

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

- crimini - 5 whole
Savory Mushroom and Kale Oatmeal
- portabella - 4 large
Portabella Parmesan
- crimini or white button - 1 pound
Chipotle Mushroom Tostada with Refried Beans
- crimini or white button - 8 ounces
Mushroom Coconut Curry with Spinach and Chickpeas

PANTRY

- olive oil - 3 tablespoons
- chipotle in adobo sauce - 1 pepper + 1 tablespoon adobo sauce
- garlic powder - 1/2 teaspoon
- kosher salt and freshly ground black pepper, to taste
- canned refried beans, or canned black beans - 1 cup
- corn tostadas - 4
- low-sodium vegetable broth - 1 cup
- old-fashioned rolled oats - 1/2 cup
- chili crisp - for serving
- Italian-style breadcrumbs - 1 cup
- all-purpose flour - 1/2 cup
- crushed red pepper flakes
- Thai red curry paste - 3 tablespoons
- chickpeas - 1 (15-ounce) can
- unsweetened coconut milk - 1 (14-ounce) can
- long-grain white rice - 2 cups
- marinara sauce - 1/2 cup

PRODUCE

- avocado - 1
- red onion - 1 small
- jalapeno - 1 small pepper
- fresh cilantro - 1 bunch
- shallot - 1
- kale - 1 1/2 cups
- green onion - 1
- fresh basil - 1 bunch
- ginger - 1 (1/2-inch) knob
- fresh spinach - 3 cups packed
alt. 1 1/2 cups frozen
- Thai red chilies - 1-2 chilies

DAIRY

- shredded mozzarella cheese - 1/4 cup
- Parmesan cheese - 2 tablespoons grated
- large eggs - 2





SAVORY MUSHROOM AND KALE OATMEAL



PREP TIME
5 min



COOK TIME
15 min



READY IN
20 min



SERVES
1

INGREDIENTS

- 1 cup low-sodium vegetable broth
- 1/2 cup old-fashioned rolled oats
- Kosher salt and freshly ground black pepper, to taste
- 2 teaspoons olive oil
- 5 crimini mushrooms, cleaned and sliced
- 1 small shallot, thinly sliced into rounds
- 1 1/2 cups kale, stemmed, roughly chopped
- 1 green onion, thinly sliced, for garnish
- Chili crisp, for serving, optional

PREPARATION

- 1 Bring broth to a boil in small saucepan over medium-high heat. Stir in oats and reduce heat to medium-low. Simmer, stirring occasionally until oats are tender, about 4 to 5 minutes. Remove from heat. Transfer to serving bowl.
- 2 Meanwhile, heat oil in medium saucepan over medium-high heat. Add mushrooms and cook, stirring occasionally, until light golden-brown, about 3 to 5 minutes. Stir in shallots and cook until tender, about 2 to 3 minutes. Add kale, and cook until just tender, about 1 to 2 minutes. Season with salt and pepper, to taste.
- 3 Top oatmeal with mushroom mixture. Garnish with green onions. Drizzle with chili crisp and serve.



TIP Serve with a jammy egg or fried egg.



PORTABELLA PARMESAN



PREP TIME

8 min



COOK TIME

13 min



READY IN

21 min



SERVES

2

INGREDIENTS

- 1 cup Italian-style breadcrumbs
- 1/2 cup all-purpose flour
- 2 large eggs, lightly beaten
- 4 portabella mushrooms, cleaned, stemmed and gills removed
- 1/2 cup marinara sauce
- 1/4 cup shredded mozzarella cheese
- 2 tablespoons grated Parmesan cheese
- Chopped fresh basil, for garnish
- Crushed red pepper flakes, for garnish

PREPARATION

- 1 Preheat oven to 425°F and line a rimmed baking sheet with parchment paper. Place breadcrumbs, flour and eggs into 3 separate shallow bowls. Dip mushrooms into flour, then into egg and then into breadcrumbs, evenly coating each mushroom. Place mushrooms, top side down in a single layer onto prepared baking sheet. Coat both sides of mushrooms with olive oil cooking spray. Bake for 10 to 12 minutes until golden-brown.
- 2 Preheat oven to broil. Top each mushroom with 2 tablespoons marinara sauce, 1 tablespoon mozzarella, and a few teaspoons of Parmesan. Broil until cheese has melted, about 1 to 2 minutes. Garnish with basil and crushed red pepper flakes.



TIP *Serve with spaghetti or your favorite pasta.*

CHIPOTLE MUSHROOM TOSTADA WITH REFRIED BEANS



PREP TIME
10 min



COOK TIME
9 min



READY IN
19 min



SERVES
2

INGREDIENTS

1 tablespoon olive oil

1 pound crimini mushrooms or white button mushrooms, cleaned and sliced

1 chipotle in adobo sauce, chopped, plus 1 tablespoon adobo sauce

1/2 teaspoon garlic powder

Kosher salt and freshly ground black pepper, to taste

1 cup canned refried beans, or 1 cup canned black beans, kept hot

4 corn tostadas

1 avocado, halved, pitted, peeled and sliced

1/2 small red onion, thinly sliced

1 small jalapeno, thinly sliced into rounds

Chopped fresh cilantro, for garnish, optional

PREPARATION

- 1 Heat oil in large skillet over medium-high heat. Add mushrooms and cook, stirring occasionally, until light golden-brown, about 6 to 8 minutes. Stir in chipotle, adobo sauce and garlic powder, and cook, stirring frequently, until coated, about 1 minute. Season with salt and pepper, to taste.
- 2 Spread refried beans evenly over each tostada and top with mushroom mixture. Garnish with avocado, red onion, jalapeno and cilantro. Serve and enjoy.



Once mushrooms are cooked in step 1, add shrimp and cook until fully cooked and pink, about 2 to 3 minutes. Stir in chipotle, adobo sauce and garlic powder, and cook, stirring frequently, until coated, about 1 minute. Season with salt and pepper, to taste.



MUSHROOM COCONUT CURRY WITH SPINACH AND CHICKPEAS



PREP TIME
10 min



COOK TIME
15 min



READY IN
25 min



SERVES
2

INGREDIENTS

- 1 tablespoon olive oil
- 3 tablespoons Thai red curry paste
- 1/2 inch knob ginger, peeled and minced
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 (14-ounce) can unsweetened coconut milk
- 8 ounces crimini mushrooms or white button mushrooms, cleaned and quartered
- 3 cups packed fresh spinach, or 1 1/2 cups frozen spinach, thawed and drained
- Chopped fresh cilantro, for garnish
- 1 or 2 Thai red chilies, thinly sliced, for garnish, optional
- 2 cups cooked long-grain white rice, for serving

PREPARATION

- 1 Heat oil in large pot over medium heat. Add curry paste and ginger, and cook until fragrant, about 30 seconds.
- 2 Add chickpeas, coconut milk and mushrooms, and bring to a simmer over medium heat. Cook, stirring occasionally, until flavors develop, about 10 to 15 minutes.
- 3 Stir in spinach and cook until wilted, about 1 minute. Transfer to serving bowls. Garnish with cilantro and chilies. Serve with rice and enjoy.



Sauté 1 pound thinly sliced chicken breast in step 1 for 3 to 5 minutes until fully cooked and golden-brown. Add curry paste and ginger as directed.



Substitute 2 cups of jarred coconut curry sauce for the red curry paste, ginger and coconut milk. Substitute 1/2 teaspoon ground ginger for fresh ginger.