

| 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; width: 100%;"> <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> |
| 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>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>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; width: 100%;"> <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> |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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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 | | |
| | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | |
| | 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 | | | |
| | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | |
| | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Meals: <i>Side dishes are in ITALICS</i> | | Ingredients: | Instructions: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------|--|---|-------|-----|-----|-----|--|------|------|-------|----------|---|---|--|----------|-----|-----|-----|---------|---|----|----|--------------|---|---|---|-------------|----|---|----|----------|---|----|----|-----------|---|---|---|-------------|-----|-----|-----|--|
| 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 | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Meal | ✓ | Grocery Items to Purchase |
|---------|---|---|
| | | 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 |