



Escape the what's-for-dinner rut, and let Chef Maya take you on a culinary adventure at 5spicechef.com.

WEEK ONE

SUNDAY

Meal Type: Beef

Meal: Mongolian Beef

Recipe Link: <https://thewoksoflife.com/mongolian-beef-recipe/#recipe>
<https://sweetandsavorymeals.com/instant-pot-mongolian-beef/> (Instant Pot/CrockPot version)

Servings: 4

Ingredients:

1 pound flank steak (sliced against the grain into 1/4-inch/6mm thick slices)

2 teaspoons neutral oil (such as vegetable, canola, or avocado oil)

2 teaspoons Shaoxing wine (or dry cooking sherry, optional)

1 teaspoon soy sauce

1 tablespoon cornstarch

1 tablespoon water

1/4 teaspoon baking soda

For the sauce:

1/4 cup light brown sugar

3/4 cup hot water (or hot low sodium chicken or beef stock)

1/4 cup soy sauce

1 teaspoon dark soy sauce (optional)

1/2 cup cornstarch

2/3 cup neutral oil

For the rest of the dish:

1 teaspoon ginger (minced)

8 dried red chili peppers (optional)

3 cloves garlic (finely chopped)

4 scallions (white and green parts separated, cut on the diagonal into 2-inch/5cm pieces)

1 1/2 tablespoons cornstarch (mixed with 2 tablespoons/30ml water to make a slurry)

Side Items & Additional Notes: Cook steamed rice and roasted broccoli or veggies of choice to accompany the Mongolian Beef.



MONDAY

Meal Type: Seafood

Meal: Sheet Pan Shrimp Scampi

Recipe Link: <https://carlsbadcravings.com/sheet-pan-shrimp-scampi-no-wine/>

Servings: 4

Ingredients:

1 pound thin/medium asparagus chopped into 1" pieces
1 pint cherry tomatoes
2 tablespoons olive oil
1 garlic clove minced
1/4 teaspoon salt
1/8 teaspoon pepper
2 pound medium uncooked shrimp, shelled, deveined tails off*
1 tablespoon olive oil
1 tablespoon lemon juice
4 garlic cloves minced
1/2 teaspoon salt
1/4 tsp EACH paprika, onion powder, dried basil
1/8-1/4 teaspoon red pepper flakes
1/8 teaspoon pepper
4-8 tablespoons butter cubed
3 tablespoons chopped fresh parsley
1-2 tablespoons lemon juice or more to taste
Freshly grated Parmesan, optional

Side Items & Additional Notes: Serve with 1 pound of linguine (or other pasta), zoodles, rice or bread to accompany the Shrimp Scampi.

TUESDAY

Meal Type: Mexican

Meal: Chicken or Beef Enchiladas

Recipe Link: (Chicken version) <https://www.gimmesomeoven.com/best-chicken-enchiladas-ever/>

(Beef version) <https://www.gimmesomeoven.com/beef-enchiladas-recipe/>

Servings: 8

Ingredients:

1 batch red enchilada sauce (or 15 ounces store-bought red enchilada sauce)



1 tablespoon olive oil
1 small white onion, diced
4 cloves garlic, minced
1 1/2 pounds (24 ounces) lean ground beef
1 teaspoon ground cumin
1 (15-ounce) can pinto beans, rinsed and drained
1 (4-ounce) can diced green chiles
Fine sea salt and freshly-cracked black pepper
8 large flour tortillas*
3 cups Mexican-blend shredded cheese
Optional toppings: fresh cilantro, chopped red onions, diced avocado, sour cream, and/or crumbled cotija cheese

Side Items & Additional Notes: For saving time: Use rotisserie chicken or cook ground beef the night before. Further save time by assembling the day before and just cooking the night you want to enjoy it.

WEDNESDAY

Meal Type: Kid's Choice Meal

Meal: Chicken Fried Rice with Yum Yum Sauce (or shrimp, pork, or ground meat of choice)

Recipe Link: <https://www.cookingclassy.com/chicken-fried-rice/>

Servings: 3

Ingredients:

3 cups cooked long-grain brown rice (preferably leftover rice. White is fine too)
3/4 pound boneless skinless chicken breasts, diced into 3/4-inch pieces
1 tablespoon toasted sesame oil, divided
1 tablespoon avocado oil, divided
1 1/3 cups frozen peas and carrots blend (or mixed veggies)
3 green onions chopped
2 cloves garlic, minced
2 large eggs
3 tablespoons low-sodium soy sauce
Freshly ground black pepper
Sriracha, for serving (optional)
For the Yum Yum Sauce:
1 1/4 cup mayo
1 tsp granulated sugar
1/2 tsp garlic powder



1/4 tsp paprika
1 T melted butter
1 tsp tomato paste
1/2 tsp cayenne pepper
2-3 T water

Side Items & Additional Notes: Make rice day before. It needs to be cold. Day old rice is perfect! Best to make sauce the day before. Mix all ingredients (except water) together well. Add 1-2 tablespoons of water to reach your desired sauce consistency. Chill overnight in the refrigerator. Serve at room temperature. Recipe says canola oil. I use avocado oil. Rotisserie chicken works well here.

THURSDAY

Meal Type: Leftovers

FRIDAY

Meal Type: Order Out or Breakfast for Dinner

SATURDAY

Meal Type: Beef

Meal: Steak Fajitas with Chimichurri and Cucumber Salsa

Recipe Link: <https://www.halfbakedharvest.com/steak-fajitas-chimichurri-cucumber-salsa/>

Servings: 6

Ingredients:

3 tablespoons olive oil
1 teaspoon chili powder
1 teaspoon smoked paprika
1/2 teaspoon cumin
Zest + juice of 2 limes
1 1/2 pound flank steak cut into 2-3 three smaller pieces
1 red bell pepper seeded + sliced
1 yellow pepper seeded + sliced
1 poblano pepper seeded + sliced
1 cup fresh cilantro finely chopped
1 cup fresh parsley finely chopped



1-2 leave jalapenos or serrano chiles seeded + chopped (some seeds in for more heat if desired)

4 cloves garlic minced or grated

1/2 cup olive oil

2 tablespoons red wine vinegar

Salt and pepper to taste

1 cucumber diced

1 mango peeled + diced

Juice of 2 limes

1/3 cup fresh cilantro chopped

1-2 leave jalapenos seeded + chopped (some seeds in for more heat if desired)

Side Items & Additional Notes: N/A.



WEEK TWO

SUNDAY

Meal Type: Soup

Meal: Pasta E Fagioli

Recipe Link: <https://www.cookingclassy.com/olive-garden-pasta-e-fagioli-soup-copycatrecipe/#jump-to-recipe>

Servings: 6

Ingredients:

2 Tbsp olive oil, divided
1 lb lean ground beef
1 1/2 cups chopped yellow onion
1 cup diced carrots (about 2 medium)
1 cup diced celery (about 3 stalks)
3 cloves garlic, minced (1 Tbsp)
3 (8 oz) cans tomato sauce
2 14.5 oz cans low-sodium chicken broth
1/2 cup water, then more as desired
1 (15 oz) can diced tomatoes
2 tsp granulated sugar
1 1/2 tsp dried basil
1 tsp dried oregano
3/4 tsp dried thyme
1/2 tsp dried marjoram
Salt and freshly ground black pepper
1 cup dry ditalini pasta
1 (15 oz) can dark red kidney beans, drained and rinsed
1 (15 oz) can great northern beans, drained and rinsed
Finely shredded Romano or Parmesan cheese , for serving
3 Tbsp minced fresh parsley

Side Items & Additional Notes: If you don't plan on eating all of the soup right away I recommend adding the pasta to individual servings. Otherwise pasta gets soggy and absorbs too much broth.

MONDAY

Meal Type: Sheet Pan

Meal: Roasted Sausage, Peppers, and Sweet Potatoes

Recipe Link: <https://www.thecomfortofcooking.com/2012/08/roasted-sausage-peppers->



[and-sweet-potatoes.html](#)

Servings: 4

Ingredients:

1 bell pepper, any color
2 large sweet potatoes, peeled, or 3-4 medium baking potatoes
14 oz. lean smoked sausage, turkey, beef or chicken
1/2 onion, yellow or red
2 garlic cloves, minced
2 Tablespoons olive oil
1 1/2 teaspoon Italian seasoning
1 teaspoon kosher salt
1/2 teaspoon freshly ground pepper
14 oz. lean smoked sausage, turkey, beef or chicken
1/2 onion, yellow or red
2 garlic cloves, minced
2 Tablespoons olive oil
1 1/2 teaspoon Italian seasoning
1 teaspoon kosher salt
1/2 teaspoon freshly ground pepper

Side Items & Additional Notes: I prefer red, yellow, orange bell peppers in this. I also roast the potatoes with the skin on on a separate sheet pan so the sweet potatoes will get crisp.

TUESDAY

Meal Type: Mexican

Meal: Ultimate Tacos

Recipe Link: <https://downshiftology.com/recipes/ultimate-nachos/#wprm-recipe-container-59090>

Servings: 6

Ingredients:

1 pound ground beef
2 tablespoons taco seasoning
1 (16-ounce/454g) can refried beans
1/4 cup water
1 (13-ounce/368g) bag tortilla chips
2 cups shredded cheese (I used a mix of cheddar and Monterey Jack)
1/4 cup pickled jalapenos



3 roma tomatoes, diced
½ cup diced red onion
1 avocado, diced
⅓ cup sour cream
¼ cup roughly chopped fresh cilantro leaves

Side Items & Additional Notes: Consider other toppings for your nachos.

WEDNESDAY

Meal Type: Kid's Choice Meal

Meal: Quick & Easy Tender Chicken Adobo

Recipe Link: https://christieathome.com/wprm_print/7017

Servings: 4

Ingredients:

4 skin-on bone in chicken thighs
¼ cup regular soy sauce
½ cup white vinegar
1 ½ tablespoon garlic minced
½ teaspoon whole black peppercorns
2 bay leaves
½ yellow onion sliced
1 tablespoon vegetable oil any neutral tasting oil

Side Items & Additional Notes: I use avocado oil. Serve with Steamed Rice and Roasted Green Beans or Veggies of Choice

THURSDAY

Meal Type: Leftovers

FRIDAY

Meal Type: Order Out or Make Your Own Pizzas

SATURDAY

Meal Type: Chicken

Meal: Campfire Chicken

Recipe Link: <https://anoregoncottage.com/camping-chicken-foil-dinner/>



Servings: 4

Ingredients:

4 large pieces of heavy duty or double-thick aluminum foil
oil

4 small potatoes chopped

1 small onion chopped

2 ears corn cut in half (frozen cobs are okay)*

butter melted

basic spice rub or spices of choice

4 boneless skinless chicken thighs if using breasts, pound the thickest parts flat

Side Items & Additional Notes: Carrots taste great in the packets as well.



WEEK THREE

SUNDAY

Meal Type: Sheet Pan

Meal: Sheet Pan Beef and Broccoli

Recipe Link: https://damndelicious.net/wprm_print/34913/

Servings: 4

Ingredients:

1 cup basmati rice
1 1/2 pounds New York strip steak, cut into 1-inch chunks
3 tablespoons reduced sodium soy sauce, divided
2 tablespoons plus 2 teaspoons brown sugar, divided
2 heads broccoli, cut into florets*
2 teaspoons toasted sesame oil
3 cloves garlic, minced
1 teaspoon freshly grated ginger
1/4 teaspoon crushed red pepper flakes
2 green onions, thinly sliced
1 tablespoon toasted sesame seeds

Side Items & Additional Notes: We are a rice loving family so I would make 2 cups of rice. Also, I prefer to cook the rice in rice cooker instead of on the stove.

MONDAY

Meal Type: Chicken

Meal: Easy Orange Chicken

Recipe Link: <https://www.cookinwithmima.com/easy-orange-chicken-recipe/>

Servings: 4

Ingredients:

6 whole boneless chicken thighs or 2 lbs. of chicken tenderloins
1/4 cup all-purpose flour
1 tbsp. corn starch
1 tsp. black pepper or less to taste, fresh ground
1 tsp. onion powder
1/2 tsp. ginger powder
1/2 tsp. salt
1 tsp. paprika to add color to the chicken
Vegetable oil for frying
3/4 cup fresh orange juice



1½ tbsp. corn starch
2 tbsp. vegetable oil
3 tbsp. low sodium soy sauce
1½ tbsp. rice vinegar or white vinegar
2 tbsp. brown sugar
½ tbsp. grated ginger
2 cloves fresh garlic minced
½ tsp. black pepper fresh ground
1 tsp. orange zest
Chili flakes optional to add heat

Side Items & Additional Notes: Serve with Lo Mein or Steamed Rice with Veggies of Choice (I usually prefer Roasted Broccoli)

TUESDAY

Meal Type: Mexican

Meal: Taco Salads

Recipe Link: https://kristineskitchenblog.com/wprm_print/26531

Servings: 4

Ingredients:

1 pound lean ground beef or ground turkey
salt & pepper
2 tablespoons homemade taco seasoning or store bought taco seasoning
½ cup water
6 cups romaine lettuce, chopped
15 ounce can black beans, rinsed and drained
15 ounce can corn, drained
1 cup cherry tomatoes
1 cup grated cheddar and/or jack cheese
1 cup salsa

Side Items & Additional Notes: These are perfect for meal prep. Double the recipe.

WEDNESDAY

Meal Type: Kid's Choice Meal

Meal: Philly Cheesesteak Bell Peppers

Recipe Link: <https://www.delish.com/cooking/recipe-ideas/a51551/cheesesteak-stuffed-peppers-recipe/>



Servings: 4

Ingredients:

4 bell peppers, halved
1 tbsp. vegetable oil
1 large onion, sliced
16 oz. cremini mushrooms, sliced
Kosher salt
Freshly ground black pepper
1 1/2 lb. sirloin steak, thinly sliced
2 tsp. Italian seasoning
16 slices provolone
Freshly chopped parsley, for garnish

Side Items & Additional Notes: Add a splash of Worcestershire sauce.

THURSDAY

Meal Type: Leftovers

FRIDAY

Meal Type: Order Out or Build Your Own Baked Potato

SATURDAY

Meal Type: Beef

Meal: Smash Burgers

Recipe Link: <https://natashaskitchen.com/smash-burger-recipe/>

Servings: 4

Ingredients:

1 1/2 lbs ground beef, 80/20, divided into 8 portions (3oz each)
Salt, added to taste
Black Pepper, added to taste
garlic powder, optional, added to taste
4 slices medium cheddar cheese, we love thick-sliced
1/3 cup mayonnaise
1 tsp yellow mustard
4 burger buns, we used brioche buns
2 cups iceberg lettuce, shredded



1 large tomato, sliced
1/2 red onion, sliced into thin rings
2 Dill Pickles, cut into 12 slices

Side Items & Additional Notes: Serve with fries.



WEEK FOUR

SUNDAY

Meal Type: Chicken

Meal: Italian Chicken Bake

Recipe Link: <https://www.thepinningmama.com/easy-dinner-recipe-italian-chicken-bake/#recipe>

Servings: 3-4

Ingredients:

3-4 Boneless Skinless Chicken Breasts

4-6 Tablespoons Prepared Pesto

1-2 Roma Tomatoes

1 Cup Mozzarella Cheese grated

Side Items & Additional Notes: Serve over Rice with a Side Salad. This recipe is easy to double for meal prep.

MONDAY

Meal Type: Soup

Meal: Zuppa Toscana

Recipe Link: <https://www.lecremedelacrumb.com/easy-olive-garden-zuppa-toscana-soup/#wprm-recipe-container-22886>

Servings: 4

Ingredients:

1 pound spicy Italian ground sausage - **use mild for kid-friendly**

4 tablespoons butter

½ white onion - diced

1 tablespoon minced garlic

6 cups chicken broth

tap here

2 cups water

4-5 yellow potatoes - cut into 1-inch pieces

3 teaspoons salt - or to taste

1 teaspoon black pepper

2 cups heavy cream

4 cups chopped kale

chopped bacon or bacon bits and grated parmesan cheese for topping - optional



Side Items & Additional Notes: Don't skip the bacon! Serves well with a side salad and garlic bread or corn bread.

TUESDAY

Meal Type: Mexican

Meal: Chipotle Barbacoa Rice Bowls

Recipe Link: Barbacoa

<https://downshiftology.com/recipes/barbacoa/#wprm-recipe-container-50331>

Cilantro Lime Rice

<https://downshiftology.com/recipes/cilantro-lime-rice/#wprm-recipe-container-41177>

<https://downshiftology.com/recipes/barbacoa-burrito-bowl/#wprm-recipe-container-50349>

Servings: 4

Ingredients:

4 pounds beef chuck roast, cut into 3-inch chunks

1 onion, diced

3 to 4 chipotles in adobo sauce, finely diced

5 garlic cloves, minced

¼ cup fresh lime juice

2 tablespoons apple cider vinegar

1 tablespoon ground cumin

½ tablespoon dried oregano

2 teaspoons salt

1 teaspoon black pepper

¼ teaspoon ground cloves

¾ cup beef stock

3 bay leaves

Side Items & Additional Notes: Look at all recipes for a complete ingredient list

WEDNESDAY

Meal Type: Kid's Choice Meal

Meal: Sheet Pan Honey Mustard Pretzel Chicken & Potatoes

Recipe Link: <https://carlsbadcravings.com/pretzel-chicken-recipe/#wprm-recipe-container-36007>

Servings: 4-6

**Ingredients:**

8 chicken tenders more or less to fit pan lengthwise
1 egg
nonstick cooking spray
3/4 cup mayonnaise
1/4 cup honey
2 tablespoons yellow mustard
2 tablespoons Dijon mustard
1 tablespoon cider vinegar
1-2 teaspoon hot sauce
3 cups chopped red potatoes (1/2" cubes)
1 tablespoon olive oil
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon Honey Dijon Sauce (in directions)
2 cups crushed salted pretzels
1/2 teaspoon dried parsley
1/4 teaspoon EACH onion powder, garlic powder, paprika, salt, pepper

Side Items & Additional Notes: Serve with Roasted Veggie of Choice or Salad

THURSDAY

Meal Type: Leftovers

FRIDAY

Meal Type: Order Out or Breakfast for Dinner

SATURDAY

Meal Type: Seafood

Meal: Grilled Shrimp with Fettuccine Alfredo

Recipe Link: <https://www.grillseeker.com/grilled-argentinian-shrimp-with-fettuccine-alfredo/>

Servings: 4

Ingredients:

2 lbs Shrimp
1 cup baby bella mushrooms



10-15 asparagus spears (ends trimmed)
2 oz. freshly grated pecorino cheese (optional)
1/2 stick butter
3 cloves garlic, minced
2 ounces cream cheese
2 cups heavy whipping cream
1/2 cup milk (whole or 2% works fine)
1/2 tsp oregano
1/2 tsp salt
1/2 tsp pepper
1/4 cup fresh Italian flat-leaf parsley, chopped and divided
1 cup grated parmesan cheese
2 cups light brown sugar
1 cup smoked paprika
1/2 cup ancho chili powder
1/2 cup turbinado sugar
1/2 cup sea salt
2 tbsp fresh ground pepper
1 tbsp cayenne pepper
1 tbsp dried parsley
2 tsp ground mustard
2 tsp onion powder

Side Items & Additional Notes: N/A.