

New Year 5-Day Meal Plan

Recipes Guide

Day 1 – Rotisserie Chicken Tuscan Mac and Cheese

Serves 6 | Total Time: 25 Mins | Calories: 845

Ingredients:

For Breadcrumb Topping

- 2 Slices Martin's 100% Whole Wheat Potato Bread
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- 1 Teaspoon Dried Parsley
- Parmesan Cheese, grated, to taste

For Pasta

- 4 Cups Cavatappi Noodles
- ½ Cup Butter
- 1 Teaspoon Garlic, minced
- 1 Chicken Stock Cube
- 3 Tablespoons All-Purpose Flour
- 2 ¼ Cup Milk
- 1 Cup Mozzarella Cheese, shredded
- 1 Cup Asiago Cheese, shredded
- 1 Cup Romano Cheese, shredded
- 2 Ounces Diced Pimento Peppers, drained
- 2 Tablespoons Fresh Basil
- 2 Tablespoons Sun Dried Tomatoes
- ½ Cup Bell Peppers, chopped
- Pinch Cayenne Pepper
- 1 Rotisserie Chicken



Image © Martin's Famous Pastry Shoppe Inc. ®

Directions:

1. **Make breadcrumbs:** Preheat oven to 350°F. In a food processor, add Martin's 100% Whole Wheat Potato Bread, garlic powder, onion powder, dried parsley, and parmesan cheese. Pulse until the mixture reaches a breadcrumb consistency. Spread breadcrumbs on baking sheet and toast in oven until golden brown, about 3-5 minutes. Set aside once toasted.
2. Set pot or cast iron skillet on high heat, and bring to a boil. Cook pasta for 6-8 minutes, until al dente. Drain pasta and set aside.
3. Melt butter over medium-high heat in the same pot or cast iron skillet used to boil the pasta.
4. Once melted, add garlic and sauté for 1 minute.
5. Add chicken stock cube. Break up and stir into butter with a whisk. Add flour and stir until thickened.
6. Add milk, then stir in cheeses, pimento peppers, fresh basil, sun dried tomatoes, and bell peppers. Add cayenne pepper to taste if you want to add some heat.
7. Reduce heat to medium-low, and whisk until cheese melts and sauce becomes thickened. Don't let it boil or the cheese may separate and the sauce may become grainy.
8. Stir in cooked pasta and remove from heat.
9. Sprinkle an even layer of breadcrumbs over the cooked pasta.
10. Slice chicken breast from a warm rotisserie chicken and cut into slices or bite sized pieces. Place on top of prepared pasta. Serve with side salad and toasted garlic bread made with Martin's Long Potato Rolls.

Source: <https://potatorolls.com/recipes/rotisserie-chicken-tuscan-mac-and-cheese>

New Year 5-Day Meal Plan

Recipes Guide

Day 2 – Chopped Salad with Chicken

Serves 6 | Total Time: 25 Mins | Calories: 617

Ingredients:

For Croutons

- 2 Big Marty's
- 1 Tablespoon Olive Oil
- Salt and pepper, to taste

For Dressing

- 2 Tablespoons Lemon Juice
- 2 Tablespoons Dijon Mustard
- 3 Tablespoons Red Wine Vinegar
- 3 Teaspoons Granulated Sugar
- 2 Tablespoons Finely Minced Shallot
- 1/2 Teaspoon Dried Oregano
- 1 Teaspoon Dried Parsley
- 1/3 Cup Olive Oil

For Salad

- 3 Cups Romaine Lettuce, coarsely chopped
- 1 Cup Rotisserie Chicken, chopped
- 1 Cup Fresh Mozzarella Pearls
- 1 Cup Tomato, chopped
- 1 Cup Cucumber, chopped
- 1 Cup Chickpeas, drained and rinsed
- 1 Cup Bacon, cooked and crumbled
- 1 Avocado, peeled, pitted and diced
- 1/4 Cup Chives, thinly sliced



Image © Martin's Famous Pastry Shoppe Inc. ®

Directions:

1. **To Make Croutons:**
Preheat oven to 350° Fahrenheit. Cut Big Marty's into cubes. Toss cubes with olive oil, salt, and pepper. Lay cubes in an even layer on baking sheet. Bake until crispy, about 5 minutes.
2. **To Make Dressing:**
In small bowl, whisk together lemon juice, Dijon mustard, red wine vinegar, granulated sugar, shallot, oregano, parsley and olive oil.
3. **To Make Salad:**
Place lettuce, chicken, mozzarella, tomato, cucumber, chickpeas, bacon, avocado, chives, and croutons in large bowl.
4. **To Serve:**
Pour dressing over salad ingredients. Toss to coat. Serve immediately.

Source: <https://potatorolls.com/recipes/chopped-salad-with-chicken>

New Year 5-Day Meal Plan

Recipes Guide

Day 3 – Sheet Pan Sausage and Veggies

Serves 4 | Total Time: 50 Mins | Calories: 722

Ingredients:

- 2 Cups Baby Red Potatoes, diced
- 3 Cups Green Beans, trimmed and halved
- 1 Large Head of Broccoli, chopped
- 1 ½ Cups Bell Peppers, chopped
- 13 Ounces Smoked Turkey Sausage
- 6 Tablespoon Olive Oil
- ¼ Teaspoon Red Pepper Flakes
- 1 Teaspoon Paprika
- ½ Teaspoon Garlic Powder
- 1 Tablespoon Dried Oregano
- 1 Tablespoon Dried Parsley
- Salt and Pepper, to taste
- Freshly Grated Parmesan Cheese
- 4 Martin's Long Potato Rolls, for serving



Image © Martin's Famous Pastry Shoppe Inc. ®

Directions:

1. Preheat oven to 400° Fahrenheit. Line large sheet pan or two smaller sheet pans with parchment paper. Set aside.
2. Wash and chop unpeeled baby red potatoes into 10-12 small pieces per potato. Trim green beans and cut in half. Chop broccoli into florets. Chop peppers into 1-inch pieces. Coin turkey sausage in thick (1/2-inch) slices.
3. Place all veggies and sausage on prepared sheet pan. Pour olive oil and all seasonings on top. Season to taste with salt and pepper.
4. Use your hands to toss and evenly coat all the veggies and sausage with seasonings. Space everything out so there is plenty of space to cook. If veggies are crammed/overlapping, they'll steam instead of roast.
5. Place sheet pan in oven and bake for 15 minutes.
6. Remove from oven, and flip all the veggies around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp-tender.
7. If desired, sprinkle freshly grated Parmesan cheese over veggies and sausage as soon as they come out of the oven.
8. Place sausages on Martin's Long Potato Rolls; top with roasted peppers and garnish with fresh herbs. Serve alongside remaining roasted veggies and prepared rice, if desired.

Source: <https://potatorolls.com/recipes/sheet-pan-sausage-and-veggies>

New Year 5-Day Meal Plan

Recipes Guide

Day 4 – Fennel and Sausage Stuffed Peppers

Serves 4 | Total Time: 45 Mins | Calories: 562

Ingredients:

- 4 Assorted Bell Peppers
- 1/2 Pound Country Sausage
- 1 Tablespoon Olive Oil
- 1 Cup Sliced Fennel
- 1/4 Cup Celery, diced
- 1/4 Cup Yellow Onion, diced
- 1 Tablespoon Fresh Sage, minced
- 1/2 Teaspoon Kosher Salt
- 1/2 Teaspoon Freshly Ground Black Pepper
- 7-8 Slices Martin's 100% Whole Wheat Potato Bread, stale, cubed
- 1 Cup Low Sodium Chicken Stock, warm



Image © Martin's Famous Pastry Shoppe Inc. ®

Directions:

1. Preheat oven to 350 degrees F.
2. Arrange bread cubes on a baking tray and bake for 4-5 minutes until dried out and golden brown.
3. Cut off the tops of the peppers and remove seeds and white membrane to create cups. Test to see if pepper cups will sit upright. If not, trim the bottoms just barely so the peppers sit flat, being careful not to cut through to the center.
4. In a medium skillet over medium heat, cook the sausage, crumbling into small pieces as it cooks, until no pink remains. Transfer to a separate dish and drain off any excess grease.
5. In the same pan, add olive oil and heat over medium heat. Add fennel, celery, and onion and cook until soft. Add back in cooked sausage crumbles and stir to combine. Mix in sage, salt and pepper, and toasted bread cubes; toss to coat. Gradually add chicken stock, 1/4 cup at a time until absorbed. Stuffing should be moist, but not wet.
6. Fill peppers with stuffing. Arrange on a baking dish coated with nonstick cooking spray and bake for 15-20 minutes or until peppers are soft and the stuffing is lightly browned and crunchy. Allow to rest for 5 minutes before serving.

Source: <https://potatorolls.com/recipes/fennel-and-sausage-stuffed-peppers>

New Year 5-Day Meal Plan

Recipes Guide

Day 5 – Marinated Steak Sandwich with Goat Cheese Butter

Serves 4 | Total Time: 40 Mins | Calories:

Ingredients:

- 4 Big Marty's Rolls
- 2 Tablespoons Olive Oil
- ½ Lemon, juiced
- 2 Sprigs Fresh Rosemary, chopped
- 1 Garlic Clove, minced
- Salt and Pepper, to taste
- 2 7-oz Rib Eye Steaks, thinly sliced
- Optional: Fresh Parsley, for serving

For Balsamic Mushrooms and Onions:

- 1 Tablespoon Olive Oil
- ½ Pound Mushrooms, thinly sliced
- 1 Large Onion, thinly sliced
- Salt and Pepper, to taste
- 2 Tablespoons Balsamic Vinegar

For Goat Cheese Butter:

- 3 oz Fresh Goat Cheese
- 3 ½ Tablespoons Butter, room temperature



Image © Martin's Famous Pastry Shoppe Inc. ®

Directions:

1. Stir together olive oil, lemon juice, rosemary, garlic, salt, and pepper together. Place steaks in a medium dish (bowl or deep plate). Pour oil mixture over steaks and rub into meat. Cover dish and place in fridge; allow to marinate for 15 minutes to an hour.
2. Prepare balsamic mushrooms: Warm oil in medium pan over medium heat. Add mushrooms and onions and cook until golden brown and starting to caramelize. Season with salt and pepper, to taste. Add the vinegar, then remove from heat and set aside in separate bowl.
3. After steaks have marinated, use same pan as used for onions and mushrooms, place pan on med-high heat. Fry steaks until cooked to your preference. Remove from pan and place on paper towels to drain excess oil.
4. Prepare goat cheese butter: In a small bowl, use rubber spatula to mix together goat cheese and softened butter, until fluffy and well combined.
5. Toast Big Marty's rolls on a warm skillet and spread goat cheese butter on the bottom slice. Top with grilled steak slices, mushroom and onion mixture, and fresh parsley. Top with seeded bun. Serve warm.

Source: <https://potatorolls.com/recipes/marinated-steak-sandwich-with-goat-cheese-butter>