EVERYDAY RECIPE COLLECTION

VOLUME 07 / 07

Your Weekly Kitchen Organizer

Two weeks of meal ideas, shopping lists and blank worksheets

Plan. Cook. Enjoy.

ORIGINAL AUTHORED EDITION IN ENGLISH • 2026

Created for this project. Does not reproduce the original Tasty Shreds books.

A routine that fits your week

An organizer, not a diet

These suggestions use recipes from the six original authored books. They do not calculate calories, macronutrients or individual requirements. The plan does not include every snack or drink you might need. The recipes have not been kitchen-tested.

What the shopping lists cover

Each meal below uses one complete recipe for four people. There is one breakfast, one lunch and one dinner per day. The lists add up the ingredients in those 21 recipes per week, including water, salt and oil. Add fruit, leafy greens, side dishes, drinks and other items to suit your routine.

Finding a recipe

V01 / R05 means volume 01, recipe 05. The number appears at the top of each recipe page. PDF bookmarks also help you navigate. The collection’s editable recipe index is in recipes-en.json.

Cooking for fewer people

For two people, halve all shopping-list and recipe quantities. For one person, divide by four or cook the full recipe and freeze suitable portions. Keep the proportions in batters and egg dishes. Do not keep two weeks of prepared meals in the refrigerator.

Week 1 · meal ideas

DAY 01

Breakfast · V05 / R01
Skillet omelet with tomato and basil

Lunch · V01 / R01
Chicken and Rice with Lemon and Parsley

Dinner · V02 / R01
Beef Burger with Onion and Mustard

DAY 02

Breakfast · V05 / R05
Overnight oats with banana and cinnamon

Lunch · V01 / R05
Creamy Chicken Penne with Spinach and Ricotta

Dinner · V03 / R05
Slow-Cooked Beef Stew with Tomato and Paprika

DAY 03

Breakfast · V05 / R09
Oat pancakes with banana and cinnamon

Lunch · V01 / R09
Beef and Cassava Stew with Lemon and Parsley

Dinner · V04 / R09
Chicken and mashed potato bake with spinach and ricotta

DAY 04

Breakfast · V05 / R13
Ricotta toast with cucumber and mint

Lunch · V01 / R13
Baked Fish with Rice with Lemon and Parsley

Dinner · V03 / R13
Chicken and Chickpeas with Lemon and Parsley

Week 1 · meal ideas

DAY 05

Breakfast · V05 / R17
Chia and yogurt pots with banana and cinnamon

Lunch · V01 / R17
Lentils and Eggs with Lemon and Parsley

Dinner · V02 / R17
Fish Tacos with Cucumber and Mint

DAY 06

Breakfast · V05 / R21
Brazilian corn couscous with eggs with tomato and basil

Lunch · V01 / R21
Chicken Couscous with Lemon and Parsley

Dinner · V04 / R21
Stuffed savory crepes with spinach and ricotta

DAY 07

Breakfast · V05 / R25
Savory egg muffins with tomato and basil

Lunch · V01 / R25
Quinoa with Tofu with Spinach and Ricotta

Dinner · V03 / R25
Quick Fish Stew with Lemon and Parsley

Week 1 · shopping list

For four people · 21 complete recipes · metric quantities

- ☐ 120 g all-purpose flour
- ☐ 6 g baking powder
- ☐ 300 ml boiling water
- ☐ 80 g chia seeds
- ☐ 15 g chopped basil
- ☐ 14 g chopped garlic
- ☐ 10 g chopped mint
- ☐ 500 g chopped onion
- ☐ 70 g chopped parsley
- ☐ 400 g chopped spinach
- ☐ 300 g chopped tomatoes
- ☐ 240 g coarse precooked corn flakes for Brazilian couscous
- ☐ 200 ml coconut milk
- ☐ 600 g cooked brown rice
- ☐ 500 g cooked chickpeas
- ☐ 240 g cooked chickpeas, drained
- ☐ 500 g cooked lentils, drained
- ☐ 600 g cooked rice
- ☐ 800 g cooked, shredded chicken
- ☐ 400 g crumbled ricotta
- ☐ 320 g diced cucumber
- ☐ 610 g diced tomatoes
- ☐ 240 g dry couscous
- ☐ 240 g dry whole-wheat penne
- ☐ 600 g firm tofu, cubed
- ☐ 6 g garlic
- ☐ 6 g ground cinnamon

Check your cupboards before shopping. Different ingredient descriptions stay separate to avoid assumed substitutions or equivalences.

Week 1 · shopping list

For four people · 21 complete recipes · metric quantities

- ☐ 20 g honey
- ☐ 210 ml lemon juice
- ☐ 40 g lettuce leaves
- ☐ 38 medium eggs
- ☐ 1040 ml milk
- ☐ 20 g mustard
- ☐ 200 g oat flour
- ☐ 10 ml oil
- ☐ 190 ml olive oil
- ☐ 100 g onion
- ☐ 150 g onion, cut into wedges
- ☐ 100 g onion, sliced into half-moons
- ☐ 600 g peeled cassava, cubed
- ☐ 600 g peeled, cubed potatoes
- ☐ 1810 g plain yogurt
- ☐ 700 g raw beef chuck, cut into 3 cm cubes
- ☐ 1500 g raw chicken breast, cubed
- ☐ 500 g raw chicken breast, cut into strips
- ☐ 500 g raw lean beef round, cut into small cubes
- ☐ 600 g raw lean ground beef
- ☐ 540 g ricotta
- ☐ 600 g ripe banana, diced
- ☐ 160 g rolled oats
- ☐ 51 g salt
- ☐ 220 g sliced onion
- ☐ 8 slices whole-wheat bread, 25 g each
- ☐ 8 small corn tortillas, 25 g each

Check your cupboards before shopping. Different ingredient descriptions stay separate to avoid assumed substitutions or equivalences.

Week 1 · shopping list

For four people · 21 complete recipes · metric quantities

- ☐ 3 g sweet paprika
- ☐ 600 g thawed tilapia fillets
- ☐ 600 g thawed tilapia, cut into strips
- ☐ 600 g thawed white fish, cut into large cubes
- ☐ 120 g thinly sliced cabbage
- ☐ 250 g tomato sauce
- ☐ 240 g uncooked quinoa
- ☐ 2300 ml water
- ☐ 100 ml water for the chicken
- ☐ 4 whole-wheat burger buns, 60 g each

Check your cupboards before shopping. Different ingredient descriptions stay separate to avoid assumed substitutions or equivalences.

Week 2 · meal ideas

DAY 01

Breakfast · V05 / R02
Skillet omelet with spinach and ricotta

Lunch · V01 / R02
Chicken and Rice with Tomato and Basil

Dinner · V02 / R02
Beef Burger with Tomato and Mozzarella

DAY 02

Breakfast · V05 / R06
Overnight oats with strawberry and vanilla

Lunch · V01 / R06
Creamy Chicken Penne with Corn and Green Onions

Dinner · V03 / R06
Slow-Cooked Beef Stew with Carrot and Rosemary

DAY 03

Breakfast · V05 / R10
Oat pancakes with strawberry and vanilla

Lunch · V01 / R10
Beef and Cassava Stew with Tomato and Basil

Dinner · V04 / R10
Chicken and mashed potato bake with corn and scallions

DAY 04

Breakfast · V05 / R14
Ricotta toast with tomato and olives

Lunch · V01 / R14
Baked Fish with Rice with Tomato and Basil

Dinner · V03 / R14
Chicken and Chickpeas with Tomato and Basil

Week 2 · meal ideas

DAY 05

Breakfast · V05 / R18
Chia and yogurt pots with strawberry and vanilla

Lunch · V01 / R18
Lentils and Eggs with Tomato and Basil

Dinner · V02 / R18
Fish Tacos with Tomato and Olives

DAY 06

Breakfast · V05 / R22
Brazilian corn couscous with eggs with spinach and ricotta

Lunch · V01 / R22
Chicken Couscous with Tomato and Basil

Dinner · V04 / R22
Stuffed savory crepes with corn and scallions

DAY 07

Breakfast · V05 / R26
Savory egg muffins with spinach and ricotta

Lunch · V01 / R26
Quinoa with Tofu with Corn and Green Onions

Dinner · V03 / R26
Quick Fish Stew with Tomato and Basil

Week 2 · shopping list

For four people · 21 complete recipes · metric quantities

- ☐ 120 g all-purpose flour
- ☐ 6 g baking powder
- ☐ 300 ml boiling water
- ☐ 80 g chia seeds
- ☐ 14 g chopped garlic
- ☐ 20 g chopped green onions
- ☐ 500 g chopped onion
- ☐ 20 g chopped scallions
- ☐ 300 g chopped spinach
- ☐ 600 g chopped strawberries
- ☐ 300 g chopped tomatoes
- ☐ 240 g coarse precooked corn flakes for Brazilian couscous
- ☐ 200 ml coconut milk
- ☐ 600 g cooked brown rice
- ☐ 500 g cooked chickpeas
- ☐ 240 g cooked chickpeas, drained
- ☐ 480 g cooked corn, drained
- ☐ 500 g cooked lentils, drained
- ☐ 600 g cooked rice
- ☐ 800 g cooked, shredded chicken
- ☐ 300 g crumbled ricotta
- ☐ 1720 g diced tomatoes
- ☐ 2 g dried rosemary
- ☐ 240 g dry couscous
- ☐ 240 g dry whole-wheat penne
- ☐ 600 g firm tofu, cubed
- ☐ 35 g fresh basil

Check your cupboards before shopping. Different ingredient descriptions stay separate to avoid assumed substitutions or equivalences.

Week 2 · shopping list

For four people · 21 complete recipes · metric quantities

- ☐ 6 g garlic
- ☐ 20 g honey
- ☐ 40 g lettuce leaves
- ☐ 38 medium eggs
- ☐ 1040 ml milk
- ☐ 80 g mozzarella
- ☐ 200 g oat flour
- ☐ 10 ml oil
- ☐ 190 ml olive oil
- ☐ 100 g onion
- ☐ 150 g onion, cut into wedges
- ☐ 100 g onion, sliced into half-moons
- ☐ 600 g peeled cassava, cubed
- ☐ 600 g peeled, cubed potatoes
- ☐ 30 g pitted olives, chopped
- ☐ 30 g pitted, chopped olives
- ☐ 1810 g plain yogurt
- ☐ 700 g raw beef chuck, cut into 3 cm cubes
- ☐ 1500 g raw chicken breast, cubed
- ☐ 500 g raw chicken breast, cut into strips
- ☐ 500 g raw lean beef round, cut into small cubes
- ☐ 600 g raw lean ground beef
- ☐ 540 g ricotta
- ☐ 160 g rolled oats
- ☐ 51 g salt
- ☐ 200 g sliced carrots
- ☐ 100 g sliced onion

Check your cupboards before shopping. Different ingredient descriptions stay separate to avoid assumed substitutions or equivalences.

Week 2 · shopping list

For four people · 21 complete recipes · metric quantities

- ☐ 160 g sliced tomatoes
- ☐ 8 slices whole-wheat bread, 25 g each
- ☐ 8 small corn tortillas, 25 g each
- ☐ 600 g thawed tilapia fillets
- ☐ 600 g thawed tilapia, cut into strips
- ☐ 600 g thawed white fish, cut into large cubes
- ☐ 120 g thinly sliced cabbage
- ☐ 250 g tomato sauce
- ☐ 240 g uncooked quinoa
- ☐ 6 ml vanilla extract
- ☐ 2300 ml water
- ☐ 100 ml water for the chicken
- ☐ 4 whole-wheat burger buns, 60 g each

Check your cupboards before shopping. Different ingredient descriptions stay separate to avoid assumed substitutions or equivalences.

Prepare without spending all day cooking

The day before

Choose recipes for the next two days, check the list and thaw meat in the refrigerator in a container that catches any liquid. Read all steps before starting. Set aside separate boards and utensils for raw and ready-to-eat food.

Block 1 — oven and stove

Start grains, potatoes, baked dishes and slow-cooker recipes first. While they cook, chop vegetables for the same day. Allow refrigerator space: shallow containers help food cool faster.

Block 2 — portions

Divide cooked dishes into four portions and label each with the name, date and storage destination. Refrigerate portions for the next few days; freeze the others promptly after cooling. Keep raw salads, bread and delicate sauces separate.

Block 3 — serving

Reheat only the portion you will eat, to 74 °C. Add fresh leaves, yogurt and other cold components after reheating. Notice the texture and record adjustments for next time.

Labels that remove the guesswork

A label for each container

RECIPE: _____

VOLUME / NUMBER: _____

PREPARED ON: ____ / ____ / _____

STORE IN: refrigerator [ ] freezer [ ]

USE BY: ____ / ____ / _____

SERVINGS: _____

ALLERGENS PRESENT: _____

Choosing the date

Use the shortest period given by the ingredients or the recipe. Freezing does not undo earlier unsafe storage. Do not judge food safety by smell or appearance alone.

When thawing

Move the container to the refrigerator in advance, or use the microwave’s defrost setting followed by immediate reheating. Do not leave a meal thawing on the counter.

My weekly menu

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

My shopping list by aisle

Fruit and vegetables

Meat and eggs

Milk and dairy

Grains and pasta

Frozen food

Seasonings and pantry

What I would make again

Recipe and number

Seasoning adjustment

Actual time in my oven

Quantity per person

Texture after freezing

Next time

Cook and store food safely

Temperature, time and storage

Use a food thermometer: poultry must reach 74 °C, ground beef 71 °C, and fish 63 °C. Whole cuts of beef and pork must reach 63 °C followed by a 3-minute rest. Egg dishes must be set; baked egg dishes in this collection use a centre temperature of 74 °C.

After cooking

Divide cooked food into shallow containers and refrigerate within 2 hours, or within 1 hour if the room is above 32 °C. Keep the refrigerator at 4 °C or below and the freezer at -18 °C. The recipes give conservative storage periods. Reheat leftovers to 74 °C and thaw in the refrigerator.

Slow cookers

Thaw meat before putting it in a slow cooker. Follow the manufacturer’s capacity and liquid-volume instructions. The keep-warm setting does not cook raw food. Reheat leftovers on the stove, in the oven or in the microwave, rather than in a slow cooker.

Food safety sources

FoodSafety.gov — Safe Minimum Internal Temperatures: https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

FoodSafety.gov — Cold Food Storage Chart: https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts

CDC — Preventing Food Poisoning: https://www.cdc.gov/food-safety/prevention/index.html

USDA/FSIS — What methods of reheating food are safe?: https://ask.fsis.usda.gov/article/What-methods-of-reheating-food-are-safe