






Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:																																									
<p>Meal 1 Crowd-Pleaser</p> <p style="text-align: center;">Asian Grilled Chicken Salads</p> <p style="text-align: center;"><i>Spicy Wonton Chips</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;">10m</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>6</td><td>6</td><td></td></tr> <tr><td>Calories</td><td>300</td><td>110</td><td>410</td></tr> <tr><td>Fat (g)</td><td>7</td><td>5</td><td>12</td></tr> <tr><td>Sat. Fat (g)</td><td>1</td><td>0</td><td>1</td></tr> <tr><td>Protein (g)</td><td>29</td><td>2</td><td>31</td></tr> <tr><td>Carb (g)</td><td>29</td><td>14</td><td>43</td></tr> <tr><td>Fiber (g)</td><td>5</td><td>2</td><td>7</td></tr> <tr><td>Sodium (mg)</td><td>510</td><td>270</td><td>780</td></tr> </tbody> </table>	Prep	Cook	Total	20m	10m	30m		Main	Side	Total	Servings	6	6		Calories	300	110	410	Fat (g)	7	5	12	Sat. Fat (g)	1	0	1	Protein (g)	29	2	31	Carb (g)	29	14	43	Fiber (g)	5	2	7	Sodium (mg)	510	270	780	<p>1½ lb boneless, skinless chicken breasts, pounded to ½-inch thickness</p> <p>1 Tbsp olive oil</p> <p>¼ tsp salt</p> <p>⅓ tsp pepper</p> <p>1 (3-count) pkg romaine lettuce hearts, chopped</p> <p>1 (10-oz) pkg angel hair coleslaw mix</p> <p>2 red bell peppers, chopped</p> <p>2 Granny Smith apples, chopped</p> <p>1 seedless cucumber, chopped</p> <p>1 (15-oz) can mandarin oranges in light syrup, drained</p> <p>¾ cup light toasted sesame dressing</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1 Tbsp toasted sesame oil</i></p> <p><i>1 Tbsp olive oil</i></p> <p><i>2 tsp Sriracha hot sauce (or use any hot sauce)</i></p> <p><i>18 (3½-inch) square wonton wrappers</i></p> <p><i>¼ tsp salt</i></p>	<p>Preheat grill or grill pan to medium-high heat. Brush chicken with oil; sprinkle with salt and pepper. Grill chicken, covered with grill lid, 5 to 6 minutes per side or until done. Thinly slice chicken. Toss together lettuce, coleslaw, bell peppers, apples, cucumber, and oranges in a large bowl. Add dressing; toss. Divide among serving plates; top with chicken.</p> <p>Note: As an option, cook chicken on the stovetop. Heat oil in a nonstick skillet over medium-high heat. Cook chicken 5 to 6 minutes per side.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Preheat oven to 375°F. Whisk together sesame oil, olive oil and Sriracha; brush over both sides of wonton wrappers. Place wontons in a single layer on a large parchment paper-lined baking sheet; sprinkle with salt. Bake 8 to 10 minutes or until browned and crisp. Serve 3 wonton crisps per person.</i></p>
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<p>Meal 2 Kid-Friendly</p> <p style="text-align: center;">Beef and Mushroom Skillet Toss</p> <p style="text-align: center;"><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>200</td><td>410</td></tr> <tr><td>Fat (g)</td><td>10</td><td>6</td><td>16</td></tr> <tr><td>Sat. Fat (g)</td><td>3</td><td>4</td><td>7</td></tr> <tr><td>Protein (g)</td><td>27</td><td>6</td><td>33</td></tr> <tr><td>Carb (g)</td><td>4</td><td>32</td><td>36</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>370</td><td>780</td></tr> </tbody> </table>	Prep	Cook	Total	15m	20m	35m		Main	Side	Total	Servings	6	6		Calories	210	200	410	Fat (g)	10	6	16	Sat. Fat (g)	3	4	7	Protein (g)	27	6	33	Carb (g)	4	32	36	Fiber (g)	1	3	4	Sodium (mg)	410	370	780	<p>3 Tbsp low-sodium soy sauce</p> <p>3 Tbsp Worcestershire sauce</p> <p>1½ lb top round beef steak, cut into thin strips</p> <p>2 Tbsp toasted sesame oil</p> <p>1 (16-oz) pkg mushrooms, quartered</p> <p>¼ cup chopped fresh parsley</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1 cup basmati rice</i></p> <p><i>¾ tsp salt</i></p> <p><i>¼ tsp pepper</i></p> <p><i>2 (12-oz) pkg frozen broccoli florets</i></p> <p><i>3 Tbsp butter</i></p>	<p>Combine soy sauce and Worcestershire sauce in a bowl. Cook beef, in 2 batches, in 2 tsp hot oil per batch in a large skillet over medium-high heat 2 minutes or until beef begins to brown. 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 slightly thickened. 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 pepper. Meanwhile, microwave broccoli according to package directions. Toss broccoli with butter and ¼ tsp salt.</i></p>
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Meal 3	Freeze Ahead	<p>1 (8.8-oz) pkg whole-grain naan flatbreads 1¾ cups shredded reduced-fat Monterey Jack cheese 2 red bell peppers, chopped ½ red onion, thinly sliced ¼ cup coarsely chopped fresh cilantro 1 avocado, peeled, seeded, and chopped ¾ cup light Ranch dressing ¾ tsp ground chipotle chile pepper</p> <hr/> <p>3 (12-oz) pkg frozen pitted dark sweet cherries, thawed 3 Tbsp fresh lime juice 2 Tbsp honey</p>	<p>Preheat oven to 400°F. Place flatbreads on baking sheets; coat with cooking spray. Sprinkle with cheese, bell peppers, and onion. Bake 15 minutes or until cheese is melted and flatbreads are lightly browned. Sprinkle with cilantro and avocado. Stir together dressing and chipotle pepper; drizzle over flatbreads. Cut into 6 wedges.</p> <hr/> <p><i>Process cherries, lime juice and honey in a food processor or blender until smooth. Transfer to an 8-inch square pan. Freeze 2 hours, scraping mixture with a fork every 30 minutes. Scoop granita into wine glasses or dessert dishes to serve.</i></p>																																				
<p>California Flatbreads with Chipotle Ranch Drizzle</p> <p><i>Cherry-Lime Granita</i></p> <p> Prep 15m Cook 15m Total 30m</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>360</td> <td>130</td> <td>490</td> </tr> <tr> <td>Fat (g)</td> <td>20</td> <td>0</td> <td>20</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>7</td> <td>0</td> <td>7</td> </tr> <tr> <td>Protein (g)</td> <td>13</td> <td>1</td> <td>14</td> </tr> <tr> <td>Carb (g)</td> <td>33</td> <td>33</td> <td>66</td> </tr> <tr> <td>Fiber (g)</td> <td>6</td> <td>4</td> <td>10</td> </tr> <tr> <td>Sodium (mg)</td> <td>980</td> <td>0</td> <td>980</td> </tr> </tbody> </table>			Main	Side	Total	Servings	6	6		Calories	360	130	490	Fat (g)	20	0	20	Sat. Fat (g)	7	0	7	Protein (g)	13	1	14	Carb (g)	33	33	66	Fiber (g)	6	4	10	Sodium (mg)	980	0	980		
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Meal 4	Easy for Entertaining	<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>1 lb carrots, cut into 3-inch pieces 1½ Tbsp olive oil ¾ tsp salt ½ tsp pepper ½ cup thinly sliced fresh basil 2 cups Israeli (pearl) couscous 1½ Tbsp grated lemon rind</p>	<p>Preheat oven to 425°F. Stir together mustard, honey, vinegar, salt and pepper in a small bowl. Place salmon on a parchment paper-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. Toss carrots, oil, ¼ tsp salt and pepper on a large rimmed baking sheet. Bake 20 to 25 minutes or until tender and browned, stirring once. Toss carrots with basil before serving. Cook couscous according to package directions. Toss with ½ tsp salt and lemon rind.</i></p>																																				
<p>Pecan-Crusted Salmon</p> <p><i>Roasted Basil Carrots and Pearl Couscous</i></p> <p> Prep 20m Cook 20m Total 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>230</td> <td>500</td> </tr> <tr> <td>Fat (g)</td> <td>16</td> <td>4</td> <td>20</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>0</td> <td>1</td> </tr> <tr> <td>Protein (g)</td> <td>25</td> <td>6</td> <td>31</td> </tr> <tr> <td>Carb (g)</td> <td>6</td> <td>44</td> <td>50</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>340</td> <td>750</td> </tr> </tbody> </table>			Main	Side	Total	Servings	6	6		Calories	270	230	500	Fat (g)	16	4	20	Sat. Fat (g)	1	0	1	Protein (g)	25	6	31	Carb (g)	6	44	50	Fiber (g)	1	4	5	Sodium (mg)	410	340	750		
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Meal 5	Classic Favorite	<p>1½ lb boneless, skinless chicken breasts, halved crosswise ¼ tsp garlic salt ½ tsp pepper 2 Tbsp olive oil ½ lb thin green beans 1 (10-oz) pkg shredded carrots (see note) ⅓ cup light Italian dressing ¼ cup balsamic vinegar 2 Tbsp honey ¼ tsp crushed red pepper 1 beefsteak tomato, chopped ¼ cup crumbled feta cheese</p> <hr/> <p><i>6 peaches, pitted and sliced</i> <i>6 kiwifruit, peeled and sliced</i></p>	<p>Pound chicken to ¼-inch thickness; sprinkle with garlic salt and pepper. Cook in hot oil in a large skillet over medium-high heat 4 minutes per side or until browned. Remove from pan. Add green beans and carrots to skillet; cook, stirring occasionally, 4 minutes or until crisp-tender. Remove from pan. Add dressing, vinegar, honey, and red pepper to skillet; bring to a boil, reduce heat, and simmer 1 minute. Return chicken and vegetables to pan; cook 2 minutes or until thoroughly heated. Sprinkle with tomato and feta.</p> <p>Note: If you have carrots on hand, shred 4 or 5 medium carrots to measure 2 cups.</p> <hr/> <p><i>Combine peaches with kiwi in a bowl.</i></p>																																										
<p>Skillet Balsamic Chicken and Summer Vegetables</p> <p><i>Peach and Kiwi Slices</i></p> <p> <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>15m</td> <td>30m</td> </tr> </table></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>9</td> <td>0</td> <td>9</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> <td>0</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>28</td> <td>2</td> <td>30</td> </tr> <tr> <td>Carb (g)</td> <td>17</td> <td>24</td> <td>41</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>4</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>300</td> <td>0</td> <td>300</td> </tr> </tbody> </table>		Prep	Cook	Total	15m	15m	30m		Main	Side	Total	Servings	6	6		Calories	270	100	370	Fat (g)	9	0	9	Sat. Fat (g)	2	0	2	Protein (g)	28	2	30	Carb (g)	17	24	41	Fiber (g)	2	4	6	Sodium (mg)	300	0	300		
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Meal 6	Super Fast	<p>2 (8.5-oz) pouches microwavable brown rice ¼ cup chopped fresh cilantro (or use flat-leaf parsley) 1½ lb 93% lean ground beef 1 (1.25-oz) envelope 30% less-sodium taco seasoning mix 1 (15.5-oz) can black beans, drained and rinsed 3 cups baby arugula (or use baby spinach) 1 (16-oz) container refrigerated salsa 1 cup shredded reduced-fat Monterey Jack cheese</p>	<p>Cook rice according to package directions; stir in cilantro. Cook ground beef with taco seasoning mix in a large nonstick skillet according to directions on seasoning envelope. Heat beans in a small saucepan. Divide rice among serving bowls. Top with beef mixture, beans, arugula, salsa and cheese.</p>																																										
<p>Beefy Burrito Bowls</p> <p> <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>20m</td> <td>30m</td> </tr> </table></p> <p>Nutritional Information</p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> </tr> <tr> <td>Calories</td> <td>430</td> </tr> <tr> <td>Fat (g)</td> <td>13</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>5</td> </tr> <tr> <td>Protein (g)</td> <td>33</td> </tr> <tr> <td>Carb (g)</td> <td>39</td> </tr> <tr> <td>Fiber (g)</td> <td>5</td> </tr> <tr> <td>Sodium (mg)</td> <td>990</td> </tr> </tbody> </table>		Prep	Cook	Total	10m	20m	30m		Main	Servings	6	Calories	430	Fat (g)	13	Sat. Fat (g)	5	Protein (g)	33	Carb (g)	39	Fiber (g)	5	Sodium (mg)	990																				
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Meal 7	Classic Favorite	6 (8-oz) russet potatoes 9 oz low-sodium extra-lean ham, diced ½ cup chopped green onions 1½ cups chopped red bell pepper 1½ cups shredded reduced-fat sharp Cheddar cheese	<p>Pierce potatoes several times with a fork; wrap individually in damp paper towels. Microwave at HIGH 15 to 18 minutes or until tender when pierced with a fork. Combine ham, onions, bell pepper and cheese in a bowl. Cut a lengthwise slit in each potato; push ends to open. Top potatoes with ham mixture. Return 4 potatoes to microwave. Cook at HIGH 2 minutes or until cheese melts. Repeat with remaining potatoes.</p> <p><i>Coat asparagus with cooking spray. Heat a grill pan or large nonstick skillet over medium-high heat. Cook asparagus, in 2 batches, 4 minutes or until crisp-tender, turning occasionally. Sprinkle with salt and pepper. Serve asparagus and strawberries with potatoes.</i></p>						
Cheddar, Ham and Veggie Stuffed Potatoes <i>Grill Pan Asparagus and Strawberries</i>	1½ lb asparagus, trimmed ¼ tsp salt ¼ tsp pepper 1 (16-oz) pkg strawberries, hulled								
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	Main	Side	Total						
Servings	6	6							
Calories	310	50	360						
Fat (g)	7	1	8						
Sat. Fat (g)	4	0	4						
Protein (g)	20	3	23						
Carb (g)	46	11	57						
Fiber (g)	4	4	8						
Sodium (mg)	610	100	710						

Meal	✓	Grocery Items to Purchase
		Produce
1		1 seedless cucumber
1		1 (3-count) pkg romaine lettuce hearts
1		2 Granny Smith apples
1		1 (10-oz) pkg angel hair coleslaw mix
1,3,7		6 red bell peppers
2		1 (16-oz) pkg mushrooms
2,4		½ bunch fresh parsley
3		1 avocado
3		½ red onion
3,4		3 limes
3,6		½ bunch fresh cilantro
4		1 lb carrots
4		½ (1-oz) pkg fresh basil
4		2 lemons
5		6 kiwifruit
5		½ lb thin green beans
5		1 (10-oz) pkg shredded carrots
5		6 peaches
5		1 beefsteak tomato
6		½ (6-oz) pkg baby arugula
7		4 green onions
7		6 (8-oz) russet potatoes
7		1 (16-oz) pkg strawberries
7		1½ lb asparagus
		Meat & Seafood
1,5		3 lb boneless, skinless chicken breasts
2		1½ lb top round beef steak
4		1½ lb salmon fillet
6		1½ lb 93% lean ground beef
		Refrigerated
3,6		2 (8-oz) blocks reduced-fat Monterey Jack cheese
5		½ (4-oz) pkg crumbled feta cheese
7		1 (8-oz) block reduced-fat sharp Cheddar cheese
		Frozen
2		2 (12-oz) pkg frozen broccoli florets
3		3 (12-oz) pkg frozen pitted dark sweet cherries
		Canned & Packaged
1		½ (16-oz) bottle light toasted sesame dressing
1		1 (13-oz) pkg square wonton wrappers
1		1 (15-oz) can mandarin oranges in light syrup
3		½ (16-oz) bottle light Ranch dressing
3		1 (8.8-oz) pkg whole-grain naan flatbreads
4		1 (4-oz) pkg chopped pecans
4		½ (11.5-oz) pkg Israeli (pearl) couscous
5		½ (8-oz) bottle light Italian dressing
6		1 (1.25-oz) envelope 30% less-sodium taco seasoning mix
6		1 (15.5-oz) can black beans
6		2 (8.5-oz) pouches microwavable brown rice
		Bakery & Deli

Necessary Staples
Meal 1
1 Tbsp toasted sesame oil 2 tsp Sriracha hot sauce 2 Tbsp olive oil Parchment paper
Meal 2
3 Tbsp butter 3 Tbsp low-sodium soy sauce 2 Tbsp toasted sesame oil 3 Tbsp Worcestershire sauce 1 cup basmati rice
Meal 3
¾ tsp ground chipotle chile pepper 2 Tbsp honey Cooking spray
Meal 4
1 Tbsp rice wine vinegar 1½ Tbsp olive oil 2½ Tbsp whole-grain mustard 1 Tbsp honey Parchment paper
Meal 5
2 Tbsp honey ¼ cup balsamic vinegar ¼ tsp garlic salt ¼ tsp crushed red pepper 2 Tbsp olive oil
Meal 6
No staples for this meal
Meal 7
Cooking spray



Low Calorie Family Plan
Sample Plan

6	1 (16-oz) container refrigerated salsa
7	9 oz low-sodium extra-lean ham