





Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:																																										
<p>Meal 1 One Dish Dinner</p> <p>Turkey Burger Salad</p> <p><i>Multigrain Tortilla Chips</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">15m</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>220</td> <td>130</td> <td>350</td> </tr> <tr> <td>Fat (g)</td> <td>10</td> <td>6</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>25</td> <td>2</td> <td>27</td> </tr> <tr> <td>Carb (g)</td> <td>12</td> <td>17</td> <td>29</td> </tr> <tr> <td>Fiber (g)</td> <td>3</td> <td>2</td> <td>5</td> </tr> <tr> <td>Sodium (mg)</td> <td>380</td> <td>75</td> <td>455</td> </tr> </tbody> </table>	Prep	Cook	Total	20m	15m	35m		Main	Side	Total	Servings	6	6		Calories	220	130	350	Fat (g)	10	6	16	Sat. Fat (g)	2	0	2	Protein (g)	25	2	27	Carb (g)	12	17	29	Fiber (g)	3	2	5	Sodium (mg)	380	75	455	<p>1 (20-oz) pkg lean ground turkey 1 (10-oz) pkg frozen chopped spinach, thawed and squeezed dry ½ cup panko breadcrumbs ¾ cup minced red onion, divided 5 Tbsp chopped fresh mint, divided 2 tsp salt-free Greek seasoning 1 tsp grated lemon rind 1 large egg 1 seedless cucumber, chopped 3 Roma tomatoes, chopped 2 Tbsp lemon juice 1 Tbsp olive oil 1 (10-oz) pkg baby spinach</p> <hr style="border: 0.5px dashed #000;"/> <p>1 (5.5-oz) pkg multigrain tortilla chips</p>	<p>Stir together turkey, chopped spinach, breadcrumbs, ¼ cup red onion, 2 Tbsp mint, Greek seasoning, lemon rind, ½ tsp salt and egg in a large bowl. Shape into 6 patties. Preheat grill or grill pan to medium-high heat. Grill patties, covered with grill lid, 7 to 8 minutes per side or until a meat thermometer inserted into thickest portion reads 165°F. Meanwhile, stir together cucumber, tomatoes, ½ cup red onion, 3 Tbsp mint, lemon juice and oil. Divide fresh spinach among serving plates; top with cucumber mixture and burgers.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Divide into 6 servings.</i></p>
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<p>Meal 2 Marinate Overnight and Grill</p> <p>Zesty Pork Tenderloin and Caramelized Pineapple</p> <p><i>Cilantro-Lime Black Beans</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">20m</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>340</td> <td>90</td> <td>430</td> </tr> <tr> <td>Fat (g)</td> <td>12</td> <td>2</td> <td>14</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> <td>0</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>24</td> <td>6</td> <td>30</td> </tr> <tr> <td>Carb (g)</td> <td>15</td> <td>17</td> <td>32</td> </tr> <tr> <td>Fiber (g)</td> <td>1</td> <td>5</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>260</td> <td>470</td> <td>730</td> </tr> </tbody> </table>	Prep	Cook	Total	10m	20m	30m		Main	Side	Total	Servings	6	6		Calories	340	90	430	Fat (g)	12	2	14	Sat. Fat (g)	2	0	2	Protein (g)	24	6	30	Carb (g)	15	17	32	Fiber (g)	1	5	6	Sodium (mg)	260	470	730	<p>¼ cup chopped fresh cilantro ¼ cup olive oil 2 Tbsp grated lime rind 2 cloves garlic, minced 1½ lb pork tenderloin, trimmed 6 (1-inch-thick) slices pineapple 3 Tbsp turbinado sugar ½ tsp ground cinnamon</p> <hr style="border: 0.5px dashed #000;"/> <p>2 cloves garlic, minced 2 tsp olive oil 2 (15-oz) cans black beans, drained and rinsed 1 tsp grated lime rind ¼ cup fresh lime juice ¼ cup low-sodium chicken broth ¼ cup chopped fresh cilantro</p>	<p>Combine cilantro, oil, lime rind, garlic and pork in a large zip-top plastic bag. Seal and chill overnight. Preheat grill to medium-high heat. Remove pork from bag; discard marinade. Sprinkle with ½ tsp each salt and pepper. Grill pork, covered with grill lid, 20 to 25 minutes or until a meat thermometer reads 145°F. Grill pineapple, covered with grill lid, 2 minutes. Turn and sprinkle with sugar and cinnamon; grill 3 minutes or until caramelized. Let pork stand 3 minutes before slicing. Serve with pineapple.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Sauté garlic in hot oil in a large nonstick skillet over medium heat 1 minute. Stir in black beans, lime rind, lime juice, broth, and ¼ tsp each salt and pepper. Cook 5 to 7 minutes or until thoroughly heated and thickened, stirring often. Stir in cilantro just before serving.</i></p>
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Meal 3	Classic Favorite	<p>6 (4-oz) boneless, skinless chicken breasts 1 Tbsp olive oil 3 Tbsp thinly sliced shallot (about 1 large) 1 Tbsp chopped fresh thyme (or use 1 tsp dried) 3 peaches, each cut into 8 wedges ¼ cup dry white wine ¼ cup low-sodium chicken broth 1½ Tbsp honey 2 Tbsp butter</p> <hr/> <p>2 lb asparagus 1½ Tbsp extra virgin olive oil 1 (7.6-oz) pkg whole wheat couscous</p>	<p>Season chicken with ½ tsp each salt and pepper. Brown in hot oil in a large skillet 5 minutes per side or until done. Remove from skillet, and keep warm. Add shallot, thyme, and peaches to skillet; cook 2 minutes. Add wine, scraping bottom to loosen browned bits; bring to a boil. Cook 3 minutes or until reduced to about ¼ cup. Add broth and honey; bring to a boil. Remove from heat; stir in butter. Serve with chicken.</p> <hr/> <p><i>Preheat oven to 450°F. Snap off tough ends of asparagus, and discard. Toss together asparagus, oil, and ½ tsp each salt and pepper on a rimmed baking sheet. Bake 10 minutes or until asparagus is crisp-tender. Meanwhile, cook couscous according to package directions.</i></p>																																					
<p>Skillet Chicken and Peaches</p> <p><i>Roasted Asparagus and Wheat Couscous</i></p> <p> Prep 15m Cook 20m Total 35m</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>240</td> <td>170</td> <td>410</td> </tr> <tr> <td>Fat (g)</td> <td>6</td> <td>4</td> <td>10</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>3</td> <td>0</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>14</td> <td>28</td> <td>42</td> </tr> <tr> <td>Fiber (g)</td> <td>1</td> <td>4</td> <td>5</td> </tr> <tr> <td>Sodium (mg)</td> <td>490</td> <td>200</td> <td>690</td> </tr> </tbody> </table>		Main	Side	Total	Servings	6	6		Calories	240	170	410	Fat (g)	6	4	10	Sat. Fat (g)	3	0	3	Protein (g)	27	6	33	Carb (g)	14	28	42	Fiber (g)	1	4	5	Sodium (mg)	490	200	690	Meal 4	Kid-Friendly	<p>12 oz bow-tie pasta 6 slices center-cut bacon, chopped 1 Tbsp olive oil 1 zucchini, thinly sliced 2 cloves garlic, minced 1 pint grape tomatoes ¼ cup chopped fresh basil 1½ Tbsp red wine vinegar</p> <hr/> <p>2 navel oranges 1 (16-oz) carton nonfat plain Greek yogurt 2 Tbsp turbinado sugar 3 cups fresh blueberries</p>	<p>Cook pasta according to package directions; drain, reserving ½ cup pasta water. Cook bacon in a large nonstick skillet over medium heat until crisp; remove bacon using a slotted spoon, reserving drippings in skillet. Add oil to drippings; sauté zucchini and garlic 3 minutes. Add tomatoes, and cook 5 minutes or until tomatoes begin to burst. Toss together hot cooked pasta, vegetables and reserved pasta water in a large bowl. Stir in basil, vinegar, and ½ tsp each salt and pepper. Sprinkle with bacon.</p> <hr/> <p><i>Grate rind from 1 orange to measure 1 tsp. Peel and section both oranges. Stir together yogurt, sugar and orange rind. Spoon half of yogurt mixture into 6 glasses or small bowls. Top with half of blueberries and orange sections. Repeat with remaining yogurt mixture, blueberries and orange sections.</i></p>
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<p>Pasta with Zucchini, Tomatoes and Bacon</p> <p><i>Blueberry-Orange Yogurt Parfaits</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>270</td> <td>130</td> <td>400</td> </tr> <tr> <td>Fat (g)</td> <td>5</td> <td>1</td> <td>6</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> <td>0</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>11</td> <td>9</td> <td>20</td> </tr> <tr> <td>Carb (g)</td> <td>48</td> <td>24</td> <td>72</td> </tr> <tr> <td>Fiber (g)</td> <td>3</td> <td>3</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>340</td> <td>30</td> <td>370</td> </tr> </tbody> </table>		Main	Side	Total	Servings	6	6		Calories	270	130	400	Fat (g)	5	1	6	Sat. Fat (g)	2	0	2	Protein (g)	11	9	20	Carb (g)	48	24	72	Fiber (g)	3	3	6	Sodium (mg)	340	30	370				
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Meal 5	Slow Cooker	<p>1 (16-oz) pkg dried great Northern beans 5 slices center-cut bacon 1 sweet onion, chopped 2 carrots, chopped 2 stalks celery, chopped 2 cloves garlic, minced 1 (32-oz) carton low-sodium chicken broth 2 Tbsp chopped fresh or dried rosemary 1 bay leaf</p> <hr/> <p>1 (6-oz) pkg buttermilk cornbread mix 2/3 cup 2% reduced-fat milk 1/2 cup shredded reduced-fat Cheddar cheese</p>	<p>Rinse and sort beans. Place in a 5- to 7-quart slow cooker. Cook bacon in a nonstick skillet over medium heat until crisp. Remove bacon from skillet, reserving drippings; crumble bacon. Add onion, carrots, celery and garlic to drippings in skillet; cook 5 minutes or until vegetables are tender. Transfer onion mixture and bacon to cooker. Add broth, rosemary, 3/4 tsp salt, 1/2 tsp pepper and bay leaf. Cover and cook on LOW 8 to 10 hours or until beans are tender. Discard bay leaf.</p> <hr/> <p><i>Preheat oven to 450°F. Whisk together cornbread mix and milk in a bowl; stir in cheese. Scoop batter into 6 muffin cups coated with cooking spray. Bake 15 to 18 minutes or until golden brown.</i></p>																																				
<p>White Bean and Bacon Soup</p> <p><i>Cheddar Corn Muffins</i></p> <p> Prep Cook Total 15m 8h 15m 8h 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>320</td> <td>150</td> <td>470</td> </tr> <tr> <td>Fat (g)</td> <td>2</td> <td>5</td> <td>7</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>21</td> <td>5</td> <td>26</td> </tr> <tr> <td>Carb (g)</td> <td>55</td> <td>22</td> <td>77</td> </tr> <tr> <td>Fiber (g)</td> <td>17</td> <td>1</td> <td>18</td> </tr> <tr> <td>Sodium (mg)</td> <td>820</td> <td>90</td> <td>910</td> </tr> </tbody> </table>			Main	Side	Total	Servings	6	6		Calories	320	150	470	Fat (g)	2	5	7	Sat. Fat (g)	1	1	2	Protein (g)	21	5	26	Carb (g)	55	22	77	Fiber (g)	17	1	18	Sodium (mg)	820	90	910		
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Meal 6	Easy for Entertaining	<p>1 (12-oz) pkg cauliflower florets 3/4 lb 90% lean ground beef 1 onion, chopped 4 cloves garlic, minced 1 Tbsp chili powder 1 tsp ground cumin 1/3 cup raisins 1/3 cup sliced pimiento-stuffed olives 1 1/2 cups tomato sauce 1 Tbsp all-purpose flour 6 large bell peppers (any color)</p> <hr/> <p>1 (8.8-oz) pouch microwaveable brown rice 1 (12-oz) pkg broccoli florets 1 cup grape tomatoes, halved 2/3 cup thinly sliced red onion 1/4 cup sliced almonds, toasted 1/2 cup plain nonfat Greek yogurt 1/4 cup fresh lemon juice 3 Tbsp extra virgin olive oil</p>	<p>Preheat oven to 350°F. Pulse cauliflower in a food processor until rice-like consistency. Heat a large nonstick skillet over medium-high heat. Add cauliflower, beef, onion, garlic, chili powder and cumin; cook 5 minutes or until beef is no longer pink, stirring to crumble. Transfer to a bowl. Stir in raisins, olives, and tomato sauce; sprinkle with flour, and stir well. Cut tops off bell peppers; discard seeds and membranes. Fill peppers with cauliflower mixture; place in a large baking dish. Bake, uncovered, 30 minutes or until peppers are tender.</p> <p>Note: Serve with pepper top "lids" for a pretty presentation.</p> <hr/> <p><i>Heat rice according to package directions; transfer to a bowl. Add broccoli, tomatoes, onion, and almonds; season to taste with pepper. Combine yogurt, lemon juice, and oil; toss with rice mixture.</i></p>																																				
<p>Picadillo Bell Peppers</p> <p><i>Mediterranean Brown Rice and Broccoli Salad</i></p> <p> Prep Cook Total 20m 45m 1h 5m</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>220</td> <td>190</td> <td>410</td> </tr> <tr> <td>Fat (g)</td> <td>7</td> <td>10</td> <td>17</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> <td>1</td> <td>3</td> </tr> <tr> <td>Protein (g)</td> <td>16</td> <td>6</td> <td>22</td> </tr> <tr> <td>Carb (g)</td> <td>24</td> <td>20</td> <td>44</td> </tr> <tr> <td>Fiber (g)</td> <td>6</td> <td>3</td> <td>9</td> </tr> <tr> <td>Sodium (mg)</td> <td>400</td> <td>270</td> <td>670</td> </tr> </tbody> </table>			Main	Side	Total	Servings	6	6		Calories	220	190	410	Fat (g)	7	10	17	Sat. Fat (g)	2	1	3	Protein (g)	16	6	22	Carb (g)	24	20	44	Fiber (g)	6	3	9	Sodium (mg)	400	270	670		
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Meal 7	Low Sodium	1 onion, finely chopped 2 cloves garlic, minced 1 Tbsp olive oil 1 large zucchini, grated ¼ cup chopped fresh mint (or use fresh basil) 1 (4-oz) pkg crumbled feta cheese 6 large eggs 1 cup nonfat milk	<p>Preheat oven to 375°F. Sauté onion and garlic in hot oil in a nonstick skillet over medium heat 8 to 10 minutes or until golden. Add zucchini, and cook 3 minutes or until tender. Transfer to a colander; drain well, pressing to remove excess liquid. Spread in a 9-inch pie plate coated with cooking spray. Sprinkle with mint and cheese. Whisk together eggs, milk, and ½ tsp each salt and pepper in a large bowl. Pour into pie plate. Place on a baking sheet. Bake 20 to 25 minutes or until center is set. Let stand 5 minutes; cut into 6 wedges.</p> <p><i>Preheat broiler. Place peaches, cut sides up, in a foil-lined shallow pan. Sprinkle with sugar and cinnamon. Broil 5 to 7 minutes or until sugar is caramelized.</i></p> <p>Note: Bake the quiche first. While it stands, broil the peaches.</p>																																									
<p>Zucchini and Feta Quiche</p> <p><i>Cinnamon-Sugar Broiled Peaches</i></p> <div style="display: flex; align-items: center;"> <table border="1"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>20m</td> <td>30m</td> <td>50m</td> </tr> </tbody> </table> </div> <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>170</td> <td>80</td> <td>250</td> </tr> <tr> <td>Fat (g)</td> <td>11</td> <td>0</td> <td>11</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>5</td> <td>0</td> <td>5</td> </tr> <tr> <td>Protein (g)</td> <td>11</td> <td>1</td> <td>12</td> </tr> <tr> <td>Carb (g)</td> <td>6</td> <td>19</td> <td>25</td> </tr> <tr> <td>Fiber (g)</td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>Sodium (mg)</td> <td>460</td> <td>0</td> <td>460</td> </tr> </tbody> </table>		Prep		Cook	Total	20m	30m	50m		Main	Side	Total	Servings	6	6		Calories	170	80	250	Fat (g)	11	0	11	Sat. Fat (g)	5	0	5	Protein (g)	11	1	12	Carb (g)	6	19	25	Fiber (g)	1	2	3	Sodium (mg)	460	0	460
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Meal	✓	Grocery Items to Purchase
		Produce
1		1 (10-oz) pkg baby spinach
1		3 Roma tomatoes
1		1 seedless cucumber
1,6		3 lemons
1,6		2 red onions
1,7		1 (1-oz) pkg fresh mint
2		1 pineapple
2		3 limes
2		1 bunch fresh cilantro, need ½ cup
3		1 shallot
3		1 (1-oz) pkg fresh thyme, need 1 Tbsp
3		2 lb asparagus
3,7		9 peaches
4		2 (11-oz) pkg blueberries
4		1 (1-oz) pkg fresh basil, need ¼ cup
4		2 navel oranges
4,6		2 pints grape tomatoes
4,7		2 zucchini
5		1 sweet onion
5		1 (1-oz) pkg fresh rosemary, need 2 Tbsp
5		1 bunch celery, need 2 stalks
5		2 carrots
6		1 (12-oz) pkg cauliflower florets
6		6 large bell peppers
6		1 (12-oz) pkg broccoli florets
6,7		2 onions
		Meat & Seafood
1		1 (20-oz) pkg lean ground turkey
2		1½ lb pork tenderloin
3		6 (4-oz) boneless, skinless chicken breasts
4,5		1 (12-oz) pkg center-cut bacon
6		¾ lb 90% lean ground beef
		Refrigerated
1,7		7 large eggs
4,6		2 (16-oz) cartons nonfat plain Greek yogurt
5		1 (8-oz) pkg shredded reduced-fat Cheddar cheese, need ½ cup
7		1 (4-oz) pkg crumbled feta cheese
		Frozen
1		1 (10-oz) pkg frozen chopped spinach
		Canned & Packaged
1		1 (5.5-oz) pkg multigrain tortilla chips
2		2 (15-oz) cans black beans
2,3,5		2 (32-oz) cartons low-sodium chicken broth
2,4,7		1 (2-lb) pkg turbinado sugar, need ½ cup
3		1 (7.6-oz) pkg whole wheat couscous
4		1 (16-oz) pkg bow-tie pasta
5		1 (16-oz) pkg dried great Northern beans
5		1 (6-oz) pkg buttermilk cornbread mix
6		1 (7-oz) jar pimiento-stuffed olives

Necessary Staples
Meal 1
2 tsp salt-free Greek seasoning 1 Tbsp olive oil ⅓ cup panko breadcrumbs
Meal 2
4½ Tbsp olive oil ½ tsp ground cinnamon 4 cloves garlic Zip-top plastic freezer bag
Meal 3
1 Tbsp olive oil 2 Tbsp butter 1½ Tbsp extra virgin olive oil 1½ Tbsp honey ¾ cup dry white wine
Meal 4
1 Tbsp olive oil 1½ Tbsp red wine vinegar 2 cloves garlic
Meal 5
1 bay leaf 2 cloves garlic ¾ cup 2% reduced-fat milk
Meal 6
1 tsp ground cumin 1 Tbsp chili powder 3 Tbsp extra virgin olive oil 1 Tbsp all-purpose flour 4 cloves garlic
Meal 7
1 Tbsp olive oil 1 cup nonfat milk ¼ tsp ground cinnamon 2 cloves garlic



Low Fat Family Plan
Sample Plan

6	1 (8.8-oz) pouch microwaveable brown rice
6	½ (2-oz) pkg sliced almonds
6	1 (15-oz) can tomato sauce
6	1 (12-oz) pkg raisins, need ½ cup