

Simpler Eating

Meal Planning Formula: Dinner

Each night has a theme to help guide the flavors and vibe for the meal. Use the respective page to walk through the formula by picking and choosing the elements that sound good for this week. Below are some ideas. For the other 2 nights, consider trying a new recipe or rotating in a favorite staple meal. Tips to consider when planning:

- Time you'll have available when picking the cooking method
- A placeholder for selections until you see what is in season or on sale at the store
- Make extra meat and/or chopped produce to leverage for lunch the next day
- Keep experimenting with different combinations of flavors and ingredients.
- But re-use or fine-tune combinations you enjoyed. No need to re-invent the entire wheel weekly.
- Add the items you need right into the [Simpler Eating Grocery List Reminders Template](#) for simpler shopping

Mediterranean	Mexican	Asian	Seasonal	BBQ
Tuscan plate: Pan cooked salmon fillets with sun-dried tomatoes, garlic, lemon, olive oil, and sautéed spinach	Carnitas stew: Shredded pork shoulder in slow cooker w/garlic, paprika, bell peppers, red onion, tomatoes on bed of cauliflower rice	Egg roll bowl: Pot with ground turkey, cabbage, shredded carrots, garlic, ginger, green onion, white onion, sesame oil, apple cider vinegar, fried egg	Seasonal salad: Chopped roasted chicken on mixed greens with watermelon radish, avocado, cucumber sunflower seeds, beets, dill, lemon, olive oil. Aged cheese optional	Burgers & fries: Paprika and onion beef patty w/ butterleaf lettuce wrap, tomato, onion, w/roasted rutabaga fries and SCD ketchup. Cheese on burger optional
Greek salad: Grilled chopped chicken breast, olive oil, red wine vinegar, lemon, red onion, cucumber, tomatoes, Kalamata olives, walnuts. Romaine optional	Fish taco bowl: Grilled cod with lime and cilantro with cabbage, mango, tomato, avocado, hot sauce. Avocado mayonaise optional	Thai coconut chicken soup: Baked shredded chicken, carrot, ginger, paprika, coconut milk, cilantro, cauliflower rice, curry, red pepper flakes, basil. Tahini optional.	Italian 'pasta': Ground pork sautéed with cayenne, oregano, garlic, tomato, mushroom, topped on roasted spaghetti squash. Aged cheese optional	Smoked ribs: Baby back ribs w/kidney beans and coleslaw mix w/avocado oil mayonnaise
Pizza bowl: Ground beef browned in a pot with pizza sauce, bell pepper, onion, black olives, spiralized or sliced zucchini. Aged cheese optional	Fajita salad: Sliced air fried cumin chicken thighs with pan fried bell pepper and sweet onion fajitas on bed of arugula with radish. Black beans optional.	Sesame beef plate: Pan fried strips of beef with garlic, red pepper flakes, sesame oil served w/side of bok choy, mushrooms, sugar snap peas and sesame seeds	Butternut soup: Roasted butternut squash, carrot, garlic, sweet onion, blended w/coconut milk, water, paprika, mixed w/ sliced roasted SCD chicken sausage	Bistro steak: Pan seared steak w/garlic, sauteed mushrooms, peas and asparagus
Mediterranean bake: Roasted pork chops, red onion, olives, cherry tomatoes, rosemary, garlic, green beans, pine nuts	Enchilada skillet: Ground turkey browned with fresh verde salsa, bell peppers, onion, zucchini. Jalapeno optional	Chinese crunchy salad: Shredded baked chicken w/cabbage, bell pepper, mandarines, cashews, cucumber, green onion, avocado + dressing w/ peanut butter, honey, sesame oil	Pineapple halibut: Grilled halibut w/chopped pineapple, red bell pepper, red onion, lime, salt. Cauliflower rice and/or black beans optional w/cilantro	Grilled kabobs: skewers w/shrimp, bell pepper, onion, mushroom, yellow squash, zucchini marinated in oregano, thyme, cumin



Mediterranean



Pick 1 each

Protein

Beef
Chicken
Fish
Pork
Shrimp
Turkey

Cooking Method

Air Fry
Bake
Grill/Smoker
Pan cook
Pot
Pressure Cooker
Roast (400F+)
Slow cooker

Form

Chopped
Ground
Sliced
Shredded
Whole

Presentation

Bowl
Plate
Salad
Soup

Pick 2+ each

Flavors

Basil
*Caesar dressing
Dill
Garlic
Lemon
*Marinara/pizza sauce
Olive oil
Oregano
Parsley
Rosemary
Vinegar: Apple cider, red wine,
white wine

*See [SimplerEating.com/Products](https://www.simplereating.com/products)

Vegetables

Artichoke
Bell pepper
Cucumber
Eggplant
Green beans

Kale
Red onion
Romaine
Spinach
Tomatoes
Zucchini

Optional

Something Extra

Artichoke hearts
Capers
Figs (raw or dried)
Grapes
Lima bean
Navy bean
Olives
Pepperoncini
Pine nuts
Sun-dried tomatoes
Walnuts
30+ day aged cheese: Gouda, Parmesan

Result



Mexican



Pick 1 each

Protein

Beef
Chicken
Fish
Pork
Shrimp
Turkey

Cooking Method

Air Fry
Bake
Grill/Smoker
Pan cook
Pot
Pressure Cooker
Roast (400F+)
Slow cooker

Form

Chopped
Ground
Sliced
Shredded
Whole

Presentation

Bowl
Plate
Salad
Soup

Pick 2+ each

Flavors

Avocado oil
Cilantro
Cayenne
Cumin
Garlic
Lime
Paprika

Vegetables

Arugula
Bell peppers
Cabbage
Cauliflower rice
Onion (yellow or red)
Radish
Tomatoes

Optional

Something Extra

Avocado
Black bean
Hot sauce
Jalapeno
Mango
Pepitas/Pumpkin seed
Poblano
Salsa (fresh)
Tomatillo

Result



Asian



Pick 1 each

Protein

Beef
Chicken
Fish
Pork
Shrimp
Turkey

Cooking Method

Air Fry
Bake
Grill/Smoker
Pan cook
Pot
Pressure Cooker
Roast (400F+)
Slow cooker

Form

Chopped
Ground
Sliced
Shredded
Whole

Presentation

Bowl
Plate
Salad
Soup

Pick 2+ each

Flavors

Basil
Coconut Milk
Curry
Garlic
Ginger
Mint
Peanut/almond butter
Red pepper flakes
Sesame oil
Tahini
Turmeric
White wine vinegar

Vegetables

Bell peppers
Bok choy
Butterleaf lettuce
Cabbage
Carrots (whole, shredded)
Cauliflower rice
Cucumber

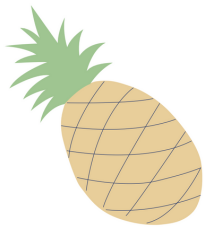
Endive leaves
Green beans
Green onion
Mushrooms
Onion
Sugar snap peas

Optional

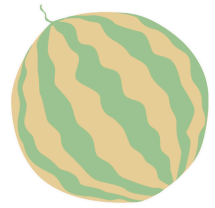
Something Extra

Almonds
Avocado
Almonds
Cashew
Egg (fried)
Kimchi
Mandarines
Orange
Peanut
Sesame seeds (black or white)

Result



Seasonal



Pick 1 each

Protein

Beef
Chicken
Fish
Pork
Shrimp
Turkey

Cooking Method

Air Fry
Bake
Grill/Smoker
Pan cook
Pot
Pressure Cooker
Roast (400F+)
Slow cooker

Form

Chopped
Ground
Sliced
Shredded
Whole

Presentation

Bowl
Plate
Salad
Soup

Pick 2+ each

Flavors

Any mentioned in
other themes

Vegetables

Beets
Delicata squash
Pumpkin
Spaghetti squash
Watermelon Radish

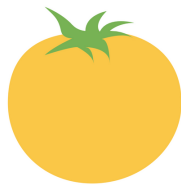
*Any other produce that
looks good at the store*

Optional

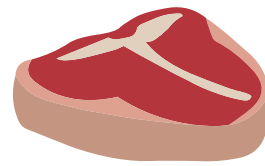
Something Extra

Lentils
Macadamia nuts
Pecans
Pistachios
Sunflower seeds
Seasonal fruit
30+ day aged cheese: Manchego,
Havarti

Result



BBQ



Pick 1 each

Protein

Beef
Chicken
Fish
Pork
Shrimp
Turkey

Cooking Method

Grill

Pan sear

Pellet smoker

Form

Burgers
Sausages
Skewers
Whole slab

Presentation

Bowl
Plate
Salad

Pick 2+ each

Flavors

*Avocado oil
mayonnaise
*Dijon mustard
*Ketchup
*Ranch dressing
*Yellow mustard
SCD-safe spices

*See SimplerEating.com/Products

Vegetables

Asparagus
Baby bella mushroom
Broccoli
Brussels sprouts
Butterleaf lettuce
Carrots

Cauliflower
Peas
Portobello Mushroom
Rutabaga
Yellow squash
Zucchini

Optional

Something Extra

Kidney beans
Pecans
Sauerkraut
Seasonal fruit
30+ day aged cheese: Blue,
Cheddar, Monterey Jack

Result