

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 Kid-Friendly</p> <p style="text-align: center;">Grilled Pizza</p> <p style="text-align: center;"><i>Chopped Italian Salad</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">5m</td> <td style="padding: 2px 5px;">20m</td> </tr> </table> </div>	Prep	Cook	Total	15m	5m	20m	<p>2 prebaked individual pizza crusts (or use 2 flatbreads such as naan)</p> <p>2 cloves garlic, minced</p> <p>2 Tbsp olive oil</p> <p>1 (8-oz) ball fresh mozzarella cheese, thinly sliced (or use desired amount of shredded mozzarella cheese)</p> <p>2 small Roma tomatoes, sliced</p> <p>½ small red onion, thinly sliced (optional)</p> <p>1 to 2 Tbsp chopped fresh basil</p> <hr style="border: 0.5px dashed #000;"/> <p>1 (12.7-oz) pkg <i>Italian chopped salad</i></p>	<p>Preheat grill to medium-high heat. Grill pizza crusts 1 minute. Stir garlic into oil; brush tops of pizzas with garlic oil. Top each pizza with cheese, sliced tomato and red onion. Grill 2 to 4 minutes or until cheese is melted. Sprinkle with basil.</p> <p>Note: For a meat-lovers' version, add some chopped cooked chicken, sausage or pepperoni before grilling. And for a shortcut option, you can buy your favorite frozen cheese pizza, and just add tomatoes and onion before grilling; then sprinkle with basil.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Prepare salad according to pkg directions.</i></p>
Prep	Cook	Total						
15m	5m	20m						
<p>Meal 2 Quick and Easy</p> <p style="text-align: center;">Lemon Butter Baked Chicken</p> <p style="text-align: center;"><i>Roasted Tomatoes and Parmesan Couscous</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">35m</td> </tr> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>2 Tbsp butter, melted</p> <p>1 Tbsp fresh lemon juice</p> <p>2 Tbsp all-purpose flour</p> <p>¼ tsp salt, ¼ tsp pepper</p> <p>¼ tsp dried thyme</p> <p>1 (1-lb) pkg chicken tenderloins</p> <hr style="border: 0.5px dashed #000;"/> <p>½ lb <i>Roma (plum) tomatoes, cut in half lengthwise</i></p> <p>½ Tbsp <i>olive oil</i></p> <p>1 clove <i>garlic, minced</i></p> <p>1 (5.9-oz) <i>box Parmesan couscous mix</i></p>	<p>Preheat oven to 400°F. Spray a 9-inch baking dish with cooking spray. Stir together butter and lemon juice in a shallow dish. Whisk together flour, salt, pepper, and thyme in a separate shallow dish. Dip chicken tenderloins in butter mixture; dredge in flour mixture, and place in dish. Pour remaining butter mixture over chicken. Bake 15 minutes or until chicken is browned and cooked through.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Preheat oven to 400°F. Arrange tomatoes, cut sides up, on a baking sheet. Sprinkle with ½ Tbsp oil and garlic. Bake 20 minutes or until very tender. Cook couscous according to pkg directions.</i></p>
Prep	Cook	Total						
15m	20m	35m						
<p>Meal 3 Kid-Friendly</p> <p style="text-align: center;">BLT's with Chipotle Mayonnaise</p> <p style="text-align: center;"><i>Onion Rings with Lime Dipping Sauce</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	10m	20m	30m	<p>10 slices bacon</p> <p>¾ cup mayonnaise</p> <p>1 canned chipotle pepper in adobo sauce, finely chopped</p> <p>½ Tbsp fresh lime juice</p> <p>1 tsp adobo sauce, from can</p> <p>4 to 6 slices sourdough bread, toasted</p> <p>1½ cups fresh arugula</p> <p>1 tomato, thinly sliced</p> <p>1 ripe avocado, thinly sliced</p> <hr style="border: 0.5px dashed #000;"/> <p>1 (14-oz) <i>bag frozen onion rings</i></p>	<p>Cook bacon in a large skillet over medium heat until crisp; drain, and set aside. Stir together mayonnaise, chipotle peppers, and adobo sauce in a bowl; spread one-third of mixture over 1 side of each bread slice. Top half with arugula, tomato, avocado, and bacon. Cover with remaining bread slices, spread side down. Cut in half to serve.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Bake desired amount of onion rings according to pkg directions. Serve with remaining mayonnaise mixture for dipping.</i></p>
Prep	Cook	Total						
10m	20m	30m						
<p>Meal 4 Quick and Easy</p> <p style="text-align: center;">Flank Steak with Tangy Mustard Sauce</p> <p style="text-align: center;"><i>Roasted Garlic Mashed Potatoes and Steamed Broccoli</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">25m</td> </tr> </table> </div>	Prep	Cook	Total	10m	15m	25m	<p>¾ lb flank steak</p> <p>½ tsp salt, ½ tsp pepper</p> <p>1 Tbsp olive oil</p> <p>½ cup balsamic vinegar</p> <p>3 Tbsp whole-grain Dijon mustard</p> <p>1 Tbsp chopped fresh basil</p> <hr style="border: 0.5px dashed #000;"/> <p>1 (4-oz) <i>pkg roasted garlic mashed potatoes</i></p> <p>½ (12-oz) <i>pkg fresh broccoli florets</i></p> <p>1 Tbsp <i>butter</i></p>	<p>Sprinkle steak with salt and pepper. Heat oil in a large skillet over medium heat. Cook steak 5 minutes per side or to desired doneness; remove from skillet. Add vinegar to skillet; cook 3 minutes or until reduced by half. Whisk in mustard and basil. Slice steak across the grain; spoon sauce over steak.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Prepare potatoes according to pkg directions. Steam broccoli according to pkg directions; toss with butter until melted. Season to taste .</i></p>
Prep	Cook	Total						
10m	15m	25m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 5 Skillet Meal</p> <p style="text-align: center;">Pork Tenderloin with Rosemary-Wine Sauce</p> <p style="text-align: center;"><i>Warm Brussels Sprouts and Raisin Salad</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">35m</td> </tr> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>1 (1-lb) pork tenderloin, trimmed ¼ tsp salt, ¼ tsp pepper 1 Tbsp olive oil ¼ cup white wine (or sub chicken broth) ½ tsp dried rosemary ½ tsp cornstarch</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1 Tbsp olive oil, divided ½ Tbsp butter ¾ lb Brussels sprouts, trimmed and quartered ½ cup chopped pecans ½ Tbsp white wine vinegar ½ tsp Dijon mustard ¼ tsp salt, ¼ tsp pepper ½ cup raisins</i></p>	<p>Rub pork with salt and pepper. Heat oil in a large skillet over medium-high heat. Add pork, and cook 5 minutes per side. Add wine and rosemary; bring to a boil. Cover, reduce heat, and simmer 6 minutes or to desired degree of doneness. Remove pork from pan, and keep warm. Whisk together 1 Tbsp water and cornstarch; add to skillet, and cook, stirring, 1 minute or until sauce is thickened. Serve pork with sauce.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Heat ½ Tbsp oil and ½ Tbsp butter in a large skillet over medium heat. Add Brussels sprouts, and cook 5 to 6 minutes, stirring, until just tender. Add pecans; cook 1 minute. Whisk together remaining ½ Tbsp oil, vinegar, mustard, salt, and pepper in a large bowl. Add Brussels mixture and raisins, tossing to coat.</i></p>
Prep	Cook	Total						
15m	20m	35m						
<p>Meal 6 Classic Favorite</p> <p style="text-align: center;">Creamy Chicken and Peppers</p> <p style="text-align: center;"><i>Cheddar Grits and Steamed Broccoli</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	10m	20m	30m	<p>3 slices bacon, chopped ½ lb boneless skinless chicken breast, cut into ½-inch pieces 1 small red bell pepper, chopped ¼ cup chopped green onion 3 cloves garlic, minced 1½ Tbsp all-purpose flour ½ tsp dried thyme 1 cup chicken broth (from bouillon) 1 Tbsp fresh lemon juice 1 Tbsp chopped fresh basil</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1 cup milk ½ tsp salt ¾ cup quick-cooking grits 1 cup shredded Cheddar cheese ½ (12-oz) pkg fresh broccoli florets</i></p>	<p>Cook bacon in a large skillet over medium heat until crisp; drain on paper towels, reserve 1 Tbsp drippings in pan. Add chicken, bell pepper, onion, and garlic to drippings; cook over medium heat, stirring occasionally, until chicken is done. Stir in flour and thyme; cook 2 minutes. Stir in broth; cook 5 minutes or until thickened and bubbly. Stir in lemon juice and basil. Serve over grits and top with bacon.</p> <p>Note: Dissolve 1 tsp granulated chicken bouillon in 1 cup hot water to make 1 cup chicken broth.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Bring 2 cups water, milk, and salt to a boil in a medium saucepan over medium-high heat. Whisk in grits, reduce heat, and cook, stirring occasionally, 6 to 8 minutes or until thickened. Stir in cheese. Steam broccoli according to pkg directions; season to taste.</i></p>
Prep	Cook	Total						
10m	20m	30m						
<p>Meal 7 On the Grill</p> <p style="text-align: center;">Buffalo Chicken Burgers</p> <p style="text-align: center;"><i>Celery with Ranch Dip and Potato Chips</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	15m	15m	30m	<p>¾ lb ground chicken ½ cup panko ¼ cup minced celery 2 Tbsp crumbled blue cheese 2 Tbsp minced green onion ¼ tsp salt 2 to 3 slices Swiss cheese ¼ cup mayonnaise 2 Tbsp hot wing sauce 2 to 3 English muffins, split and toasted 1½ cups fresh arugula 1 tomato, thinly sliced</p> <hr style="border: 0.5px dashed #000;"/> <p><i>3 ribs celery, cut into sticks ¼ cup Ranch dressing 1 (10-oz) bag potato chips</i></p>	<p>Preheat grill to medium-high heat (350°F to 400°F). Stir together chicken, panko, celery, blue cheese, green onion, and salt in a bowl; shape mixture into 2 to 3 patties. Grill patties, covered with grill lid, 6 to 8 minutes per side or until a meat thermometer inserted in center registers 165°F. Place 1 slice cheese on each patty. Stir together mayonnaise, and wing sauce; spread over cut sides of muffins. Top bottom half with arugula, tomato slices, and patties. Cover with muffin top.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Serve celery with Ranch dressing for dipping alongside chips.</i></p>
Prep	Cook	Total						
15m	15m	30m						

Meal	✓	Grocery Items to Purchase
		Produce
1		1 (12.7-oz) pkg Italian chopped salad
1		1 small red onion, need half (optional)
1,2		1¼ lb Roma tomatoes
1,4,6		1 (1-oz) pkg fresh basil, need 4 Tbsp chopped
2,6		1 lemon, need 2 Tbsp juice
3		1 lime, need ½ Tbsp juice
3		1 ripe avocado
3,7		2 tomatoes
3,7		1 (5-oz) container fresh arugula, need 3 cups
4,6		1 (12-oz) pkg fresh broccoli florets
5		¾ lb Brussels sprouts
6		1 small red bell pepper
6,7		1 bunch green onion, need 6 Tbsp chopped
7		1 bunch celery, need ¼ cup chopped plus 3 ribs
		Meat & Seafood
2		1 (1-lb) pkg chicken tenderloins
3,6		1 (12-oz) pkg bacon, need 13 slices
4		¾ lb flank steak
5		1 (1-lb) pork tenderloin
6		½ lb boneless skinless chicken breast
7		¾ lb ground chicken
		Refrigerated
1		1 (8-oz) ball fresh mozzarella cheese (or use shredded mozzarella cheese)
6		1 pint milk, need 1 cup
6		1 (8-oz) block Cheddar cheese, need 1 cup shredded
7		1 (4-oz) container crumbled blue cheese, need 2 Tbsp
		Frozen
3		1 (14-oz) bag frozen onion rings
		Canned & Packaged
2		1 (5.9-oz) box Parmesan couscous mix
3		1 loaf sliced sourdough bread, need 4 to 6 slices
3		1 (7-oz) can chipotle peppers in adobo sauce, need 1 plus 1 tsp sauce
3,7		1 (12-oz) bottle mayonnaise, need 1 cup
4		1 (4-oz) pkg roasted garlic mashed potatoes
5		1 (12-oz) box raisins, need ½ cup
5		1 (2-oz) pkg chopped pecans
6		1 (24-oz) pkg quick-cooking grits, need ¾ cup
7		1 (12-oz) bottle hot wing sauce, need 2 Tbsp
7		1 (6-count) pkg English muffins, need 2 to 3
7		1 (10-oz) bag potato chips
		Bakery & Deli
1		2 individual prebaked pizza crusts
7		2 cartons 3 slices Swiss cheese (from deli counter)

Necessary Staples
Meal 1
2 Tbsp olive oil 2 cloves garlic
Meal 2
2 Tbsp all-purpose flour 2 Tbsp butter ¼ tsp dried thyme ½ Tbsp olive oil 1 clove garlic
Meal 3
No staples for this meal
Meal 4
1 Tbsp olive oil 3 Tbsp whole-grain Dijon mustard ½ cup balsamic vinegar 1 Tbsp butter
Meal 5
2 Tbsp olive oil ¼ cup white wine (or sub chicken broth) ½ tsp dried rosemary ½ Tbsp butter ½ tsp cornstarch ½ Tbsp white wine vinegar ½ tsp Dijon mustard
Meal 6
1½ Tbsp all-purpose flour ½ tsp dried thyme 3 cloves garlic 1 tsp chicken bouillon
Meal 7
½ cup panko ¼ cup Ranch dressing