

Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:																																									
Meal 1	Low Carb	<p>2½ Tbsp whole-grain mustard 1 Tbsp honey 1 Tbsp rice wine vinegar ½ tsp salt ¼ tsp pepper 1½ lb salmon fillet ¾ cup chopped pecans 2 Tbsp chopped fresh parsley 1 lime, cut into wedges</p> <hr/> <p>1½ lb carrots, cut into 3-inch pieces 1 cup coarsely chopped red onion 2 Tbsp canola oil ¼ tsp pepper 2 Tbsp light butter with canola oil 2 (10-oz) pkg spinach ¼ tsp salt</p>	<p>Preheat oven to 425°F. Stir together mustard, honey, vinegar, salt and pepper in a small bowl. Place salmon on a parchment-lined baking sheet; spread mustard mixture over salmon. Stir together pecans and parsley; sprinkle over salmon, pressing gently to adhere. Bake 10 to 15 minutes or until salmon flakes with a fork. Serve with lime wedges.</p> <hr/> <p><i>Preheat oven to 425°F. Combine carrots, onion, oil, pepper on a baking sheet. Bake 20 to 25 minutes or until browned and tender, stirring after 20 minutes. Heat butter in a large skillet coated with cooking spray over medium-high heat. Gradually stir in spinach and salt in batches; cook 2 minutes or until wilted, tossing constantly. Serve carrots and spinach alongside salmon.</i></p>																																									
<p>Pecan-Crusted Honey Mustard Salmon</p> <p><i>Roasted Carrots and Spinach Sauté</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>20m</td> <td>25m</td> <td>45m</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>270</td> <td>140</td> <td>410</td> </tr> <tr> <td>Fat (g)</td> <td>16</td> <td>7</td> <td>23</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>25</td> <td>4</td> <td>29</td> </tr> <tr> <td>Carb (g)</td> <td>6</td> <td>17</td> <td>23</td> </tr> <tr> <td>Fiber (g)</td> <td>1</td> <td>6</td> <td>7</td> </tr> <tr> <td>Sodium (mg)</td> <td>410</td> <td>280</td> <td>690</td> </tr> </tbody> </table>		Prep	Cook	Total	20m	25m	45m		Main	Side	Total	Servings	6	6		Calories	270	140	410	Fat (g)	16	7	23	Sat. Fat (g)	1	1	2	Protein (g)	25	4	29	Carb (g)	6	17	23	Fiber (g)	1	6	7	Sodium (mg)	410	280	690	
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Meal 2	Low Carb	<p>¾ lb asparagus spears, broken into 2-inch pieces 2 cups frozen green peas 1 Tbsp canola oil 6 (4-oz) chicken cutlets ½ tsp salt ½ tsp pepper 1½ cups light Alfredo sauce 3 green onions, finely chopped</p> <hr/> <p>6 peaches, pitted and sliced 6 kiwifruit, peeled and sliced</p>	<p>Cook peas with asparagus according to the stovetop directions on the pea's package; drain. Meanwhile, heat the oil in a large skillet over medium heat. Sprinkle both sides of the chicken with salt and pepper; cook 3 minutes on each side until done. Divide the asparagus mixture onto 6 dinner plates, top with chicken. Reduce heat to low, add Alfredo sauce to skillet and cook 30 seconds, stirring constantly; pour evenly over chicken, sprinkle with onions.</p> <hr/> <p><i>Combine peaches with kiwi in a bowl.</i></p>																																									
<p>Chicken Alfredo on Spring Peas and Asparagus</p> <p><i>Peach and Kiwi Slices</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>20m</td> <td>10m</td> <td>30m</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>270</td> <td>100</td> <td>370</td> </tr> <tr> <td>Fat (g)</td> <td>9</td> <td>0</td> <td>9</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> <td>0</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>33</td> <td>2</td> <td>35</td> </tr> <tr> <td>Carb (g)</td> <td>14</td> <td>24</td> <td>38</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> <td>4</td> <td>8</td> </tr> <tr> <td>Sodium (mg)</td> <td>630</td> <td>0</td> <td>630</td> </tr> </tbody> </table>		Prep	Cook	Total	20m	10m	30m		Main	Side	Total	Servings	6	6		Calories	270	100	370	Fat (g)	9	0	9	Sat. Fat (g)	4	0	4	Protein (g)	33	2	35	Carb (g)	14	24	38	Fiber (g)	4	4	8	Sodium (mg)	630	0	630	
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<p>Meal 3 On the Grill</p> <p>Ginger Barbecued Pork Chops</p> <p><i>Grilled Corn with Edamame-Celery Seed Slaw</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </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> <p style="margin-top: 10px;">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>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>190</td> <td>290</td> <td>480</td> </tr> <tr> <td>Fat (g)</td> <td>5</td> <td>12</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>19</td> <td>12</td> <td>31</td> </tr> <tr> <td>Carb (g)</td> <td>16</td> <td>37</td> <td>53</td> </tr> <tr> <td>Fiber (g)</td> <td>0</td> <td>7</td> <td>7</td> </tr> <tr> <td>Sodium (mg)</td> <td>240</td> <td>400</td> <td>640</td> </tr> </tbody> </table>	Prep	Cook	Total	20m	15m	35m		Main	Side	Total	Servings	6	6		Calories	190	290	480	Fat (g)	5	12	17	Sat. Fat (g)	1	1	2	Protein (g)	19	12	31	Carb (g)	16	37	53	Fiber (g)	0	7	7	Sodium (mg)	240	400	640	<p>½ cup barbecue sauce 2 Tbsp honey 1½ tsp grated ginger 6 (4-oz) boneless center-cut pork loin chops</p> <hr style="border: 0.5px dashed #000;"/> <p>1 Tbsp canola oil 6 ears corn, husks and silk removed 1 (14-oz) pkg frozen shelled edamame ½ cup reduced-fat mayonnaise 3 Tbsp sugar 2 Tbsp apple cider vinegar ¾ tsp celery seed ½ tsp salt 1 (16-oz) pkg shredded coleslaw mix</p>	<p>Preheat grill or a grill pan over medium-high heat. Stir together barbecue sauce, honey and ginger. Brush pork evenly with sauce mixture. Place pork chops on a grill rack coated with cooking spray. Grill pork chops, uncovered, 4 minutes per side or until done, basting with sauce occasionally. Let stand 5 minutes before serving.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Preheat grill or grill pan over medium-high heat. Brush corn with oil. Place corn on a grill rack coated with cooking spray. Grill corn, covered, 6 minutes or until charred, turning every 2 minutes. Meanwhile, cook edamame according to package directions, drain in a colander and run under cold water to cool; drain. Combine mayonnaise, sugar, vinegar, celery seed, and salt in a bowl; stir in coleslaw mix and edamame; toss well. Serve corn and slaw alongside pork.</i></p>
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<p>Meal 4 Low Carb</p> <p>Beef and Mushroom Skillet Toss</p> <p><i>Basmati Rice and Broccoli Spears</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">35m</td> </tr> </table> </div> <p style="margin-top: 10px;">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>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>210</td> <td>170</td> <td>380</td> </tr> <tr> <td>Fat (g)</td> <td>10</td> <td>3</td> <td>13</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> <td>1</td> <td>3</td> </tr> <tr> <td>Protein (g)</td> <td>27</td> <td>3</td> <td>30</td> </tr> <tr> <td>Carb (g)</td> <td>4</td> <td>27</td> <td>31</td> </tr> <tr> <td>Fiber (g)</td> <td>1</td> <td>3</td> <td>4</td> </tr> <tr> <td>Sodium (mg)</td> <td>410</td> <td>360</td> <td>770</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	20m	35m		Main	Side	Total	Servings	6	6		Calories	210	170	380	Fat (g)	10	3	13	Sat. Fat (g)	2	1	3	Protein (g)	27	3	30	Carb (g)	4	27	31	Fiber (g)	1	3	4	Sodium (mg)	410	360	770	<p>3 Tbsp low-sodium soy sauce 3 Tbsp Worcestershire sauce 2 Tbsp sesame oil 1½ lb top round beef steak, cut in thin strips 1 (16-oz) pkg mushrooms, quartered ¼ cup chopped fresh parsley</p> <hr style="border: 0.5px dashed #000;"/> <p>1 cup basmati rice ¾ tsp salt ¼ tsp pepper 1½ lb broccoli, trimmed and cut into spears 3 Tbsp light butter with canola oil, melted</p>	<p>Combine soy sauce and Worcestershire sauce in a bowl and set aside. Heat 2 tsp oil in a large skillet over medium-high heat; add half of beef and cook 2 minutes or until beef begins to brown. Remove beef from skillet and keep warm. Repeat procedure with remaining beef and 2 tsp oil. Heat 2 tsp oil in skillet, add mushrooms and cook 4 to 5 minutes or until tender. Add beef and soy sauce mixture; cook 1 to 2 minutes or until thickened slightly. Sprinkle with parsley.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Cook rice according to package directions; toss with ½ tsp salt and the pepper. Arrange broccoli in a steamer basket over boiling water; cover and steam 5 to 7 minutes or until crisp-tender. Toss broccoli with light butter and ¼ tsp salt. Serve rice and broccoli alongside beef.</i></p>
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Meal 5	Vegetarian	<p>6 large eggs, beaten $\frac{1}{3}$ cup fat-free milk 1 Tbsp canola oil 6 cups frozen corn kernels, thawed 1 green bell pepper, chopped 3 jalapeño peppers, seeded and minced $\frac{1}{2}$ cup finely chopped red onion $\frac{1}{4}$ tsp salt $\frac{1}{8}$ tsp pepper $\frac{3}{4}$ cup crumbled reduced-fat feta cheese $\frac{3}{4}$ cup picante sauce</p> <hr/> <p><i>3 mangoes, pitted and cubed</i> $1\frac{1}{2}$ tsp grated lemon rind 1 Tbsp lemon juice</p>	<p>Whisk together eggs and milk. Heat oil in a large nonstick skillet over medium heat. Add corn, bell pepper, jalapeño and onion; sauté 3 minutes or until tender. Pour egg mixture over vegetables into skillet. Reduce heat to medium-low. Cover and cook, without stirring, 15 to 18 minutes or until just set in center. Remove from heat, sprinkle with salt, pepper and cheese. Let stand 5 minutes. Cut into 6 wedges, and serve with picante sauce.</p> <p>Note: To thaw frozen vegetables quickly, place in a colander and run under cold water. Drain well.</p> <hr/> <p><i>Gently toss all ingredients.</i></p>																																				
<p>Country Corn Frittata</p> <p><i>Citrus Mango</i></p> <p> Prep Cook Total 20m 20m 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>270</td> <td>100</td> <td>370</td> </tr> <tr> <td>Fat (g)</td> <td>10</td> <td>0</td> <td>10</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>3</td> <td>0</td> <td>3</td> </tr> <tr> <td>Protein (g)</td> <td>14</td> <td>1</td> <td>15</td> </tr> <tr> <td>Carb (g)</td> <td>35</td> <td>25</td> <td>60</td> </tr> <tr> <td>Fiber (g)</td> <td>5</td> <td>3</td> <td>8</td> </tr> <tr> <td>Sodium (mg)</td> <td>610</td> <td>0</td> <td>610</td> </tr> </tbody> </table>			Main	Side	Total	Servings	6	6		Calories	270	100	370	Fat (g)	10	0	10	Sat. Fat (g)	3	0	3	Protein (g)	14	1	15	Carb (g)	35	25	60	Fiber (g)	5	3	8	Sodium (mg)	610	0	610		
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Meal 6	Low Carb	<p>$\frac{1}{4}$ cup extra virgin olive oil 6 (4-oz) tilapia filets, rinsed and pat dry 1 Tbsp Dijon mustard $1\frac{1}{2}$ tsp dried dill $\frac{1}{2}$ tsp salt $\frac{1}{4}$ tsp pepper</p> <hr/> <p><i>1 cup quinoa</i> 2 Tbsp extra virgin olive oil 3 cloves garlic, minced $\frac{1}{4}$ tsp crushed red pepper 3 tomatoes, diced 6 cups arugula $\frac{3}{4}$ tsp salt 3 cups frozen green peas</p>	<p>Heat a nonstick skillet over medium heat. Brush 1 Tbsp oil over both sides of the filets; cook tilapia 3 minutes on each side or until fish flakes with a fork. Meanwhile, whisk together 3 Tbsp oil, mustard, dill, salt and pepper. Spoon sauce evenly over fish to serve.</p> <hr/> <p><i>Cook quinoa according to package directions. Heat 1 Tbsp oil in a nonstick skillet over medium-high heat. Add garlic and red pepper; sauté 15 seconds. Stir in tomatoes; cook 1 minute or until heated. Remove skillet from heat; stir in cooked quinoa, arugula, salt and 1 Tbsp oil, tossing until arugula is slightly wilted. Cook peas according to package directions. Serve quinoa and peas alongside tilapia.</i></p>																																				
<p>Skillet Fish with Dijon Dill Sauce</p> <p><i>Tomato-and-Arugula Quinoa and Peas</i></p> <p> Prep Cook Total 10m 15m 25m</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>230</td> <td>230</td> <td>460</td> </tr> <tr> <td>Fat (g)</td> <td>13</td> <td>7</td> <td>20</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> <td>0</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>30</td> <td>9</td> <td>39</td> </tr> <tr> <td>Carb (g)</td> <td>1</td> <td>33</td> <td>34</td> </tr> <tr> <td>Fiber (g)</td> <td>0</td> <td>12</td> <td>12</td> </tr> <tr> <td>Sodium (mg)</td> <td>250</td> <td>360</td> <td>610</td> </tr> </tbody> </table>			Main	Side	Total	Servings	6	6		Calories	230	230	460	Fat (g)	13	7	20	Sat. Fat (g)	2	0	2	Protein (g)	30	9	39	Carb (g)	1	33	34	Fiber (g)	0	12	12	Sodium (mg)	250	360	610		
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<p>Meal 7 Super Fast</p> <p style="text-align: center;">Vegetarian Black Bean and Avocado Tacos</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;">5m</td> <td style="padding: 2px 5px;">25m</td> </tr> </tbody> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th style="width: 80%;"></th> <th style="width: 20%;">Main</th> </tr> </thead> <tbody> <tr><td>Servings</td><td>6</td></tr> <tr><td>Calories</td><td>390</td></tr> <tr><td>Fat (g)</td><td>15</td></tr> <tr><td>Sat. Fat (g)</td><td>3</td></tr> <tr><td>Protein (g)</td><td>13</td></tr> <tr><td>Carb (g)</td><td>58</td></tr> <tr><td>Fiber (g)</td><td>16</td></tr> <tr><td>Sodium (mg)</td><td>400</td></tr> </tbody> </table>	Prep	Cook	Total	20m	5m	25m		Main	Servings	6	Calories	390	Fat (g)	15	Sat. Fat (g)	3	Protein (g)	13	Carb (g)	58	Fiber (g)	16	Sodium (mg)	400	<p>3 (15-oz) cans no-salt-added black beans, drained and rinsed</p> <p>1 cup picante sauce</p> <p>1½ tsp smoked paprika</p> <p>¾ tsp ground cumin</p> <p>12 (6-inch) corn tortillas</p> <p>6 green onions, chopped</p> <p>6 cups shredded romaine lettuce</p> <p>3 avocados, pitted, peeled and cubed</p> <p>¾ cup reduced-fat sour cream</p> <p>1 lime, cut into 6 wedges</p>	<p>Combine beans, ¼ cup picante sauce, paprika and cumin in a microwaveable bowl. Cover and microwave at HIGH 2 to 3 minutes or until hot, stirring once. Mash beans to desired consistency with a potato masher. Heat tortillas according to package directions. Fill tortillas evenly with bean mixture, lettuce, ¼ cup picante sauce, avocado, sour cream and green onion. Serve with lime wedges.</p>
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Meal	✓	Grocery Items to Purchase
		Produce
1		2 (10-oz) pkg spinach
1		1½ lb carrots
1,4		1 bunch fresh parsley
1,5		2 red onion
1,7		2 limes
2		6 kiwifruit
2		6 peaches
2		¾ lb asparagus spears
2,7		9 green onions
3		1 (3-inch) piece fresh ginger
3		1 (16-oz) pkg shredded coleslaw mix
3		6 ears corn
4		1 (16-oz) pkg mushrooms
4		1½ lb broccoli
5		2 lemons
5		1 green bell pepper
5		3 mangoes
5		3 jalapeño peppers
6		1 (5-oz) pkg arugula
6		3 tomatoes
7		3 avocados
7		1 head Romaine lettuce
		Meat & Seafood
1		1½ lb salmon fillet
2		6 (4-oz) chicken cutlets
3		6 (4-oz) boneless center-cut pork loin chops
4		1½ lb top round beef steak
6		6 (4-oz) tilapia filets
		Refrigerated
2		2 (10-oz) pkg light Alfredo sauce
5		1 (6-oz) pkg crumbled reduced-fat feta cheese
5		6 large eggs
7		1 (8-oz) carton reduced-fat sour cream
		Frozen
2,6		2 (16-oz) pkg frozen green peas
3		1 (14-oz) pkg frozen shelled edamame
5		2 (16-oz) pkg frozen corn kernels
		Canned & Packaged
1		1 (4-oz) pkg chopped pecans
3		½ (18-oz) bottle barbecue sauce
4		½ (2-lb) pkg basmati rice
5,7		1 (16-oz) jar picante sauce
6		1 (12-oz) pkg quinoa
7		3 (15-oz) cans no-salt-added black beans
7		1 (18-count) pkg corn tortillas

Necessary Staples
Meal 1
2½ Tbsp whole-grain mustard
1 Tbsp honey
1 Tbsp rice wine vinegar
2 Tbsp light butter with canola oil
2 Tbsp canola oil
Meal 2
1 Tbsp canola oil
Meal 3
1 Tbsp canola oil
½ cup reduced-fat mayonnaise
2 Tbsp honey
3 Tbsp sugar
2 Tbsp apple cider vinegar
¼ tsp celery seed
Meal 4
3 Tbsp low-sodium soy sauce
2 Tbsp sesame oil
3 Tbsp Worcestershire sauce
3 Tbsp light butter with canola oil
Meal 5
1 Tbsp canola oil
½ cup fat-free milk
Meal 6
1½ tsp dried dill
¼ cup extra virgin olive oil
¼ tsp crushed red pepper
2 Tbsp extra virgin olive oil
1 Tbsp Dijon mustard
3 cloves garlic
Meal 7
¾ tsp ground cumin
1½ tsp smoked paprika