





Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:																																									
<p>Meal 1 Marinate Ahead and Grill</p> <p>Grilled Chicken Kabobs</p> <p><i>Mint-Ginger Bulgur</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> <tr> <td>20m</td> <td>15m</td> <td>35m</td> </tr> </table> </div> <p>Nutritional Information</p> <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>290</td> <td>160</td> <td>450</td> </tr> <tr> <td>Fat (g)</td> <td>11</td> <td>5</td> <td>16</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>0</td> <td>1</td> </tr> <tr> <td>Protein (g)</td> <td>29</td> <td>4</td> <td>33</td> </tr> <tr> <td>Carb (g)</td> <td>19</td> <td>27</td> <td>46</td> </tr> <tr> <td>Fiber (g)</td> <td>3</td> <td>4</td> <td>7</td> </tr> <tr> <td>Sodium (mg)</td> <td>490</td> <td>200</td> <td>690</td> </tr> </tbody> </table>	Prep	Cook	Total	20m	15m	35m		Main	Side	Total	Servings	6	6		Calories	290	160	450	Fat (g)	11	5	16	Sat. Fat (g)	1	0	1	Protein (g)	29	4	33	Carb (g)	19	27	46	Fiber (g)	3	4	7	Sodium (mg)	490	200	690	<p>1/3 cup low-sodium soy sauce 1/3 cup honey 3 cloves garlic, minced 1/3 cup canola oil 3 (8 oz) boneless, skinless chicken breasts, cut into 1-inch cubes 3 red bell pepper (or any color), cut into 1-inch pieces 1 large red onion, cut into small wedges 3 zucchini, cut into 1-inch pieces</p> <hr/> <p><i>1 1/2 cups bulgur</i> <i>1/3 cup chopped fresh mint</i> <i>2 Tbsp canola oil</i> <i>2 tsp grated ginger</i></p>	<p>Whisk together first 4 ingredients in a bowl; remove 1/3 cup marinade and reserve for drizzling over cooked kabobs. Add chicken to marinade in bowl, and toss. Cover and refrigerate 30 minutes. Preheat grill to medium-high heat. Alternately thread chicken and vegetables onto metal or bamboo skewers. Sprinkle with 1/4 tsp each salt and pepper. Discard any marinade in bowl. Place skewers on a greased grill rack. Grill, covered with grill lid, 5 to 6 minutes per side or until chicken is done. Drizzle kabobs with reserved 1/3 cup marinade and sprinkle with 1/8 tsp salt.</p> <hr/> <p><i>Cook bulgur according to package directions. Stir in mint, oil, ginger and 1/2 tsp salt.</i></p>
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<p>Meal 2 Low Carb</p> <p>Rosemary-Dijon Pork Tenderloin and Potatoes</p> <p><i>Spinach-Peach 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>Prep</th> <th>Cook</th> <th>Total</th> </tr> <tr> <td>20m</td> <td>20m</td> <td>40m</td> </tr> </table> </div> <p>Nutritional Information</p> <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>250</td> <td>110</td> <td>360</td> </tr> <tr> <td>Fat (g)</td> <td>7</td> <td>4</td> <td>11</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>0</td> <td>1</td> </tr> <tr> <td>Protein (g)</td> <td>26</td> <td>3</td> <td>29</td> </tr> <tr> <td>Carb (g)</td> <td>20</td> <td>17</td> <td>37</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>3</td> <td>5</td> </tr> <tr> <td>Sodium (mg)</td> <td>450</td> <td>190</td> <td>640</td> </tr> </tbody> </table>	Prep	Cook	Total	20m	20m	40m		Main	Side	Total	Servings	6	6		Calories	250	110	360	Fat (g)	7	4	11	Sat. Fat (g)	1	0	1	Protein (g)	26	3	29	Carb (g)	20	17	37	Fiber (g)	2	3	5	Sodium (mg)	450	190	640	<p>3 Tbsp Dijon mustard 1 1/2 tsp dried rosemary, crushed 3/4 tsp garlic powder 1/4 tsp cayenne pepper 1 1/2 lb pork tenderloin, patted dry 1 1/2 lb Yukon gold potatoes, cut into 1-inch cubes 2 Tbsp canola oil</p> <hr/> <p><i>9 cups baby spinach</i> <i>3/4 cup sliced green onion</i> <i>1/2 cup light raspberry and walnut dressing</i> <i>3 peaches, pitted and sliced</i></p>	<p>Preheat oven 425°F. Stir together mustard, rosemary, garlic powder and cayenne pepper; rub all over pork. Place pork on a baking sheet, and let stand 15 minutes. Toss potatoes with oil and 1/2 tsp each salt and pepper; arrange around pork in a single layer. Bake 18 to 20 minutes or until a meat thermometer reads 145°F. Let stand 10 minutes before slicing pork.</p> <hr/> <p><i>Combine spinach, onion, and dressing in a bowl; toss to coat. Divide salad among 6 serving plates; top evenly with peaches.</i></p>
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Meal 3	Low Carb	<p>1½ lb salmon fillets 1 Tbsp canola oil 1½ tsp dried thyme 1 tsp onion powder 1½ tsp hot pepper sauce 1 cup nonfat plain Greek yogurt ¾ cup peeled and diced cucumber 2 cloves garlic, minced 1½ tsp dried dill</p> <hr/> <p>3 yellow squash, cut in half lengthwise 1 large red onion, cut into ½-inch-thick rounds 2 cloves garlic, minced 1 cup grape tomatoes 3 Tbsp balsamic vinegar 3 Tbsp extra virgin olive oil, divided 1 cup whole wheat couscous</p>	<p>Preheat grill or grill pan to medium-high heat. Brush salmon with oil, and sprinkle with thyme, onion powder and ¼ tsp pepper. Grill, covered with lid, 4 to 5 minutes per side or until fish flakes with a fork. Sprinkle with ¼ tsp salt, and drizzle with hot sauce. Meanwhile, stir together yogurt, cucumber, garlic, dill and ¼ tsp each salt and pepper. Serve salmon with yogurt sauce.</p> <hr/> <p>Preheat grill or grill pan to medium-high heat. Coat squash and onion with cooking spray. Grill 8 to 10 minutes, or until crisp-tender, turning occasionally. Cool and chop vegetables. Combine grilled vegetables, tomato, garlic, vinegar, 2 Tbsp oil and ½ tsp salt. Cook couscous according to package directions; stir in ½ tsp salt. Drizzle oil evenly over couscous. Serve vegetables and couscous alongside salmon.</p>																																				
<p>Grilled Salmon with Cucumber-Dill Yogurt</p> <p><i>Grilled Veggie Salad and Couscous</i></p> <p> Prep 20m Cook 20m Total 40m</p> <p>Nutritional Information</p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>210</td> <td>210</td> <td>420</td> </tr> <tr> <td>Fat (g)</td> <td>10</td> <td>7</td> <td>17</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>26</td> <td>6</td> <td>32</td> </tr> <tr> <td>Carb (g)</td> <td>4</td> <td>31</td> <td>35</td> </tr> <tr> <td>Fiber (g)</td> <td>0</td> <td>6</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>300</td> <td>390</td> <td>690</td> </tr> </tbody> </table>			Main	Side	Total	Servings	6	6		Calories	210	210	420	Fat (g)	10	7	17	Sat. Fat (g)	1	1	2	Protein (g)	26	6	32	Carb (g)	4	31	35	Fiber (g)	0	6	6	Sodium (mg)	300	390	690		
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Meal 4	Low Carb	<p>1 (11-oz) can refrigerated thin crust pizza dough 2 tsp dried Italian seasoning 1 (8-oz) can no-salt-added tomato sauce 1 (8-oz) pkg sliced mushrooms 1 green bell pepper, chopped 1 tsp garlic powder 1½ cups shredded part-skim mozzarella cheese</p> <hr/> <p>8 cups mixed greens 1 cup chopped cucumber ½ cup sliced red onion ¼ cup canola oil 3 Tbsp balsamic vinegar 2 Tbsp capers, drained</p>	<p>Preheat oven to 425°F. Unroll pizza dough onto a baking sheet coated with cooking spray; press out into a large rectangle. Sprinkle Italian seasoning over dough; bake 7 minutes. Spread tomato sauce over partially baked crust, top with mushrooms, bell pepper, garlic powder, and cheese. Bake 6 to 8 minutes or until cheese melts and crust is done in center. Cut into 6 wedges.</p> <hr/> <p>Combine all ingredients and ¼ tsp salt in a salad bowl; toss to coat.</p>																																				
<p>Mushroom and Bell Pepper Pizza</p> <p><i>Balsamic Kale and Cucumber Salad</i></p> <p> Prep 15m Cook 15m Total 30m</p> <p>Nutritional Information</p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>240</td> <td>110</td> <td>350</td> </tr> <tr> <td>Fat (g)</td> <td>7</td> <td>10</td> <td>17</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> <td>0</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>13</td> <td>2</td> <td>15</td> </tr> <tr> <td>Carb (g)</td> <td>31</td> <td>5</td> <td>36</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>2</td> <td>4</td> </tr> <tr> <td>Sodium (mg)</td> <td>590</td> <td>190</td> <td>780</td> </tr> </tbody> </table>			Main	Side	Total	Servings	6	6		Calories	240	110	350	Fat (g)	7	10	17	Sat. Fat (g)	4	0	4	Protein (g)	13	2	15	Carb (g)	31	5	36	Fiber (g)	2	2	4	Sodium (mg)	590	190	780		
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Meal 5	Chill Time	<p>1½ lb Yukon Gold potatoes, cut into ½-inch chunks</p> <p>¾ cup frozen green peas</p> <p>3 celery stalks, diced</p> <p>¾ cup finely chopped red onion</p> <p>6 oz lower-sodium lean ham, diced</p> <p>3 jalapeño peppers, seeded and finely chopped</p> <p>3 hard-cooked eggs, peeled and chopped (see note)</p> <p>¾ cup reduced-fat mayonnaise</p> <p>1½ Tbsp yellow mustard (or use Dijon mustard)</p> <hr/> <p><i>1½ lb green beans, ends trimmed</i></p> <p><i>3 Tbsp extra virgin olive oil</i></p> <p><i>2 Tbsp balsamic vinegar</i></p> <p><i>1½ Tbsp Dijon mustard</i></p> <p><i>¾ tsp hot pepper sauce</i></p> <p><i>½ cup sliced almonds, toasted</i></p> <p><i>6 cups cubed watermelon (see note)</i></p>	<p>Place 3 quarts water and potatoes in a Dutch oven; bring to a simmer. Cook 8 to 10 minutes or until almost tender. Add peas, and cook 1 minute. Drain, and rinse with cold water to cool. Stir together celery, onion, ham, jalapeño pepper, egg, mayonnaise, mustard and ½ tsp pepper in a bowl. Add potatoes and peas, stirring gently. Cover and refrigerate at least 2 hours or up to 48 hours.</p> <p>Note: To cook eggs, place eggs in a saucepan; add water to cover. Bring to a boil. Remove from heat; let stand, covered, 15 minutes. Drain, and run cold water over egg; peel.</p> <hr/> <p><i>Cook beans in boiling water to cover 6 to 8 minutes or until crisp-tender; drain and rinse with cold water to cool. Combine beans, oil, vinegar, mustard, and hot sauce in a bowl; toss with almonds. Serve beans and watermelon alongside salad.</i></p> <p>Note: Cut and cube 1 small watermelon to equal 6 cups, if desired.</p>																																				
<p>Ham, Egg and Potato Salad</p> <p><i>Dijon Green Beans with Toasted Almonds and Chilled Watermelon</i></p> <p> Prep 20m Cook 15m Total 35m</p> <p>Nutritional Information</p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>280</td> <td>190</td> <td>470</td> </tr> <tr> <td>Fat (g)</td> <td>13</td> <td>12</td> <td>25</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>12</td> <td>4</td> <td>16</td> </tr> <tr> <td>Carb (g)</td> <td>29</td> <td>21</td> <td>50</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> <td>6</td> <td>10</td> </tr> <tr> <td>Sodium (mg)</td> <td>620</td> <td>115</td> <td>735</td> </tr> </tbody> </table>			Main	Side	Total	Servings	6	6		Calories	280	190	470	Fat (g)	13	12	25	Sat. Fat (g)	1	1	2	Protein (g)	12	4	16	Carb (g)	29	21	50	Fiber (g)	4	6	10	Sodium (mg)	620	115	735		
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Meal 6	Vegetarian	<p>12 oz farfalle (bow-tie) pasta</p> <p>12 oz asparagus, trimmed and cut into 2-inch pieces</p> <p>1 pint grape tomatoes</p> <p>½ cup chopped fresh mint</p> <p>3 Tbsp extra virgin olive oil</p> <p>3 cloves garlic, minced</p> <p>1½ tsp dried rosemary</p> <p>¼ tsp crushed red pepper</p> <p>1 cup crumbled reduced-fat feta</p> <hr/> <p><i>1½ Tbsp lemon juice</i></p> <p><i>1½ Tbsp honey</i></p> <p><i>2 tsp Dijon mustard</i></p> <p><i>¼ cup extra virgin olive oil</i></p> <p><i>6 cups arugula</i></p> <p><i>1 cucumber, thinly sliced</i></p>	<p>Cook pasta according to package directions, adding asparagus during last 3 minutes of cooking. Meanwhile, combine tomatoes, mint, oil, garlic, rosemary, ¾ tsp salt and red pepper in a bowl. Add pasta mixture and cheese; toss.</p> <hr/> <p><i>Whisk together lemon juice, honey, mustard and ¼ tsp salt in a bowl. Gradually whisk in oil. Add arugula and cucumber; toss.</i></p>																																				
<p>Summer Asparagus Pasta with Feta</p> <p><i>Arugula Salad with Honey-Lemon Vinaigrette</i></p> <p> Prep 15m Cook 15m Total 30m</p> <p>Nutritional Information</p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>340</td> <td>110</td> <td>450</td> </tr> <tr> <td>Fat (g)</td> <td>11</td> <td>9</td> <td>20</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>3</td> <td>1</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>14</td> <td>1</td> <td>15</td> </tr> <tr> <td>Carb (g)</td> <td>47</td> <td>7</td> <td>54</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> <td>1</td> <td>5</td> </tr> <tr> <td>Sodium (mg)</td> <td>590</td> <td>140</td> <td>730</td> </tr> </tbody> </table>			Main	Side	Total	Servings	6	6		Calories	340	110	450	Fat (g)	11	9	20	Sat. Fat (g)	3	1	4	Protein (g)	14	1	15	Carb (g)	47	7	54	Fiber (g)	4	1	5	Sodium (mg)	590	140	730		
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Meal 7	Super Fast	6 (4-oz) cod fillets 2 Tbsp canola oil 2 tsp salt-free Cajun seasoning 1 lemon, cut into wedges	<p>Preheat grill or grill pan to medium heat. Brush both sides of cod fillets with oil, and sprinkle evenly with Cajun seasoning and ½ tsp salt. Grill 4 minutes per side or until fish flakes with a fork. Serve with lemon wedges.</p> <p>Note: As an option, you can bake the cod for 8 to 10 minutes at 425°F.</p> <hr/> <p>Preheat grill or grill pan to medium heat. Double-skewer the okra crosswise onto metal or bamboo skewers; brush with oil and sprinkle with ½ tsp each salt and pepper. Grill, 5 minutes per side or until tender. Cook rice according to package directions; toss with onions and ½ tsp salt. Serve okra and rice alongside cod.</p>																																								
<p>Cajun Cod</p> <p><i>Grilled Okra and Green Onion Rice</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse;"> <tr> <td style="text-align: center; padding: 0 5px;">Prep</td> <td style="text-align: center; padding: 0 5px;">Cook</td> <td style="text-align: center; padding: 0 5px;">Total</td> </tr> <tr> <td style="text-align: center; padding: 0 5px;">15m</td> <td style="text-align: center; padding: 0 5px;">15m</td> <td style="text-align: center; padding: 0 5px;">30m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>130</td> <td>270</td> <td>400</td> </tr> <tr> <td>Fat (g)</td> <td>5</td> <td>9</td> <td>14</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>0</td> <td>0</td> <td>0</td> </tr> <tr> <td>Protein (g)</td> <td>20</td> <td>6</td> <td>26</td> </tr> <tr> <td>Carb (g)</td> <td>0</td> <td>45</td> <td>45</td> </tr> <tr> <td>Fiber (g)</td> <td>0</td> <td>6</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>210</td> <td>400</td> <td>610</td> </tr> </tbody> </table>	Prep	Cook		Total	15m	15m	30m		Main	Side	Total	Servings	6	6		Calories	130	270	400	Fat (g)	5	9	14	Sat. Fat (g)	0	0	0	Protein (g)	20	6	26	Carb (g)	0	45	45	Fiber (g)	0	6	6	Sodium (mg)	210	400	610
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Meal	✓	Grocery Items to Purchase
		Produce
1		1 (2-inch) piece fresh ginger
1		3 red bell pepper
1		3 zucchini
1,3,4,5		3 large red onions
1,6		1 bunch fresh mint
2		3 peaches
2		1 (10-oz) pkg baby spinach
2,5		3 lb Yukon gold potatoes
2,7		9 green onions
3		3 yellow squash
3,4,6		3 cucumbers
3,6		2 pints grape tomatoes
4		1 (10-oz) pkg mixed greens
4		1 (8-oz) pkg sliced mushrooms
4		1 green bell pepper
5		3 jalapeño peppers
5		1½ lb green beans
5		1 (2-lb) pkg cubed watermelon
5		1 bunch celery
6		12 oz asparagus
6		1 (5-oz) pkg arugula
6,7		2 lemons
7		1½ lb okra
		Meat & Seafood
1		3 (8-oz) boneless, skinless chicken breasts
2		1½ lb pork tenderloin
3		1½ lb salmon fillets
7		6 (4-oz) cod fillets
		Refrigerated
3		1 (16-oz) container nonfat plain Greek yogurt
4		1 (8-oz) pkg shredded part-skim mozzarella cheese
4		1 (11-oz) can refrigerated thin crust pizza dough, <i>Pillsbury</i>
6		1 (6-oz) pkg crumbled reduced-fat feta cheese
		Frozen
5		1 (16-oz) pkg frozen green peas
		Canned & Packaged
1		1 (28-oz) pkg bulgur
2		1 (16-oz) bottle light raspberry and walnut dressing
3		1 (5.8-oz) pkg whole wheat couscous
4		1 (8-oz) can no-salt-added tomato sauce
5		1 (2-oz) pkg sliced almonds
6		1 (12-oz) pkg farfalle (bow-tie) pasta
7		1 (14-oz) pkg instant brown rice, <i>Uncle Ben's</i>
		Bakery & Deli
5		1 (6-oz) slice lower-sodium lean ham, <i>Boar's Head</i>

Necessary Staples
Meal 1
½ cup low-sodium soy sauce ¼ cup honey ½ cup canola oil 2 Tbsp canola oil 3 cloves garlic
Meal 2
2 Tbsp canola oil 1½ tsp dried rosemary ¾ tsp garlic powder ¼ tsp cayenne pepper 3 Tbsp Dijon mustard
Meal 3
1 Tbsp canola oil 1 tsp onion powder 3 Tbsp extra virgin olive oil 1½ tsp dried dill 1½ tsp dried thyme 3 Tbsp balsamic vinegar 4 cloves garlic 1½ tsp hot pepper sauce
Meal 4
3 Tbsp balsamic vinegar ¼ cup canola oil 1 tsp garlic powder 2 tsp dried Italian seasoning 2 Tbsp capers
Meal 5
1½ Tbsp Dijon mustard 3 eggs 2 Tbsp balsamic vinegar ¾ cup reduced-fat mayonnaise 1½ Tbsp yellow mustard 3 Tbsp extra virgin olive oil ¾ tsp hot pepper sauce
Meal 6
3 Tbsp extra virgin olive oil ¼ tsp crushed red pepper 1½ Tbsp honey 1½ tsp dried rosemary ¼ cup extra virgin olive oil 2 tsp Dijon mustard 3 cloves garlic
Meal 7
5 Tbsp canola oil 2 tsp salt-free Cajun seasoning