

















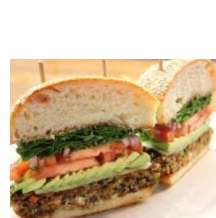

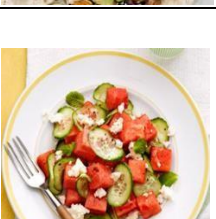












## MEAL PREP PLANNING (Pescatarian/Vegetarian “ish”)

As soon as I tell someone I don't eat meat anymore they almost always ask me (as if shocked) “WOW, what do you eat?” as if there's literally nothing else. I'll be honest, it's a journey to get to a place where you can think of what is basically a fancy side dish to seeing it as the main event but when you make the switch it gets easier. I live with a carnivore/barbarian so anything I make is not only a side dish, but a side dish he will not eat. He wants a giant slab of barely dead animal on his plate or he thinks he will shrivel up and die so when I do the cooking I try to keep this in mind and plan something that looks like a real meal in case strangers pop in to judge us...and also because it makes me sad when he cries.


	Ideas for the Vegetarian/Pescatarian	What we add on the side to make the Barbarian happy
	Stir Fried Vegetables. With rice, cabbage or cauliflower, carrots, peas, squash, snow Peas or sugar snaps..oranges, mandarins, basil, etc., how delightful.	Add Chicken, Beef or Pork, well not so much adding as skipping all the vegetables and just give him the meat.
	Pasta with marinara, a treasured classic.	Add Meatballs, make sure there are at least 5 of them and they are the size of a basketball. Try to move the pasta to the side of the plate, so it will be easy for him to scrape it off to make room for more meat.
	Chili Beans with cheese and cornbread. A simple vegetarian twist on an old favorite.	Add Ground Beef to his bowl and wait while he tells you all about how his mother makes it.
	Veggie kabobs, not just for parties.	For my carnivore, add Chicken and Beef and Pork and Sausage, well, not really “add meat” to the vegetables so much as “INSTEAD OF” vegetables.
	Tuna salad served in Avocado Half, brunch perfection.	Or for the Fred Flintstone in the family, try tuna salad sandwich on a full loaf of french bread with enough chips to fill a front end loader..you know, to hold him over between meals.
	Bruschetta, on Texas Toast, a lovely light lunch.	Add Meatballs, or Beef or Chicken or literally any form of dead animal. No amount of pretty little tomatoes are going to bring him to the table.
	Vegan Cobb Salad, row after row of colorful goodness.	Add Chicken or Ham or both for a Cobb Salad, doesn't matter, he wont eat it anyway..BECAUSE BARBARIANS DON'T EAT SALAD.










	<p>Fruit and Cheese plate and raw veggies with hummus. A Mediterranean treat.</p>	<p>Add Turkey Apple Cinnamon Meatballs in a Honey Glaze and make him wear a Tutu while he eats it because getting him to eat girly food is equally as likely as getting him in a tutu.</p>
	<p>Veggie fajitas, squash, onion, mushroom, sweet pepper and avocado on a corn tortilla, Ole'.</p>	<p>Fajita Beef or Chicken, straight from the skillet..nevermind the tortillas, vegetables, sour cream...just the meat, straight from the fire like any good neanderthal.</p>
	<p>Anita's 3 bean salad with Cannellini Beans, Red Beans and Black Beans along with red onion and sweet pepper for spicy yumminess.</p>	<p>BBQ, Sausage, Chicken, Pork smothered in BBQ sauce then add, Sausage, Chicken and Pork with a side of BBQ sauce and as a bonus: Sausage, Chicken and Pork as the side dish. Serve the beans in a cute little bowl on the side, it will make it easier to put them in the fridge later, because he WONT EAT THEM.</p>
	<p>Pasta with pesto and sun-dried tomatoes just like that idyllic day on the coast of the Mediterranean.</p>	<p>You can be seated after you serve your Barbarian a giant slab of pork tenderloin because you are about to get a long lecture about how Barbarians don't eat sissy food.</p>
	<p>Pancakes like a good Saturday morning breakfast from childhood.</p>	<p>For the carnivore, add 8 Eggs, a pound of Jimmy Dean and a pound of Bacon but don't worry, he will wash it down with orange juice and that's technically a fruit. Who's the winner now?</p>
	<p>Roasted sweet potato pitas with sour cream and cranberry sauce. Girly food at its finest.</p>	<p>If there is a whole honey baked ham nearby throw it in his direction while protecting your fingers. He's not going to want anything to do with a Pita or roasted sweet potatoes.</p>
	<p>Spiral veggie pasta with roasted veggies, sweet peppers, mushrooms, garlic and lightly sprinkled with Cotija and parmesan cheese. Guilt free and Glorious.</p>	<p>Steak and Potatoes...make sure the potatoes have at least a stick of butter in them.. skip the vegetables completely. Barbarians don't eat frilly, spiralized veggie anything.</p>
	<p>Caprese Flatbread, mozzarella, tomatoes and basil</p>	<p>Add a truck load of pepperoni, bacon, sausage and beef, and instead of flat bread, go deep dish..because while a million other people might not mind a tasty flatbread my man will think it the ultimate disgrace..my Barbarian likes his pizza to weigh 40 pounds and drip with meat grease.</p>
	<p>Roasted Red Pepper Tomato Soup for a light, hot meal on a rainy day.</p>	<p>Add a quadruple decker grilled cheese sandwich with BACON..but only as a "warm up" to the actual meal or as a "midnight snack"...because a Neanderthal's got to Neander and soup ain't gonna cut it.</p>

	<p>Fresh grilled tomatoes and peppers and garlic over pasta with a vinegar honey drizzle for a complex but sensational nosh.</p>	<p>Add grilled chicken and tell him to take it or leave it...truth is, he's probably already placing his order with Whataburger anyway.</p>
	<p>Mushroom and/or spinach quesadillas with tomato and onion. A lovely light meal.</p>	<p>The Barbarian will have a beef or chicken quesadilla...with a side of sarcasm and a Margarita or two to wash it down.</p>
	<p>Homemade guacamole and salsa with toast or chips or tortillas with Cowboy corn Dip or Mexican Street corn.</p>	<p>My carnivore thinks this is barely even a snack so literally ANYTHING with meat in it goes with this for him...so we add a pound of Jimmy Dean sausage to his half to soothe the beast...but its still just a snack and not real food if he didn't have to cut it with a knife.</p>
	<p>Homemade veggie burgers-check my recipe, these are actually really good.</p>	<p>Don't even try it, my brute isn't gonna touch a vegan burger...ever. He wants an actual one pound beef burger and he will use every pot, pan, bowl and utensil in the kitchen to prepare this burger. He will not do dishes afterward because he will be stuffed and groaning on the couch.</p>
	<p>Veggie tacos with leftover meat from veggie burgers. Just say: "Café Ole".</p>	<p>Make no mistake, he wants actual taco meat and lots of it..or diced roast because he makes roast at least 2 times a week..if not, then 3 times...because he has a low level fear of running out. When I say low level fear, I mean full blown panic attacks. If the meat isn't falling out of the tortilla, it's not enough.</p>
	<p>Cucumber tomato salad, as tasty as summer itself.</p>	<p>Again, this is barely even an appetizer for my Barbarian, try to give him this as a meal and he will be shouting: "Where's the beef? ".and his head might pop off his shoulders and roll around on the floor. Give my man a Prime Rib to simmer the beast in him and add a baked potato and cold beer just to make sure he recovers fully from the fear of salad.</p>
	<p>Shrimp scampi over noodles or rice makes everything nice.</p>	<p>Finally, something he will eat and be happy about...as long as you bought 40 lbs. of shrimp, shelled and deveined and got it cooked before his hunger bell goes off and he is forced to start spooning food straight from the skillet then complaining about burning his tongue. Bring him a merlot so he can think he has you convinced he is a gentleman.</p>
	<p>Pan seared salmon with mixed grilled veggies. Ohh La La.</p>	<p>It's never enough to just have salmon, he also wants shrimp, crab and anything else he can fit on his plate that doesn't resemble a vegetable. Make sure you have about a half-gallon of tartar sauce and his mothers remoulade to go with it...and a whole stack of napkins. Expect that he will criticize the food and come back the next day by making cajun gumbo.</p>

	<p>Crab cakes over coleslaw just like that swanky place in Alaska called "SALT".</p>	<p>Direct Quote: "Why do you keep trying to trick me into eating rabbit food? Is this a joke? Is there lobster or something to go with this? These crab balls need to come in a 12 pack".</p>
	<p>Corn soup (chowder) like Beryl's niece made in Louisiana.</p>	<p>He will eat this on a cold day and be happy..but he would be happier if theres a bunch of sausage in it...or Boudin...or both, with a side of Alligator. He is Cajun afterall. (Explains a lot huh?)</p>
	<p>Pad Thai with Peanuts a perfectly blissful meal for a perfectly beautiful day.</p>	<p>Just add whatever leftover meat is in the fridge, roast, pork chops..whatever.... just throw it in there like feeding time at the zoo. If he is hungry enough he wont complain till he's hogged halfway through it.</p>
	<p>Egg Rolls/Spring Rolls made to order with all my favorite plant foods for a light sunny day.</p>	<p>He likes egg rolls..as a pre-show to his Cashew Chicken and the other 5 things on the menu that "mysteriously" ended up in the takeout bag.</p>
	<p>Carrot Dogs (Like a hot dog, but made with cooked carrots instead of weinies.) (sounds ridiculous but I like it)</p>	<p>Better have some real weinies on hand and by weinies I mean Smokehouse link sausage with some beef chili and a pound of cheese otherwise the Barbarian will die of embarrassment over being in the same house as a carrot dog. Don't think you can throw some ole Oscar Meyer in there, the Barbaria wants sausage, the real deal, not some canned mystery meat wiener. Just knowing I actually put this carrot dog on a plate in the same house he lives in will send him into spontaneous convulsions.</p>
	<p>Spinach Stuffed Tomatoes served over a plate of mixed greens and drizzled with a light homemade vinaigrette.</p>	<p>Just the appearance of this combination of foods on the counter will have him backing out of the driveway... McDonalds Big Mac, here he comes. He will have TWO Big Mac meals and a shake..and will be hungry again at 8pm.</p>
	<p>Brussel Sprouts with Walnuts, dried cranberries, drizzled with balsamic and lightly dusted with blue cheese crumbs (Fried Brussel Sprouts are good too)</p>	<p>Nope, not gonna get the carnivore excited about this either, but throw some raw meat at his cage (BBQ Grill) and he will be fine.</p>
	<p>Millie's Japanese Cabbage Salad Goes great with Sushi or Spring Rolls but just as good all by itself.</p>	<p>My sumo samurai is going to need something much more substantial than cabbage to calm his storm. If you put a bowl of salad on the table when he is hungry, you better be packing a weapon and prepared to defend yourself.</p>

	<p>Zucchini Corn Fritters topped with cranberry sauce, fancy and filling.</p>	<p>...And he will eat it but only to sop up the gravy from his chicken fried steak..or to wipe down the table when he is done.</p>
	<p>Sauce Wraps, (Roasted Cauliflower tossed with BBQ sauce or Buffalo sauce and served in a wrap with coleslaw) (can sub tuna for the cauliflower)</p>	<p>The Barbarian would like to request your company at Texas Roadhouse.</p>
	<p>Broccoli Salad</p>	<p>He may never understand how I can be happy with broccoli as a whole meal but then he doesn't have to think about it very long with a roasted turkey leg hanging out of his mouth.</p>
	<p>Hash Brown Casserole or Broccoli Rice Casserole</p>	<p>Theres a few sides dishes he can be excited about as long as they are on the side and the thing in the middle is sizzling and used to have 4 legs and a heartbeat.</p>
	<p>Battered and Fried Green Beans or Asparagus</p>	<p>Don't worry about the Barbarian, he already left to go to Joes BBQ where he will order not one meal but two just to make a valid point.</p>
	<p>Nacho Bean Soup</p>	<p>My Barbarian loves this stuff..till he realizes theres no actual meat in it. Then he denies he ever liked it at all and will thaw out some form of meat and cook over an open flame while singing the National Anthem.</p>
	<p>Peanut Butter Apple Slices are perfect for breakfast with cream cheese or peanut butter and granola.</p>	<p>This is kids snack food to the Barbarian and under no circumstance will he allow this to pass for a meal..not even breakfast, not even for a snack. In fact, he would much prefer not to have those unseemly apples in his house.</p>
	<p>Smoothies, SO MANY SMOOTHIES. (I make them with fruit and ice)</p>	<p>This is not a meal..but to my Barbarian it is a tolerable way to get your 5 servings of fruit but only if you also add ice cream and/or yogurt and/or fruit juice and sugar and honey. All part of a healthy diet for a growing Barbarian.</p>
	<p>Hash Brown Casserole</p>	<p>One word: MEATLOAF. Put a whole pound of meatloaf right in the center of these potatoes and give my man a fork. He will be in heaven for about 4 minutes before he starts looking for icecream to round it off. Two hours later you'll find him having a bowl of cereal in front of the tv.</p>

	<p>Blue Cheesy Pasta with Walnuts</p>	<p>Any good barbarian knows that serving blue cheese is code for "Run for your life". Dr. Suess said it best, "Do not eat it in a chair, Do not eat it in the air, Do not eat it anywhere." The barbarian will have walnut crusted sea bass. That's as close as he will get to blue cheesy pasta.</p>
	<p>English Pea Salad (red bell pepper, cheddar cheese, mayo, sour cream, basil, red onion, peas) See my recipe.</p>	<p>The neanderthal will have none of this nonsense. Be prepared to gut a deer and cook it over a bon fire with 5 of his close personal friends while they lie to each other about how many fish they caught on that last fishing trip.</p>
	<p>Zucchini Squash Casserole</p>	<p>He will not try it. He will not even sniff the air while it's in the oven. What he will do is take his gun out on the back porch and wait for literally any critter to cross his path so he can shoot it and eat it all while mumbling under his breath about how I am the crazy one.</p>
	<p>Citrus Asian Rice with sprouts and shallots (cooked in OJ) and served in cute little Asian bowls.</p>	<p>I made this as a side dish for a formal dinner party once, it was delicious. Everyone loved it so I adopted it as a main dish for myself. My barbarian screamed in pain. I had to pour bourbon straight down his gullet to calm him down. He made a ham sandwich and used the ENTIRE package of lunchmeat and four slices of cheese.</p>
	<p>Broccoli Rice Casserole, yes, it's a meal all by itself.</p>	<p>As soon as you slide the dish into the oven surprise your barbarian with 4 packages of Chappel Hill Sausage. For fun, let him gnaw through the plastic like the animal he is.</p>
	<p>Fruit Salad, breakfast and lunch perfection.</p>	<p>You may think this is a nice breakfast, he will think it is the stuff you dump on top of desert to make it healthy. Just be sure he gets his brisket and eggs before to try to spring a bowl of fruit on him. You wouldn't like him when he's hangry.</p>
	<p>Vegetable Ribbon Pasta, would go great with a corn fritter.</p>	<p>Before you go making ribbons out of vegetables do yourself a favor and put a roast in the Instapot or you will be watching tv in separate rooms for a month.</p>
	<p>Butternut Squash Fries and Soup</p>	<p>Go ahead, serve this to a barbarian. You think he will smile and lean down and plant a soft kiss on your forehead? Nope, he will not. Instead, have a whole pan of enchiladas waiting for him and then you'll see his eyes light up.</p>

	<p>Noodle and Edamame Bowl</p>	<p>He is a neanderthal. He cannot even pronounce edamame. If he could he would say it with a tear in his eye. Have mercy, give the man a philly cheesesteak.</p>
	<p>Tuna Melt Poppers</p>	<p>He WILL eat it but only because you called it a popper...but he will also wanna know whats for dinner after he eats it...and surprise surprise, the answer to that question is not "Poppers".</p>
	<p>Chilis Vegetarian Southwest Eggrolls</p>	<p>Don't bother, as soon as the word: "Chilis" was spoken he was already out the door and the bartender was already getting his Margarita ready.</p>
	<p>Spring Rolls</p>	<p>Did someone say Eastern Star Buffet? Any good barbarian will tell you, it doesn't make sense to make homemade spring rolls when you can just go to the buffet and have one (or five) of everything.</p>
	<p>Avocado Cucumber Roll Ups</p>	<p>The only part of this we can salvage for a carnivore is the part where it says "Roll Up". So word to the wise, "Ribeye roll up steak". It's a thing, google it. If this is his last day on earth, he will die happy.</p>
	<p>Korean Style Veggie Pancake</p>	<p>His face is red. His eyes shine like a werewolf on the prowl. All he can see are these fried dumpling looking things and he's about to starve to death but this ain't my first rodeo. I filled 6 of those little pancake pockets with chicken pot pie filling and now he is like putty in my hands.</p>
	<p>Spaghetti Without Meatballs</p>	<p>Add meatballs. BIG GIANT meatballs, roasted with sauce and cheese and bigger than the plate and keep 'em coming like a never ending all you can eat buffet.</p>
	<p>Veggie Pizza, I love veggie pizza.</p>	<p>The wife of any good barbarian knows to pre-order a deep dish meat lovers so both his and her pizzas are ready at the same time. That's love right there.</p>
	<p>No bread, no meat burgers. (Tomato Stacks) Not a burger but still delicious.</p>	<p>"If theres no bread and no meat then DON'T CALL IT A BURGER". We live pretty far out in the woods..but I'd be willing to bet you heard him when he said that. Don't worry, I already had a meatball sub ready for him. To be fair, I wouldn't call these little tomato stacks a burger either.</p>

	<p>Stuffed Mushrooms, either with spinach and cream cheese or with marinara and mozzarella</p>	<p>Hi Ho, Hi Ho, its off to Main Street Steak House he goes. He eats out a LOT. I take no blame for this. My conscience is clear.</p>
	<p>Zucchini Bacon or Carrot Bacon Sandwich, it's a real thing.</p>	<p>Step 1: Cook 3 lbs of actual bacon, let the smell permeate the house.  Step 2: Pile the bacon on a platter and serve your barbarian with 2-4 slices of Texas toast and a vat of Mayo.  Step 3: Be very careful not to even utter the words "zucchini bacon" anywhere near him. In fact, never speak of it..ever.</p>
	<p>Mushroom Stroganoff</p>	<p>Pick all the mushrooms out and replace with beef tips for a meal your carnivore will love, while you are at it, pick out all the noodles too...because that's real love.</p>
	<p>Peanut Pad Thai</p>	<p>Pad Thai=Dad die The kids will all tell you, their dad is not going to be coerced into eating Pad Thai under any circumstances. For the love of all things right with the world at least dump some chicken on top if you love the man.</p>
	<p>Portobello and Swiss Sliders, Oh how I love you.</p>	<p>The honeymoon is over. He cant even be nice about it anymore. He wasn't paying attention and almost took a bite of these sliders and now someone must die...well not someone as much as something...a pig? Cow? Chicken? Lamb? Wildebeast? Alligator?</p>
	<p>Spinach Ricotta Gnocchi</p>	<p>Gnocchi, he aint gonna eat this either. If it doesn't bleed a little when you cut into it, then it isn't real food to him.</p>
	<p>Protein Bowl with butternut squash, beans, edamame, walnuts, spinach and feta.</p>	<p>Put all this in a nice sized bowl and toss it out the window and fire up the grill. My meat eater is already half way to the back porch with enough ribs to feed every man, woman and child ever detained at the border but it is all for him.</p>
	<p>Summer Power Salad with corn, diced tomato, green onion, cucumber, red pepper and chia.</p>	<p>Seriously, he would eat a Chia pet before he would eat this. I secretly think his obsession with feeding the raccoons has more to do with him fattening them up than it does any kind of act of compassion.</p>





Panini with tomato and Lemon Basil Pesto

How about Panini with layers and layers and layers of roasted chicken, pulled pork and shaved roast? Because that's the only way he will eat something called Panini.

Recipes for all of these suggestions are in my online recipe book.