

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 mayonnaise 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

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

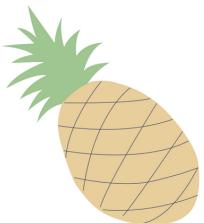
- Endive leaves
- Green beans
- Green onion
- Mushrooms
- Onion
- Sugar snap peas

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

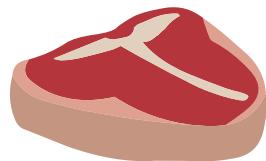
Something Extra

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