

**MEAL PREP GUIDE**

MEAL NO.1	MEAL NO.2	MEAL NO.3	MEAL NO.4	MEAL NO.5
Pork Spare Ribs with Plum Sauce	Shrimp with Coconut Gravy	Oven-Baked Chicken Leg Macadamia with Tomato Salsa	Grilled Salmon Garlic with Tahini Sauce	Classic Casserole

MEAL 1: PREP GUIDE	MENU
Crush garlic	Pork Spare Ribs with Plum Sauce

MEAL 2: PREP GUIDE	MENU
Cut red chillies Crush garlic into paste	Shrimp with Coconut Gravy

MEAL 3: PREP GUIDE	MENU
Crush or mince the garlic cloves	Oven-Baked chicken leg Macadamia with Tomato Salsa

MEAL 4: PREP GUIDE	MENU
Crush or mince the garlic	Grilled Salmon Garlic with Tahini Sauce

MEAL 5: PREP GUIDE	MENU
Cut scallions Crush tomatoes	Classic Casserole

**(1) MONDAY - PORK SPARE RIBS WITH PLUM SAUCE****SugarPoints (4)**

NOTES		INGREDIENTS	
<div>Serves:4</div> <div>Cooking Time: 42 minutes, oven</div> <div>Prep Time: 10 Minutes</div>		<div><ul style="list-style-type: none">• 2 lbs of pork spareribs• 1/4 cup reduced-sodium soy sauce• 3/4 cup plum jam• 3 garlic cloves, minced• Salt and black pepper, to taste• Oil spray, for greasing</div>	
MAKE AHEAD			
<div>Minced the garlic</div>			
INSTRUCTIONS			
<div><div><div>1.</div><div>First, cut the ribs into smaller pieces.</div></div><div><div>2.</div><div>Meanwhile, combine all the remaining ingredients in a saucepan and cook for few minutes, until slightly thick.</div></div><div><div>3.</div><div>Brush the sauce over the ribs.</div></div><div><div>4.</div><div>Place the bone-side down and arrange the ribs on the lower rack in a greased roasting pan.</div></div><div><div>5.</div><div>Bake it for 12 minutes at 350 degrees F (175 C) inside the oven, uncovered.</div></div><div><div>6.</div><div>Then baste and cook for 30 more minutes, turning and basting occasionally.</div></div><div><div>7.</div><div>Serve.</div></div></div>			
NUTRITIONAL INFORMATION			
<div>Calories 919 - Total Fat 68.9g - Carbs 3.6g – Protein 67g</div>			

(2) TUESDAY - SHRIMP WITH COCONUT GRAVY

SugarPoints (10)



NOTES	INGREDIENTS
Serves: 4 Cooking Time: 15 minutes, skillet cooked Prep Time: 15-20 Minutes	<ul style="list-style-type: none">• 4 tablespoons olive oil• 1 tablespoon of garlic paste• 1 lemon, zest• 20 large shrimps, fresh and washed• 6 tablespoons of fish sauce• Black pepper, to taste• Salt, to taste• 1 white large onion• 2 red chillies, sliced• 1.5 cups of coconut milk
MAKE AHEAD	
Wash and devein the shrimp	
INSTRUCTIONS	
<ol style="list-style-type: none">1. Take a large skillet and heat it over low flame and add in the olive oil.2. Let it get hot and add onion and sauté it for 1 minute.3. Then add garlic, lemon zest, fish sauce, red chilli, salt, and pepper.4. Let it cook for few minutes, and then add the shrimp.5. Cook the shrimp until it turns pink.6. Then pour in the coconut milk and cover it with a lid.7. Simmer for few minutes, until the boil comes.8. Then serve and enjoy.	
NUTRITIONAL INFORMATION	
Calories 386 - Total Fat 35.6g - Carbs 10.3g - Protein 10g	

(3) WEDNESDAY- OVEN-BAKED CHICKEN LEG MACADAMIA WITH TOMATO SALSA

SugarPoints (8)



NOTES	INGREDIENTS
Serves: 4 Cooking Time: 40 minutes, oven Prep Time: 20 Minutes	<ul style="list-style-type: none">• 2 teaspoons minced garlic• 1/2 cup fresh parsley• 4 tablespoons olive oil• 2lbs of chicken leg• 1-1/2 cup cherry tomatoes• 4 tablespoons macadamia oil• 4 tablespoons balsamic vinegar• 1 cup macadamia nuts• Salt and black pepper, to taste
MAKE AHEAD	
Mince the garlic and chop the parsley and tomato	
INSTRUCTIONS	
<ol style="list-style-type: none">1. The first step is to preheat the oven to 375 degrees F (190 C).2. In a food processor add in nuts, pepper, salt, garlic, oil, and parsley.3. Now rub this blended mix all over the chicken legs.4. Coat the legs well.5. Arrange the chicken legs on an oil greased baking dish and bake it in the oven for 25-30 minutes at 350 degrees F (190 C)..6. Meanwhile, chop the tomatoes and drizzle the macadamia oil, salt, pepper, and vinegar on top of the tomatoes.7. Toss the tomatoes well.8. Once the legs get cooked, remove them from the oven.9. Now bake the cherry tomatoes inside the oven for 5 minutes.10. Then serve it with chicken leg pieces.11. Enjoy it hot.	
NUTRITIONAL INFORMATION	
Calories 928 - Total Fat 70g - Carbs 7.5g - Protein 69g	

(4) THURSDAY - GRILLED SALMON GARLIC WITH TAHINI SAUCE

4 SugarPoints (7)



NOTES	INGREDIENTS
<p>Serves: 4 Cooking Time: 6 -10 minutes, grill Prep Time: 15-20 minutes</p>	<ul style="list-style-type: none"> • 2 lbs of salmon fillets • 6 cloves garlic • 1/3 cup olive oil • 1/2 teaspoon cumin • 3/4 teaspoon coriander • 1 teaspoon paprika • 1/2 teaspoon black pepper • 2 tablespoons lemon juice • 1/3 teaspoon garlic powder <p>Ingredients for Tahini Sauce</p> <ul style="list-style-type: none"> • 3 cloves garlic, pressed or minced • 1/3 cup lemon juice • 1/3 cup tahini • 1/2 teaspoon sea salt • 1/4 teaspoon of ground cumin • 6 tablespoons water, more as needed
MAKE AHEAD	
<p>Prepare the tahini sauce by mixing ingredients. before starting the cooking</p>	
INSTRUCTIONS	
<ol style="list-style-type: none"> 1. Rub the salmon with lemon juice. 2. Let it marinate for 10 minutes then wash under water and pat dry with a paper towel. 3. Take a food processor and add the cumin, paprika, garlic, coriander, black pepper, and olive oil, and pulse well. 4. Now coat the salmon with the blended mix. 5. Preheat the grill over medium heat and place the salmon onto the grill. 6. Grill the salmon for 3 minutes per side. 7. Next, add all the tahini sauce ingredients into a food processor. 8. Pulse it until smooth. 9. Drizzle it over grill cooked salmon. 10. Enjoy. 	
NUTRITIONAL INFORMATION	
<p>Calories 575 - Total Fat 42g - Carbs 6.7g - Protein 48g</p>	

(5) FRIDAY - CLASSIC CASSEROLE

SugarPoints (2)



NOTES	INGREDIENTS
<p>Serves: 4 Cooking Time: 30 - 40minutes, oven Prep Time: 15 Minutes</p>	<ul style="list-style-type: none"> • 1.5 lbs ground beef • 1/2 scallion, finely chopped • 3 ounces pickled jalapeños • 1.5 cups shredded Monterey Jack cheese • 2 ounces butter • 2 ounces crushed tomatoes <p>Ingredients for Taco Seasoning</p> <ul style="list-style-type: none"> • 1/4 teaspoon paprika powder • 1/2 teaspoon cumin • 1/3 teaspoon chilli powder • 1/4 teaspoon of cayenne pepper • Salt and black pepper, to taste • 1/2 teaspoon garlic powder
MAKE AHEAD	
<p>Chop the scallions</p>	
INSTRUCTIONS	
<ol style="list-style-type: none"> 1. Mix all the taco seasoning in a small bowl and set aside for further use. 2. Preheat the oven to 400 degrees F (205 C), for few minutes. 3. Meanwhile, take a skillet and heat it over medium flame, then add in the butter. 4. Let it get melted, and add tomatoes. 5. Cook the tomatoes for 5 minutes and add the taco seasoning. 6. Let it cook for 5 more minutes. 7. At this stage add in the ground meat and scallions. 8. Let it cook for 8-10 minutes and then transfer it to a baking pan that is greased with oil spray. 9. Top it with grated cheese and jalapeno slices. 10. Bake it in the oven for 20 minutes 11. Once brown, serve and enjoy. 	
NUTRITIONAL INFORMATION	
<p>Calories 586 - Total Fat 35.1g – Carbs 2.2g - Protein 62.5g</p>	

WHAT TO DO WITH LEFTOVERS

MEALS		LEFTOVER USE
NO.1	Pork Spare Ribs with Plum Sauce	Reheat the leftover spare ribs and transfer the meat to a baking dish. Top it with mashed potatoes, and vegetables puree. Bake until brown from the top.
NO.2	Shrimp with Coconut Gravy	Wrap the leftover shrimp in taco by topping it with diced tomatoes, onions and salsa.
NO.3	Oven-Baked chicken leg Macadamia with Tomato Salsa	You can shred or chop the meat off the chicken leg pieces and add it to cooked pasta along with tomato puree. Let it cook for few minutes and then serve it with your favourite topping sauce.
NO.4	Grilled Salmon Garlic with Tahini Sauce	Make delicious salmon patties by mincing the leftover salmon with Italian herbs, onion, paprika, parsley, green onions almond flour bread crumbs and cooking it to perfection in a skillet until brown from both the sides using olive oil.
NO.5	Classic Casserole	Add macaroni to the leftover casserole and add some roasted veggies and shredded cheese. Re-cook it in the oven and enjoy.



SHOPPING LIST

MEAT/SEAFOOD	QUANTITY	NOTES
Pork Spare Ribs	2 lbs	washed and pat dry
Shrimp	12 large	deveined
Chicken leg	1 pound	
Beef	1.5 pounds	grounded
Salmon fillets	2 pounds	

VEGETABLES/FRUITS	QUANTITY	NOTES
Garlic cloves	18	minced or crushed needed
Lemons	6	
White onion	1	chopped
Red chilli	2	chopped
Parsley	1/2 cup	
Cherry tomatoes	1.5 cup	
Large tomatoes	2 ounces	chopped
scallion	1/2	chopped

MISC	QUANTITY	NOTES
Pickled jalapeños	3 ounces	
Shredded Monterey Jack cheese	1.5 cup	
Butter	2 ounces	
Olive oil	9 tablespoons	
Macadamia oil	2 tablespoons	
Pickled jalapeños	3 ounces	

PANTRY ESSENTIALS	QUANTITY	NOTES
Plum jam	3/3 ounces - 4 cups	
Salt and black pepper	To taste	
Oil spray, for greasing	As needed	
Fish sauce	4 tablespoons	
Vegetable oil	4 tablespoons	
Coconut milk	1 cup	
Balsamic vinegar	2 tablespoons	
Macadamia nuts	1 cup	
Cumin	1-1/2 teaspoons	
Coriander	3/4 teaspoon	
Paprika	1 teaspoon	
Tahini	1/3 cup	
Tea salt	1/2 teaspoon	
Paprika powder	1/4 teaspoon	
Chili powder	1/3 teaspoon	
Cayenne pepper	1/4 teaspoon	



COMBINATION MEAL PLAN – APRIL 8TH 2022

PANTRY ESSENTIALS	QUANTITY	NOTES
balsamic vinegar	2 tablespoon	
macadamia nuts	1 cup	
cumin	1-1/2 teaspoon	
coriander	¾ teaspoon	
paprika	1 teaspoon	
tahini	1/3 cup	
sea salt	½ teaspoon	
paprika powder	¼ teaspoon	
chili powder	1/3 teaspoon	
cayenne pepper	¼ teaspoon	



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