

The Healthy Homesteader

Kitchen Club

Recipe Collection

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Take Back the Table

meganmoos.com

WEEK 1 · MONDAY

Slow Cooker Pulled Pork

Brioche Buns | Bagged Slaw | Done by Dinner

PREP	COOK	SERVES	DIFFICULTY
10 min	8-10 hrs	8-10	Easy

Megan's Tip: Set it before the morning rush and walk away. Leftovers become Tuesday quesadillas and Wednesday nachos.

INGREDIENTS

- Pork shoulder, bone-in or boneless4-5 lbs
- BBQ sauce1 cup + more to serve
- Brown sugar2 tbsp
- Garlic powder1 tbsp
- Onion powder1 tbsp
- Smoked paprika1 tbsp
- Salt and black peppergenerously
- Apple cider vinegar2 tbsp
- Brioche buns and bagged coleslawto serve

INSTRUCTIONS

- 1Mix garlic powder, onion powder, smoked paprika, brown sugar, salt and pepper. Rub all over the pork shoulder.
- 2Place in slow cooker. Pour BBQ sauce and apple cider vinegar around it. Cook on LOW 8-10 hours or HIGH 5-6 hours.
- 3Shred with two forks on a cutting board. Return to juices and stir in more BBQ sauce to taste.
- 4Pile high on brioche buns with coleslaw. Save all leftovers for quesadillas and nachos.

WEEK 1 · TUESDAY

BBQ Chicken Thighs

Traeger or Oven | Corn on the Cob | Coleslaw

PREP	COOK	SERVES	DIFFICULTY
5 min	35-45 min	4-6	Easy

Megan's Tip: Bone-in thighs stay juicy no matter what. Pull at 175F internal temp. Leftover chicken shreds beautifully for wraps.

INGREDIENTS

- Bone-in chicken thighs6-8 pieces
- BBQ sauce1 cup
- Garlic powder1 tsp
- Onion powder1 tsp
- Smoked paprika1 tsp
- Salt and black peppergenerously
- Olive oil2 tbsp
- Corn on the cob6 ears
- Bagged coleslaw mix1 bag

INSTRUCTIONS

- 1Pat chicken completely dry. Season with garlic powder, onion powder, smoked paprika, salt and pepper. Drizzle with olive oil.
- 2Traeger: preheat to 275F, cook 45-60 min until 175F internal. Oven: 400F, 35-45 min until 175F.
- 3Brush with BBQ sauce last 10 minutes. Let caramelize and get sticky.
- 4Rest 5 minutes before serving with corn and coleslaw.

WEEK 1 · WEDNESDAY & SATURDAY

Blackstone Smash Burgers

Special Sauce | All the Toppings | 15 Minutes

PREP	COOK	SERVES	DIFFICULTY
10 min	15 min	4-6	Easy

Megan's Tip: Preheat Blackstone on HIGH for 10 full minutes. You want it screaming hot. That is what makes those crispy lacy edges happen.

INGREDIENTS

- 80/20 ground beef2 lbs
- American cheese slices8 slices
- Brioche buns6-8
- Salt and black peppergenerously
- Butter for buns2 tbsp
- Mayo½ cup
- Ketchup2 tbsp
- Yellow mustard1 tbsp
- Pickle juice1 tbsp
- Toppings: lettuce, tomato, onion, picklesas desired

INSTRUCTIONS

- 1Mix mayo, ketchup, mustard and pickle juice for special sauce. Refrigerate.
- 2Divide beef into loose 2.5 oz balls. Do not pack tight.
- 3Preheat Blackstone on HIGH 10 minutes. Toast buttered buns 1-2 minutes. Set aside.
- 4Place beef balls on hot surface and smash HARD immediately. Season with salt and pepper. Cook 2 minutes without touching.
- 5Flip, add cheese, cook 1 more minute. Stack two patties per bun with special sauce and toppings.

WEEK 1 · THURSDAY

Ground Beef Tacos

Homemade Seasoning | Family Toppings Bar | Make Extra

PREP	COOK	SERVES	DIFFICULTY
5 min	20 min	4-8	Easy

Megan's Tip: Make extra meat tonight. Tomorrow's taco salad bowls are ground beef over romaine with cheese, sour cream and chips. Three minutes, zero cooking.

INGREDIENTS

- 80/20 ground beef2 lbs
- Homemade taco seasoning3 tbsp
- Water1/3 cup
- Flour or corn tortillas12-16
- Shredded cheddar, sour cream, salsa to serve
- Shredded lettuce and diced tomatoes to serve
- Avocado, optional2

INSTRUCTIONS

- 1Brown ground beef over medium-high heat, breaking up as it cooks. Drain excess fat.
- 2Add taco seasoning and water. Simmer 5 minutes until sauce thickens and coats the meat.
- 3Warm tortillas 30 seconds per side in a dry skillet. Keep warm in a clean towel.
- 4Set out all toppings in small bowls. Let everyone build their own.

WEEK 1 · FRIDAY

Traeger Reverse Sear Steak Night

Garlic Herb Butter | Green Beans | Restaurant Quality

PREP	COOK	SERVES	DIFFICULTY
10 min	45 min	4-6	Medium

Megan's Tip: Make the garlic herb butter ahead and keep it in the fridge. Rest the steaks 5 minutes before cutting. This step is not optional.

INGREDIENTS

- Ribeye or NY strip steaks
 - Salt and black pepper
 - Olive oil
 - Butter, softened
 - Fresh garlic, minced
 - Fresh rosemary or thyme
 - Green beans
- 4-6 steaks
generously
2 tbsp
4 tbsp
3 cloves
1 tbsp chopped
1 lb

INSTRUCTIONS

- 1

2

3

4

5
- Mix softened butter with garlic and herbs. Roll in plastic wrap and refrigerate.

Season steaks generously with salt and pepper. Rest at room temperature 30 minutes.

Preheat Traeger to 225F. Cook steaks until 115F internal (about 25-35 min depending on thickness).

Crank to 450F or use a cast iron on high. Sear 2 minutes per side for a beautiful crust.

Rest 5 minutes. Top with garlic herb butter and serve with sauteed green beans.

WEEK 1 · SATURDAY

Traeger Smoked Sausage Dogs

Potato Salad | Chips | 20 Minutes

PREP	COOK	SERVES	DIFFICULTY
5 min	20 min	4-6	Easy

Megan's Tip: No Traeger? Slice sausage and cook in a cast iron skillet on medium-high until caramelized on both sides. Just as delicious.

INGREDIENTS

- Smoked sausage links
 - Sausage buns
 - Mustard, ketchup, relish
 - Potato salad
 - Chips
- 2 packages
1 package
to serve
store bought or
homemade
1 bag

INSTRUCTIONS

- 1

2

3

4
- Preheat Traeger to 375F.

Place sausage links directly on grates. Cook 15-20 minutes turning once until heated through and slightly charred.

Toast buns on the Traeger or in a dry skillet 60 seconds.

Serve with potato salad and chips. Easiest dinner of the week.

WEEK 1 · SUNDAY BREAKFAST FOR DINNER

Fluffy Buttermilk Pancakes

Crispy Bacon | Scrambled Eggs | Sunday Tradition

PREP	COOK	SERVES	DIFFICULTY
10 min	20 min	4-6	Easy

Megan's Tip: Do not overmix the batter. Lumps are your friend. Overmixing develops the gluten and makes pancakes tough instead of fluffy.

INGREDIENTS

• All purpose flour	2 cups
• Baking powder	2 tsp
• Baking soda	1/2 tsp
• Sugar	2 tbsp
• Salt	1/2 tsp
• Buttermilk	2 cups
• Eggs	2 large
• Butter, melted	4 tbsp
• Vanilla extract	1 tsp
• Bacon and eggs	to serve

INSTRUCTIONS

- 1

Whisk together flour, baking powder, baking soda, sugar and salt in a large bowl.
- 2

Whisk buttermilk, eggs, melted butter and vanilla in a separate bowl.
- 3

Fold wet into dry until just combined. Do not overmix. Lumps are fine.
- 4

Cook bacon until crispy. Keep warm in a 200F oven.
- 5

Heat a griddle or skillet over medium. Pour 1/4 cup batter per pancake. Cook until bubbles form and edges look set, about 2-3 minutes. Flip and cook 1-2 more minutes. Serve with maple syrup.

WEEK 2 · MONDAY

Slow Cooker French Dip

Chuck Roast | Au Jus | Provolone | Hoagie Rolls

PREP	COOK	SERVES	DIFFICULTY
10 min	8-10 hrs	6-8	Easy

Megan's Tip: Four ingredients in the slow cooker and dinner tastes like a restaurant. Do not open the lid during cooking. The au jus is incredible.

INGREDIENTS

• Chuck roast	3-4 lbs
• Beef broth	32 oz
• Onion soup mix	1 packet
• Worcestershire sauce	2 tbsp
• Garlic powder	1 tsp
• Salt and black pepper	generously
• Provolone cheese slices	6-8 slices
• Hoagie rolls	4-6 rolls

INSTRUCTIONS

- 1

Season chuck roast generously with salt, pepper and garlic powder on all sides.
- 2

Place in slow cooker. Pour broth and Worcestershire around it. Sprinkle onion soup mix on top.
- 3

Cook on LOW 8-10 hours. Do not open the lid.
- 4

Remove and shred with two forks. Return to juices.
- 5

Toast hoagie rolls. Pile with shredded beef and provolone. Broil 30 seconds to melt. Serve with slow cooker liquid as au jus for dipping.

WEEK 2 · TUESDAY

BBQ Baked Chicken Thighs

Oven Baked | Corn on the Cob | Coleslaw

PREP	COOK	SERVES	DIFFICULTY
5 min	35-45 min	4-6	Easy

Megan's Tip: Pat the chicken completely dry before seasoning. Dry skin is what gets you that caramelized BBQ crust. Do not skip this step.

INGREDIENTS

• Bone-in chicken thighs	6-8 pieces
• BBQ sauce	1 cup
• Garlic powder	1 tsp
• Smoked paprika	1 tsp
• Salt and black pepper	generously
• Olive oil	2 tbsp
• Corn on the cob	6 ears
• Bagged coleslaw mix	1 bag
• Mayo, apple cider vinegar, sugar for slaw	to taste

INSTRUCTIONS

- 1Preheat oven to 400F. Line a rimmed baking sheet with foil.
- 2Pat chicken dry. Season with garlic powder, paprika, salt and pepper. Drizzle with olive oil.
- 3Bake 25 minutes skin side up. Brush generously with BBQ sauce. Return to oven 10-15 more minutes until 175F internal.
- 4Make coleslaw with mix, mayo, apple cider vinegar, sugar, salt and pepper. Boil or grill corn.
- 5Serve together. Leftover chicken shreds for tomorrow's wraps.

WEEK 2 · WEDNESDAY

Homemade Spaghetti with Meat Sauce

Ground Beef | Garlic Bread | Family Style

PREP	COOK	SERVES	DIFFICULTY
10 min	30 min	6-8	Easy

Megan's Tip: Make a big batch of sauce and freeze half. Future you will be so grateful. Reserve pasta water before draining - it makes the sauce silky.

INGREDIENTS

• 80/20 ground beef	2 lbs
• Crushed tomatoes	28 oz can
• Tomato paste	2 tbsp
• Onion, diced	1 medium
• Garlic, minced	4 cloves
• Italian seasoning	2 tsp
• Salt and black pepper	generously
• Olive oil	2 tbsp
• Spaghetti pasta	1 lb
• Sourdough or Italian bread for garlic bread	1 loaf

INSTRUCTIONS

- 1Cook spaghetti in well-salted water. Reserve 1 cup pasta water before draining.
- 2Heat olive oil in a large skillet. Add onion, cook 3 minutes. Add garlic, cook 1 more minute.
- 3Add ground beef and cook, breaking up, until browned. Drain excess fat.
- 4Add crushed tomatoes, tomato paste and Italian seasoning. Season with salt and pepper. Simmer 15-20 minutes.
- 5Toss sauce with pasta. Make garlic bread by spreading buttered garlic on sliced bread and broiling until golden. Serve family style.

WEEK 2 · THURSDAY

Garlic Butter Salmon

Swap for Chicken Thighs | Rice | Green Beans | 20 Min

PREP	COOK	SERVES	DIFFICULTY
5 min	15-20 min	4	Easy

Megan's Tip: Not a fish family? Use boneless chicken thighs with the exact same recipe. Same garlic butter, same sides, same result. Everyone wins.

INGREDIENTS

- Salmon fillets OR boneless chicken thighs4 fillets or 6 thighs
- Butter4 tbsp
- Garlic, minced4 cloves
- Lemon juice2 tbsp
- Fresh parsley, chopped2 tbsp
- Salt and black peppergenerously
- Olive oil1 tbsp
- White rice2 cups cooked
- Green beans1 lb

INSTRUCTIONS

- 1Preheat oven to 400F. Line a baking sheet with foil.
- 2Melt butter in a small saucepan. Add garlic, cook 1 minute. Add lemon juice and parsley.
- 3Place salmon or chicken on baking sheet. Season with salt and pepper. Spoon garlic butter generously over each piece.
- 4Salmon: bake 12-15 minutes until it flakes. Chicken thighs: bake 25-30 minutes until 165F.
- 5Steam or saute green beans in butter and garlic. Serve over white rice with extra garlic butter.

WEEK 2 · FRIDAY

Garlic Herb Pork Tenderloin

Oven or Traeger | Roasted Vegetables | 30 Minutes

PREP	COOK	SERVES	DIFFICULTY
10 min	25-30 min	4-6	Easy

Megan's Tip: Pull at 145F and rest 5 minutes. Pork tenderloin overcooks fast. A meat thermometer is your best friend here.

INGREDIENTS

- Pork tenderloin2 lbs
- Olive oil3 tbsp
- Garlic, minced4 cloves
- Fresh rosemary, chopped1 tbsp
- Fresh thyme1 tbsp
- Dijon mustard1 tbsp
- Salt and black peppergenerously
- Mixed vegetables for roasting3 cups

INSTRUCTIONS

- 1Mix olive oil, garlic, rosemary, thyme and Dijon. Rub all over the pork. Season generously with salt and pepper.
- 2Oven: sear in an oven-safe skillet on high 2 minutes per side. Transfer to 425F oven 20-25 minutes until 145F.
- 3Traeger: preheat to 375F. Cook 20-25 minutes until 145F.
- 4Toss vegetables with olive oil, salt and pepper on a sheet pan. Roast at 425F 20-25 minutes.
- 5Rest pork 5 minutes before slicing into medallions. Serve over roasted vegetables.

WEEK 2 · SATURDAY

Homemade Pizza Night

Homemade Dough | Everyone Builds Their Own | Family Fave

PREP	COOK	SERVES	DIFFICULTY
20 min + rise	12 min	4-6	Fun

Megan's Tip: Make the dough in the morning and refrigerate all day. Cold-risen dough makes the best pizza. Pull it out 1 hour before dinner.

INGREDIENTS

- All purpose flour3 cups
- Active dry yeast1 packet (2.25 tsp)
- Warm water1 cup
- Olive oil2 tbsp
- Sugar1 tsp
- Salt1 tsp
- Pizza sauce1 jar
- Shredded mozzarella2 cups
- Toppings of your choicepepperoni, veggies, sausage

INSTRUCTIONS

- 1Dissolve yeast and sugar in warm water. Let sit 5 minutes until foamy. Add flour, olive oil and salt. Knead 5 minutes until smooth.
- 2Place in oiled bowl, cover and refrigerate all day OR let rise 1 hour at room temperature.
- 3Preheat oven to 500F with a pizza stone or inverted baking sheet inside.
- 4Divide and stretch dough thin on a floured surface. Transfer to parchment paper.
- 5Top with sauce, cheese and toppings. Slide onto hot stone using parchment. Bake 10-12 minutes until golden and bubbly.

WEEK 2 · SUNDAY BREAKFAST FOR DINNER

Classic French Toast

Maple Syrup | Sausage Links | Sunday Tradition

PREP	COOK	SERVES	DIFFICULTY
5 min	20 min	4-6	Easy

Megan's Tip: Day-old brioche is the secret. Slightly stale bread soaks up the custard without falling apart. It makes all the difference.

INGREDIENTS

- Brioche or thick bread, day-old is best8-10 slices
- Eggs4 large
- Whole milk1/2 cup
- Heavy cream1/4 cup
- Vanilla extract1 tsp
- Cinnamon1/2 tsp
- Butter for the pan2 tbsp
- Maple syrup and powdered sugarto serve
- Breakfast sausage links1 package

INSTRUCTIONS

- 1Whisk eggs, milk, cream, vanilla and cinnamon in a shallow bowl.
- 2Cook sausage links per package directions. Keep warm in a 200F oven.
- 3Heat skillet or griddle over medium. Add butter and let foam.
- 4Dip each bread slice 15-20 seconds per side. Do not rush.
- 5Cook 2-3 minutes per side until deep golden brown. Keep warm in 200F oven. Serve with maple syrup, powdered sugar and sausage links.

WEEK 3 · MONDAY

Slow Cooker Pulled Chicken Sandwiches

Brioche Buns | BBQ Sauce | Bagged Coleslaw

PREP	COOK	SERVES	DIFFICULTY
10 min	6-8 hrs	6-8	Easy

Megan's Tip: Use chicken thighs not breasts. Thighs stay moist and tender through the long cook. Breasts will dry out.

INGREDIENTS

- Boneless skinless chicken thighs3 lbs
- BBQ sauce1 cup
- Chicken broth1/2 cup
- Brown sugar2 tbsp
- Garlic powder1 tsp
- Onion powder1 tsp
- Smoked paprika1 tsp
- Salt and black peppergenerously
- Brioche buns and bagged coleslawto serve

INSTRUCTIONS

- Season chicken thighs with garlic powder, onion powder, paprika, salt and pepper.
- Place in slow cooker. Pour BBQ sauce, broth and brown sugar over the top.
- Cook on LOW 6-8 hours or HIGH 3-4 hours.
- Remove and shred with two forks. Return to slow cooker juices. Add more BBQ sauce to taste.
- Make quick coleslaw with mix, mayo, apple cider vinegar, sugar, salt and pepper. Pile chicken on brioche buns with coleslaw on top.

WEEK 3 · TUESDAY

Shrimp Stir Fry

Colorful Vegetables | Soy Ginger Sauce | Over Rice

PREP	COOK	SERVES	DIFFICULTY
15 min	15 min	4	Easy

Megan's Tip: Prep ALL vegetables before you turn on the heat. Once the pan is hot this dish moves fast. Shrimp cooks in 2 minutes per side. Do not walk away.

INGREDIENTS

- Large shrimp, peeled and deveined1.5 lbs
- Bell peppers, sliced3 assorted colors
- Broccoli florets2 cups
- Snap peas1 cup
- Garlic, minced3 cloves
- Fresh ginger, grated1 tbsp
- Soy sauce1/4 cup
- Sesame oil1 tbsp
- Brown sugar1 tbsp
- Cornstarch1 tsp
- White rice2 cups cooked

INSTRUCTIONS

- Whisk soy sauce, sesame oil, brown sugar and cornstarch for the sauce. Set aside. Cook rice.
- Chop all vegetables before starting. Heat oil in wok or large skillet over HIGH until smoking.
- Add peppers and broccoli. Stir fry 3-4 minutes until slightly tender but still crisp.
- Add snap peas, garlic and ginger. Stir fry 1 more minute.
- Push vegetables aside. Add shrimp in a single layer, cook 1-2 minutes per side until pink. Add sauce and toss everything together. Serve over rice.

WEEK 3 · WEDNESDAY

Instant Pot Mac and Cheese

with Smoked Sausage | Kids Go Crazy | 20 Minutes

PREP	COOK	SERVES	DIFFICULTY
5 min	20 min	6	Easy

Megan's Tip: Add the shredded cheddar gradually and stir after each addition. Dumping it all in at once can make the sauce grainy.

INGREDIENTS

• Elbow macaroni	1 lb
• Water or chicken broth	4 cups
• Butter	2 tbsp
• Salt	1 tsp
• Sharp cheddar, freshly shredded	2 cups
• Cream cheese	4 oz
• Whole milk	1/2 cup
• Mustard powder	1/4 tsp
• Black pepper	to taste
• Smoked sausage links	2 packages

INSTRUCTIONS

- 1Add macaroni, water or broth, butter and salt to Instant Pot. Make sure pasta is submerged.
- 2Seal and pressure cook on HIGH 4 minutes. Quick release when done.
- 3Slice and brown smoked sausage in a skillet until caramelized. Keep warm.
- 4Stir Instant Pot immediately. Add cream cheese in chunks and stir until melted.
- 5Add shredded cheddar gradually, stirring after each addition. Add milk, mustard powder and pepper. Stir until creamy. Serve with smoked sausage.

WEEK 3 · THURSDAY

Homemade Sloppy Joes

Toasted Brioche Buns | Homemade Sauce | 30 Minutes

PREP	COOK	SERVES	DIFFICULTY
5 min	25 min	6	Easy

Megan's Tip: Toast the brioche buns. It takes 60 seconds and makes a real difference. Nobody wants a soggy bun.

INGREDIENTS

• 80/20 ground beef	2 lbs
• Onion, diced	1 medium
• Bell pepper, diced	1
• Garlic, minced	3 cloves
• Ketchup	3/4 cup
• Tomato paste	2 tbsp
• Brown sugar	2 tbsp
• Worcestershire sauce	1 tbsp
• Yellow mustard	1 tbsp
• Apple cider vinegar	1 tbsp
• Brioche buns	1 package

INSTRUCTIONS

- 1Brown ground beef over medium-high, breaking it up. Drain excess fat but leave a little.
- 2Add onion and bell pepper. Cook 3-4 minutes. Add garlic, cook 1 more minute.
- 3Add ketchup, tomato paste, brown sugar, Worcestershire, mustard and vinegar. Stir to combine.
- 4Simmer on medium-low 10-15 minutes until sauce thickens. Season with salt and pepper.
- 5Toast brioche buns in a dry skillet. Pile generously and serve with coleslaw or fries.

WEEK 3 · FRIDAY

Blackstone Smash Burgers

Special Sauce | Kids Pick Their Own Toppings

PREP	COOK	SERVES	DIFFICULTY
10 min	15 min	4-6	Easy

Megan's Tip: Set out every topping in little bowls and step back. Let the kids take over. They love building their own and you love not customizing every single one.

INGREDIENTS

- 80/20 ground beef2 lbs
- American cheese slices8 slices
- Brioche buns6-8
- Salt and black peppergenerously
- Butter for buns2 tbsp
- Mayo, ketchup, mustard, pickle juice for saucesee Week 1 recipe
- All the toppings your family lovesset out in bowls

INSTRUCTIONS

- 1Mix special sauce and refrigerate. Divide ground beef into loose 2.5 oz balls.
- 2Preheat Blackstone or cast iron on HIGH until smoking.
- 3Toast buttered buns until golden. Set aside.
- 4Smash beef balls flat immediately on hot surface. Season with salt and pepper. Cook 2 minutes without touching.
- 5Flip, add cheese, cook 1 more minute. Set out all toppings in bowls and let everyone build their own.

WEEK 3 · SATURDAY

Garlic Butter Steak Bites

Cast Iron | Over Mashed Potatoes | 20 Minutes

PREP	COOK	SERVES	DIFFICULTY
10 min	15 min	4	Easy

Megan's Tip: Pat steak completely dry before cooking. Dry meat browns, wet meat steams. Do not overcrowd the pan. Cook in batches if needed.

INGREDIENTS

- Ribeye or sirloin steak, cut into 1 inch pieces2 lbs
- Butter4 tbsp
- Garlic, minced4 cloves
- Fresh rosemary or thyme1 tbsp
- Salt and black peppergenerously
- Olive oil1 tbsp
- Russet potatoes for mashing3 lbs
- Butter and warm cream for mashed potatoes to taste

INSTRUCTIONS

- 1Boil cubed potatoes until fork tender. Mash with butter, warm cream, salt and pepper until smooth. Keep warm.
- 2Pat steak pieces completely dry. Season generously with salt and pepper.
- 3Heat a large cast iron on HIGH until smoking. Add olive oil then steak in a single layer.
- 4Sear 1-2 minutes per side without moving until deeply browned. Remove.
- 5Reduce heat to medium. Add butter, garlic and herbs. Cook 1 minute. Return steak bites and toss to coat. Serve over mashed potatoes immediately.

WEEK 3 · SUNDAY BREAKFAST FOR DINNER

Homemade Waffles

Strawberry Compote | Sausage Patties | Fried Eggs

PREP	COOK	SERVES	DIFFICULTY
10 min	20 min	4-6	Easy

Megan's Tip: Beat egg whites to stiff peaks and fold them in separately. This is what makes the waffles light and crispy instead of dense.

INGREDIENTS

• All purpose flour	2 cups
• Baking powder	1 tbsp
• Sugar	2 tbsp
• Salt	1/2 tsp
• Eggs, separated	2 large
• Whole milk	1.75 cups
• Butter, melted	1/2 cup
• Vanilla extract	1 tsp
• Fresh strawberries	1 quart
• Sugar for compote	2 tbsp
• Breakfast sausage patties	1 package

INSTRUCTIONS

- 1 Make compote: slice strawberries, cook with sugar over medium 5-8 minutes until berries break down. Set aside.
- 2 Whisk flour, baking powder, sugar and salt. Whisk milk, melted butter, egg yolks and vanilla separately. Combine wet and dry until just mixed.
- 3 Beat egg whites to stiff peaks. Gently fold into batter.
- 4 Cook sausage patties until done. Keep warm in a 200F oven.
- 5 Cook waffles in a preheated waffle iron until golden and crispy. Fry eggs in butter to your preference. Serve with strawberry compote on the table.

WEEK 4 · MONDAY

Slow Cooker Beef and Broccoli

Over White Rice | Tastes Like Takeout | 10 Min Prep

PREP	COOK	SERVES	DIFFICULTY
10 min	6-8 hrs	6	Easy

Megan's Tip: Add broccoli the last 30 minutes ONLY. If you add it at the start it will turn to mush. The sauce thickens beautifully with cornstarch at the end.

INGREDIENTS

• Chuck roast or stew meat, sliced thin	3 lbs
• Beef broth	1/2 cup
• Soy sauce	1/2 cup
• Brown sugar	1/4 cup
• Sesame oil	1 tbsp
• Garlic, minced	4 cloves
• Fresh ginger, grated	1 tbsp
• Cornstarch	3 tbsp
• Broccoli florets	3 cups
• White rice	2 cups

INSTRUCTIONS

- 1 Whisk broth, soy sauce, brown sugar, sesame oil, garlic and ginger. Pour into slow cooker.
- 2 Add sliced beef and toss to coat. Cook on LOW 6-8 hours or HIGH 3-4 hours.
- 3 Add broccoli florets on top the last 30 minutes. Replace lid and cook until bright and tender.
- 4 Mix cornstarch with cold water. Stir into slow cooker to thicken sauce. Replace lid 10 minutes.
- 5 Cook rice. Serve beef and broccoli over rice. Garnish with sesame seeds if desired.

WEEK 4 · TUESDAY

BBQ Baked Chicken Drumsticks

Crispy Oven Baked | Corn on the Cob | Coleslaw

PREP	COOK	SERVES	DIFFICULTY
5 min	45-55 min	4-6	Easy

Megan's Tip: Use a wire rack on top of the baking sheet if you have one. Air circulation underneath means crispier skin all around.

INGREDIENTS

- Chicken drumsticks
 - BBQ sauce
 - Garlic powder
 - Smoked paprika
 - Onion powder
 - Salt and black pepper
 - Olive oil
 - Corn on the cob
 - Bagged coleslaw mix
- 8-10 pieces

1 cup

1 tsp

1 tsp

1/2 tsp

generously

2 tbsp

6 ears

1 bag

INSTRUCTIONS

- 1

Preheat oven to 400F. Line a large baking sheet with foil and place a wire rack on top.
- 2

Pat drumsticks dry. Season with garlic powder, paprika, onion powder, salt and pepper. Drizzle with olive oil and rub in.
- 3

Arrange on baking sheet. Bake 35-40 minutes until skin is crispy.
- 4

Brush generously with BBQ sauce. Return to oven 10-15 more minutes until sauce caramelizes and internal temp reaches 175F.
- 5

Boil or grill corn. Make quick coleslaw. Leftover meat pulls right off the bone for wraps tomorrow.

WEEK 4 · WEDNESDAY

Ground Beef Tacos

Make Extra for Friday Baked Potato Bar

PREP	COOK	SERVES	DIFFICULTY
5 min	20 min	4-8	Easy

Megan's Tip: MAKE THREE POUNDS TONIGHT. Season it all the same way. Refrigerate the extra. Friday night you reheat it in 2 minutes and pile it on your baked potato. Trust Megan on this one.

INGREDIENTS

- 80/20 ground beef - make THREE pounds tonight
 - Homemade taco seasoning
 - Water
 - Flour or corn tortillas
 - Shredded cheddar, sour cream, salsa
 - Shredded lettuce and diced tomatoes
 - Avocado, optional
- 3 lbs

4 tbsp

1/2 cup

12-16

to serve

to serve

2

INSTRUCTIONS

- 1

Brown all three pounds of ground beef, breaking up as it cooks. Drain excess fat.
- 2

Add taco seasoning and water. Simmer 5 minutes until sauce thickens.
- 3

Set aside 1/3 of the seasoned meat in a container. Refrigerate immediately for Friday.
- 4

Warm tortillas 30 seconds per side in a dry skillet.
- 5

Set out all toppings in small bowls and let everyone build their own.

WEEK 4 · THURSDAY

Garlic Butter Shrimp Pasta

One Pan | Crusty Bread | 20 Minutes

PREP	COOK	SERVES	DIFFICULTY
5 min	20 min	4	Easy

Megan's Tip: Shrimp is done when it turns pink and curls into a C shape. Overcooked shrimp curls into an O and turns rubbery. Watch closely.

INGREDIENTS

- Large shrimp, peeled and deveined1.5 lbs
- Linguine or fettuccine1 lb
- Butter6 tbsp
- Garlic, minced5 cloves
- White wine or chicken broth1/2 cup
- Lemon juice3 tbsp
- Fresh parsley, chopped1/4 cup
- Red pepper flakes, optional1/4 tsp
- Salt and black peppergenerously
- Crusty bread for serving1 loaf

INSTRUCTIONS

- 1Cook pasta in generously salted water until al dente. Reserve 1 cup pasta water before draining.
- 2Pat shrimp dry and season with salt, pepper and red pepper flakes.
- 3Heat oil in a large skillet over HIGH. Add shrimp in a single layer. Cook 1-2 minutes per side until pink. Remove.
- 4Melt butter in same skillet over medium. Add garlic 1 minute. Add wine or broth and lemon juice. Simmer 2 minutes.
- 5Add pasta and toss with pasta water as needed. Return shrimp. Add parsley and toss. Serve with crusty bread for soaking up every drop.

WEEK 4 · FRIDAY

Loaded Baked Potato Bar

With Leftover Taco Meat from Wednesday | Easy Friday

PREP	COOK	SERVES	DIFFICULTY
5 min	60 min	4-6	Easy

Megan's Tip: Do NOT wrap potatoes in foil. Foil makes the skin steam instead of crisp. Direct on the oven rack is the only way.

INGREDIENTS

- Large russet potatoes8-10
- Olive oil for rubbingto coat
- Salt for skinto coat
- Leftover taco meat from Wednesdayreheat it
- Shredded cheddar cheese2 cups
- Sour cream16 oz
- Bacon, cooked and crumbled1 package
- Broccoli florets, steamed2 cups
- Butter, salsa, chiveson the table

INSTRUCTIONS

- 1Preheat oven to 400F. Scrub potatoes clean and pat dry.
- 2Rub each potato with olive oil and coat generously with salt. Place directly on oven rack.
- 3Bake 55-65 minutes until a fork slides in easily and skin is crispy.
- 4Reheat leftover taco meat in a skillet with a splash of water.
- 5Set out ALL toppings in bowls. Slice potatoes open. Everyone builds their own. This dinner is your reward for planning all month.

WEEK 4 • SATURDAY

One Pan Creamy Tuscan Chicken

Sun Dried Tomatoes | Spinach | Cream Sauce | 30 Min

PREP	COOK	SERVES	DIFFICULTY
10 min	30 min	4	Medium

Megan's Tip: The sun dried tomatoes packed in oil add incredible depth of flavor. Do not substitute with dried tomatoes without oil - the flavor will be completely different.

INGREDIENTS

- Boneless skinless chicken breasts4 large
- Olive oil2 tbsp
- Garlic, minced4 cloves
- Sun dried tomatoes in oil, drained1/2 cup
- Fresh spinach5 oz bag
- Heavy cream1 cup
- Chicken broth1/2 cup
- Parmesan cheese, grated1/2 cup
- Italian seasoning1 tsp
- Penne or rigatoni pasta1 lb cooked

INSTRUCTIONS

- 1Season chicken with salt, pepper and Italian seasoning on both sides.
- 2Heat olive oil in a large skillet over medium-high. Cook chicken 5-6 minutes per side until golden and cooked through. Remove.
- 3Add garlic and sun dried tomatoes. Cook 1 minute until fragrant.
- 4Add broth and cream. Stir and bring to a simmer. Add parmesan and stir until smooth.
- 5Add spinach and stir until wilted. Return chicken and simmer 2 minutes. Serve over cooked pasta.

WEEK 4 • SUNDAY BREAKFAST FOR DINNER

German Pancakes

Powdered Sugar | Lemon | German Sausage | Sunday Tradition

PREP	COOK	SERVES	DIFFICULTY
5 min	20 min	4-6	Easy

Megan's Tip: Do NOT open the oven door while baking. The dramatic puff is the whole show and opening the door will cause it to collapse. They will deflate slightly when you take them out and that is completely normal.

INGREDIENTS

- Farm eggs6 large
- Whole milk1 cup
- All purpose flour1 cup
- Butter4 tbsp
- Vanilla extract1 tsp
- Salt1/4 tsp
- Powdered sugargenerous amount
- Lemons2
- German sausage links1-2 packages
- Maple syrup, optionalon the table

INSTRUCTIONS

- 1Preheat oven to 425F with a large cast iron skillet inside. The hot skillet is essential.
- 2Blend eggs, milk, flour, vanilla and salt until completely smooth. Rest 5 minutes.
- 3Cook German sausage in a separate skillet until caramelized. Keep warm.
- 4Remove hot cast iron from oven. Add butter and swirl to coat the entire pan.
- 5Immediately pour batter into the hot buttered skillet. Return to oven. Bake 18-22 minutes until dramatically puffed and golden. Do not open the oven. Serve immediately with powdered sugar and fresh lemon squeezed over the top.