



miss allie's
KITCHEN



THE NO-THOUGHT DINNER SYSTEM

ELIMINATING DECISION FATIGUE AT DINNERTIME

*Simple systems for busy moms who want to get
dinner on the table without overthinking it*

By Allie Doran

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The Rules

That Keep Dinner Simple

No matter what life throws at me

- Dinner is decided before noon
- Protein is always thawing
- I prep earlier in the day (not at 5pm)
- Meals go in the oven before workouts
- We eat by 5pm (or close to it)
- The kitchen closes every night
- There's always an "oh shoot" meal (sometimes chicken nuggets or frozen pizza are fine... just not every night)

Hi, friend. I'm Allie Doran. Wife, mom, cookbook author, event venue owner, and entrepreneur on a mission to solve decision fatigue at dinnertime.

When I went from 1 kid to 2, and 1 business to 3, the mental load didn't just grow... it multiplied. I used to develop 8-12 recipes a week for my blog and others. I wrote a cookbook. I loved spending hours in the kitchen.

And I still deeply want to feed my family something delicious and sit down with them at the table after a long day... but I don't have the time to cook the way I used to.

After you read and follow this guide, you'll have a simple kitchen strategy, easy dinner ideas, and a system you can actually stick to. You'll be able to plug and play your grocery order and feel safe walking into your kitchen knowing you can feed your family well.

Xox,

Allie

What I Do Each Week

(So I Don't Fall Behind)

Prep + Quick Meals

MON / WED / FRI

AM

- Move laundry
- Unload dishwasher
- Chop veggies / marinate protein

PM

- Load dishwasher + wipe kitchen
- Set out next proteins (2 days ahead)

Slow Cooker Days

TUES / THURS

AM

- Move laundry
- Unload dishwasher
- Start slow cooker (even if semi frozen)

PM

- Quick bathroom wipe
- Close kitchen
- Set out next protein

Daily Non-Negotiables

- One load of laundry moving
- Dishwasher reset
- Kitchen closed at night

Here's exactly how a typical week looks in our house. Feel free to swap meals in and out based on what your family likes and what you have on hand.



This Week's Dinner Plan

- Monday* - Egg Roll in a Bowl
- Tuesday* - Slow Cooker Chicken Curry
- Wednesday* - Roasted Backstrap/Tenderloin
- Thursday* - Slow Cooker Greek Power Bowls
- Friday* - Salmon w/ Lemon Tahini
- Saturday* - leftovers/flex
- Sunday* - Chicken Tortilla Soup



Serves: 4
Prep: 10 minutes
Cook time: 15 minutes

Egg Roll In A Bowl

01

- 1 lb ground venison, beef, bison, antelope, moose - any red meat
- 1 Tbsp. avocado or olive oil
- 1 onion, finely diced
- 1 red or orange bell pepper, julienned
- 2 cups grated carrots (about 2 medium carrots)
- 1/2 head of cabbage, sliced (about 6 heaping cups)
- 3 cloves garlic, minced
- About 1-inch fresh ginger, minced or grated
- 1 orange, juiced
- 1 lime, juiced
- 1 Tbsp. rice wine vinegar, optional
- 1/3-1/2 cup soy sauce or coconut aminos (depending on your taste)
- 1 tsp. sesame oil, optional

For topping:

1. Green onions, sesame seeds, sriracha, coconut aminos OR soy sauce mixed with a little honey
2. Heat a wok or large pan over medium-high heat and add your cooking oil. Brown the meat for about 8 minutes until cooked, remove from the pan, and set it aside on a plate.
3. If needed, add a bit more cooking oil/fat. Add the onion and pepper and cook for 3-5 minutes until the onion starts to soften and become translucent. Then, add the cabbage and carrots, stirring frequently. Cook for 5-7 minutes until the cabbage starts to wilt and reduce.
4. Then, add the garlic and ginger and cook for 1-2 minutes before adding the cooked venison, orange juice, lime juice, rice wine vinegar (if using), and soy sauce to the pan.
5. Still and toss well to combine and cook for an additional 5 minutes (or so) until the cabbage is well cooked and the moisture is absorbed. Remove the pan from the heat and stir in the sesame oil.
6. To serve, top a portion with green onions, sesame seeds, sriracha, and if you'd like, some coconut aminos or soy sauce mixed with a bit of honey (or get creative with toppings!). Enjoy!



Slow Cooker Chicken Curry

02

Serves: 4
Prep time: 5 minutes
Cook time: 3-8 hours

- 1 lb chicken breast
- 1 onion, diced
- 1 bell pepper, sliced
- 3 garlic cloves, grated
- ½ inch piece fresh ginger, grated
- 1 can full fat coconut milk (low/reduced fat is fine, it will just be runnier)
- 2 Tbsp. natural peanut butter
- 2 Tbsp. coconut aminos
- 1 Tbsp. curry powder
- 1 tsp. salt
- ½ tsp. Black pepper
- 1 cup frozen peas

Directions:

1. Add all of the ingredients except the frozen peas to a slow cooker.
2. Cook on high for 3-4 hours or low for 6-8 hours.
3. 30 minutes before serving, stir in the frozen peas.
4. Serve over rice, quinoa, pasta, sauteed cabbage - lots of options here!





Roasted Backstrap/ Tenderloin

(Can do venison loin/backstrap, pork tenderloin OR beef tenderloin)

03

When we have deer backstrap (or venison loin) in the freezer I know I have this recipe in my backpocket. This is MY version of fast food. It's ready in less time than it takes to wait on takeout and it is a family favorite.

Following this recipe exactly also works well with beef tenderloin and even pork loin. Pork should be cooked to 145F internally. For larger cuts of meat the roast time could be up to 25 minutes.

Thaw time: 20 minutes +/-
Prep time: 10 minutes
Cook time: 15 minutes



Ingredients

- Deer backstrap (or venison loin) - I usually cut each whole backstrap into 2 pieces for my family of three and each piece is about 1.5 lb and feeds 4 people.
- 4 garlic cloves
- 2 tsp. fresh thyme
- 2 tsp. fresh, rosemary
- 1 small lemon (zested and a bit of juice)
- about 2 tsp. salt
- 1/2 tsp. pepper
- 1 Tbsp. olive oil

Directions:

1. Preheat the oven to 450F. While the oven heats, cover your backstrap in 1 teaspoon of the sea salt and let it sit wrapped in a paper towel. Brining the meat to room temp helps with even cooking and the salt draws out the moisture.
2. Finely mince the garlic, thyme, rosemary and then combine with the lemon zest, remaining salt and pepper.
3. When the oven is preheated place the venison loin on a baking sheet or in a roasting pan and drizzle on the olive oil and roll it in the herb garlic mixture.
4. Roast for 12-18 minutes, depending on the size and thickness of your backstrap, and pull the meat out of the oven when it reaches an internal temperature of 115-125F.
5. Let it rest on a cutting board for at least 10 minutes before slicing and serving. I like to slice a small piece of lemon and squeeze lemon over the meat. Enjoy

Slow Cooker Greek Power Bowls

04

Serves: 4 - 6
Prep time: 15 minutes
Cook time: 8 hours

For the meat:

- 1 (1.5–2 lb) venison or beef roast
- 1 Tbsp. high heat tolerant cooking fat (tallow, avocado oil, lard)
- 1 tsp. salt
- 1 tsp. Zatar seasoning
- 1 Tbsp. red wine vinegar
- ½ lemon - cut into quarters
- 1 cup beef or venison broth



For the Greek yogurt tzatziki:

- 1/2 medium cucumber, grated
- 2 garlic cloves, grated
- 2 Tbsp. fresh, chopped dill
- 1/2 tsp. salt
- 1 cup Greek yogurt

For the bowls:

- 1/4 cup hummus, divided
- 2 cups chopped romaine lettuce
- 1/2 cucumber, sliced
- 1 cup cherry tomatoes, halved
- 4 oz. crumbled feta cheese
- Optional - pita chips, pickled or marinated red onion

Directions:

1. Start by slow cooking the roast. You can use a slow cooker or a covered pot (Dutch oven) in the oven to do so. If you're using the oven, preheat to 300F.
2. Preheat a large pot over medium high heat. Pat the roast dry. Add the oil to the pot and sear the roast on all sides until browned.
3. If you're using the oven, remove the pot from the heat and add in the remaining ingredients. Squeeze in the lemon juice and put the pieces with the rind directly in the pan. Cook for 3-4 hours or until it falls apart and is tender.
4. If you're using the slow cooker add all of the ingredients in the slow cooker. Squeeze in the lemon juice and put the pieces with the rind directly in the pan. Place it on low for 8 hours or high for 4 hours or until it falls apart and is tender.
5. While the meat braises, mix together all of the tzatziki ingredients in a bowl with a lid and set it in the fridge.
6. When you're ready to assemble, pull the venison and mix it into the braising juices.
7. Swipe 1 tablespoon of hummus into the bottom of a bowl. Then pile on the lettuce, tomato and cucumber. Then add the pulled roast. Top with the tzatziki and crumbled feta cheese and serve!



Sheet Pan Roasted Salmon with Tahini Sauce

Fish thaws super quickly in a cool water bath. My kids love salmon and this tahini sauce would make a flip flop taste delicious! This is one I prep quickly and pop in the oven while I get in a 20 minute workout if it's been a really crazy day.

I like to throw some chopped zucchini, broccoli or brussels sprouts on the sheet pan with the salmon and roast everything at the same time. Pair with some sourdough bread and you've got a full meal.

05

Thaw time: 20 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves: 4-6





Ingredients

- 1 lb. salmon fillet (or salmon fillets)
- 1 tsp. olive oil
- 1 + 1/2 tsp. salt, divided
- 1 + 1/2 tsp. black pepper, divided
- 1/3 cup tahini
- 1/2 lemon, juiced
- 1/4 tsp. garlic powder
- 1 Tbsp - 1/4 cup water (this will depend on the consistency of your tahini, which differs by brand & batch)

Directions:

1. Preheat the oven to 400F.

Place the salmon fillet on a sheet pan and drizzle on olive oil, 1 teaspoon of the salt, and 1 teaspoon of the pepper.

2. Place in the oven for about 20-25 minutes, or until the salmon flakes apart easily in the middle.
3. In the meantime, mix together the tahini, lemon juice, garlic powder, remaining salt, remaining pepper, and 1 tablespoon of the water. Gradually add more water, if needed, until you reach your desired consistency. I like my sauce runny enough to drizzle, but thick enough that it sticks to what I dip it in.
4. When the salmon is done, drizzle on the tahini sauce, or serve it on the side and dig in!



Slow Cooker Chicken Tortilla Soup

06

- 1 lb. chicken thighs
- 2 tsp. chili powder
- 1+1/2 tsp. sea salt (more to taste, if desired)
- 1 tsp. cumin
- 1/2 tsp. black pepper
- 1 large red onion, diced
- 2 bell peppers, diced (I used green)
- 2 jalapenos, diced (seeds removed if you don't love spice)
- 2 - 15 oz. cans diced, fire roasted tomatoes, drained
- 1 - 15 oz. can sweet corn, drained
- 1 - 15 oz. can black beans, drained
- 32 oz. unsalted chicken broth
- about 4 cups crushed tortilla chips, for serving
- optional toppings - Greek yogurt/sour cream, cilantro, cheese

Directions:

1. Add the chicken thighs to the bottom of your slow cooker.
2. Top with the chili powder, sea salt, cumin, and black pepper.
3. Dice the onion and pepper and add to the slow cooker.
4. Then, add the tomatoes, corn, black beans and broth.
5. Cook for 4 hours on high (or 8 hours on low) and then remove the chicken and shred with two forks. This will be easy because the chicken gets so tender.
6. Taste the broth to see if it needs more salt, stir in the chicken and remove from the heat.
7. To serve, in each bowl put about 1/2 cup of crushed tortilla chips and spoon the soup over top. Finish with Greek yogurt or sour cream, cilantro, scallions, avocado - or whatever you want!





How To Make This Work In Real Life *(Repeatedly)*

Life gets busy. No week (or even day) looks the same in our house.

My husband and I are really intentional about protecting family time, but we also both love to work. He's an avid hunter and sportsman, I'm an equestrian, and our schedule can feel full fast.

So if we want to eat healthy, homemade meals... we have to set ourselves up for it.

Here's what actually works for us:

Double meals for lunch + weekends

My husband is a contractor and needs a hearty lunch he can take on the go or eat on a job site. I try to double most dinners so we have leftovers ready for the next day (and sometimes the weekend).

REPETITION IS THE GOAL

(not variety every night)

Too many options = overwhelm.

Stop scrolling Pinterest. Stop digging through your saved Instagram recipes.

Pick 15–20 meals that work in this season of life and rotate them.

That's it. You can Martha Stewart one day... just not right now.

Prep once, eat multiple times

Think in layers, not full meals every time.

Chop veggies one night. Pull meat for the next 2–3 days. Marinate ahead when you can.

You're not starting from scratch every evening—you're building momentum.

Always have a backup meal

Some days just ARE that crazy.

I keep things like grass-fed burgers + frozen buns, Bibigo mini wontons, Just Bare chicken nuggets, and Newman's frozen pizzas on hand.

It's faster, cheaper, and honestly less stressful than defaulting to takeout.

You don't need a perfect week

You just need to show up a little every day.

If you swap a meal, use a backup, or things don't go as planned... you're still doing it right.

As this becomes second nature, you may not even need full recipes every night. Especially in busy seasons or summer, it can be as simple as: protein + veggie + starch

Done.



The Part No One Says Out Loud

You're not failing because dinner feels harder than it used to.

You're running a household, raising kids, managing a schedule, and trying to take care of yourself at the same time. Of course 4pm feels chaotic sometimes.

This isn't about being the mom who makes perfect meals every night.

It's about creating just enough structure so dinner doesn't drain you.

So you can walk into your kitchen feeling calm, capable, and like you've got this... even on the busy days.



Remember: the goal isn't finding more recipes. It's building a rotation of meals you can make without thinking.

Want More Ideas?

Sub some of these in for the meals in this week's planner

- Easy Venison Chili - <https://www.missallieskitchen.com/venison-chili-crock-pot/>
- Venison Burgers - <https://www.missallieskitchen.com/venison-burgers/>
- Roasted Chicken Thighs - <https://www.missallieskitchen.com/roasted-chicken-thighs/>
- Best Ever Slow Cooker Roast (deer or beef) - <https://www.missallieskitchen.com/venison-roast/>
- Sticky Ground Pork Bowls - <https://www.missallieskitchen.com/sticky-pork-bowls/>
- Venison/Beef Stew - <https://www.missallieskitchen.com/slow-cooker-venison-stew/>
- Chicken Fajita Bowls - <https://www.missallieskitchen.com/chicken-fajita-bowls/>
- High Protein Taco Casserole - <https://www.missallieskitchen.com/high-protein-taco-casserole-recipe/>
- Chicken Cacciatore - <https://www.missallieskitchen.com/dads-famous-chicken-cacciatore/>
- Stuffed Peppers - <https://www.missallieskitchen.com/venison-stuffed-peppers/>



Click HERE

For More Ideas In My
Bestselling Cookbook,
Venison Every Day

Weekly Grocery List

*Serves 4 servings per recipe, double this if you want
leftovers for lunch if you have a larger family*

Proteins

- ☐ 1 lb chicken thighs
- ☐ 1 lb chicken breast
- ☐ 1–2 lb venison roast
- ☐ 2 lbs ground meat (venison/beef/etc.)
- ☐ 1 lb salmon fillet

Canned & Packaged Goods

- ☐ 2 cans fire-roasted diced tomatoes (15 oz)
- ☐ 1 can sweet corn (15 oz)
- ☐ 1 can black beans (15 oz)
- ☐ 1 can full-fat coconut milk
- ☐ 32 oz chicken broth
- ☐ 1 cup beef/venison broth (grab 1 small carton or extra)
- ☐ Coconut aminos or soy sauce
- ☐ Rice

Spices & Seasonings

(Only grab what you're out of)

- ☐ Chili powder
- ☐ Cumin
- ☐ Curry powder
- ☐ Zatar seasoning
- ☐ Garlic powder
- ☐ Salt
- ☐ Black pepper

Breads / Crunchy Extras

- ☐ Tortilla chips
- ☐ Pita chips (optional)

Produce

- ☐ Onions: 4 total (yellow/red mix is fine)
- ☐ Bell peppers: 4 total
- ☐ Jalapeños: 2 (optional, only if you like heat)
- ☐ Garlic: 2 bulbs
- ☐ Fresh ginger: 1 small knob (~2 inches total)
- ☐ Cucumbers: 2
- ☐ Cherry tomatoes: 1 pint
- ☐ Carrots: 2 medium
- ☐ Green cabbage: 1/2 head
- ☐ Romaine lettuce: 1 head (or bag)
- ☐ Lemons: 2
- ☐ Limes: 2
- ☐ Orange: 1
- ☐ Fresh dill: 1 bunch
- ☐ Frozen peas (1 bag)

Pantry / Condiments

- ☐ Tahini
- ☐ Peanut butter
- ☐ Hummus
- ☐ Red wine vinegar
- ☐ Rice wine vinegar (optional)
- ☐ Sesame oil (optional)
- ☐ Olive oil or avocado oil
- ☐ High heat cooking fat (tallow/lard/etc., optional if you already have oil)

Dairy

- ☐ Greek yogurt (1 tub, ~2 cups)
- ☐ Feta cheese (4 oz)