










Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 Classic Favorite</p> <p style="text-align: center;">Chicken Fajita Roll-Ups</p> <p style="text-align: center;"><i>Cilantro-Lime Mashed Sweet Potatoes</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;">20m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">40m</td> </tr> </table> </div>	Prep	Cook	Total	20m	20m	40m	<p>1½ lb boneless, skinless chicken breasts 1 tsp garlic salt 1 red bell pepper, thinly sliced 1 yellow bell pepper, thinly sliced 1 green bell pepper, thinly sliced 1 small red onion, thinly sliced 2 Tbsp Mexican seasoning 2 Tbsp olive oil</p> <hr style="border: 0.5px dashed #000;"/> <p><i>2½ lb sweet potatoes</i> <i>2 Tbsp olive oil</i> <i>2 Tbsp chopped fresh cilantro</i> <i>1 tsp grated lime rind</i> <i>1 tsp fresh lime juice</i></p>	<p>Preheat oven to 400°F; line a baking sheet with parchment paper. Lightly pound chicken to a thin, even thickness in a heavy-duty zip-top plastic bag using the heel of your hand or a small heavy skillet. Sprinkle one side of chicken with garlic salt. Arrange bell peppers and onion over center of chicken. Roll up to enclose mixture; secure with wooden picks. Sprinkle with Mexican seasoning. Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 2 to 3 minutes per side or until browned. Transfer to prepared pan. Bake 15 to 20 minutes or until chicken is done.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Peel sweet potatoes, and cut into 1-inch chunks. Combine potatoes and water to cover in a large saucepan; bring to a boil, reduce heat, and simmer 10 minutes or until tender. Drain potatoes well, and return to pot. Add oil, cilantro, lime rind and lime juice. Mash with a potato masher to desired consistency. Season with salt and pepper to taste.</i></p>
Prep	Cook	Total						
20m	20m	40m						
<p>Meal 2 On the Grill</p> <p style="text-align: center;">Grilled Pork Chops and Peaches</p> <p style="text-align: center;"><i>Broccoli Slaw 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;">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>6 boneless pork loin chops ½ tsp salt ½ tsp pepper ¼ cup balsamic vinegar 2 Tbsp fresh lime juice 2 Tbsp honey 2 tsp dried thyme 6 peaches, cut in half and pitted 1 Tbsp olive oil</p> <hr style="border: 0.5px dashed #000;"/> <p><i>¾ cup mayonnaise</i> <i>2 Tbsp apple cider vinegar</i> <i>2 tsp sugar</i> <i>1 (12-oz) pkg broccoli slaw mix</i> <i>1 tomato, chopped</i> <i>½ cup sliced green onions</i></p>	<p>Preheat grill to medium-high heat. Sprinkle pork with salt and pepper. Combine vinegar, lime juice, honey and thyme; brush over pork. Brush peaches with oil. Grill pork, covered with grill lid, 3 minutes per side or until done. Grill peaches, cut sides down and covered with grill lid, 4 minutes or until tender. Cut peaches into wedges, and serve over pork.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Whisk together mayonnaise, vinegar, and sugar in a large bowl. Add slaw mix, tomato, and green onions. Toss.</i></p>
Prep	Cook	Total						
20m	10m	30m						
<p>Meal 3 Kid-Friendly</p> <p style="text-align: center;">Mexican Turkey Skillet</p> <p style="text-align: center;"><i>Romaine Salad with Queso Fresco</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;">20m</td> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">35m</td> </tr> </table> </div>	Prep	Cook	Total	20m	15m	35m	<p>2 Tbsp olive oil 1 onion, chopped 1 bell pepper (any color), chopped 4 cloves garlic, minced 1 (20-oz) pkg lean ground turkey 2 Tbsp chili powder 1 tsp ground coriander 1 (14.5-oz) can diced tomatoes, drained ¼ cup chopped fresh cilantro</p> <hr style="border: 0.5px dashed #000;"/> <p><i>3 Tbsp olive oil</i> <i>1 Tbsp white wine vinegar</i> <i>2 tsp honey</i> <i>2 tsp Dijon mustard</i> <i>1 (18-oz) pkg chopped romaine lettuce</i> <i>½ cup sliced red onion (see note)</i> <i>½ cup finely crumbled queso fresco (or use feta)</i></p>	<p>Heat oil in a large skillet over medium-high heat. Add onion, bell pepper and garlic. Cook 6 minutes or until tender, stirring often. Add ground turkey, chili powder, and coriander. Cook 5 minutes or until done. Stir in tomatoes and cilantro; cook 4 minutes or until thoroughly heated. Season with salt and pepper to taste.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Whisk together first 4 ingredients in a large bowl; add remaining ingredients, tossing well. Season with salt and pepper to taste.</i> Note: Rinse the sliced onion in a strainer under warm running water to reduce the bite and increase the sweetness, if desired.</p>
Prep	Cook	Total						
20m	15m	35m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 4 Kid-Friendly</p> <p style="text-align: center;">Bacon-Wrapped Honey Mustard Chicken</p> <p style="text-align: center;"><i>Smashed Garlic-and-Lemon Potatoes and Steamed Green Beans</i></p> <table border="0" style="width: 100%; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">25m</td> <td style="text-align: center;">40m</td> </tr> </table>		Prep	Cook	Total		15m	25m	40m	<p>¼ cup honey ¼ cup Dijon mustard ½ tsp garlic powder 1½ lb boneless, skinless chicken breasts ½ tsp salt ½ tsp pepper 12 slices bacon</p> <hr/> <p><i>1½ lb red potatoes, cut into chunks</i> <i>2 cloves garlic, peeled and smashed</i> <i>½ cup gluten-free chicken broth</i> <i>2 Tbsp olive oil</i> <i>1 Tbsp fresh lemon juice</i> <i>1 tsp grated lemon rind</i> <i>1 lb green beans, trimmed</i></p>	<p>Preheat oven to 400°F. Whisk together honey, Dijon, and garlic powder in a small bowl. Halve chicken crosswise, and pound each piece to an even thickness; sprinkle with salt and pepper. Wrap each chicken piece with 2 slices bacon; place on a foil-lined rimmed baking sheet. Brush with half of honey mixture. Bake 20 minutes. Brush with remaining honey mixture, and bake 5 to 10 minutes or until bacon is browned and chicken is done.</p> <p>Note: Broil chicken 1 to 2 minutes if you'd prefer your bacon a little crispier.</p> <hr/> <p><i>Bring potatoes, garlic, and water to cover to a boil in a saucepan; reduce heat, and simmer 15 minutes or until tender. Drain; return potatoes and garlic to pan. Add broth, oil, lemon juice, and lemon rind; mash with a potato masher to desired consistency. Season with salt and pepper to taste. Place green beans in a microwave-safe dish; add ¼ cup water. Cover and microwave at HIGH 4 to 5 minutes or until crisp-tender. Drain and season with salt and pepper to taste.</i></p>
	Prep	Cook	Total							
	15m	25m	40m							
<p>Meal 5 Super Fast</p> <p style="text-align: center;">Sun-Dried Tomato Pesto Salmon</p> <p style="text-align: center;"><i>Spring Mix with Avocado and Lime</i></p> <table border="0" style="width: 100%; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">15m</td> <td style="text-align: center;">30m</td> </tr> </table>		Prep	Cook	Total		15m	15m	30m	<p>2 Tbsp sliced almonds ¾ cup fresh basil leaves 1 Tbsp lemon juice ½ tsp salt ½ tsp pepper 2 cloves garlic, minced ¼ cup sun-dried tomatoes in oil, drained ¼ cup extra virgin olive oil 6 salmon fillets, patted dry</p> <hr/> <p><i>1 (5-oz) pkg spring mix</i> <i>3 avocados, peeled and sliced</i> <i>Juice of 1 lime</i> <i>2 Tbsp extra virgin olive oil</i></p>	<p>Preheat oven to 400°F. Pulse almonds, basil, lemon juice, salt, pepper, garlic, tomatoes and oil in a food processor until smooth. Rub mixture all over salmon; place in a greased baking dish. Bake 15 minutes or until fish flakes with a fork.</p> <hr/> <p><i>Place spring mix on a serving platter; top with avocados. Drizzle with lime juice and oil. Season with salt and pepper to taste.</i></p>
	Prep	Cook	Total							
	15m	15m	30m							
<p>Meal 6 On the Grill</p> <p style="text-align: center;">Grilled Cumin-Lemon Chicken</p> <p style="text-align: center;"><i>Mexican Street Corn</i></p> <table border="0" style="width: 100%; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">15m</td> <td style="text-align: center;">30m</td> </tr> </table>		Prep	Cook	Total		15m	15m	30m	<p>2 lb boneless, skinless chicken thighs 2 Tbsp olive oil 1 tsp salt 1 tsp cayenne pepper 1 tsp ground cumin 1 Tbsp grated lemon rind 2 Tbsp fresh lemon juice</p> <hr/> <p><i>6 ears corn, husks removed</i> <i>½ cup finely crumbled queso fresco (or use feta)</i> <i>¼ cup gluten-free mayonnaise</i> <i>¼ cup sour cream</i> <i>1 Tbsp fresh lime juice</i> <i>½ tsp garlic powder</i> <i>¼ tsp chili powder</i> <i>½ cup chopped fresh cilantro</i></p>	<p>Preheat grill to medium-high heat. Brush chicken with oil; sprinkle with salt, cayenne pepper, and cumin. Grill chicken, covered with grill lid, 5 minutes per side or until done. Sprinkle lemon rind and lemon juice over chicken.</p> <hr/> <p><i>Preheat grill to medium-high heat. Grill corn, covered with grill lid, 15 minutes or until browned and tender, turning often. Meanwhile, stir together cheese, mayonnaise, sour cream, lime juice, garlic powder, and chili powder in a small bowl. Brush cheese mixture over corn; sprinkle with cilantro.</i></p>
	Prep	Cook	Total							
	15m	15m	30m							

Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:					
<p>Meal 7</p> <p style="text-align: right;">Classic Favorite</p> <p style="text-align: center;">Moroccan Steak with Oranges and Olives</p> <p style="text-align: center;"><i>Basil Zucchini Salad</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse;"> <thead> <tr> <th style="border-bottom: 1px solid black; padding: 2px 5px;">Prep</th> <th style="border-bottom: 1px solid black; padding: 2px 5px;">Cook</th> <th style="border-bottom: 1px solid black; padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">30m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	20m	10m	30m	<p>1½ lb flank steak</p> <p>2 oranges</p> <p>¼ cup olive oil</p> <p>1 tsp garlic powder</p> <p>1 Tbsp chopped fresh mint</p> <p>1 tsp salt</p> <p>⅛ tsp cayenne pepper</p> <p>¾ cup pitted kalamata olives</p> <hr style="border-top: 1px dashed black; margin: 10px 0;"/> <p><i>2 Tbsp olive oil</i></p> <p><i>2 tsp fresh lemon juice</i></p> <p><i>1 tsp honey</i></p> <p><i>4 zucchini</i></p> <p><i>½ cup torn fresh basil</i></p>	<p>Cut steak across the grain into ¼-inch-thick slices. Peel and section oranges over a bowl, reserving ½ cup juice. Combine 2 Tbsp oil, garlic powder, mint, salt and cayenne pepper in a large bowl; add steak, tossing to coat. Cook steak, in batches, in 2 Tbsp hot oil in a large skillet over medium-high heat 2 minutes per side or until browned. Return all steak to pan; add orange sections, orange juice and olives. Cook 2 to 3 minutes or until most of liquid evaporates.</p> <hr style="border-top: 1px dashed black; margin: 10px 0;"/> <p><i>Whisk together oil, lemon juice, and honey in a serving bowl. Shave zucchini lengthwise into thin ribbons, using a vegetable peeler, into bowl with oil mixture. Toss to coat. Sprinkle with basil. Season with salt and pepper to taste.</i></p>
Prep	Cook	Total						
20m	10m	30m						

Meal	✓	Grocery Items to Purchase
Produce		
1		2½ lb sweet potatoes
1,3		4 bell peppers
1,2,5,6		4 limes
1,3		2 small red onions
1,3,6		1 bunch fresh cilantro
2		8 green onions
2		1 tomato
2		6 peaches
2		1 (12-oz) pkg broccoli slaw mix
3		1 (18-oz) pkg chopped romaine lettuce
3		1 onion
4		1½ lb red potatoes
4		1 lb green beans
4,5,6,7		4 lemons
5		3 avocados
5		1 (5-oz) bag spring mix
5,7		2 (1-oz) pkg fresh basil
6		6 ears corn
7		½ (1-oz) pkg fresh mint
7		2 oranges
7		4 zucchini
Meat & Seafood		
1,4		3 lb boneless, skinless chicken breasts
2		6 boneless pork loin chops
3		1 (20-oz) pkg lean ground turkey
4		1 (12-oz) pkg sliced bacon
5		6 salmon fillets
6		2 lb boneless, skinless chicken thighs
7		1½ lb flank steak
Refrigerated		
3,6		1 (10-oz) pkg queso fresco
6		½ (8-oz) carton sour cream
Canned & Packaged		
2,6		1 (15-oz) jar mayonnaise
3		1 (14.5-oz) can diced tomatoes
4		½ (14.5-oz) can gluten-free chicken broth
5		½ (8.5-oz) jar sun-dried tomatoes in oil
5		½ (2-oz) pkg sliced almonds
7		½ (7-oz) jar pitted kalamata olives

Necessary Staples
Meal 1
Wooden picks 4 Tbsp olive oil 1 tsp garlic salt 2 Tbsp Mexican seasoning Parchment paper Large heavy-duty zip-top plastic bag
Meal 2
2 tsp sugar 2 Tbsp honey 2 tsp dried thyme ¼ cup balsamic vinegar 1 Tbsp olive oil 2 Tbsp apple cider vinegar
Meal 3
5 Tbsp olive oil 2 Tbsp chili powder 1 tsp ground coriander 2 tsp Dijon mustard 2 tsp honey 1 Tbsp white wine vinegar 4 cloves garlic
Meal 4
2 Tbsp olive oil ¼ cup Dijon mustard ¼ cup honey ½ tsp garlic powder 2 cloves garlic Aluminum foil
Meal 5
6 Tbsp extra virgin olive oil 2 cloves garlic
Meal 6
2 Tbsp olive oil ½ tsp garlic powder 1 tsp ground cumin 1 tsp cayenne pepper ¼ tsp chili powder
Meal 7
6 Tbsp olive oil 1 tsp honey ¼ tsp cayenne pepper 1 tsp garlic powder