






Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:																																										
Meal 1	One Dish Dinner	½ lb boneless, skinless chicken breasts, pounded to ½-inch thickness 1 tsp olive oil ⅓ tsp salt ⅓ tsp pepper 1 (10-oz) pkg chopped romaine lettuce 1½ cups angel hair coleslaw mix 1 red bell pepper, chopped 1 Granny Smith apple, cored and chopped 1½ cups chopped seedless cucumber 1 (11-oz) can mandarin oranges in juice, drained ⅓ cup light toasted sesame dressing <hr/> 12 almond-nut-and-rice-cracker snacks	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. Toss together lettuce, coleslaw, bell pepper, apple, cucumber, and oranges in a bowl. Add dressing; toss. Divide salad between serving plates; top with chicken. Note: Don't want to grill? Cook chicken in a nonstick skillet over medium-high heat 5 to 6 minutes per side or until done. <hr/> Serve with salads.																																										
Asian Grilled Chicken Salads <i>Rice Crackers</i>  <table border="1"> <thead> <tr> <th></th> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td></td> <td>20m</td> <td>10m</td> <td>30m</td> </tr> </tbody> </table> Nutritional Information <table border="1"> <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>380</td> <td>50</td> <td>430</td> </tr> <tr> <td>Fat (g)</td> <td>8</td> <td>1</td> <td>9</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>0</td> <td>1</td> </tr> <tr> <td>Protein (g)</td> <td>31</td> <td>1</td> <td>32</td> </tr> <tr> <td>Carb (g)</td> <td>47</td> <td>9</td> <td>56</td> </tr> <tr> <td>Fiber (g)</td> <td>7</td> <td>0</td> <td>7</td> </tr> <tr> <td>Sodium (mg)</td> <td>680</td> <td>45</td> <td>725</td> </tr> </tbody> </table>					Prep	Cook	Total		20m	10m	30m		Main	Side	Total	Servings	2	2		Calories	380	50	430	Fat (g)	8	1	9	Sat. Fat (g)	1	0	1	Protein (g)	31	1	32	Carb (g)	47	9	56	Fiber (g)	7	0	7	Sodium (mg)	680
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Meal 2	Super Fast	1 Tbsp low-sodium soy sauce 1 Tbsp Worcestershire sauce 8 oz top round beef steak, cut into thin strips 2 tsp sesame oil 1 (8-oz) pkg mushrooms, quartered 2 Tbsp chopped fresh parsley <hr/> ½ cup whole wheat orzo 1 small zucchini, chopped 1 clove garlic, minced ½ Tbsp olive oil ¼ tsp salt ¼ tsp pepper	Combine soy sauce and Worcestershire sauce in a bowl. Cook beef in 1 tsp hot oil in a skillet over medium-high heat 2 to 3 minutes or just until beef begins to brown. Remove from skillet. 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 or until slightly thickened. Sprinkle with parsley. <hr/> Prepare orzo according to package directions, adding zucchini during last 5 minutes of cooking. Drain; stir in garlic, oil, salt and pepper.																																										
Beef and Mushroom Skillet Toss <i>Orzo with Zucchini</i>  <table border="1"> <thead> <tr> <th></th> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td></td> <td>15m</td> <td>15m</td> <td>30m</td> </tr> </tbody> </table> Nutritional Information <table border="1"> <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>190</td> <td>400</td> </tr> <tr> <td>Fat (g)</td> <td>10</td> <td>5</td> <td>15</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>6</td> <td>33</td> </tr> <tr> <td>Carb (g)</td> <td>4</td> <td>31</td> <td>35</td> </tr> <tr> <td>Fiber (g)</td> <td>1</td> <td>7</td> <td>8</td> </tr> <tr> <td>Sodium (mg)</td> <td>410</td> <td>300</td> <td>710</td> </tr> </tbody> </table>					Prep	Cook	Total		15m	15m	30m		Main	Side	Total	Servings	2	2		Calories	210	190	400	Fat (g)	10	5	15	Sat. Fat (g)	2	1	3	Protein (g)	27	6	33	Carb (g)	4	31	35	Fiber (g)	1	7	8	Sodium (mg)	410
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<p>Meal 3 Classic Favorite</p> <p>Cheddar, Ham and Veggie Stuffed Potatoes</p> <p><i>Grill Pan Asparagus and Fresh Strawberries</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>330</td><td>50</td><td>380</td></tr> <tr><td>Fat (g)</td><td>7</td><td>1</td><td>8</td></tr> <tr><td>Sat. Fat (g)</td><td>4</td><td>0</td><td>4</td></tr> <tr><td>Protein (g)</td><td>20</td><td>2</td><td>22</td></tr> <tr><td>Carb (g)</td><td>47</td><td>11</td><td>58</td></tr> <tr><td>Fiber (g)</td><td>4</td><td>3</td><td>7</td></tr> <tr><td>Sodium (mg)</td><td>610</td><td>150</td><td>760</td></tr> </tbody> </table>	Prep	Cook	Total	15m	15m	30m		Main	Side	Total	Servings	2	2		Calories	330	50	380	Fat (g)	7	1	8	Sat. Fat (g)	4	0	4	Protein (g)	20	2	22	Carb (g)	47	11	58	Fiber (g)	4	3	7	Sodium (mg)	610	150	760	<p>2 (8-oz) russet potatoes 3 oz low-sodium extra-lean ham, diced 2 green onions, finely chopped ½ cup diced red bell pepper ½ cup shredded reduced-fat sharp Cheddar cheese</p> <hr style="border: 0.5px dashed #000;"/> <p><i>½ lb asparagus, trimmed</i> <i>⅛ tsp salt</i> <i>⅛ tsp pepper</i> <i>½ (16-oz) pkg strawberries, halved</i></p>	<p>Pierce potatoes several times with fork; wrap individually in damp paper towels. Microwave at HIGH 10 to 12 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 with ham mixture. Return to microwave; cook at HIGH 2 minutes or until cheese melts.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Coat asparagus with cooking spray. Cook in a grill pan over medium-high heat 4 minutes or until crisp-tender, turning occasionally. Sprinkle with salt and pepper. Serve with strawberries.</i></p>
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<p>Meal 4 Kid-Friendly</p> <p>Pineapple-Bacon Pizza</p> <p><i>Red Pepper 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;">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>2</td><td>2</td><td></td></tr> <tr><td>Calories</td><td>360</td><td>70</td><td>430</td></tr> <tr><td>Fat (g)</td><td>13</td><td>5</td><td>18</td></tr> <tr><td>Sat. Fat (g)</td><td>5</td><td>1</td><td>6</td></tr> <tr><td>Protein (g)</td><td>16</td><td>1</td><td>17</td></tr> <tr><td>Carb (g)</td><td>46</td><td>7</td><td>53</td></tr> <tr><td>Fiber (g)</td><td>6</td><td>2</td><td>8</td></tr> <tr><td>Sodium (mg)</td><td>930</td><td>0</td><td>930</td></tr> </tbody> </table>	Prep	Cook	Total	15m	20m	35m		Main	Side	Total	Servings	2	2		Calories	360	70	430	Fat (g)	13	5	18	Sat. Fat (g)	5	1	6	Protein (g)	16	1	17	Carb (g)	46	7	53	Fiber (g)	6	2	8	Sodium (mg)	930	0	930	<p>2 slices center-cut bacon, chopped 1 cup thinly sliced onion 5 cups baby spinach ¼ tsp salt ¼ tsp pepper ½ cup low-sodium marinara sauce 1 (3-oz) 7-inch prebaked thin pizza crust 1 cup finely chopped pineapple ½ cup shredded part-skim mozzarella cheese</p> <hr style="border: 0.5px dashed #000;"/> <p><i>2 tsp olive oil</i> <i>1½ tsp fresh lemon juice</i> <i>½ tsp honey</i> <i>⅛ tsp salt</i> <i>⅛ tsp pepper</i> <i>1½ cups angel hair coleslaw mix</i> <i>⅓ cup thinly sliced red bell pepper</i> <i>2 green onions, thinly sliced</i></p>	<p>Preheat oven to 425°F. Cook bacon and onion in a large skillet coated with cooking spray 5 minutes or until bacon is crisp and onion is tender. Add spinach, salt and pepper; sauté 5 minutes or until spinach is wilted. Spread marinara sauce over crust; top with bacon mixture, pineapple and cheese. Bake 10 minutes or until cheese is melted and sauce is bubbly.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Combine oil, lemon juice, honey, salt and pepper in a bowl. Add coleslaw, bell pepper and green onions; toss.</i></p>
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Meal 5	Classic Favorite	2 Tbsp grated Parmesan cheese 2 Tbsp reduced-fat mayonnaise ¼ tsp hot sauce ⅛ tsp lemon-pepper seasoning ⅛ tsp Worcestershire sauce 2 (4-oz) tilapia fillets (or other lean white fish, such as snapper, flounder or cod), patted dry ⅛ tsp salt <hr/> 3 oz yolk-free egg noodles 1½ cups frozen green peas ¼ tsp pepper 1½ cups grape tomatoes 1 Tbsp olive oil ½ tsp sugar ⅛ tsp dried basil ⅛ tsp salt	<p>Preheat broiler. Stir together cheese, mayonnaise, hot sauce, seasoning and Worcestershire sauce in a bowl. Arrange fish on a baking sheet or a rack in a broiler pan coated with cooking spray. Sprinkle with salt. Spread Parmesan mixture over fish. Broil 6 to 8 minutes or until fish flakes with a fork.</p> <hr/> <p><i>Cook noodles according to package directions, adding peas during last 3 minutes of cooking. Drain noodle mixture, and toss with ⅛ tsp pepper. Preheat broiler. Toss tomatoes with oil, sugar and basil on a rimmed baking sheet. Broil 4 minutes or until blistered. Sprinkle with salt and ⅛ tsp pepper.</i></p>																																													
<p>Parmesan Broiled Tilapia</p> <p><i>Egg Noodles with Peas and Blistered Grape Tomatoes</i></p>  <table border="1"> <thead> <tr> <th></th> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td></td> <td>10m</td> <td>15m</td> <td>25m</td> </tr> </tbody> </table> <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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>170</td> <td>310</td> <td>480</td> </tr> <tr> <td>Fat (g)</td> <td>8</td> <td>8</td> <td>16</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> <td>0</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>26</td> <td>12</td> <td>38</td> </tr> <tr> <td>Carb (g)</td> <td>1</td> <td>49</td> <td>50</td> </tr> <tr> <td>Fiber (g)</td> <td>0</td> <td>7</td> <td>7</td> </tr> <tr> <td>Sodium (mg)</td> <td>480</td> <td>290</td> <td>770</td> </tr> </tbody> </table>		Prep	Cook	Total		10m	15m	25m		Main	Side	Total	Servings	2	2		Calories	170	310	480	Fat (g)	8	8	16	Sat. Fat (g)	2	0	2	Protein (g)	26	12	38	Carb (g)	1	49	50	Fiber (g)	0	7	7	Sodium (mg)	480	290	770	Meal 6	Super Fast	½ lb boneless, skinless chicken breasts, halved crosswise ¼ tsp garlic salt ¼ tsp pepper 1 Tbsp olive oil ¼ lb thin green beans ½ (10-oz) pkg shredded carrots (see note) 3 Tbsp light Italian dressing 2 Tbsp balsamic vinegar 1 Tbsp honey ⅛ tsp crushed red pepper 2 Roma tomatoes, chopped 2 Tbsp crumbled feta cheese <hr/> 1 cup cubed pineapple 1 cup halved strawberries ½ lime	<p>Pound chicken to ¼-inch thickness; sprinkle with garlic salt and pepper. Cook chicken in hot oil in a large skillet over medium-high heat 4 minutes per side or until browned. Remove from skillet. Add green beans and carrots to skillet; cook, stirring occasionally, 4 minutes or until crisp-tender. Remove from skillet. Add dressing, vinegar, honey, and red pepper to skillet; bring to a boil, reduce heat, and simmer 1 minute. Return chicken and vegetables to skillet; cook 2 minutes or until thoroughly heated. Sprinkle with tomatoes and feta.</p> <p>Note: You can shred 2 to 3 carrots to measure 1 cup instead of purchasing the package, if desired.</p> <hr/> <p><i>Combine pineapple and strawberries; drizzle with juice from lime.</i></p>
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<p>Bacon-Cheeseburger Chopped Salad</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> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>2</td> </tr> <tr> <td>Calories</td> <td>440</td> </tr> <tr> <td>Fat (g)</td> <td>18</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>8</td> </tr> <tr> <td>Protein (g)</td> <td>32</td> </tr> <tr> <td>Carb (g)</td> <td>13</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> </tr> <tr> <td>Sodium (mg)</td> <td>740</td> </tr> </tbody> </table>		Prep	Cook	Total	15m	15m	30m		Main	Servings	2	Calories	440	Fat (g)	18	Sat. Fat (g)	8	Protein (g)	32	Carb (g)	13	Fiber (g)	2	Sodium (mg)	740		
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Meal	✓	Grocery Items to Purchase
		Produce
1		1 Granny Smith apple
1		1 (10-oz) pkg chopped romaine lettuce
1		1 seedless cucumber
1,3,4		2 red bell peppers
1,4		1 (10-oz) pkg angel hair coleslaw mix
2		1 zucchini
2		½ bunch fresh parsley
2		1 (8-oz) pkg mushrooms
3		2 (8-oz) russet potatoes
3		½ lb asparagus
3,4		4 green onions
3,6		1 (16-oz) pkg strawberries
4		1 (6-oz) pkg baby spinach
4		1 onion
4		1 lemon
4,6		½ (16-oz) container peeled pineapple
5		1 pint grape tomatoes
6		¼ lb thin green beans
6		1 lime
6		½ (10-oz) pkg shredded carrots
6,7		4 Roma tomatoes
7		½ red onion
7		2 romaine lettuce hearts
7		1 avocado
		Meat & Seafood
1,6		1 lb boneless, skinless chicken breasts
2		8 oz top round beef steak
4,7		½ (12-oz) pkg center-cut bacon
5		2 (4-oz) tilapia fillets
7		½ lb lean ground sirloin
		Refrigerated
3,7		½ (8-oz) block reduced-fat sharp Cheddar cheese
4		½ (8-oz) block part-skim mozzarella cheese
6		½ (4-oz) pkg crumbled feta cheese
		Frozen
5		½ (12-oz) pkg frozen green peas
		Canned & Packaged
1		½ (4.25-oz) pkg almond-nut-and-rice-cracker snacks
1		½ (16-oz) bottle light toasted sesame dressing
1		1 (11-oz) can mandarin oranges in juice
2		½ (16-oz) pkg whole wheat orzo
4		½ (3-count) pkg 7-inch prebaked thin pizza crusts
4		½ (24.5-oz) jar low-sodium marinara sauce
5		½ (12-oz) pkg yolk-free egg noodles
		Bakery & Deli
3		3 oz low-sodium extra-lean ham

Necessary Staples
Meal 1
1 tsp olive oil
Meal 2
½ Tbsp olive oil
1 Tbsp low-sodium soy sauce
2 tsp sesame oil
1 Tbsp Worcestershire sauce
1 clove garlic
Meal 3
Cooking spray
Meal 4
½ tsp honey
2 tsp olive oil
Meal 5
¼ tsp Worcestershire sauce
2 Tbsp grated Parmesan cheese
2 Tbsp reduced-fat mayonnaise
½ tsp sugar
¼ tsp lemon-pepper seasoning
¼ tsp dried basil
1 Tbsp olive oil
¼ tsp hot sauce
Meal 6
1 Tbsp olive oil
¼ tsp crushed red pepper
1 Tbsp honey
¼ tsp garlic salt
2 Tbsp balsamic vinegar
3 Tbsp light Italian dressing
Meal 7
2 Tbsp balsamic vinegar
2 tsp Dijon mustard