and toss to combine; season with salt. Roast, tossing once halfway through, until broccoli is browned (even lightly charred in a few spots) and tender, 30–35 minutes. Let cool.
- Meanwhile, add olives, 1 Tbsp. oil, and 1 Tbsp. lemon juice to sliced brussels sprouts and toss to combine. Season with salt.
- Purée hemp seeds, miso, 2 tsp. sesame seeds, remaining 5 Tbsp. lemon juice and 2 Tbsp. oil, and ¼ cup water in a blender until smooth. Season with salt.
- Spread some dressing on bowls or plates. Toss roasted vegetables with sliced brussels sprouts and arrange over dressing. Top with sesame seeds, almonds, and parsley.

Dinner Week 1



5

2 Servings

Eggplant and Cabbage Dinner Frittata

➔ *We love the just-set creamy texture of a stovetop frittata, but it does make it a little scary to handle. If you aren't sure about inverting it to get it out of the pan, we have your back. Instead of flipping, transfer it to a 350° oven to finish cooking through.*

Ingredients

1 Persian cucumber, thinly sliced
 ½ serrano chile or 1 small jalapeño, seeds removed, sliced into rings
 1 tablespoon fresh lime juice
 ½ head of Napa cabbage or 1 bunch of Tuscan kale, finely sliced, divided
 3 scallions, sliced, divided
 Kosher salt
 3 tablespoons extra-virgin olive oil
 2 medium Japanese or small globe eggplants, cut into 2-inch sections, sliced into ½-inch-thick batons
 1 small onion, sliced
 2 garlic cloves, crushed
 2 large eggs
 1 ½-inch piece ginger, peeled, finely grated
 1 teaspoon tamari or soy sauce
 Urfa pepper or other mild red pepper flakes (for serving)

Method

- Mix cucumber, chile, lime juice, half of cabbage (i.e., ¼ of the head), and one-third of scallions in a small bowl. Gently massage with your hands to soften cabbage; season with salt. Set aside.
- Heat 2 Tbsp. oil in a medium (heatproof if you plan to finish in oven) nonstick skillet over medium-high. Cook eggplant, tossing occasionally, until browned in spots and mostly tender, 5–6 minutes. Add onion, garlic, and remaining cabbage and cook, tossing often, until vegetables are very tender, 4–6 minutes. Transfer to a plate and let cool until just warm (about 5 minutes should do it); reserve skillet.
- Whisk eggs, ginger, tamari, and remaining scallions in a medium bowl. Season with salt. Add cooked vegetables and stir to combine.
- Heat remaining 1 Tbsp. oil in reserved skillet over medium-high. Add egg mixture, shaking skillet to distribute evenly. Cook until golden brown underneath but only partially set on top, about 3 minutes. Slide frittata onto a plate, then invert skillet onto plate. Firmly grip pan handle in one hand and hold plate flush against rim of skillet with the other. Quickly and confidently flip skillet and plate over so frittata lands in pan with the browned side facing up. Return to medium-high heat and cook until other side is just set, about 2 minutes more.
- Transfer frittata to a plate. Top with cabbage slaw and pepper.



Dinner Week 2

1

2 Servings

Slow-Cooked White Fish with Charred Cabbage

➔ Sometimes with cooking, the best thing you can do is leave a thing alone. In this case, let the cabbage leaves sit and get charred around the edges before you even think about tossing them in the pan.

Ingredients

12 oz. skinless, boneless white fish fillets (such as halibut or cod)
 3 Tbsp. extra-virgin olive oil, divided, plus more for drizzling
 1 grapefruit
 Kosher salt
 ¼ medium head of green cabbage (about 10 oz.)
 ⅓ cup torn mint
 Freshly ground black pepper



Method

- Preheat oven to 325°. Rub fish with 2 Tbsp. oil on a parchment-lined rimmed baking sheet. Using a microplane, finely grate grapefruit directly over fish 2–3 times so each fillet is seasoned with a bit of zest; season with salt. Bake fish until flesh is opaque and begins to flake, 12–16 minutes (thicker pieces may take longer).
- Meanwhile, separate cabbage leaves and tear into 3"–4" pieces. Heat 1 Tbsp. oil in a medium skillet over medium-high. Add cabbage and cook, undisturbed, until about half of the leaves are charred in spots, about 3 minutes. Season with salt and give skillet a toss a few times. Continue to cook, undisturbed, until all leaves have a bit of char on them, about 2 minutes more. Divide cabbage among plates.
- Using a sharp knife, cut all peel and white pith from grapefruit; discard. Thinly slice grapefruit into ½"-thick rounds.
- Add grapefruit rounds to plates with cabbage; season with salt. Break fish into large pieces and divide among plates. Top with mint. Drizzle with more oil, then season generously with pepper.

Dinner Week 2

2 Servings

Confetti Rice with Chicken in Spicy Garlic Broth

➔ We took a page from chef and author David Tanis and added a bunch of seedy, pickley things to our sushi rice.

Ingredients

2 bone-in, skin-on chicken breasts
(about 1 ½ pounds total)
5 scallions
3 garlic cloves, smashed
½ red chile (such as Fresno), seeds removed,
coarsely chopped
1 tablespoon tamari or soy sauce
Kosher salt
1 cup sushi or other short-grain rice
1 medium Persian cucumber, halved lengthwise,
thinly sliced crosswise
¼ cup pickled ginger, finely chopped,
plus 1 tablespoon pickling juice
1 tablespoon toasted black sesame seeds,
plus more for serving



2

Method

● Cover chicken with 5 cups water in a medium pot. Cut white and pale green parts from scallions (reserve dark green parts) and add to pot, along with garlic, chile, tamari, and 2 tsp. salt (chicken should be just submerged in pot; if not, add more water to completely cover). Heat pot over medium-high. As soon as liquid begins to boil, immediately reduce heat to medium-low and gently simmer until chicken is cooked through, 16–20 minutes (an instant-read thermometer inserted into the center of a piece should register 155°; temperature will continue to rise once off heat). Transfer chicken to a plate; let cool slightly. Using a spider or slotted spoon, remove and discard solids from broth. Keep broth warm over low heat.

● Meanwhile, rinse rice in a fine-mesh sieve, stirring with your fingers, until liquid runs mostly clear. Shake off excess water and transfer to a medium saucepan; add a pinch of salt. Add 1 ¼ cups water and bring to a boil. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid is mostly absorbed, 18–22 minutes. Fluff with a fork; cover and let sit 10 minutes.

● Finely chop reserved dark green parts from scallions and set aside 1 Tbsp. for sprinkling. Toss remaining chopped scallions, rice, cucumber, ginger, pickling juice, and 1 Tbsp. sesame seeds with a wooden spoon or rubber spatula in a large bowl until rice looks speckled; season with salt.

● Pull chicken meat off bones; thinly slice. Divide rice and chicken among bowls and pour some hot broth over. Sprinkle each bowl with sesame seeds and reserved scallions. Reserve leftover broth for sipping.

Dinner Week 2

3

2 Servings

Rice Noodles with Cashew Sauce and Crunchy Veg

➔ *This recipe is inspired by Gado-gado, a colorful and crunchy Indonesian salad, made with a wide array of raw and cooked vegetables (and sometimes noodles). The dressing is usually peanut-based, but we used cashews. Feel free to try another tender nut such as pistachios or pecans instead.*

Ingredients

1 ⅓ cups cashews
 1 1-inch piece ginger, peeled, coarsely chopped
 ½ red chile (such as Fresno), seeds removed, coarsely chopped
 2 garlic cloves
 3 tablespoons tamari or soy sauce
 1 teaspoon toasted sesame oil
 6 tablespoons fresh lime juice, divided
 4 ounces dried rice noodles (not vermicelli)
 Kosher salt
 1 medium Persian cucumber, halved, thinly sliced on a bias
 4 medium radishes, trimmed, chopped
 2 small carrots (any color), peeled, very thinly sliced into rounds
 2 scallions, thinly sliced on a bias
 1 cup cilantro leaves with tender stems, coarsely chopped

Method

● Preheat oven to 350°. Toast cashews on a rimmed baking sheet, tossing halfway through, until golden brown, 10–12 minutes; let cool. Coarsely crush ⅓ cup cashews with a flat-bottomed mug; set aside. Transfer remaining 1 cup cashews to a blender. Add ginger, chile, garlic, tamari, oil, 3 Tbsp. lime juice, and ¼ cup hot water. Purée on high speed, adding more hot water by the tablespoonful if needed, until dressing is smooth and creamy.

● Cook noodles according to package directions. Rinse under water, then drain. Transfer to a medium bowl. Add a pinch of salt and 1 Tbsp. lime juice and toss to combine.

● Toss cucumber, radishes, carrots, scallions, cilantro, remaining 2 Tbsp. lime juice, and a big pinch of salt in a large bowl.

● Spread ¼ cup cashew dressing in each bowl. Divide noodles and crunchy vegetables among bowls. Top with reserved crushed cashews. Serve with leftover sauce alongside, if desired.



Dinner Week 2



Roasted Squash and Grains with Tahini-Honey

➔ *Make a double batch of the tahini-honey sauce at the beginning of the week to use on salads, as a dip for crunchy vegetables, or drizzled over seared salmon.*

Ingredients

½ cup pearled farro or barley
 Kosher salt
 1 acorn squash (about 1 ¼ pounds),
 cut into 1 ¼-inch wedges
 1 large red onion, root end attached,
 cut into ¾-inch wedges
 ¼ cup plus 3 tablespoons extra-virgin olive oil,
 divided
 1 lemon, halved
 2 tablespoons tahini
 2 teaspoons honey
 Freshly ground black pepper
 2 large eggs
 1 cup cilantro leaves with tender stems,
 coarsely chopped

Method

- Preheat oven to 450°. Toast farro in a small pot over medium heat, stirring often, until slightly darkened and kernels begin to make a popping noise, 4–6 minutes. Pour in enough cold water to cover farro by 1" and throw in a big pinch of salt; bring to a boil. Reduce heat to medium-low and simmer, stirring occasionally, until tender, 20–25 minutes. Drain and transfer to a medium bowl.
- Meanwhile, toss squash and onion with ¼ cup oil on a parchment-lined rimmed baking sheet. Season with salt and toss again. Roast, turning squash halfway through, until golden brown and tender, 15–20 minutes.
- Finely grate zest of 1 lemon half into a small bowl. Squeeze in juice from both lemon halves (you should get about 3 Tbsp.). Stir in tahini, honey, 1 Tbsp. oil, and 1 Tbsp. warm water; season with salt. Transfer 2 Tbsp. tahini sauce to farro; season with salt and pepper and toss to coat.
- Heat remaining 2 Tbsp. oil in a medium nonstick skillet over medium-high. Fry eggs (oil should be bubbling around edges), basting whites with a spoon to get them puffy, if desired, and rotating skillet occasionally, until whites are golden brown and crisp at the edges and set around the yolk (which should still be runny), about 2 minutes.
- Divide remaining tahini sauce among plates. Top with farro mixture. Fold cilantro into squash mixture, then arrange over grains. Top with fried eggs; season with pepper.

2 Servings

4

Dinner Week 2

5

2 Servings

Chickpea and Celery Soup with Chile-Garlic Oil

➔ *You know the soup and salad deal? Well, this is our take on combining the two into one dish.*

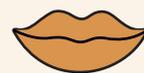
Ingredients

6 tablespoons extra-virgin olive oil, divided
 1 red chile (such as Fresno), seeds removed, finely chopped
 3 garlic cloves, finely chopped
 Kosher salt
 1 medium onion, finely chopped
 2 celery stalks, finely chopped, plus celery leaves from 1 bunch
 4 cups low-sodium chicken stock or broth
 1 15.5-ounce can chickpeas, rinsed, drained
 ½ cup whole-milk Greek yogurt, room temperature
 1 cup cilantro leaves with tender stems
 1 lemon, halved

Method

- Heat 3 Tbsp. oil in a medium pot over medium. Cook chile and garlic, stirring often, until garlic is golden brown and crisp, 3–5 minutes. Transfer to a small bowl (with oil). Season with a pinch of salt; set aside.
- Wipe out pot. Heat remaining 3 Tbsp. oil over medium. Add onion and celery stalks, season with salt, and cook, stirring occasionally, until softened but not browned, 5–7 minutes. Add stock, increase heat to medium-high, and bring to a boil. Reduce heat to medium-low, bring to a simmer, and add chickpeas. Continue to cook until chickpeas are warmed through and creamy but not mushy (this won't take long since the chickpeas are already cooked), about 5 minutes. Season with salt.
- Meanwhile, stir yogurt and a big pinch of salt in a small bowl. Mix cilantro and celery leaves in a medium bowl and squeeze lemon halves over. Season with salt and toss to coat.
- Divide soup among bowls. Add a dollop of yogurt, then top with cilantro-celery salad and reserved garlic-chile oil.





Lunches

→ All you need is two hours on a Sunday to make these basic recipes. The result: a week's worth of lunches that'll taste totally different every day.

1

Makes about 1½ cups

Tahini-Ranch Dressing

Ingredients

¼ cup plus 2 tablespoons fresh lemon juice
¼ cup plus 2 tablespoons tahini
¼ cup extra-virgin olive oil
2 tablespoons white miso
2 teaspoons pure maple syrup or agave nectar
1½ teaspoons onion powder
½ teaspoon garlic powder
Kosher salt, freshly ground pepper

Method

Purée lemon juice, tahini, oil, miso, maple syrup, onion powder, garlic powder, and ½ cup water in a blender until smooth. Season with salt and pepper.

2

Makes about 1 cup

Just-Basic-Enough Vinaigrette

Ingredients

½ shallot, finely chopped
1 garlic clove, lightly crushed
½ cup extra-virgin olive oil
¼ cup red wine or white wine vinegar
Kosher salt, freshly ground pepper

Method

Whisk shallot, garlic, oil, and vinegar in a small bowl. Season with salt and pepper.

3

Makes about ½ cup

Nori, Almond, and Chile Sprinkle

Ingredients

½ cup almonds
1 toasted nori sheet
2 tablespoons black sesame seeds
1 teaspoon urfa pepper or crushed red pepper flakes
Kosher salt

Special Equipment

A spice mill or mortar and pestle

Method

Preheat oven to 350°. Toast almonds on a rimmed baking sheet, tossing halfway through, until golden brown, 8–10 minutes. Let cool, then crush with a flat-bottomed cup or mug. Coarsely grind nori in spice mill or with mortar and pestle.

Mix crushed almonds, ground nori, sesame seeds, and urfa pepper in a small bowl; season lightly with salt.

You can make all of these recipes five days ahead.

Lunches



4

Slow-Roasted Extra-Juicy Make- Ahead Chicken

➔ *Roasting at a lower temperature means that no part of the chicken is likely to overcook and get dry when the leftovers are shredded, making it ideal for using throughout the week.*

Ingredients

- 1 tablespoon fennel seeds
- 1 teaspoon mild red pepper flakes
- 1 3½–4-pound chicken, giblets removed
- 1 tablespoon extra-virgin olive oil
- Kosher salt

Special Equipment

A spice mill or mortar and pestle



Method

- Preheat oven to 325°. Coarsely grind fennel seeds and red pepper flakes in spice mill or with mortar and pestle.
- Place chicken on a rimmed baking sheet and rub all over with oil; season generously inside and outside with salt. Sprinkle chicken all over with ground spices. Arrange breast side up and roast until an instant-read thermometer inserted into thickest part of breast registers 155°, 70–80 minutes. Let cool.
- Transfer chicken to a cutting board. Carve or remove meat from bones and shred; discard bones.

You can
make this
4 days
ahead.

Lunches



Building Blocks



5

Mixed Roasted Vegetables

Cut **1 fennel bulb** and **1 red onion** through root end into 8 wedges each. Place on a rimmed baking sheet with **1 ½ lb. carrots**, peeled, cut into 3" pieces. Drizzle generously with **extra-virgin olive oil**, season with **salt**, and toss to coat. Roast at 375° until browned and tender, 30–35 minutes. Substitute any vegetables you like, as long as the total volume fits on one rimmed baking sheet.



6

Massaged Kale

Remove ribs and stems from **1 large bunch of curly kale**. Tear leaves into bite-size pieces and transfer to a medium bowl. Drizzle lightly with **extra-virgin olive oil**; season with **salt**. Toss, massaging gently with your hands to soften. Do Ahead: Kale can be prepared 4 days ahead. Cover and chill.

8

Mixed Cooked Grains

If you have a rice cooker, combine **2 cups mixed whole grains** (such as whole farro or barley, spelt, rye, wheat berries, and/or black quinoa) and as much water as you would for brown rice. Cook on the "regular" setting if that's an option. Ignore the "brown rice" option. If you don't have a rice cooker, cook grains in a medium pot of boiling salted water until al dente. Drain.

7

Marinated Big Beans

Rinse **two 15.5-oz. cans gigante, corona, or butter beans** in a fine-mesh sieve under running water and transfer to a medium bowl. Add **3 Tbsp. extra-virgin olive oil**, **3 Tbsp. red wine vinegar**, and **½ tsp. crushed red pepper flakes**. Toss to combine; season generously with **salt** and **black pepper**. Do Ahead: Beans can be marinated 5 days ahead. Cover and chill.

9

Lemon Yogurt

For every **1 cup yogurt**, stir in **¼ tsp. finely grated lemon zest** and **1 Tbsp. fresh lemon juice**; season with **salt**.

Dessert



4 Servings

Coconut-Chocolate Mousse

➔ Choose a chocolate that does not exceed 64% cacao for a mousse with the smoothest texture. If you want the mousse to be fully non-dairy, look for a vegan chocolate bar, though the flavor may differ slightly.

Ingredients

2 5-ounce cans coconut cream, chilled
 7 ounces semisweet chocolate, coarsely chopped
 ½ cup strained aquafaba (from one 15-ounce can chickpeas)
 ¼ teaspoon cream of tartar
 Kosher salt
 6 tablespoons coconut or light brown sugar, divided,
 plus more for serving

Special Equipment

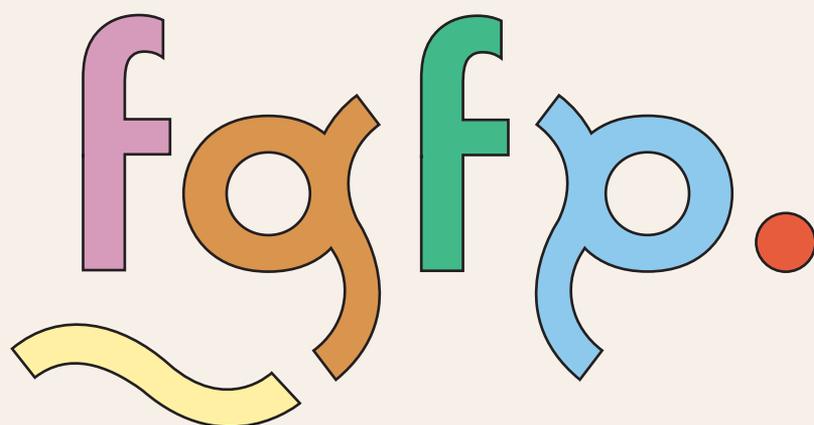
Six 4-ounce ramekins or one 7-inch ramekin



Method

- Open both cans of coconut cream and poke a hole into cream with a skewer or paring knife, going down to bottom of each can. Pour out all but 2 Tbsp. of the separated coconut liquid.
- Heat chocolate, 2 Tbsp. coconut cream, and 2 Tbsp. separated coconut liquid in a medium heatproof bowl set over a small saucepan of barely simmering water, stirring occasionally, until melted and smooth. Chill remaining solid coconut cream until ready to serve.
- Beat aquafaba, cream of tartar, and a pinch of salt in the bowl of a stand mixer fitted with the whisk attachment on medium-high speed until stiff peaks form and mixture is tripled in volume, 7–8 minutes. Add 3 Tbsp. coconut sugar, 1 Tbsp. at a time and scraping down sides of bowl if needed, and beat until no specks remain and mixture is homogenous, about 3 minutes more.
- Remove bowl from stand mixer. Using large circular strokes and going in the same direction, gently fold about one-quarter of whipped aquafaba into chocolate mixture with a spatula until incorporated. Fold in remaining whipped aquafaba in 3 more additions until incorporated and no streaks remain.
- Divide mousse among ramekins and chill until set, at least 2 hours (longer if you're using a large ramekin).
- Using an electric mixer on medium-high speed, beat reserved chilled coconut cream, 3 Tbsp. coconut sugar, and a pinch of salt in a medium chilled bowl until soft peaks form and no bits of coconut cream remain, 3–4 minutes.
- Dollop mousse with whipped coconut cream and sprinkle with coconut sugar.
- Do Ahead: Mousse and whipped coconut cream can be made 6 days ahead. Cover and keep chilled. You may need to beat the coconut cream to revive it.





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