

# Marmee's Menus Made Simple

## WEEK No. 1

Meal planning and feeding a family takes thought and preparation. Plan ahead and it will go so much better during the day! If your week is laid out ahead of you as on Marmee's Weekly Menus MON-SUN here is how to prepare ahead: I shop in bulk as much as possible and keep a full pantry of ingredients I use on a regular basis. During the course of a month we basically repeat 14-17 menus over, so there are basic ingredients I always have on hand. To be prepared for a week of cooking, find time on Saturday to shop from the grocery list for anything you don't have on hand in your pantry or freezer. I bake all my own breads, rolls, and pizza crusts, so be prepared to add these to your grocery list if you are not a HomeBaker.



### MONDAY'S HERE!

Marmee's Easy-Peasy Way to Boil a perfect EGG!

Place your eggs in a pot and cover with cold water by 1 inch. Bring to a boil over medium-high heat, then cover, turn off the heat source and leave pan on the burner, covered. Allow to set for 10 minutes. Drain, cool by running under cool water so you can handle it and peel. Pat dry. Split in half with a knife, add a pat of real butter, salt & pepper. You'll get 12 grams of protein to start your day off right!

What is CBINB listed on the Menus?

I still bake bread at least 2x a week in my BOSCH mixer from freshly milled grains and unbleached flour for my family. I have 5 adult children living at home along with hubby and we go through a BUNCH of food each week. As a mom to 11 and grandmother to 13 and counting, and the years creeping on past half a century...my metabolism is on the down-hill-slide. I can't eat like my big strong tall lean boys do, so I modify my diet from the main menus as needed. C-B-I-N-B is pretty much the only bread I eat. I am trying to lower my carb intake and so this way I can have my bread with only a few net carbs and it is so filling and gives me a great source of daily fiber. It has 16 g of protein and less than 5 net carbs and usually I eat only half of what the READY MIX makes which is one large bun. I slice it in half and save the other half for another meal. The READY-MIXES are at [www.cantbelieveitsnotbread.com](http://www.cantbelieveitsnotbread.com).

Before lunchtime, pick the chicken from the bones of the Rotisserie chicken.

Save the chicken pieces in a zip-loc bag in the refrigerator for Tuesday's lunch of chicken salad. If there is more chicken than you need-label and freeze it. Now add all the bones & skin to a cooking pot. Cover by two inches with water and add in 2 Tbsp. BRAGGS apple cider vinegar. (This helps draw out all the good stuff from the bones!) I let this simmer on low until lunch. I strain the broth and drink a large mug (with added celtic salt to taste) and put the rest in a 1/2 gal. glass jar with a lid in the refrigerator after it has cooled. I will use it tonite in the White Chicken Chili.

Just a note: I basically cook one large meal a day for my family. Since it is all adults in the household and everyone has a different school or work schedule, the only meal we eat together is in the evening. My husband is the only one for whom I prepare the other meals of breakfast and lunch. The menus are for myself for Breakfast, Lunch and Snack and for the whole family for the main meal, Supper.

How Do You Make your Protein Shake?

I usually make one of these daily for my husband and again for me as shown on the menu for either a snack or lunch or breakfast. My new favorite protein powder is Shakeology in the CafeLatte Flavor. It is amazing and so good for you with added enzymes and probiotics in it, but pricey. But if you think of eating a fast food meal vs. drinking a protein shake at home, the cost factor disappears! Anyway, to save some, I cheat and mix the Shakeology half and half with Swansons Vanilla Whey Protein. I love the flavor tamed down a little with the vanilla whey powder. I also make it with raw whole milk and ice. To cut calories you need to use plain water and ice. I use a FUSION XCELERATOR for all our smoothies and shakes. It's a tool I just recently purchased and I can't imagine doing without it!! There are endless protein smoothie recipes online. So go a'googling if you are looking for more protein shake ideas. I also love the ISAGENIX creamy French vanilla protein powder mixed half and half with the ISAGENIX Dutch chocolate. That is one amazing tasting protein shake! Again...pricey but what price can you put on your health and wellness?



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I rarely used cans of beans. I have a Kuhn-Rikon Stainless pressure cooker and use it for ALL my dried beans. In the early afternoon I add my dried beans to the pressure cooker pot and cover to 2/3 full with water. I turn on the heat and allow them to come to a boil. As soon as they have boiled for around 10 minutes, I turn off the heat source. About 2 hours before meal time, I drain off the water, add more clean water to 2/3 full in the pot. I pop on the pressure cooker lid and cook the beans until tender. It usually takes an hour or less. These are not aluminum pressure cookers like you can quarts of summer bounty in, they are all stainless steel cookers made specifically for cooking foods. It is an amazing time saver for dried beans!

How I made the White Chicken Chili

I make most everything from scratch so this one will have to be an almost-scratch recipe. It makes it too easy-peasy to use the McCormick White Chicken Chili seasoning packages and to boot I found them at my Scratch & Dent Bargain Food store for 50 cents each. I have a recipe that is just as tasty in **Martha's Family Cookery Book** using ground turkey. That recipe is totally from scratch. For tonight's meal, I met in the middle by using the spice seasoning package but cooking my dried beans vs. using canned beans. I have to make such a big pot for my family it would have used a boodle of cans anyway, so for me dried beans in bulk is the way to go using my Kuhn-Rikon pressure cooker as the time saver.

First I cooked white northern dried beans as I have already told you above. To give the chili a bit of variety in color I did add in a sprinkle of pinto beans to the white northerns as I had a cup of stray beans in my pantry that I needed to use up. I cooked these with nothing but water in my pressure cooker until they were very soft. (see how I do that above)

Next, I used Trader Joes Flash Frozen Chicken Tenders. I simply put them in the soup pot semi-frozen with garlic and olive oil and let them cook until they were white on the outsides. Then I used kitchen scissors and snipped them up into bite-sized pieces and allowed them to finish cooking. When they were fully-cooked I added in the McCormick White Chicken Chili spice packages. I made a really big pot so I used 2 packages. Then I added in the cooked dried beans along with some bean juice. Next I put in 2 cups of white kernel corn. I had a can in my pantry so I used that. I have used frozen before. What do you have on hand? You can skimp on chicken to stretch it too if you need too. My guys holler if there isn't LOTS of meat at the meal so I added a lot of chicken to my chili.

I stirred in 6 cups or so of my chicken broth reserved from earlier in the day. You can add as much as you need to make a hearty thick chili style soup. I salted it a bit after tasting, added in cracked black pepper and a large handful of diced green onions. I wanted to add some fresh chopped cilantro but had none...it was good anyway...but I do love me some cilantro when I have it! It was delicious, filling and really easy! A green salad to us is simply romaine lettuce, spinach leaves or spring mix along with cucumber slices. We all love ranch dressing and we make it homemade and it is a staple item always found in our refrigerator. Garlic toast for us is my homemade bread sliced thickly, spread with butter and sprinkled with garlic and or parmesan cheese and parsley flakes and broiled in the oven until lightly browned and the edges crispy!

How I Make HomeMade Ranch Dressing:

Make as much or as little as you want. I simply put equal amount of Duke's mayo and Sour Cream in a container. Then I shake in stuff to make it tasty! It needs a good shake of onion powder, garlic powder and seasoning salt and lots of parsley flakes. Then you can make it even tastier by adding in a sprinkle of Italian seasoning or dill weed or oregano or chives. You pick, you add, you stir it all up and be sure to keep refrigerated and chilled well at all times. We use this as a dip for chicken tenders, sweet potato fries and plopped on top of our Mexican dishes. The boys even like to dip their pizza in it! If we use it as a salad dressing I thin it slightly with buttermilk or milk. We have been making this stuff so long it is about as much as a staple as a dozen eggs at our house!

**TOMORROW IS TUESDAY. ANOTHER DAY. ANOTHER GIFT!**

