

| Meals: <i>Side dishes are in ITALICS</i> | Ingredients: | Instructions: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------------|---------------|-------|-----|-----|-----|--|------|------|-------|----------|---|---|--|----------|-----|-----|-----|---------|----|---|----|--------------|---|---|---|-------------|----|---|----|----------|----|----|----|-----------|---|---|---|-------------|-----|-----|-----|---|--|
| <p>Meal 1 Low Carb</p> <p style="text-align: center;">Pecan-Crusted Honey Mustard Salmon</p> <p style="text-align: center;"><i>Roasted Carrots and Onions With 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 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;">20m</td> <td style="padding: 2px 5px;">40m</td> </tr> </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></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>270</td> <td>170</td> <td>440</td> </tr> <tr> <td>Fat (g)</td> <td>16</td> <td>8</td> <td>24</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>23</td> <td>29</td> </tr> <tr> <td>Fiber (g)</td> <td>1</td> <td>7</td> <td>8</td> </tr> <tr> <td>Sodium (mg)</td> <td>390</td> <td>370</td> <td>760</td> </tr> </tbody> </table> | Prep | Cook | Total | 20m | 20m | 40m | | Main | Side | Total | Servings | 2 | 2 | | Calories | 270 | 170 | 440 | Fat (g) | 16 | 8 | 24 | Sat. Fat (g) | 1 | 1 | 2 | Protein (g) | 25 | 4 | 29 | Carb (g) | 6 | 23 | 29 | Fiber (g) | 1 | 7 | 8 | Sodium (mg) | 390 | 370 | 760 | <p>1 Tbsp whole-grain mustard 1 tsp honey 1 tsp rice wine vinegar 1/8 tsp salt 1/8 tsp pepper 1/2 lb salmon fillet 1/4 cup chopped pecans 1/2 Tbsp chopped fresh parsley 1/2 lime, cut into wedges</p> <hr style="border: 0.5px dashed #000;"/> <p><i>6 carrots, cut into 3-inch pieces</i> <i>1/2 cup coarsely chopped red onion</i> <i>2 tsp canola oil</i> <i>1/8 tsp pepper</i> <i>1 Tbsp light butter with canola oil</i> <i>1 (6-oz) pkg baby spinach</i> <i>1/8 tsp salt</i></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 style="border: 0.5px dashed #000;"/> <p><i>Preheat oven to 425°F. Combine carrots, onion, oil, and 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 add spinach and salt in batches; cook 2 minutes or until wilted, tossing constantly. Serve carrots and spinach alongside salmon.</i></p> |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20m | 20m | 40m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 2 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 270 | 170 | 440 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 16 | 8 | 24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 1 | 1 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 25 | 4 | 29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 6 | 23 | 29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 1 | 7 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 390 | 370 | 760 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Meal 2 Low Carb</p> <p style="text-align: center;">Chicken Alfredo on Spring Peas and Asparagus</p> <p style="text-align: center;"><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 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;">10m</td> <td style="padding: 2px 5px;">25m</td> </tr> </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></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>100</td> <td>380</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>15</td> <td>24</td> <td>39</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> <td>4</td> <td>8</td> </tr> <tr> <td>Sodium (mg)</td> <td>580</td> <td>0</td> <td>580</td> </tr> </tbody> </table> | Prep | Cook | Total | 15m | 10m | 25m | | Main | Side | Total | Servings | 2 | 2 | | Calories | 280 | 100 | 380 | Fat (g) | 9 | 0 | 9 | Sat. Fat (g) | 4 | 0 | 4 | Protein (g) | 33 | 2 | 35 | Carb (g) | 15 | 24 | 39 | Fiber (g) | 4 | 4 | 8 | Sodium (mg) | 580 | 0 | 580 | <p>4 oz asparagus spears, broken into 2-inch pieces 3/4 cup frozen green peas 1 tsp canola oil 2 (4-oz) chicken cutlets 1/8 tsp salt 1/8 tsp pepper 1/2 cup light Alfredo sauce 1 green onion, finely chopped</p> <hr style="border: 0.5px dashed #000;"/> <p><i>2 peaches, pitted and sliced</i> <i>2 kiwifruit, peeled and sliced</i></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 2 dinner plates, top with the 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 style="border: 0.5px dashed #000;"/> <p><i>Combine peaches with kiwi in a bowl.</i></p> |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15m | 10m | 25m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 2 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 280 | 100 | 380 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 9 | 0 | 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 4 | 0 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 33 | 2 | 35 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 15 | 24 | 39 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 4 | 4 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 580 | 0 | 580 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|--|--------------|---------------|-------|-----|-----|-----|--|------|------|-------|----------|---|---|--|----------|-----|-----|-----|---------|----|----|----|--------------|---|---|---|-------------|----|---|----|----------|----|----|----|-----------|---|---|---|-------------|-----|-----|-----|--|---|
| <p>Meal 3 On the Grill</p> <p>Barbecued Ginger 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;">15m</td> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">30m</td> </tr> </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></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>190</td><td>260</td><td>450</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>9</td><td>28</td></tr> <tr><td>Carb (g)</td><td>17</td><td>35</td><td>52</td></tr> <tr><td>Fiber (g)</td><td>0</td><td>6</td><td>6</td></tr> <tr><td>Sodium (mg)</td><td>260</td><td>370</td><td>630</td></tr> </tbody> </table> | Prep | Cook | Total | 15m | 15m | 30m | | Main | Side | Total | Servings | 2 | 2 | | Calories | 190 | 260 | 450 | Fat (g) | 5 | 12 | 17 | Sat. Fat (g) | 1 | 1 | 2 | Protein (g) | 19 | 9 | 28 | Carb (g) | 17 | 35 | 52 | Fiber (g) | 0 | 6 | 6 | Sodium (mg) | 260 | 370 | 630 | <p>3 Tbsp barbecue sauce 2 tsp honey ½ tsp grated ginger 2 (4-oz) boneless center-cut pork loin chops</p> <hr style="border: 0.5px dashed #000;"/> <p>1 tsp canola oil 2 ears corn, husks and silk removed ½ cup frozen shelled edamame 2 Tbsp reduced-fat mayonnaise 1 Tbsp sugar 2 tsp apple cider vinegar ¼ tsp celery seed ⅛ tsp salt 3 cups shredded coleslaw mix</p> | <p>Preheat grill or a grill pan over medium-high heat. Stir together barbecue sauce, honey and ginger and brush pork evenly with sauce mixture. Place pork chops on a grill rack coated with cooking spray. Grill pork chops, covered, 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> |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15m | 15m | 30m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 2 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 190 | 260 | 450 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 5 | 12 | 17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 1 | 1 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 19 | 9 | 28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 17 | 35 | 52 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 0 | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 260 | 370 | 630 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Meal 4 Low Carb</p> <p>Beef and Mushroom Skillet Toss</p> <p><i>Garlic Mashed Cauliflower and Sliced Tomatoes</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;">15m</td> <td style="padding: 2px 5px;">30m</td> </tr> </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></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>180</td><td>390</td></tr> <tr><td>Fat (g)</td><td>10</td><td>14</td><td>24</td></tr> <tr><td>Sat. Fat (g)</td><td>2</td><td>2</td><td>4</td></tr> <tr><td>Protein (g)</td><td>27</td><td>4</td><td>31</td></tr> <tr><td>Carb (g)</td><td>4</td><td>11</td><td>15</td></tr> <tr><td>Fiber (g)</td><td>1</td><td>4</td><td>5</td></tr> <tr><td>Sodium (mg)</td><td>410</td><td>350</td><td>760</td></tr> </tbody> </table> | Prep | Cook | Total | 15m | 15m | 30m | | Main | Side | Total | Servings | 2 | 2 | | Calories | 210 | 180 | 390 | Fat (g) | 10 | 14 | 24 | Sat. Fat (g) | 2 | 2 | 4 | Protein (g) | 27 | 4 | 31 | Carb (g) | 4 | 11 | 15 | Fiber (g) | 1 | 4 | 5 | Sodium (mg) | 410 | 350 | 760 | <p>1 Tbsp low-sodium soy sauce 1 Tbsp Worcestershire sauce 2 tsp sesame oil 8 oz top round beef steak, cut in thin strips 1 (8-oz) pkg mushrooms, quartered 2 Tbsp chopped fresh parsley</p> <hr style="border: 0.5px dashed #000;"/> <p>1 (12-oz) bag cauliflower florets 2 Tbsp extra virgin olive oil 1 garlic clove, minced ¼ tsp salt ¼ tsp pepper 1 tomato, sliced</p> | <p>Combine the soy sauce and Worcestershire sauce in a bowl and set aside. Heat 1 tsp oil in a skillet over medium-high heat, cook beef 2 to 3 minutes or just until beef begins to brown; remove from skillet and keep warm. Heat 1 tsp oil in skillet, add mushrooms and cook 4 to 5 minutes or until tender. Add beef and soy sauce mixture; cook 30 seconds to thicken slightly. Sprinkle with parsley.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Cook cauliflower in boiling water 8 minutes or until tender; drain well. Return cauliflower to pot over low heat. Stir in oil, garlic, salt and pepper. Mash with a potato masher until smooth. Serve cauliflower and tomatoes alongside beef.</i></p> |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15m | 15m | 30m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 2 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 210 | 180 | 390 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 10 | 14 | 24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 2 | 2 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 27 | 4 | 31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 4 | 11 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 1 | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 410 | 350 | 760 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|---|------------|---|--|-------|-----|-----|-----|--|--|
| Meal 5 | Vegetarian | 2 large eggs, beaten 2 Tbsp fat-free milk 1 tsp canola oil 2 cups frozen corn kernels, thawed ½ cup chopped green bell pepper 1 jalapeño pepper, seeded and minced 2 Tbsp finely chopped red onion ⅛ tsp salt ⅛ tsp pepper ¼ cup crumbled reduced-fat feta cheese ¼ cup picante sauce | Whisk together eggs and milk. Heat oil in a medium nonstick skillet over medium heat, swirling to coat skillet with oil. Add corn, bell pepper, jalapeño and onion; sauté 3 minutes. Pour egg mixture over vegetables in skillet. Reduce heat to medium-low. Cover and cook 10 minutes or until just set in center. Remove from heat. Sprinkle with salt, pepper and cheese. Let stand 5 minutes before cutting into wedges. Divide into 2 servings, and serve with picante sauce. Note: To thaw frozen vegetables quickly, place in a colander and run under cold water. Drain well. | | | | | | |
| Country Corn Frittata <i>Citrus Mango</i> | | <i>1 mango, pitted and cubed</i> <i>½ tsp grated lemon rind</i> <i>1 tsp lemon juice</i> | <i>Gently toss all ingredients.</i> | | | | | | |
|  <table border="1"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>20m</td> <td>15m</td> <td>35m</td> </tr> </tbody> </table> | | Prep | Cook | Total | 20m | 15m | 35m | | |
| Prep | Cook | Total | | | | | | | |
| 20m | 15m | 35m | | | | | | | |
| Nutritional Information | | | | | | | | | |
| | Main | Side | Total | | | | | | |
| Servings | 2 | 2 | | | | | | | |
| Calories | 260 | 100 | 360 | | | | | | |
| 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) | 660 | 0 | 660 | | | | | | |
| Meal 6 | Low Carb | 4 tsp extra virgin olive oil 2 (4-oz) tilapia filets, pat dry 1 tsp Dijon mustard ½ tsp dried dill ⅛ tsp salt ⅛ tsp pepper <i>½ cup quinoa</i> <i>2 tsp extra virgin olive oil</i> <i>1 clove garlic, minced</i> <i>½ tsp crushed red pepper</i> <i>1 tomato, diced</i> <i>2 cups arugula</i> <i>¼ tsp salt</i> <i>1 cup frozen green peas</i> | Heat a nonstick skillet over medium heat. Brush 1 tsp oil over both sides of the filets; cook tilapia 3 minutes on each side or until fish flakes with a fork. Meanwhile, whisk together 1 Tbsp oil, mustard, dill, salt and pepper. Spoon sauce evenly over fish to serve. <i>Cook quinoa according to package directions. Heat 1 tsp oil in a nonstick skillet over medium-high heat. Add garlic and red pepper; sauté 15 seconds. Stir in tomatoes; cook 1 minute. Remove skillet from heat; stir in cooked quinoa, arugula, salt and 1 tsp oil, tossing until arugula is slightly wilted. Cook peas according to package directions. Serve quinoa and peas alongside tilapia.</i> | | | | | | |
| Skillet Fish with Dijon Dill Sauce <i>Tomato-and-Arugula Quinoa and Peas</i> | | | | | | | | | |
|  <table border="1"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>10m</td> <td>15m</td> <td>25m</td> </tr> </tbody> </table> | | Prep | Cook | Total | 10m | 15m | 25m | | |
| Prep | Cook | Total | | | | | | | |
| 10m | 15m | 25m | | | | | | | |
| Nutritional Information | | | | | | | | | |
| | Main | Side | Total | | | | | | |
| Servings | 2 | 2 | | | | | | | |
| Calories | 230 | 210 | 440 | | | | | | |
| Fat (g) | 13 | 7 | 20 | | | | | | |
| Sat. Fat (g) | 2 | 0 | 2 | | | | | | |
| Protein (g) | 30 | 10 | 40 | | | | | | |
| Carb (g) | 1 | 33 | 34 | | | | | | |
| Fiber (g) | 0 | 12 | 12 | | | | | | |
| Sodium (mg) | 250 | 370 | 620 | | | | | | |

| Meals: <i>Side dishes are in ITALICS</i> | Ingredients: | Instructions: | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------------|---------------|-------|-----|----|-----|--|------|----------|---|----------|-----|---------|----|--------------|---|-------------|----|----------|----|-----------|----|-------------|-----|--|---|
| <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;">15m</td> <td style="padding: 2px 5px;">5m</td> <td style="padding: 2px 5px;">20m</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></th> <th style="text-align: left;">Main</th> </tr> </thead> <tbody> <tr> <td style="text-align: left;">Servings</td> <td>2</td> </tr> <tr> <td style="text-align: left;">Calories</td> <td>380</td> </tr> <tr> <td style="text-align: left;">Fat (g)</td> <td>14</td> </tr> <tr> <td style="text-align: left;">Sat. Fat (g)</td> <td>3</td> </tr> <tr> <td style="text-align: left;">Protein (g)</td> <td>11</td> </tr> <tr> <td style="text-align: left;">Carb (g)</td> <td>53</td> </tr> <tr> <td style="text-align: left;">Fiber (g)</td> <td>15</td> </tr> <tr> <td style="text-align: left;">Sodium (mg)</td> <td>430</td> </tr> </tbody> </table> | Prep | Cook | Total | 15m | 5m | 20m | | Main | Servings | 2 | Calories | 380 | Fat (g) | 14 | Sat. Fat (g) | 3 | Protein (g) | 11 | Carb (g) | 53 | Fiber (g) | 15 | Sodium (mg) | 430 | <p>1 (15-oz) can no-salt-added black beans, drained and rinsed</p> <p>6 Tbsp picante sauce</p> <p>½ tsp smoked paprika</p> <p>¼ tsp ground cumin</p> <p>4 (6-inch) corn tortillas</p> <p>2 cups shredded coleslaw mix</p> <p>1 avocado, pitted and diced</p> <p>¼ cup reduced-fat sour cream</p> <p>2 green onions, chopped</p> <p>½ lime, cut into wedges</p> | <p>Combine beans, 1 Tbsp picante sauce, paprika and cumin in a microwaveable bowl. Cover and microwave at HIGH 1 minute or until thoroughly heated, stirring once. Mash beans to desired consistency with the back of a fork or a potato masher. Heat tortillas according to package directions. Fill tortillas evenly with bean mixture, coleslaw mix, ¼ cup picante sauce, avocado, sour cream and green onion. Serve with lime wedges.</p> |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | |
| 15m | 5m | 20m | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 2 | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 380 | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 14 | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 3 | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 11 | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 53 | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 15 | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 430 | | | | | | | | | | | | | | | | | | | | | | | | | |

| Meal | ✓ | Grocery Items to Purchase |
|------------------------------|---|---|
| Produce | | |
| 1 | | 1 (6-oz) pkg baby spinach |
| 1 | | 6 carrots |
| 1,4 | | 1 bunch fresh parsley |
| 1,5 | | 1 red onion |
| 1,7 | | 1 lime |
| 2 | | 2 kiwifruit |
| 2 | | 4 oz asparagus spears |
| 2 | | 2 peaches |
| 2,7 | | 3 green onions |
| 3 | | 1 (2-inch) piece gingerroot |
| 3 | | 2 ears corn |
| 3,7 | | 1 (16-oz) pkg shredded coleslaw mix |
| 4 | | 1 (12-oz) pkg cauliflower florets |
| 4 | | 1 (8-oz) pkg mushrooms |
| 4,6 | | 2 tomatoes |
| 5 | | 1 small green bell pepper |
| 5 | | 1 mango |
| 5 | | 1 jalapeño pepper |
| 5 | | 1 lemon |
| 6 | | ½ (5-oz) pkg arugula |
| 7 | | 1 avocado |
| Meat & Seafood | | |
| 1 | | ½ lb salmon fillet |
| 2 | | 2 (4-oz) chicken cutlets |
| 3 | | 2 (4-oz) boneless center-cut pork loin chops |
| 4 | | 8 oz top round beef steak |
| 6 | | 2 (4-oz) tilapia filets |
| Refrigerated | | |
| 2 | | ½ (10-oz) container light Alfredo sauce |
| 5 | | ½ (6-oz) pkg crumbled reduced-fat feta cheese |
| 7 | | ½ (8-oz) carton reduced-fat sour cream |
| Frozen | | |
| 2,6 | | 1 (12-oz) pkg frozen green peas |
| 3 | | ½ (14-oz) pkg frozen shelled edamame |
| 5 | | ½ (12-oz) pkg frozen corn kernels |
| 7 | | ½ (18-count) pkg corn tortillas |
| Canned & Packaged | | |
| 1 | | 1 (2-oz) pkg chopped pecans |
| 3 | | ½ (18-oz) bottle barbecue sauce |
| 5,7 | | 1 (8-oz) jar picante sauce |
| 6 | | ½ (12-oz) pkg quinoa |
| 7 | | 1 (15-oz) can no-salt-added black beans |

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