

PRINT, PUNCH HOLES,
AND START A
MEAL PLAN BINDER!

TIME FOR DINS

ONE WEEK OF STRESS-FREE,
DELICIOUS FAMILY DINNERS



EMM▶FRISCH

HELLO!

I'M EMMA FRISCH,
COOKBOOK AUTHOR & MOTHER.

When I remember to actually make, and follow, a meal plan, it has saved my overwhelmed-mamma-bootie.

Now, sometimes, we need to just zap frozen nuggets and call it dinner, but the **magic of homemade meals** is too good to sacrifice on a daily basis.

My Italian mamma believed homemade meals had the power to nurture our health, strengthen family bonds, and connect us to where we lived and where we came from. My own decades-long journey in food systems ([read more](#)) proved her right. But as a mom, I couldn't quite figure out *how* she prepared flavorful, home-cooked dinners most weeknights!

Until, I realized... she'd been meal-planning!

Mamma wouldn't have called it that, but she had her go-to seasonal recipes that simplified her grocery shopping and food prep. And since I was glued to her side, she also developed tools for involving her children in the cooking. Once I adopted her approach, preparing delicious, nourishing food became a whole lot easier.

Now, I want to help YOU confidently reclaim the joy of cooking with and for your family, while making it efficient, affordable, and fun!

In this guide you'll find one-week meal plan with 8 recipes, prep lists, and a shopping lists (included a one-click Instacart option), using the MOST popular recipes from my cookbooks and blog.

If you want more, [you can sign up for my monthly, seasonal meal plans here!](#)



Emma



WHAT'S INSIDE

[One Week Meal & Prep Planner](#)

[Shopping List](#) (Printable & Instacart)

**PRINT & PUT ON
YOUR FRIDGE NOW!**

THE RECIPES

[No-Fuss Crispy Roast Chicken & Potatoes](#)

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BONUS RECIPES

[Favorite Balsamic Vinaigrette](#)

[Ayla's Chocolate Almond Thumbprints](#)

**SUBSCRIBE FOR A
MONTHLY MEAL PLAN!**



MEAL PLANNER

Day 7 is your wild card night (take-out, leftovers, potluck, etc.)
Prepare BONUS RECIPE snacks & sauces ahead for the week

	MEAL	PREP AHEAD
DAY 1	No-Fuss Crispy Roast Chicken & Potatoes	<ul style="list-style-type: none">• Up to 1 day prior, cube potatoes; submerge in a bowl of water, and store in fridge to stop browning• Prep veg side and/or salad• 2 days prior, thaw chicken if needed• If not at home during day, prepare meal on Sunday; reheat and serve on Monday; or serve this on a weekend
DAY 2	Chicken & Rice Noodle Soup with Greens	<ul style="list-style-type: none">• Make this 1-2 days after Roast Chicken, with leftovers• Mince garlic and store refrigerate in an airtight container• Wash and slice kale into ribbons; refrigerate in a Ziplock
DAY 3	Best Veggie Burgers with Fixings	<ul style="list-style-type: none">• You can prepare WELL in advance and refrigerate or freeze, or double recipe for two meals (and freeze extra)• Up to 1 day prior, mince onions, grate carrots and beets, and cook rice• Triple the rice, so you have enough for Days 5 & 6
DAY 4	Marinara Pantry Pasta	<ul style="list-style-type: none">• No prep required (deep sigh of relief)
DAY 5	Fish Nuggets with Sweet Potato Fries	<ul style="list-style-type: none">• Up to 5 days prior, prepare potatoes and store refrigerated in a Ziploc bag• You can prepare and cook fish nuggets in advance and refrigerate (up to 3 days) or freeze (up to 3 months), and reheat in the oven - see recipe
DAY 6	Black Bean Tacos with Fixings	<ul style="list-style-type: none">• Prepare extra rice on Day 3, with rice for Veggie Burgers• Prepare the beans up to 5 days ahead



SHOPPING LIST



I've made an [Instacart](#) list for ease! Before shopping, check if you're already stocked on some ingredients, consider upgrading to organic or swapping for farmers market offerings, and add items for breakfast and lunch.

FRESH FRUITS & VEGGIES

- 5 medium russet potatoes
- 1.5 lbs sweet potatoes
- Salad greens or seasonal veg for steaming for 2-3 meals
- 2 large beets
- 3 large carrots
- 1 yellow onion
- 5 oz. carton sliced shiitakes
- 1 bunch kale of choice
- 1 head garlic
- 3 lemons
- 2 limes
- 2 ripe avocados
- **Fresh basil (optional)**

DAIRY & EGGS

- 2 bags shredded cheese of your choice
- 1 dozen eggs
- 1 block Parmigiano Reggiano cheese
- Sour cream or plain yogurt (Day 6)

BAKING & MISC.

- 1 pack tortillas or taco shells
- 1 cup all-purpose flour
- 1 small bag almond flour
- 1 cup toasted sunflower seeds
- 1 jar / can tahini
- **About 1/4 cup whole almonds or large chocolate chips (optional)**

DRY & CANNED GOODS

- 1 lb. bag brown basmati rice
- 1 cup bread crumbs
- 1 lb. bag pasta of choice
- 1 bag rice noodles
- 1 jar marinara sauce
- 1 jar capers or green olives
- 2 cans full-fat coconut milk
- 1 can black beans
- 2 cans tuna packed in olive oil
- **1 jar salsa (optional)**

CONDIMENTS & SPICES

- Extra virgin olive oil
- Tamari or soy sauce
- Ketchup and mustard
- Balsamic vinegar
- Honey
- Ground cumin
- **Dried rosemary (optional - Day 1 & 2)**
- **Red pepper flakes (optional - Day 4)**

MEAT, POULTRY & SEAFOOD

- 1 whole chicken
- 1.5 lb cod (or other fish - Day 2)
- **1 lb. ground beef (optional - Day 6)**

PRE-LOADED:
INSTACART
SHOPPING
LIST



NO-FUSS CRISPY ROAST CHICKEN & POTATOES (GF/V)

SERVES 6 - 8 PREP TIME: 10 MIN COOK TIME: ~75 MIN

This one-pan dish is quick to prepare and an all-round fave. Make sure you buy a big enough chicken to have leftovers for Day 2! Roasting the chicken over the potatoes allows them to soak up the drippings. Allow time for roasting the chicken (20 minutes per pound). Save the carcass to make broth, or add other root vegetables to the mix - don't forget to cut them uniformly for even cooking. *Adapted from my book, [Seasonal Family Almanac](#).*

INGREDIENTS

- About 5 medium russet potatoes, peeled or unpeeled
- Extra-virgin olive oil, as needed
- 3 tsp fine sea salt
- 1 whole chicken

Optional:

- 1 Tbsp seasoning of choice, such as ground rosemary and lemon zest. Creole, or za'atar.

Serve with seasonal salad or steamed veggies and ***Favorite Balsamic Dressing***



NO-FUSS CRISPY ROAST CHICKEN & POTATOES (GF/V)

INSTRUCTIONS

Preheat the oven to 425°F and position a rack in the middle.

Cube four of the potatoes into 2-inch cubes. Quarter the remaining potato. Spread the cubed potatoes in an even layer in a baking pan or dish. Generously drizzle with olive oil and sprinkle with 1 tsp of the salt. Use your hands to toss and coat evenly. Place the potato quarters in the pan, arranging them as four corners to create a perch for the chicken.

Rinse the chicken and pat it dry with a paper towel. Set the chicken, breast-side up, on top of the potato perch, adjusting as needed, so it's slightly raised above the cubed vegetables. Drizzle the chicken with olive oil, sprinkle with the remaining 2 tsp sea salt and if desired, 1 Tbsp seasoning. Use your hands to evenly coat the chicken.

Put the pan in the oven and roast for 15 minutes. Lower the oven temperature to 350°F and continue roasting for 20 minutes per 1 lb. Set a timer. When the timer sounds, check the temperature of the chicken with a meat thermometer, inserting it into the inner thigh. It is done at 165°F.

Remove the chicken from the oven. Sneak a few morsels of crispy skin with whoever is close by, then cover the chicken loosely with aluminum foil and rest for 10 minutes before slicing. Serve warm with the potatoes and an extra drizzle of olive oil if desired.

Store leftovers in an airtight container in the refrigerator for up to 3 days. Once eaten, store all the chicken bones in an airtight freezer bag for making broth.



CHICKEN & RICE NOODLE SOUP WITH GREENS

SERVES 4-6 PREP TIME: 15 MIN
ACTIVE COOK TIME: 15 MIN INACTIVE COOK TIME: 30 MIN

This well-loved recipe is simple, immune-boosting, tasty, and adaptable. It uses leftovers from your roast chicken on Day 1. The miso adds a salty, umami flavor that most kids *love*! Swap the kale for any greens in season, such as chard or spinach. **Component cooking:** If someone doesn't want soup, serve a side plate with rice noodles drizzled with olive or sesame oil and salt, shredded chicken, steamed greens and crispy shiitakes!

INGREDIENTS

- 2 Tbsp. neutral cooking oil
- 10 oz. carton sliced shiitakes
- 4 cloves garlic, minced
- 1 tsp salt
- 1 can coconut milk
- 3 cups chicken broth (or water)
- 2-3 cups shredded chicken
- 1 bunch kale, washed and sliced into ribbons
- 4-6 servings pad thai rice noodles
- 1 Tbsp. white miso paste per serving
- Lime wedges, to garnish



CHICKEN & RICE NOODLE SOUP WITH GREENS

INSTRUCTIONS

Soak the noodles according to the directions on the package (usually 30 minutes). While soaking, bring a pot of water to boil for the noodles. Then prepare the noodles according to the instructions on the package. (I prepare the noodles separately, so they don't expand and get mushy in the soup after it's cooked, and to keep plain for picky eaters.)

Warm the oil in a medium-sized pot over medium-high.

Add the shiitakes and salt, and sauté until tender, about 5 minutes. Add the garlic and continue sautéing for about 2-3 minutes, until the shiitakes begin to brown and the garlic turns golden. (At this point, you can remove and set aside some mushrooms if picky eaters want them plain.)

Add the coconut milk and broth (or water), and stir to combine. Bring to a boil and reduce to a simmer.

While simmering, add the chicken and kale, cooking until the kale turns bright green. Remove from the heat and set aside. (With a slotted spoon, you can remove steamed greens and set aside.)

Add 1 Tbsp. miso to each bowl. Ladle half a scoop of the broth into each bowl, and use a fork to mix the miso until dissolved (this is called a slurry). Add a portion of rice noodles to each bowl, and ladle soup over top.

Serve warm! Refrigerate leftovers in an airtight container for up to 3 days.



BEST VEGGIE BURGERS WITH FIXINGS

YIELDS: 12 PATTIES PREP TIME: 20 MIN COOK TIME: 50 MIN

This is a veggie burger that isn't masquerading as beef or collapsing into a pile of black beans. These flavorful, moist patties stick together and include all the food groups in one. Even my meat-loving daughters devour them! You can prepare the patties far in advance and freeze them. To save prep time, use instant rice, and process the beets and carrots with the shredding disc of a food processor. *Adapted from my book, **Feast by Firelight**.*

INGREDIENTS

- 1 cup cooked brown basmati rice
- 2 large beets, peeled & shredded
- 3 large carrots, shredded
- 1 yellow onion, minced
- 1 garlic clove, minced
- 1 cup shredded cheddar (substitute with vegan)
- 1 cup toasted sunflower seeds
- ½ cup all-purpose flour (substitute with GF)
- ½ cup olive oil
- 2 eggs, lightly beaten
- 2 Tbsp tamari or soy sauce
- 1 tsp kosher salt
- Favorite burger fixings (add to shopping list)



BEST VEGGIE BURGERS WITH FIXINGS

INSTRUCTIONS

Prepare the rice according to the instructions on the bag.

Serve with all your favorite burger fixings, and a side salad with ***Favorite Balsamic Dressing***

Line a baking sheet with two layers of paper towel.

In a large bowl, combine the rice, beets, carrots, onion, garlic, cheese, sunflower seeds, oat flour, ½ cup olive oil, eggs, tamari, and salt. Use your hands to mix thoroughly. To absorb some of the moisture from the beets and carrots, spread the vegetable mixture in an even layer on the prepared baking sheet and refrigerate for at least 30 minutes or up to 2 hours.

Preheat the oven to 350°F. Remove the mixture from the refrigerator. With the palms of your hands, shape about ¼ cup of the mixture into a patty and place on the prepared baking sheet. Repeat until you've used all the mixture to form about 12 patties, placing them about 1 inch apart.

Bake the veggie burgers until the edges begin to brown, about 30 to 45 minutes depending on how moist your patties were.

Serve warm, with fixings. Store leftovers in an airtight container for up to 3 days.

To freeze leftovers or a double batch, let cool completely and transfer a large ziplock bag. Freeze for up to 3 months. To cook, defrost, and bake for about 10 minutes to make them warm and crispy.



MARINARA PANTRY PASTA WITH TUNA & CAPERS

SERVES 6 - 8

PREP TIME: 10 MIN

COOK TIME: 10-12 MIN

I keep these Ingredients on-hand so it's easy to whip up this family favorite when everyone's hungry. If you're motivated, try making your own marinara sauce during tomato season, and store it in your freezer (recipe in ***Feast by Firelight***). Let each person grate their own Parmigiano at the table, and if grown-ups like heat, add red pepper flakes! Garnish with basil if in season!

INGREDIENTS

- 1 pound pasta of choice
- 1 jar marinara sauce (homemade or store-bought)
- 2 cans tuna packed in olive oil, drained
- 3-4 Tbsp capers (or more if desired); substitute with chopped green olives
- Parmigiano reggiano
- Red pepper flakes (optional garnish)
- Extra olive oil, to drizzle

Serve with seasonal salad or steamed veggies and ***Favorite Balsamic Dressing***



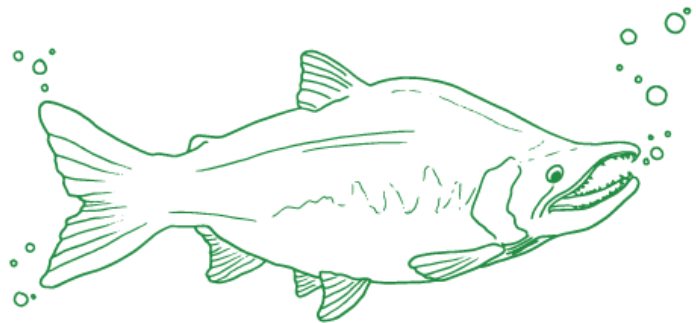
MARINARA PANTRY PASTA WITH TUNA & CAPERS

INSTRUCTIONS

Prepare the pasta according to the directions on the bag.

Drain and return to the pot. Toss in the marinara sauce, tuna, and capers and stir to combine evenly.

Serve warm, with Parmigiano and red pepper to garnish. Drizzle with extra olive oil if desired.



FISH NUGGETS WITH SWEET POTATO FRIES

SERVES 6 - 8

PREP TIME: 20 MIN

COOK TIME: 50 MIN

When you make nuggets from scratch, they taste better and you know exactly what ingredients are in it. For curious little chefs, it's fun to help with the "dredging" process, flouring and breading the fish. We love using cod, tilapia, rockfish, and other milder white fish. Prepare and cook in advance and refrigerate (up to 3 days) or freeze (up to 3 months). Reheat in the oven at 350°F for 15 minutes. The fries are a hit, and just as good with other potatoes.

INGREDIENTS

Sweet potato fries

- 1.5 lb sweet potatoes, peeled and cut into 1/4-inch thick fries
- 2 Tbsp olive oil
- 1 tsp salt
- 1 tsp ground rosemary (optional)

Fish nuggets

- 1.5 lb cod (or other fish)
- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 3 eggs
- 1 cup bread crumbs
- 1 lemon, sliced into wedges



FISH NUGGETS WITH SWEET POTATO FRIES

INSTRUCTIONS

To prepare the fries: Preheat the oven to 400°F, and line a baking sheet with a silicone mat or parchment paper. Add the fries to a baking sheet and toss with the olive oil, salt, and rosemary, if desired. Bake for 30 minutes, until golden and slightly crispy.

Prepare the fish nuggets while the fries are baking. Line a second baking sheet with a silicone mat or parchment paper.

Set up an assembly line with three shallow dishes, each containing:

- All-purpose flour mixed with the salt
- 3 eggs, beaten in the bowl
- 1 cup bread crumbs

Place the second baking sheet at the end of the line.

Remove the cod from the packaging, rinse, and pat dry, transferring to a plate. Cut the cod into 1 to 2-inch bite size pieces. Using a fork, transfer one piece of cod to the flour bowl. Turn, coating thoroughly, and transfer the cod to the egg bowl. Coat thoroughly and lift, allowing excess egg to drop off, and transfer to the bread crumbs. Coat thoroughly and transfer to the prepared baking sheet. Repeat with the remaining cod. Discard contents of the bowls.

Increase the oven to 425°F, and bake the nuggets for 20 minutes, until the bread crumbs are golden brown. Return the fries to the oven to warm.

Serve warm with ketchup, mayonnaise, and lemon wedges for fish.



BLACK BEAN TACOS WITH FIXINGS

PREP TIME: 10 MIN SERVES 4-6
COOK TIME: 30 MIN (WITH RICE)

Taco night is blissfully easy and this vegetarian variation by my twin sister, Dimity, is always a hit. It took a while for my kids to actually be able to eat a proper taco, so sometimes we made them quesadillas with black beans on the side. You can also mash avocados with lime and salt for a “quick guac.”

INGREDIENTS

- 2 cups your choice of rice
- One 16-oz can full-fat coconut milk
- 1 can black beans, half the liquid drained
- 1/2 tsp ground cumin
- 1 tsp salt
- Tortillas or shells
- 2 avocados, sliced
- Shredded cheese of choice
- Lime wedges to serve

Optional fixings:

- Fresh cilantro
- Sour cream or plain yogurt
- Salsa



BLACK BEAN TACOS WITH FIXINGS

INSTRUCTIONS

If you haven't already prepared the rice earlier in the week, preprepare it now according to the package instructions.

Add the beans and remaining liquid from the can to a small pot along with the coconut milk, salt, and cumin. Bring to medium heat and let it simmer until the liquid reduces to a creamy texture.

Once the rice and beans are finished cooking, you can serve 'em up!

Notes:

- For Easier Serving: Mix the rice and beans together.
- For Picky Eaters: Mash the beans up. This can make them more appealing and easier to eat (plus no beans falling out of the tortilla!).
- Add More Veggies: You can thinly slice onions & peppers and sauté them together with some taco seasoning.



Bonus Recipe!

FAVORITE BALSAMIC VINAIGRETTE



This salad dressing was a favorite growing up, and with 4 ingredients is ridiculously easy. It keeps in the fridge or countertop, and will save you pennies! My kids love this doused on salad and for dipping raw veg.

INGREDIENT LIST

- 1/3 cup olive oil
- 2 tbs balsamic vinegar
- 1 tsp dijon mustard
- 1/2 tsp honey

INSTRUCTIONS



MAKES 1/3 CUP

Add all the ingredients to a small jar and shake it up until well blended.

NOTES

- Tip: If your mustard jar is almost finished, add ingredients to the jar and shake it up! No need to use another jar.
- Make Extra: And refrigerate it to use throughout the week. The olive oil will solidify in the fridge. Just leave the dressing on the counter before using it and then shake, or pop it in the microwave until it melts.



Bonus Recipe!

AYLA'S THUMBPRINTS

SERVES 16 COOKIES PREP TIME: 10 MIN COOK TIME: 12 MIN

This Italian-inspired thumbprint is one of the easiest, yummiest, nuttiest, protein-packed treats you'll ever come across. For little ones under the age of one, swap the honey with maple syrup.

INGREDIENTS

- 1 1/2 cups almond flour
- Finely grated zest of 1 lemon
- 1/8 tsp fine salt
- 1/4 cup tahini
- 1/4 cup honey
- 1 tsp olive oil
- 1/2 tsp vanilla extract
- 12 whole almonds or large chocolate chips



Bonus Recipe!

AYLA'S THUMBPRINTS

INSTRUCTIONS

Preheat the oven to 350°F. Line a rimmed baking sheet with parchment paper.

In a large bowl, combine the almond flour, lemon zest, and salt. In a small bowl, whisk together the tahini, honey, olive oil, and vanilla. Pour the wet ingredients into the dry ingredients and stir well until combined. Use your hands to form the dough into a large ball.

Pinch off about 1 tablespoon of the dough at a time and roll into a small ball with the palms of your hands. Place on the prepared baking sheet and repeat with the remaining dough, spacing the balls 1 to 2 inches apart.

Gently press your pinkie finger (or a child's thumb) into the center of each ball to lightly flatten the cookie until it is about $\frac{3}{4}$ inch thick. Don't worry too much about the shape; whether your version is flatter, thicker, or rounder, the cookies will be just as good! If desired, press an almond or chocolate chip into the center of each cookie.

Bake until the bottom edges of the cookies are toasted brown, 10 to 12 minutes. Transfer the cookies to a wire rack to cool.

Store in an airtight container at room temperature for up to 2 weeks (though I can promise you they won't last that long), or freeze for up to 3 months.



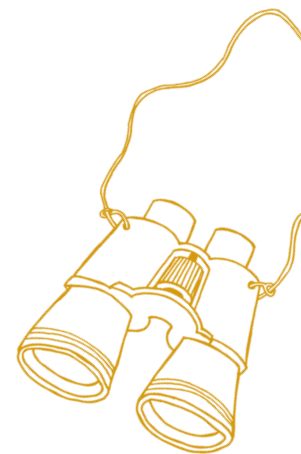
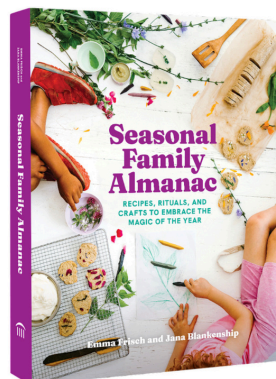
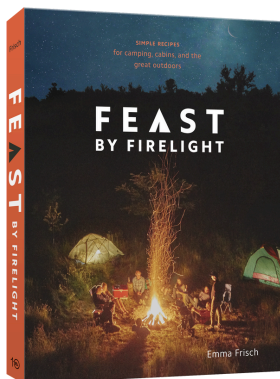
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