










Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 Kid-Friendly</p> <p>Chicken Fajita Roll-Ups</p> <p><i>Salsa Black Beans</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;">15m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">35m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>¾ lb boneless, skinless chicken breasts ½ tsp garlic salt 1 small red bell pepper, thinly sliced 1 small yellow bell pepper, thinly sliced 1 small green bell pepper, thinly sliced ½ small red onion, thinly sliced 1 Tbsp Mexican seasoning 1 Tbsp olive oil</p> <hr/> <p><i>1 clove garlic, minced</i> <i>1 Tbsp olive oil</i> <i>1 (15.25-oz) can black beans, drained and rinsed</i> <i>¼ cup salsa</i> <i>1 Tbsp chopped fresh cilantro</i></p>	<p>Preheat oven to 400°F; line a baking sheet with parchment paper. Cut chicken breasts in half. Place in a large zip-top plastic bag. Pound chicken to ¼-inch thickness using the heel of your hand or a small, heavy skillet. Sprinkle one side of chicken with garlic salt. Arrange bell pepper and onion strips over center of chicken. Roll up to enclose mixture; secure with wooden picks. Sprinkle with Mexican seasoning. Heat oil in a nonstick skillet over medium-high heat. Add chicken, and 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/> <p><i>Cook garlic in hot oil in a nonstick skillet over medium heat 1 minute. Combine black beans, salsa, cilantro, and garlic in a bowl; stir well.</i></p>
Prep	Cook	Total						
15m	20m	35m						
<p>Meal 2 On the Grill</p> <p>Grilled Pork Chops with Italian Red Pepper Sauce</p> <p><i>Grilled Tomatoes with Basil</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;">10m</td> <td style="padding: 2px 5px;">30m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	20m	10m	30m	<p>2 boneless center-cut pork loin chops 1 Tbsp olive oil ¼ tsp garlic salt ½ tsp pepper ½ (12-oz) jar roasted red peppers, drained 2 Tbsp slivered almonds ¼ cup gluten-free chicken broth ½ Tbsp balsamic vinegar 1½ tsp dried thyme</p> <hr/> <p><i>2 large tomatoes, cut in half</i> <i>1½ Tbsp olive oil</i> <i>⅓ tsp garlic salt</i> <i>⅓ tsp pepper</i> <i>2 Tbsp chopped fresh basil</i></p>	<p>Preheat grill to medium-high heat. Brush pork with oil; sprinkle with ⅛ tsp garlic salt and ¼ tsp pepper. Grill pork, covered with lid, 4 minutes per side or until done. Process roasted peppers, almonds, broth, vinegar, thyme, ⅛ tsp garlic salt and ¼ tsp pepper in a blender or food processor until smooth. Transfer mixture to a small saucepan; cook over medium heat 2 to 3 minutes or until thickened. Serve red pepper sauce with pork.</p> <hr/> <p><i>Preheat grill to medium-high heat. Drizzle tomatoes with 1 Tbsp oil; sprinkle cut sides with garlic salt and pepper. Grill tomatoes 3 minutes per side or until skin is blistered and tomatoes are tender. Drizzle with ½ Tbsp oil; sprinkle with basil.</i></p>
Prep	Cook	Total						
20m	10m	30m						
<p>Meal 3 Oven Baked</p> <p>Sausage-Stuffed Portobello Mushroom Caps</p> <p><i>Chopped Romaine 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;">15m</td> <td style="padding: 2px 5px;">25m</td> <td style="padding: 2px 5px;">40m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	15m	25m	40m	<p>2 portobello mushroom caps 1 Tbsp olive oil ½ cup chopped onion ½ red bell pepper, chopped 1 clove garlic, minced ¾ lb mild or spicy Italian sausage, casings removed 1 egg white 2 Tbsp almond flour 2 tsp balsamic vinegar</p> <hr/> <p><i>1 (10-oz) pkg chopped romaine lettuce</i> <i>¼ cup chopped fresh basil</i> <i>½ cup grape tomatoes, halved</i> <i>2 Tbsp slivered almonds</i> <i>¼ cup gluten-free vinaigrette (your favorite flavor)</i></p>	<p>Preheat oven to 450°F. Remove brown gills from undersides of mushrooms, using a spoon. Heat oil in a large nonstick skillet over medium-high heat. Add onion, bell pepper and garlic; cook 5 to 6 minutes or until tender and browned. Add sausage; cook 5 to 6 minutes or until browned, stirring to crumble. Combine sausage mixture, egg, almond flour and vinegar. Spoon into mushrooms. Place on a baking sheet. Bake 15 to 20 minutes or until mushrooms are browned and tender. Season with salt and pepper to taste.</p> <p>Note: Freeze remaining sausage from package for a future meal.</p> <hr/> <p><i>Toss together lettuce and basil. Divide between 2 salad bowls. Top with tomatoes and almonds. Drizzle with dressing.</i></p>
Prep	Cook	Total						
15m	25m	40m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 4 Classic Favorite</p> <p>Sweet and Smoky Bacon-Wrapped Chicken</p> <p><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;">20m</td> <td style="text-align: center;">20m</td> <td style="text-align: center;">40m</td> </tr> </table>		Prep	Cook	Total		20m	20m	40m	<p>¾ lb boneless, skinless chicken breasts 1 tsp smoked paprika (or use regular paprika) 1 tsp chili powder 6 to 8 slices bacon 1 Tbsp olive oil 1 Tbsp honey</p> <hr/> <p>¾ lb red potatoes, cut into chunks 1 clove garlic, peeled and smashed ¼ cup gluten-free chicken broth 1 Tbsp olive oil 1 tsp fresh lemon juice ½ tsp grated lemon rind ½ lb green beans, trimmed</p>	<p>Preheat oven to 375°F. Pound chicken to ½-inch-thickness in a heavy-duty zip-top plastic bag using the heel of your hand or a small, heavy skillet. Lightly season with salt and pepper, paprika and chili powder. Wrap 2 slices bacon around each chicken piece; secure with wooden picks. Cook chicken in hot oil in an ovenproof skillet over medium-high heat 2 to 3 minutes per side or until browned. Transfer skillet to oven. Bake 15 minutes or until chicken is done and bacon is crisp, drizzling with honey during last 5 minutes of baking.</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 2 Tbsp 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							
	20m	20m	40m							
<p>Meal 5</p> <p>Moroccan Steak with Oranges and Olives</p> <p><i>Lemon-Dijon Zucchini and Radish Salad</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;">20m</td> <td style="text-align: center;">10m</td> <td style="text-align: center;">30m</td> </tr> </table>		Prep	Cook	Total		20m	10m	30m	<p>¾ lb flank steak 1 orange 2 Tbsp olive oil ½ tsp garlic powder 1½ tsp chopped fresh mint ½ tsp salt ⅛ tsp cayenne pepper ½ cup pitted kalamata olives</p> <hr/> <p>2 Tbsp extra virgin olive oil 1 Tbsp fresh lemon juice 1 tsp Dijon mustard ¼ tsp salt ¼ tsp pepper 3 zucchini ½ cup chopped radishes</p>	<p>Cut steak across the grain into ¼-inch-thick slices. Peel and section orange over a bowl, reserving juice. Combine 1 Tbsp oil, garlic powder, mint, salt and cayenne pepper in a large bowl; add steak, tossing to coat. Heat 1 Tbsp oil in a large skillet over medium-high heat. Brown steak in hot oil 2 minutes per side. Add orange sections, reserved orange juice and olives; cook 2 to 3 minutes or until liquid evaporates.</p> <hr/> <p><i>Whisk together oil, lemon juice, mustard, salt and pepper. Cut each zucchini in half lengthwise; cut into ½-inch half-moon slices. Add zucchini and radishes to oil mixture; toss well.</i></p>
	Prep	Cook	Total							
	20m	10m	30m							
<p>Meal 6 On the Grill</p> <p>Grilled Rosemary Salmon</p> <p><i>Peach-and-Bacon Salad</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;">10m</td> <td style="text-align: center;">25m</td> </tr> </table>		Prep	Cook	Total		15m	10m	25m	<p>2 salmon fillets, patted dry 2 tsp olive oil ½ tsp dried rosemary, crushed ⅛ tsp salt ⅛ tsp pepper</p> <hr/> <p>1 peach, peeled and halved 2½ Tbsp extra virgin olive oil 2 tsp honey 1 Tbsp fresh lemon juice ½ tsp Dijon mustard 1 clove garlic, minced 3 cups spring mix 2 slices bacon, cooked and crumbled</p>	<p>Preheat grill to medium-high heat. Brush salmon with oil, and sprinkle with rosemary, salt and pepper. Grill, covered with grill lid, 4 to 5 minutes per side or until fish flakes with a fork.</p> <hr/> <p><i>Preheat grill to medium-high heat. Brush peach with 1½ tsp oil and honey. Grill 2 minutes per side; slice. Whisk together lemon juice, mustard, garlic and 2 Tbsp oil in a bowl. Add spring mix and peach slices, and toss. Season with salt and pepper to taste. Sprinkle with bacon.</i></p>
	Prep	Cook	Total							
	15m	10m	25m							

Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:					
<p>Meal 7 Super Fast</p> <p style="text-align: center;">Green Chile Turkey Patties</p> <p style="text-align: center;"><i>Guacamole Salad</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="border-bottom: 1px solid black;">Prep</th> <th style="border-bottom: 1px solid black;">Cook</th> <th style="border-bottom: 1px solid black;">Total</th> </tr> </thead> <tbody> <tr> <td>15m</td> <td>15m</td> <td>30m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	15m	15m	30m	<p>12 oz ground turkey 1 (4-oz) can chopped green chiles, drained 2 Tbsp chopped fresh cilantro ½ tsp salt ¼ tsp pepper ¼ tsp ground cumin 1 Tbsp olive oil</p> <hr style="border-top: 1px dashed #ccc;"/> <p><i>1 avocado, peeled and diced</i> <i>1 tomato, diced</i> <i>1 Tbsp fresh lime juice</i> <i>1 clove garlic, minced</i> <i>¼ tsp salt</i> <i>⅛ tsp pepper</i></p>	<p>Preheat grill (or grill pan coated with cooking spray) to medium-high heat. Combine turkey, green chiles, cilantro, salt, pepper, and cumin in a large bowl; mix until well blended. Shape into 2 patties about ½-inch-thick each. Place patties on a grill rack coated with oil. Grill, covered with grill lid, 6 minutes per side or until done.</p> <p>Note: Freeze remaining ground turkey in package for a future meal, if desired.</p> <hr style="border-top: 1px dashed #ccc;"/> <p style="text-align: center;"><i>Gently toss together all ingredients in a small bowl.</i></p>
Prep	Cook	Total						
15m	15m	30m						

Meal	✓	Grocery Items to Purchase
		Produce
1		½ red onion
1,3		4 bell peppers
1,7		½ bunch fresh cilantro
2,3		½ (1-oz) pkg fresh basil
2,7		3 tomatoes
3		2 portobello mushroom caps
3		1 (10-oz) pkg chopped romaine lettuce
3		½ onion
3		½ pint grape tomatoes
4		¾ lb red potatoes
4		½ lb green beans
4,5,6		3 lemons
5		½ (1-oz) pkg fresh mint
5		3 zucchini
5		1 orange
5		½ bunch radishes
6		½ (5-oz) pkg spring mix
6		1 peach
7		1 lime
7		1 avocado
		Meat & Seafood
1,4		1½ lb boneless, skinless chicken breasts
2		2 boneless center-cut pork loin chops
3		1 (16-oz) pkg mild Italian sausage
4,6		1 (12-oz) pkg sliced bacon
5		¾ lb flank steak
6		2 salmon fillets
7		1 (16-oz) pkg ground turkey
		Canned & Packaged
1		1 (15.25-oz) can black beans
2		½ (12-oz) jar roasted red peppers
2,3		1 (2-oz) pkg slivered almonds
2,4		1 (14.5-oz) can gluten-free chicken broth
5		½ (7-oz) jar pitted kalamata olives
7		1 (4-oz) can chopped green chiles

Necessary Staples
Meal 1
1 Tbsp Mexican seasoning Wooden picks 2 Tbsp olive oil ½ tsp garlic salt ¼ cup salsa 1 clove garlic Parchment paper Zip-top plastic freezer bag
Meal 2
2½ Tbsp olive oil ¼ tsp garlic salt ½ Tbsp balsamic vinegar 1½ tsp dried thyme
Meal 3
1 Tbsp olive oil 2 tsp balsamic vinegar ¼ cup gluten-free vinaigrette 1 large egg 2 Tbsp almond flour 1 clove garlic
Meal 4
1 tsp smoked paprika 1 tsp chili powder 2 Tbsp olive oil 1 Tbsp honey 1 clove garlic Wooden picks Zip-top plastic freezer bag
Meal 5
½ tsp garlic powder 2 Tbsp extra virgin olive oil ¼ tsp cayenne pepper 1 tsp Dijon mustard 2 Tbsp olive oil
Meal 6
2 tsp olive oil ½ tsp dried rosemary 2½ Tbsp extra virgin olive oil 2 tsp honey 1 clove garlic ½ tsp Dijon mustard
Meal 7
1 Tbsp olive oil ¼ tsp ground cumin 1 clove garlic