

REAL FAST. REAL FOOD.
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GROCERY LIST

This week's meal plan serves 1-2.
Scale up the ingredients if you're serving more.

MUSHROOMS

- portabella - 1 large or criminis - 3 whole *Loaded Mushroom Fajita Omelet*
- portabella - 8 ounces *Mushroom Shawarma Pita*
- portabella - 4 whole *Teriyaki Mushroom Rice Bowl*
- crimini or white button - 8 ounces *Blended Thai Lettuce Cups*

PANTRY

- chili powder - 1/8 teaspoon
- kosher salt and freshly ground black pepper, to taste
- olive oil - 3 tablespoons
- ground cumin - 1/2 teaspoon
- smoked paprika - 1/4 teaspoon
- pita - 2 loaves
- tahini - for serving, optional
- toasted sesame oil - 1 tablespoon
- long-grain white rice - 2 cups
- teriyaki sauce - for serving
- toasted sesame seeds - for serving
- brown sugar - 2 tablespoons
- fish sauce - 1 tablespoon
- chopped roasted peanuts - for serving, optional

MEAT

- ground chicken - 8 ounces

PRODUCE

- red onions - 2 small
- green, red or yellow bell pepper - 1 small
- red bell pepper - 1 small
- plum tomato - 1
- fresh cilantro - 1 bunch
- cherry tomatoes - 1 cup
- shredded purple cabbage - 1 cup
- Persian cucumber - 1
- broccoli - 1/2 head
- shelled edamame - 1/2 cup cooked
- carrots - 2
- green onions - 3
- lime - 1
- bibb lettuce - 1 small head

DAIRY

- unsalted butter - 2 tablespoons
- eggs - 3 large
- shredded Mexican-style cheese - 2 tablespoons
- sour cream - for serving
- Greek yogurt - 1/4 cup



LOADED MUSHROOM FAJITA OMELET



PREP TIME
6 min



COOK TIME
9 min



READY IN
15 min



SERVES
1

INGREDIENTS

- 2 tablespoons unsalted butter, divided
- 1 portabella mushroom, or 3 crimini mushrooms, cleaned, stemmed and sliced
- 1/4 small red onion, cut into 1/4-inch slices
- 1/2 small green, red or yellow bell pepper, cut into 1/4-inch slices
- 1/8 teaspoon chili powder
- Kosher salt and freshly ground black pepper, to taste
- 3 large eggs, beaten
- 2 tablespoons shredded Mexican-style cheese
- 1 plum tomato, seeded and chopped
- Chopped fresh cilantro, for garnish
- Sour cream, for serving

PREPARATION

- 1 Melt 1 tablespoon butter in an 8-inch nonstick skillet over medium-high heat. Add mushrooms, onions and peppers, and cook, stirring occasionally, until tender, about 4 to 6 minutes. Stir in chili powder and cook until fragrant, about 30 seconds. Season with salt and pepper to taste. Transfer vegetables to plate.
- 2 Melt remaining butter in the same skillet over medium-high heat. Pour eggs into skillet and tilt pan to coat bottom. Drag cooked edges to center of pan using rubber spatula. Tilt pan to let uncooked eggs fall to edge of pan. Spoon vegetable mixture and cheese over one side of omelet and let eggs set, about 1 to 2 minutes. Fold opposite side over and transfer to plate. Top with tomatoes, cilantro and a dollop of sour cream.



MUSHROOM SHAWARMA PITA



PREP TIME
10 min



COOK TIME
20 min



READY IN
30 min



SERVES
2

INGREDIENTS

8 ounces portabella mushrooms, cleaned, stemmed, gills removed and cut into 3/4-inch slices

1 small red onion, cut into 1/2-inch wedges

2 tablespoons olive oil

1/2 teaspoon ground cumin

1/4 teaspoon smoked paprika

Kosher salt and freshly ground black pepper, to taste

1/4 cup Greek yogurt

2 loaves pita

1 cup cherry tomatoes, halved

1 cup shredded purple cabbage

1 Persian cucumber, cut into 1/2-inch pieces

Chopped fresh cilantro, for garnish

Tahini, for serving, optional

PREPARATION

- 1 Preheat oven to 450°F. Place mushrooms and onions on a rimmed baking sheet. Add oil, cumin, paprika, salt and pepper, and toss to coat. Bake until mushrooms and onions are tender and light golden-brown, about 20 minutes.
- 2 Spread yogurt over each pita. Top with mushroom mixture, tomatoes, cabbage, cucumbers and cilantro. Drizzle with tahini and serve.



Serve with your favorite red pepper hot sauce for added heat.



TERIYAKI MUSHROOM RICE BOWL



PREP TIME
10 min



COOK TIME
20 min



READY IN
30 min



SERVES
2

INGREDIENTS

4 portabella mushrooms, cleaned, stemmed and sliced
1/2 head broccoli, cut into 1/2-inch florets
1 tablespoon toasted sesame oil, divided
Kosher salt and freshly ground black pepper, to taste
2 cups cooked long-grain white rice, kept warm
1/2 cup cooked, shelled edamame
1 small carrot, cut into 1/8-inch matchsticks
Teriyaki sauce, for serving
2 green onions, thinly sliced on a bias, for garnish
Toasted sesame seeds, for garnish

PREPARATION

- 1 Preheat oven to 450°F. Place mushrooms and broccoli on opposite ends of baking sheet. Drizzle evenly with oil and season with salt and pepper. Toss with hands to coat. Bake, flipping mushrooms and broccoli halfway through, until tender and light golden-brown, about 20 minutes.
- 2 Divide rice between 4 bowls. Top with mushrooms, broccoli, edamame and carrots. Drizzle with teriyaki sauce. Garnish with green onions and sesame seeds. Serve and enjoy.



BLENDED THAI LETTUCE CUPS



PREP TIME
10 min



COOK TIME
18 min



READY IN
28 min



SERVES
2

INGREDIENTS

1 tablespoon olive oil

8 ounces crimini mushrooms or white button mushrooms, cleaned and roughly chopped

1 small red bell pepper, cut into 1/2-inch pieces

8 ounces ground chicken

2 tablespoons packed brown sugar

1/2 lime, juiced, plus lime wedges, for serving

1 tablespoon fish sauce

1 teaspoon kosher salt

1 carrot, cut into 1/8-inch matchsticks

1 green onion, thinly sliced, for garnish

Chopped roasted peanuts, for garnish, optional

1 small head Bibb lettuce, leaves separated

PREPARATION

- 1** Heat oil in large skillet or wok over medium-high heat. Add mushrooms and cook, stirring occasionally, until light golden-brown, about 6 to 8 minutes. Stir in bell peppers and cook for 2 minutes. Add chicken and cook, breaking up into small crumbles with a wooden spoon, until fully cooked and golden-brown, about 8 minutes.
- 2** Stir in brown sugar, lime juice, fish sauce and salt, and cook until coated, about 1 minute. Remove skillet from heat.
- 3** Layer mushroom mixture, carrots, green onions and peanuts in lettuce leaves. Serve with lime wedges and enjoy.