











Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 <span style="float: right;">Skillet Meal</span></p> <p align="center"><b>Pan-Seared Steak with Sun-Dried Tomato Sauce</b></p> <p align="center"><i>Whole-Wheat Linguine and Zucchini Spears</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>1 tsp paprika 1 tsp ground cumin 1 tsp salt, 1 tsp pepper, divided 2 lb flank steak (or flat-iron steak or boneless top sirloin) 2 Tbsp olive oil 1 cup sun-dried tomatoes in oil 2 cloves garlic ½ cup packed fresh basil leaves, coarsely chopped ¼ cup apple cider vinegar</p> <hr/> <p><i>1 (16-oz) pkg whole-wheat linguine</i> <i>3 Tbsp olive oil, divided</i> <i>3 large zucchini, cut into spears</i> <i>½ tsp salt, ½ tsp pepper</i></p>	<p>Combine paprika, cumin and ¾ tsp each salt and pepper. Rub mixture on both sides of steak. Heat oil in a large cast-iron skillet over medium-high heat; add steak, and cook 6 to 8 minutes per side or to desired doneness. Let stand 10 minutes before slicing across the grain. Meanwhile, process sun-dried tomatoes, garlic, basil, vinegar, 6 Tbsp water, and remaining salt and pepper in a food processor or blender until smooth, adding additional water, if necessary, to reach desired consistency. Serve sun-dried tomato sauce over steak.</p> <hr/> <p><i>Prepare linguine according to package directions; drain, and stir in 1 Tbsp oil. Meanwhile, heat remaining oil in a large nonstick skillet over medium-high heat; add zucchini, salt and pepper. Cook 6 to 8 minutes until zucchini is browned and tender.</i></p>
Prep	Cook	Total						
15m	20m	35m						
<p>Meal 2 <span style="float: right;">Super Fast</span></p> <p align="center"><b>Huevos Rancheros</b></p> <p align="center"><i>Watermelon Agua Fresca</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;">20m</td> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	20m	10m	30m	<p>2 Tbsp olive oil 12 large eggs ½ tsp salt, ½ tsp pepper 12 corn tortillas, heated 2 (15.5-oz) BPA-free cans black beans, drained and rinsed 1 (16-oz) container refrigerated fresh salsa 1 (5-oz) pkg fresh organic baby spinach ¼ cup chopped fresh cilantro (or use flat-leaf parsley) 1 (8-oz) container sour cream 2 avocados, sliced</p> <hr/> <p><i>3 cups cubed seedless watermelon (about 2¼ lb)</i> <i>3 Tbsp honey</i> <i>2 Tbsp lime juice</i></p>	<p>Heat oil in a large nonstick skillet over medium-high heat; crack 4 eggs into skillet. Cook 2 to 3 minutes or to desired doneness; repeat with remaining eggs. Sprinkle eggs with salt and pepper; place 1 egg on each tortilla. Heat beans according to package directions. Top each tortilla with beans, salsa, spinach, cilantro, sour cream and avocado; serve immediately.</p> <hr/> <p><i>Combine watermelon, ⅓ cup cold water, honey and lime juice in a blender; process until smooth. Pour into ice-filled glasses to serve.</i></p>
Prep	Cook	Total						
20m	10m	30m						
<p>Meal 3</p> <p align="center"><b>Cajun Pork Medallions</b></p> <p align="center"><i>Creamy Stone-Ground Grits</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;">25m</td> <td style="padding: 2px 5px;">40m</td> </tr> </table> </div>	Prep	Cook	Total	15m	25m	40m	<p>1½ lb pork tenderloins, cut into ½-inch-thick slices 2 tsp Cajun or Creole seasoning 3 Tbsp olive oil, divided 1 (8-oz) pkg sliced fresh mushrooms 1 onion, chopped 1 organic bell pepper (any color), chopped 1 cup chopped organic celery 2 (14.5-oz) BPA-free cans diced tomatoes ½ cup reduced-sodium chicken broth 2 tsp cornstarch ¼ cup chopped fresh flat-leaf parsley</p> <hr/> <p><i>1 (32-oz) container reduced-sodium chicken broth</i> <i>2¼ cups 2% reduced-fat milk</i> <i>¾ tsp salt, ¾ tsp pepper</i> <i>1½ cups stone-ground grits</i> <i>1 cup freshly grated Parmesan cheese</i> <i>Hot sauce, desired amount (optional)</i></p>	<p>Sprinkle pork with Cajun seasoning; heat 2 Tbsp oil in a large deep nonstick skillet over medium-high heat. Cook pork medallions 2 minutes on per side or until browned; remove from skillet. Heat remaining oil in skillet; add mushrooms, onion, bell pepper, and celery. Sauté 6 minutes or until tender; add tomatoes and broth. Return pork to skillet; cover, reduce heat, and simmer 5 minutes or until pork is done. Combine cornstarch and 1 Tbsp water; add to mixture in skillet. Cook 5 minutes longer or until sauce is slightly thickened. Serve pork over Creamy Stone-Ground Grits; sprinkle with parsley.</p> <hr/> <p><i>Bring chicken broth and milk to a boil; add salt and pepper. Add grits; cook, stirring occasionally, 20 minutes or until liquid is absorbed. Stir in cheese and hot sauce, if desired.</i></p>
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<p>Meal 4 <span style="float: right;">On the Grill</span></p> <p align="center"><b>Smoked Gouda-Stuffed Burgers</b></p> <p align="center"><i>Sweet Potato Fries and Grilled Watermelon Wedges</i></p> <table border="0" style="width: 100%; margin-top: 10px;"> <tr> <td align="center"></td> <td align="center">Prep 10m</td> <td align="center">Cook 20m</td> <td align="center">Total 30m</td> </tr> </table>		Prep 10m	Cook 20m	Total 30m	<p>1½ lb ground round 4 oz smoked Gouda cheese, cut into 6 equal pieces 1 large red onion, sliced 6 Tbsp Dijon mustard 6 whole-wheat hamburger buns 3 cups fresh organic baby spinach</p> <hr/> <p><i>2 medium-size sweet potatoes, peeled and cut into ½-inch slices</i> <i>1 Tbsp olive oil</i> <i>½ tsp salt, ½ tsp pepper</i> <i>6 wedges watermelon</i></p>	<p>Preheat grill to medium-high heat. Shape ground beef into 6 balls; place 1 portion of cheese in center of each ball, and press to make a ½-inch-thick patty. Sprinkle burgers with ½ tsp each salt and pepper. Grill 5 to 6 minutes per side or until done. While burgers grill, grill onion slices 1 to 2 minutes per side. Spread mustard on buns; top with burgers, onion and spinach. Add bun tops.</p> <hr/> <p><i>Preheat oven to 425°F and grill to medium-high heat. Combine sweet potatoes, olive oil, salt and pepper in a single layer on a rimmed baking sheet; toss to coat. Bake 20 to 25 minutes or until lightly browned and tender. Meanwhile, grill watermelon 2 minutes on each side or until marks appear.</i></p>
	Prep 10m	Cook 20m	Total 30m			
<p>Meal 5</p> <p align="center"><b>Hibachi-Style Teriyaki Chicken and Vegetables</b></p> <p align="center"><i>Cauliflower Rice</i></p> <table border="0" style="width: 100%; margin-top: 10px;"> <tr> <td align="center"></td> <td align="center">Prep 15m</td> <td align="center">Cook 20m</td> <td align="center">Total 35m</td> </tr> </table>		Prep 15m	Cook 20m	Total 35m	<p>3 Tbsp olive oil 1½ lb boneless, skinless chicken breasts, cut into 1-inch pieces 2 large zucchini, cut into chunks 1 onion, coarsely chopped 1 (16-oz) pkg sliced fresh mushrooms ½ cup low-sodium soy sauce ¼ cup honey 2 Tbsp sesame oil 1 Tbsp toasted sesame seeds</p> <hr/> <p><i>1 head cauliflower, cut into florets</i> <i>1 onion, chopped</i> <i>4 cloves garlic, minced</i> <i>2 Tbsp olive oil</i> <i>2 cups reduced-sodium chicken broth</i> <i>½ tsp salt, ½ tsp pepper</i></p>	<p>Heat 1 Tbsp oil in a large nonstick skillet over medium-high heat; add chicken. Cook 5 minutes or until browned. Remove chicken from skillet, and keep warm. Heat remaining olive oil in skillet; add zucchini, onion, and mushrooms. Sauté 8 minutes or until very tender. Return chicken to skillet. Whisk together remaining ingredients. Pour over chicken mixture, and cook 2 minutes or until sauce thickens. Serve over Cauliflower Rice.</p> <hr/> <p><i>Pulse cauliflower in a food processor until rice-like consistency. Sauté onion and garlic in hot oil in a saucepan over medium-high heat 4 minutes or until onion is tender; add cauliflower. Cook 2 minutes. Stir in broth; cover and cook 15 minutes or until cauliflower is tender. Add salt and pepper.</i></p>
	Prep 15m	Cook 20m	Total 35m			
<p>Meal 6 <span style="float: right;">Easy for Entertaining</span></p> <p align="center"><b>Flounder Provençal</b></p> <p align="center"><i>Baked Potatoes and Sautéed Asparagus</i></p> <table border="0" style="width: 100%; margin-top: 10px;"> <tr> <td align="center"></td> <td align="center">Prep 20m</td> <td align="center">Cook 40m</td> <td align="center">Total 1h</td> </tr> </table>		Prep 20m	Cook 40m	Total 1h	<p>2 lb flounder fillets 3 Tbsp olive oil 3 tomatoes, chopped 1 onion, thinly sliced ¾ cup chopped pitted kalamata olives ½ cup chopped fresh flat-leaf parsley</p> <hr/> <p><i>3 large organic russet potatoes</i> <i>3 Tbsp olive oil, divided</i> <i>¼ cup butter</i> <i>1 tsp salt, 1 tsp pepper</i> <i>1½ lb fresh asparagus, trimmed</i></p>	<p>Preheat oven to 425°F. Place flounder on 12- x 15-inch sheets of greased foil; drizzle with oil and sprinkle with ½ tsp each salt and pepper. Divide remaining ingredients among flounder and place on top of fillets. Fold foil, and seal tightly to make packets. Place packets on a rimmed baking sheet. Bake 10 to 12 minutes or until fish flakes with a fork.</p> <hr/> <p><i>Preheat oven to 425°F. Prick and rub potatoes with 2 Tbsp oil. Place on a rimmed baking sheet, and bake 40 minutes or until tender. Cut potatoes in half lengthwise. Top with butter and ½ tsp each salt and pepper. Meanwhile, heat remaining oil in a large nonstick skillet over medium-high heat. Add asparagus and remaining salt and pepper. Sauté 5 to 6 minutes or until tender.</i></p>
	Prep 20m	Cook 40m	Total 1h			

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<p>Meal 7 <span style="float: right;">Meatless Meal</span></p> <p><b>Chickpea Curry over Brown Basmati Rice</b></p> <p><i>Cool as a Cucumber Salad</i></p> <div style="display: flex; align-items: center; margin-top: 10px;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">25m</td> <td style="padding: 2px 5px;">45m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	20m	25m	45m	<p>1½ cups uncooked brown basmati rice (or other brown rice)</p> <p>2 Tbsp olive oil</p> <p>1 onion, chopped</p> <p>2 cloves garlic, minced</p> <p>1 Tbsp minced fresh ginger</p> <p>1 Tbsp curry powder</p> <p>2 tomatoes, chopped</p> <p>3 (15.5-oz) BPA-free cans chickpeas, drained and rinsed</p> <p>3 Tbsp chopped fresh cilantro (or use flat-leaf parsley)</p> <hr style="border: 0.5px dashed #000;"/> <p><i>4 large organic cucumbers, peeled, seeded, and halved</i></p> <p><i>2 cups plain Greek yogurt</i></p> <p><i>1 Tbsp fresh lemon juice</i></p> <p><i>3 cloves garlic, minced</i></p> <p><i>¼ cup chopped fresh flat-leaf parsley</i></p> <p><i>½ tsp salt, ½ tsp pepper</i></p>	<p>Cook rice according to package directions. Heat oil in a Dutch oven over medium heat; add onion, garlic and ginger. Sauté 2 minutes or until onion is tender; stir in curry powder and tomatoes. Cook 6 minutes or until tomatoes are very tender and sauce is thickened; add chickpeas and 1 cup water. Cook 15 minutes or until thickened. Serve chickpeas over basmati rice, and sprinkle with cilantro.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Cut cucumbers into half-moons; add remaining ingredients. Serve with a slotted spoon.</i></p>
Prep	Cook	Total						
20m	25m	45m						

Meal	✓	Grocery Items to Purchase
		<b>Produce</b>
1		1 (1-oz) pkg fresh basil, need ½ cup leaves
1,5		5 large zucchini
1,5,7		1 head garlic, need 11 cloves
2		2 avocados
2		1 lime, need 2 Tbsp juice
2,4		1 (3 to 4 lb) watermelon, need 3 cups cubed watermelon plus 6 wedges
2,4		2 (5-oz) pkgs fresh organic baby spinach
2,7		1 bunch fresh cilantro (or use flat-leaf parsley), need 7 Tbsp chopped
3		1 cup chopped organic celery
3		1 organic bell pepper (any color)
3,5		3 (8-oz) pkgs sliced fresh mushrooms
4		2 medium-size sweet potatoes
5		1 head cauliflower
6		1½ lb fresh asparagus
6		3 large organic russet potatoes
3,4,5,6,7		5 yellow onions AND 1 large red onion
3,6,7		1 bunch fresh flat-leaf parsley
6,7		5 tomatoes
7		1 lemon, need 1 Tbsp juice
7		1 inch piece fresh ginger, need 1 Tbsp minced
7		4 large organic cucumbers
		<b>Meat &amp; Seafood</b>
1		2 lb flank steak (or flat-iron steak or boneless top sirloin)
3		1½ lb pork tenderloins
4		1½ lb ground round
5		1½ lb boneless, skinless chicken breasts
6		2 lb flounder fillets
		<b>Refrigerated</b>
2		1 (8-oz) container sour cream
2		1 dozen large eggs
3		1 quart 2% reduced-fat milk, need 2¼ cups
7		1 (16-oz) container plain Greek yogurt, need 2 cups
		<b>Canned &amp; Packaged</b>
1		1 (16-oz) pkg whole-wheat linguine
1		1 (8.5-oz) jar sun-dried tomatoes in oil, need 1 cup
2		1 pkg corn tortillas, need 12
2		2 (15.5-oz) BPA-free cans black beans
3		2 (14.5-oz) BPA-free cans diced tomatoes
3		1 (16-oz) pkg stone-ground grits, need 1½ cups
3,5		2 (32-oz) containers reduced-sodium chicken broth
4		1 pkg whole-wheat hamburger buns, need 6
6		1 (10-oz) jar pitted kalamata olives, need ¾ cup chopped
7		3 (15.5-oz) BPA-free cans chickpeas
7		1 (16-oz) pkg brown basmati rice (or other brown rice), need 1½ cups uncooked
		<b>Bakery &amp; Deli</b>
2		1 (16-oz) container refrigerated fresh salsa
3		1 (5-oz) wedge Parmesan cheese, need 1 cup freshly grated
4		4 oz smoked Gouda cheese

Necessary Staples
<b>Meal 1</b>
1 tsp ground cumin 1 tsp paprika 5 Tbsp olive oil ¼ cup apple cider vinegar
<b>Meal 2</b>
2 Tbsp olive oil 3 Tbsp honey
<b>Meal 3</b>
3 Tbsp olive oil 2 tsp Cajun or Creole seasoning 2 tsp cornstarch Hot sauce, desired amount (optional)
<b>Meal 4</b>
6 Tbsp Dijon mustard 1 Tbsp olive oil
<b>Meal 5</b>
5 Tbsp olive oil ½ cup low-sodium soy sauce ¼ cup honey 2 Tbsp sesame oil 1 Tbsp toasted sesame seeds
<b>Meal 6</b>
6 Tbsp olive oil ¼ cup butter Aluminum foil
<b>Meal 7</b>
2 Tbsp olive oil 1 Tbsp curry powder