




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; 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>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/> <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/> <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>
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<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; 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>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/> <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/> <p><i>Combine peaches with kiwi in a bowl.</i></p>
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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; 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>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>
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<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; 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>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>
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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>						
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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>									
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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						

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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;">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>
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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