





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;"> <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>2</td> <td>2</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>150</td> <td>640</td> </tr> </tbody> </table>	Prep	Cook	Total	20m	15m	35m		Main	Side	Total	Servings	2	2		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	150	640	<p>2 Tbsp low-sodium soy sauce 2 Tbsp honey 1 clove garlic, minced 2 Tbsp canola oil 8 oz boneless, skinless chicken breast, cut into 1-inch cubes 1 red bell pepper (or any color), cut into 1-inch pieces 1 small red onion, cut into small wedges 1 zucchini, cut into 1-inch pieces</p> <hr/> <p><i>½ cup bulgur</i> <i>2 Tbsp chopped fresh mint</i> <i>2 tsp canola oil</i> <i>1 tsp grated ginger</i></p>	<p>Whisk together first 4 ingredients in a bowl; remove 2 Tbsp 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 ⅛ 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 2 Tbsp marinade.</p> <hr/> <p><i>Cook bulgur according to package directions. Stir in mint, oil, ginger and ⅛ 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;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> <tr> <td>15m</td> <td>20m</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>2</td> <td>2</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>410</td> <td>190</td> <td>600</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	20m	35m		Main	Side	Total	Servings	2	2		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)	410	190	600	<p>1 Tbsp Dijon mustard ½ tsp dried rosemary, crushed ¼ tsp garlic powder ⅛ tsp cayenne pepper ½ lb pork tenderloin, patted dry ½ lb Yukon gold potatoes, cut into 1-inch cubes 2 tsp canola oil</p> <hr/> <p><i>3 cups baby spinach</i> <i>¼ cup sliced green onion</i> <i>1 peach, pitted and sliced</i> <i>3 Tbsp light raspberry and walnut dressing</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 ⅛ 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, peach and dressing in a bowl; toss to coat.</i></p>
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Meal 3	Low Carb	<p>½ lb salmon fillets 1 tsp canola oil ½ tsp dried thyme ¼ tsp onion powder ½ tsp hot pepper sauce ½ cup nonfat plain Greek yogurt ¼ cup peeled and finely chopped cucumber 1 clove garlic, minced ½ tsp dried dill</p> <hr/> <p>1 yellow squash, cut in half lengthwise 1 small red onion, cut into ½-inch-thick rounds 1 small clove garlic, minced ½ cup grape tomatoes, halved 1 Tbsp balsamic vinegar 1 Tbsp extra virgin olive oil, divided ½ 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; drizzle with hot sauce. Meanwhile, stir together yogurt, cucumber, garlic, dill, and ¼ tsp salt. Sereve salmon with yogurt sauce.</p> <hr/> <p><i>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 tsp oil, and ¼ tsp salt. Cook couscous according to package directions; stir in ¼ tsp salt. Drizzle 1 tsp oil evenly over couscous. Serve vegetables and couscous alongside salmon.</i></p>																																				
<p>Grilled Salmon with Cucumber-Dill Yogurt</p> <p><i>Grilled Veggie Salad and Couscous</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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>210</td> <td>290</td> <td>500</td> </tr> <tr> <td>Fat (g)</td> <td>9</td> <td>7</td> <td>16</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>270</td> <td>290</td> <td>560</td> </tr> </tbody> </table>			Main	Side	Total	Servings	2	2		Calories	210	290	500	Fat (g)	9	7	16	Sat. Fat (g)	1	1	2	Protein (g)	26	6	32	Carb (g)	4	31	35	Fiber (g)	0	6	6	Sodium (mg)	270	290	560		
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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>3 cups baby spinach ½ cup chopped cucumber ¼ cup chopped red onion 4 tsp canola oil 1 Tbsp balsamic vinegar</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 swedges; serve 2 wedges. Cover and refrigerate remaining wedges for up to 3 days. Note: May wrap each pizza slice in plastic wrap and freeze for a later meal, if desired.</p> <hr/> <p><i>Combine all ingredients and ¼ tsp salt in a salad bowl; toss to coat.</i></p>																																				
<p>Mushroom and Bell Pepper Pizza</p> <p><i>Balsamic Spinach and Cucumber Salad</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>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>240</td> <td>120</td> <td>360</td> </tr> <tr> <td>Fat (g)</td> <td>7</td> <td>9</td> <td>16</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>3</td> <td>16</td> </tr> <tr> <td>Carb (g)</td> <td>31</td> <td>8</td> <td>39</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>3</td> <td>5</td> </tr> <tr> <td>Sodium (mg)</td> <td>590</td> <td>210</td> <td>800</td> </tr> </tbody> </table>			Main	Side	Total	Servings	6	2		Calories	240	120	360	Fat (g)	7	9	16	Sat. Fat (g)	4	0	4	Protein (g)	13	3	16	Carb (g)	31	8	39	Fiber (g)	2	3	5	Sodium (mg)	590	210	800		
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Meal 5	Chill Time	<p>½ lb Yukon Gold potatoes, cut into ½-inch chunks</p> <p>¼ cup frozen green peas</p> <p>1 celery stalk, diced</p> <p>¼ cup finely chopped red onion</p> <p>2 oz lower-sodium lean ham, diced</p> <p>1 jalapeño pepper, seeded and finely chopped</p> <p>1 hard-cooked egg, peeled and chopped (see note)</p> <p>¼ cup reduced-fat mayonnaise</p> <p>1½ tsp yellow mustard (or use Dijon mustard)</p> <hr/> <p>½ lb green beans, ends trimmed</p> <p>1 Tbsp extra virgin olive oil</p> <p>2 tsp balsamic vinegar</p> <p>1½ tsp Dijon mustard</p> <p>¼ tsp hot pepper sauce</p> <p>2 Tbsp sliced almonds, toasted</p> <p>2 cups cubed watermelon</p>	<p>Place 4 cups water and potatoes in a saucepan; bring to a simmer. Cook 8 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 ¼ 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 egg, 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>Meal 5</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>2</td> <td>2</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	2	2		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>4 oz farfalle (bow-tie) pasta</p> <p>¼ lb asparagus, trimmed and cut into 2-inch pieces</p> <p>⅔ cup grape tomatoes, halved</p> <p>2 Tbsp chopped fresh mint</p> <p>1 Tbsp extra virgin olive oil</p> <p>1 clove garlic, minced</p> <p>½ tsp dried rosemary</p> <p>⅛ tsp crushed red pepper</p> <p>⅓ cup crumbled reduced-fat feta</p> <hr/> <p>1½ tsp lemon juice</p> <p>1½ tsp honey</p> <p>½ tsp Dijon mustard</p> <p>1½ Tbsp extra virgin olive oil</p> <p>2 cups arugula</p> <p>½ cup thinly sliced cucumber</p>	<p>Cook pasta according to package directions, adding asparagus during last 3 minutes of cooking. Meanwhile, combine tomatoes, mint, oil, garlic, rosemary, ¼ tsp salt and red pepper in a bowl. Add pasta mixture and cheese; toss until well blended.</p> <hr/> <p><i>Whisk together lemon juice, honey, mustard and ⅛ tsp salt in a bowl. Gradually whisk in oil. Add arugula and cucumber; toss.</i></p>																																				
<p>Meal 6</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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>340</td> <td>120</td> <td>460</td> </tr> <tr> <td>Fat (g)</td> <td>11</td> <td>11</td> <td>22</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>180</td> <td>770</td> </tr> </tbody> </table>		Main	Side	Total	Servings	2	2		Calories	340	120	460	Fat (g)	11	11	22	Sat. Fat (g)	3	1	4	Protein (g)	14	1	15	Carb (g)	47	7	54	Fiber (g)	4	1	5	Sodium (mg)	590	180	770			
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Meal 7	Super Fast	2 (4-oz) cod fillets 2 tsp canola oil ¾ tsp salt-free Cajun seasoning ½ lemon, cut into wedges ----- ½ lb okra 1 Tbsp canola oil 1 (8.8-oz) pouch microwaveable brown rice 1 green onion, finely chopped	<p>Preheat grill or grill pan to medium heat. Brush both sides of cod fillets with oil, and sprinkle evenly with Cajun seasoning and ⅛ 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 pan sear the cod in oil in a hot skillet until fish flakes.</p> <p>-----</p> <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 ⅛ tsp each salt and pepper. Grill, 4 minutes per side or until tender. Microwave rice according to package directions; toss with onions and ⅛ tsp salt.</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 border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>15m</td> <td>15m</td> <td>30m</td> </tr> </tbody> </table> </div> <p>Nutritional Information</p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>130</td> <td>340</td> <td>470</td> </tr> <tr> <td>Fat (g)</td> <td>5</td> <td>10</td> <td>15</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>7</td> <td>27</td> </tr> <tr> <td>Carb (g)</td> <td>0</td> <td>48</td> <td>48</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>310</td> <td>520</td> </tr> </tbody> </table>		Prep	Cook	Total	15m	15m	30m		Main	Side	Total	Servings	2	2		Calories	130	340	470	Fat (g)	5	10	15	Sat. Fat (g)	0	0	0	Protein (g)	20	7	27	Carb (g)	0	48	48	Fiber (g)	0	6	6	Sodium (mg)	210	310	520	
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		Produce
1		1 (2-inch) piece fresh ginger
1		1 red bell pepper
1		1 zucchini
1,3,4,5		3 small red onions
1,6		1 bunch fresh mint
2		1 peach
2,4		1 (5-oz) pkg baby spinach
2,5		1 lb Yukon gold potatoes
2,7		3 green onions
3		1 yellow squash
3,4,6		1 large cucumber
3,6		1 pint grape tomatoes
4		1 (8-oz) pkg sliced mushrooms
4		1 green bell pepper
5		1 (16-oz) pkg watermelon chunks
5		½ lb green beans
5		1 jalapeño pepper
5		1 bunch celery
6		¼ lb asparagus
6		1 (5-oz) pkg arugula
6,7		1 lemon
7		½ lb okra
		Meat & Seafood
1		8 oz boneless, skinless chicken breast
2		½ lb pork tenderloin
3		½ lb salmon fillets
7		2 (4-oz) cod fillets
		Refrigerated
3		1 (5.3-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
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, <i>Newman's Own</i>
3		1 (5.8-oz) pkg whole wheat couscous, <i>Near East</i>
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 (8.8-oz) pouch microwaveable brown rice
		Bakery & Deli
5		1 (2-oz) slice lower-sodium lean ham, <i>Boar's Head</i>

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