

Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:																	
<p>Meal 1 Super Fast</p> <h3>Spicy Jerk Chicken Tacos</h3> <p><i>Citrus Cucumbers and Avocado</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> <tr> <td>15m</td> <td>10m</td> <td>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>Net Carbs (ea)</td> <td>16</td> <td>4</td> <td>20</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	10m	25m		Main	Side	Total	Servings	2	2		Net Carbs (ea)	16	4	20	<p> $\frac{3}{4}$ lb boneless, skinless chicken breasts 1 tsp olive oil 3 tsp Caribbean Jerk seasoning $\frac{1}{2}$ cup sour cream 1 Tbsp chopped fresh parsley $\frac{1}{2}$ Tbsp fresh lime juice 4 stand-and-stuff taco shells 2 cups tricolor coleslaw mix </p> <hr style="border: 0.5px dashed #000;"/> <p> <i>1 cucumber, chopped</i> <i>1 small avocado, peeled and cubed</i> <i>1 lime</i> <i>$\frac{1}{4}$ tsp salt</i> <i>$\frac{1}{8}$ tsp crushed red pepper</i> </p>	<p>Preheat grill (or grill pan) to medium-high heat. Pound chicken to an even thickness. Brush with oil, and sprinkle with 2 tsp Jerk seasoning. Grill chicken, covered with grill lid, 5 to 6 minutes per side or until done. Let stand 5 minutes; thinly slice. Stir together sour cream, parsley, lime juice, and 1 tsp Jerk seasoning. Heat taco shells according to package directions. Serve chicken in shells with coleslaw and sour cream mixture.</p> <p>Note: Chicken can also be cooked on the stovetop in a large skillet over medium-high heat 5 to 6 minutes per side or until done.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Combine cucumber and avocado in a bowl. Squeeze lime juice over mixture. Sprinkle with salt and red pepper; toss.</i></p>
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<p>Meal 2 Marinate Overnight</p> <h3>Pomegranate-Chipotle Chicken Thighs</h3> <p><i>Mixed Greens with Feta Cheese</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> <tr> <td>15m</td> <td>30m</td> <td>45m</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>Net Carbs (ea)</td> <td>13</td> <td>4</td> <td>17</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	30m	45m		Main	Side	Total	Servings	2	2		Net Carbs (ea)	13	4	17	<p> 3 cloves garlic, minced 1 chipotle pepper in adobo sauce, minced 1 Tbsp adobo sauce 1 Tbsp fresh lime juice 1 tsp ground cumin 1 lb bone-in, skin-on chicken thighs, skinned $\frac{1}{4}$ tsp salt $\frac{1}{8}$ tsp pepper $\frac{1}{2}$ Tbsp olive oil $\frac{1}{2}$ cup pomegranate juice $\frac{1}{4}$ tsp cornstarch $\frac{1}{2}$ Tbsp water 1 Tbsp balsamic vinegar </p> <hr style="border: 0.5px dashed #000;"/> <p> <i>$\frac{1}{2}$ (5-oz) pkg spring mix</i> <i>$\frac{1}{4}$ cup thinly sliced red onion</i> <i>2 Tbsp olive oil</i> <i>1$\frac{1}{2}$ tsp white wine vinegar</i> <i>1 tsp Dijon mustard</i> <i>$\frac{1}{2}$ tsp honey</i> <i>$\frac{1}{4}$ tsp salt</i> <i>$\frac{1}{4}$ tsp pepper</i> <i>$\frac{1}{2}$ cup crumbled feta cheese</i> </p>	<p>Combine garlic, chipotle pepper, adobo sauce, lime juice and cumin; rub over chicken. Place chicken in a large zip-top plastic freezer bag; chill overnight. Remove chicken from marinade, discarding marinade; sprinkle with salt and pepper. Cook in hot oil in a large skillet over medium heat 25 to 30 minutes, turning occasionally, or until browned and done. Remove from pan; keep warm. Add pomegranate juice to skillet; cook 3 minutes or until reduced to $\frac{1}{3}$ cup. Combine cornstarch and water; add to juice, and boil 2 minutes or until thickened. Remove from heat, and stir in vinegar. Serve sauce over chicken.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Combine greens and onion in a serving bowl. Whisk together oil, vinegar, mustard, honey, salt, and pepper; drizzle over salad, and toss to coat. Sprinkle with cheese.</i></p>
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Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:																		
<p>Meal 3 Super Fast</p> <p>Grilled Flank Steak with Nectarine-Jalapeño Salsa</p> <p><i>Sautéed Garlic Zucchini</i></p> <div style="display: flex; align-items: center;"> <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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Net Carbs (ea)</td> <td>15</td> <td>2</td> <td>17</td> </tr> </tbody> </table>	Prep	Cook	Total	20m	10m	30m		Main	Side	Total	Servings	2	2		Net Carbs (ea)	15	2	17	<p>3 Tbsp fresh orange juice 1 Tbsp Southwest seasoning ¾ lb flank steak 2 nectarines, pitted and coarsely chopped 1 Tbsp minced jalapeño pepper 1 Tbsp chopped fresh cilantro (or use parsley) 1 Tbsp extra virgin olive oil 1 clove garlic, minced</p> <hr/> <p>½ cup chopped red onion 1 clove garlic, minced 1 zucchini, sliced ⅛ tsp salt ⅛ tsp pepper</p>	<p>Preheat grill to medium-high heat. Combine 2 Tbsp orange juice and seasoning; brush over steak. Grill steak, covered with grill lid, 5 minutes per side or to desired doneness. Let stand 10 minutes before thinly slicing across the grain. Stir together nectarines, jalapeño, cilantro, oil, 1 Tbsp orange juice, and garlic. Season with salt and pepper to taste. Serve fruit salsa over steak.</p> <p>Note: Steak can also be broiled 3 to 5 minutes per side or seared in hot oil in a large cast-iron skillet 4 to 5 minutes per side or to desired doneness.</p> <hr/> <p><i>Heat a nonstick skillet coated with cooking spray over medium-high heat. Add onion; sauté 3 minutes. Add garlic, and sauté 15 seconds. Stir in zucchini, salt and pepper; sauté 3 to 4 minutes or until zucchini is tender.</i></p>
Prep	Cook	Total																		
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<p>Meal 4 Crowd-Pleaser</p> <p>Creamy Baked Chicken Florentine</p> <p><i>Romaine Salad with Black Pepper Dressing</i></p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>45m</td> <td>1h</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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Net Carbs (ea)</td> <td>12</td> <td>12</td> <td>24</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	45m	1h		Main	Side	Total	Servings	2	2		Net Carbs (ea)	12	12	24	<p>¾ lb boneless, skinless chicken breasts 2 tsp olive oil ⅓ cup mayonnaise ⅓ cup sour cream ¼ tsp garlic powder ¼ cup freshly grated Parmesan cheese ¼ cup shredded mozzarella cheese 1 (9-oz) pkg frozen chopped spinach, thawed and squeezed dry</p> <hr/> <p>2 tsp fresh lemon juice 2 tsp olive oil ¼ tsp Dijon mustard ¼ tsp salt ¼ tsp pepper 1 clove garlic, minced 2 cups chopped romaine lettuce</p>	<p>Preheat oven to 350°F. Pound chicken to ¼-inch thickness. Brown chicken in hot oil in a skillet 3 minutes per side or until done; chop. Combine mayonnaise, sour cream, garlic powder, Parmesan and mozzarella cheeses in a bowl. Toss together chicken, spinach, and one-third of mayonnaise mixture. Spread in a small baking dish coated with cooking spray. Top with remaining mayonnaise mixture, spreading to edges. Bake 40 minutes or until bubbly and golden brown.</p> <hr/> <p><i>Whisk together all ingredients except lettuce in a large bowl. Add lettuce; toss.</i></p>
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<p>Meal 5 Super Fast</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;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>10m</td> <td>25m</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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Net Carbs (ea)</td> <td>0</td> <td>5</td> <td>5</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	10m	25m		Main	Side	Total	Servings	2	2		Net Carbs (ea)	0	5	5	<p>1 Tbsp 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</p> <hr/> <p>1 (10-oz) pkg cauliflower florets 1½ Tbsp extra virgin olive oil 1 clove garlic, minced ¼ tsp salt ¼ tsp pepper 2 Roma tomatoes, sliced</p>	<p>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, 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/> <p><i>Cook cauliflower in boiling water to cover in a saucepan 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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<p>Meal 6 Classic Favorite</p> <p style="text-align: center;">Turkey Burgers with Tzatziki Sauce</p> <p style="text-align: center;"><i>Spring Mix Salad with Toasted Almonds</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="text-align: center; margin-top: 10px;">Nutritional Information</p> <table border="1" style="border-collapse: collapse; text-align: center; width: 100%;"> <tr> <td style="width: 15%;"></td> <td style="width: 20%;">Main</td> <td style="width: 20%;">Side</td> <td style="width: 20%;">Total</td> </tr> <tr> <td>Servings</td> <td>2</td> <td>2</td> <td></td> </tr> <tr> <td>Net Carbs (ea)</td> <td>3</td> <td>4</td> <td>7</td> </tr> </table>	Prep	Cook	Total	20m	10m	30m		Main	Side	Total	Servings	2	2		Net Carbs (ea)	3	4	7	<p> ¼ cup sour cream ¼ cup peeled and finely chopped cucumber ½ tsp fresh lemon juice 1 small clove garlic, minced ¾ lb ground turkey ¼ cup crumbled feta cheese ½ tsp dried oregano ¼ tsp grated lemon rind ⅛ tsp salt 1 Roma tomato, sliced </p> <hr style="border: 0.5px dashed #000;"/> <p> ½ (5-oz) pkg spring mix ¼ cup thinly sliced red onion ¼ cup sliced almonds, toasted 2 Tbsp balsamic vinaigrette </p>	<p>Stir together sour cream, cucumber, lemon juice and garlic in a bowl. Combine turkey, cheese, oregano, lemon rind and salt; mix until well blended. Shape into 2 (½-inch-thick) patties. Cook patties in a lightly greased grill pan or nonstick skillet over medium-high heat 4 to 5 minutes per side or until done. Top patties with tomato slices and sour cream mixture.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Toss together all ingredients in a bowl.</i></p>
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<p>Meal 7 Super Fast</p> <p style="text-align: center;">Fish with Buttery Almond Topping</p> <p style="text-align: center;"><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;">10m</td> <td style="padding: 2px 5px;">25m</td> </tr> </table> </div> <p style="text-align: center; margin-top: 10px;">Nutritional Information</p> <table border="1" style="border-collapse: collapse; text-align: center; width: 100%;"> <tr> <td style="width: 15%;"></td> <td style="width: 20%;">Main</td> <td style="width: 20%;">Side</td> <td style="width: 20%;">Total</td> </tr> <tr> <td>Servings</td> <td>2</td> <td>2</td> <td></td> </tr> <tr> <td>Net Carbs (ea)</td> <td>2</td> <td>8</td> <td>10</td> </tr> </table>	Prep	Cook	Total	15m	10m	25m		Main	Side	Total	Servings	2	2		Net Carbs (ea)	2	8	10	<p> ¼ cup slivered almonds, toasted 2 tsp butter ½ tsp Worcestershire sauce ¼ tsp grated lemon rind ¼ tsp salt 2 cod fillets, patted dry (or other lean white fish, such as flounder, tilapia and orange roughy) ⅛ tsp smoked paprika (or use regular paprika) ½ lemon, cut into wedges </p> <hr style="border: 0.5px dashed #000;"/> <p> ½ lb asparagus, trimmed ½ (16-oz) pkg strawberries, sliced </p>	<p>Cook almonds in a nonstick skillet over medium-high heat 2 minutes or until toasted, stirring often. Remove from heat; stir in butter, Worcestershire sauce, lemon rind and ⅛ tsp salt. Remove from pan. Coat both sides of fish with cooking spray; sprinkle with paprika and ⅛ tsp salt. Cook fish in skillet over medium heat 3 minutes per side or until fish flakes with a fork. Top with almond mixture. Serve with lemon wedges.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Coat asparagus with cooking spray. Cook in a grill pan or skillet over medium-high heat 4 minutes or until crisp-tender, turning occasionally. Season with salt and pepper to taste. Serve with strawberries.</i></p>
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Meal	✓	Grocery Items to Purchase
		Produce
1		1 avocado
1		½ (16-oz) pkg tricolor coleslaw mix
1,2		3 limes
1,5		½ bunch fresh parsley
1,6		2 cucumbers
2,3,6		1 red onion
2,6		1 (5-oz) pkg spring mix
3		2 nectarines
3		1 orange
3		1 jalapeño pepper
3		½ bunch fresh cilantro
3		1 zucchini
4		½ head romaine lettuce
4,6,7		2 lemons
5		1 (10-oz) pkg cauliflower florets
5		1 (8-oz) pkg mushrooms
5,6		3 Roma tomatoes
7		½ lb asparagus
7		½ (16-oz) pkg strawberries
		Meat & Seafood
1,4		1½ lb boneless, skinless chicken breasts
2		1 lb bone-in, skin-on chicken thighs
3		¾ lb flank steak
5		8 oz top round beef steak
6		¾ lb ground turkey
7		2 cod fillets
		Refrigerated
1,4,6		1 (16-oz) carton sour cream
2,6		1 (4-oz) pkg crumbled feta cheese
4		½ (8-oz) block mozzarella cheese
4		½ (5-oz) pkg freshly shredded Parmesan cheese
		Frozen
4		1 (9-oz) pkg frozen chopped spinach
		Canned & Packaged
1		4 stand-and-stuff taco shells
2		½ (7-oz) can chipotle peppers in adobo sauce
2		½ (16-oz) bottle pomegranate juice
6,7		1 (4-oz) pkg sliced almonds

Necessary Staples
Meal 1
¼ tsp crushed red pepper 1 tsp olive oil 3 tsp Caribbean Jerk seasoning
Meal 2
¼ tsp cornstarch 1 Tbsp balsamic vinegar 2½ Tbsp olive oil 1½ tsp white wine vinegar 1 tsp ground cumin 1 tsp Dijon mustard ½ tsp honey 3 cloves garlic Zip-top plastic freezer bag
Meal 3
1 Tbsp extra virgin olive oil 1 Tbsp Southwest seasoning 2 cloves garlic
Meal 4
¼ tsp Dijon mustard ¼ tsp garlic powder 4 tsp olive oil ½ cup mayonnaise 1 clove garlic
Meal 5
2 tsp sesame oil 1 Tbsp soy sauce 1 clove garlic 1 Tbsp Worcestershire sauce 1½ Tbsp extra virgin olive oil
Meal 6
½ tsp dried oregano 2 Tbsp balsamic vinaigrette 1 clove garlic
Meal 7
½ tsp Worcestershire sauce 2 tsp butter ¼ tsp smoked paprika Cooking spray