






Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:																																									
<p>Meal 1 <span style="float: right;">Classic Favorite</span></p> <h3>Steak Soft Tacos</h3> <p><i>Fresh Corn on the Cob</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;"><b>Nutritional Information</b></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>Calories</td> <td>390</td> <td>100</td> <td>490</td> </tr> <tr> <td>Fat (g)</td> <td>15</td> <td>5</td> <td>20</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>6</td> <td>2</td> <td>8</td> </tr> <tr> <td>Protein (g)</td> <td>37</td> <td>2</td> <td>39</td> </tr> <tr> <td>Carb (g)</td> <td>27</td> <td>14</td> <td>41</td> </tr> <tr> <td>Fiber (g)</td> <td>9</td> <td>1</td> <td>10</td> </tr> <tr> <td>Sodium (mg)</td> <td>850</td> <td>190</td> <td>1040</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	10m	25m		Main	Side	Total	Servings	2	2		Calories	390	100	490	Fat (g)	15	5	20	Sat. Fat (g)	6	2	8	Protein (g)	37	2	39	Carb (g)	27	14	41	Fiber (g)	9	1	10	Sodium (mg)	850	190	1040	<p>½ lb boneless top sirloin (or use flank steak)            ½ Tbsp olive oil            1 clove garlic, minced            1 tsp ground cumin            1 small sweet onion, thinly sliced            2 small bell peppers (any color), thinly sliced            2 soft taco-size low-carb flour tortillas            ¼ cup salsa            ¼ cup shredded reduced-fat Mexican-blend cheese (or use Cheddar)            2 Tbsp reduced-fat sour cream            ½ lime, cut into 4 wedges</p> <hr/> <p><i>2 small ears corn, shucked</i>  <i>2 tsp butter, softened</i>  <i>1 tsp fresh lime juice</i></p>	<p>Cut beef into thin strips; toss with oil, garlic, cumin, and ¼ tsp each salt and pepper. Cook in a large skillet over medium-high heat 4 to 5 minutes or to desired doneness; remove from pan. Add onion and bell peppers to drippings in pan; sauté until vegetables are tender and caramelized. Heat tortillas according to package directions. Serve beef in tortillas with caramelized vegetables, salsa, cheese, sour cream, and lime wedges.</p> <p><b>Note:</b> Partially freeze steak to make cutting into strips easier.</p> <hr/> <p><i>Cook corn in boiling water to cover in a saucepan 10 minutes; drain. Combine butter and lime juice; brush over corn. Sprinkle with ½ tsp each salt and pepper.</i></p>
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<p>Meal 2 <span style="float: right;">On the Grill</span></p> <h3>Grilled Cumin-Lime Chicken</h3> <p><i>Sweet Potatoes and Pineapple-Watermelon Toss</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>10m</td> <td>20m</td> <td>30m</td> </tr> </table> </div> <p style="margin-top: 10px;"><b>Nutritional Information</b></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>4</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>130</td> <td>110</td> <td>240</td> </tr> <tr> <td>Fat (g)</td> <td>1</td> <td>0</td> <td>1</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>0</td> <td>1</td> </tr> <tr> <td>Protein (g)</td> <td>26</td> <td>2</td> <td>28</td> </tr> <tr> <td>Carb (g)</td> <td>1</td> <td>28</td> <td>29</td> </tr> <tr> <td>Fiber (g)</td> <td>0</td> <td>2</td> <td>2</td> </tr> <tr> <td>Sodium (mg)</td> <td>230</td> <td>0</td> <td>230</td> </tr> </tbody> </table>	Prep	Cook	Total	10m	20m	30m		Main	Side	Total	Servings	4	2		Calories	130	110	240	Fat (g)	1	0	1	Sat. Fat (g)	1	0	1	Protein (g)	26	2	28	Carb (g)	1	28	29	Fiber (g)	0	2	2	Sodium (mg)	230	0	230	<p>2 (8-oz) boneless, skinless chicken breasts, cut in half lengthwise            1 tsp ground cumin            ¼ tsp onion powder            ½ lime, cut into 4 wedges</p> <hr/> <p><i>2 (6-oz) sweet potatoes</i>  <i>1 Tbsp butter</i>  <i>2 cups cubed seedless watermelon</i>  <i>1½ cups cubed pineapple</i>  <i>2 tsp fresh lemon juice</i></p>	<p>Preheat grill or grill pan to medium-high heat. Pound chicken to ½-inch thickness. Coat with cooking spray. Combine cumin, onion powder, and ¼ tsp each salt and pepper; sprinkle over both sides of chicken. Grill chicken, covered with grill lid, 6 minutes per side or until done. (Reserve half of chicken for Chicken and Avocado Lettuce Wraps recipe.) Serve remaining chicken with lime wedges.</p> <hr/> <p><i>Pierce potatoes with a fork, and wrap individually in paper towels. Microwave at HIGH 8 to 10 minutes or until tender when pierced with a fork. Split each potato in half. Sprinkle with ¼ tsp salt, and top with butter. Toss together watermelon, pineapple, and lemon juice.</i></p>
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Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:																																				
Meal 3	Kid-Friendly	<p>2 zucchini, cut in half lengthwise 1 (3.9-oz) link sweet Italian turkey sausage, casing removed 1 Tbsp olive oil, divided ½ cup finely chopped red bell pepper ¼ cup finely chopped red onion 1 tsp dried oregano ½ cup panko breadcrumbs, divided 2 egg whites</p> <hr/> <p><i>3 carrots, shredded</i> <i>2 tsp extra virgin olive oil</i> <i>2 Tbsp rice vinegar</i> <i>1 tsp honey</i></p>	<p>Preheat oven 375°F. Scoop pulp from zucchini halves. Coarsely chop pulp. Cook sausage in 1 tsp hot oil in a nonstick skillet over medium heat 2 to 3 minutes, stirring to crumble. Stir in zucchini pulp, bell pepper, onion, and oregano; sauté 4 minutes or until onion is tender. Remove from heat. Stir in ¼ cup breadcrumbs, egg whites and ¼ tsp salt. Place zucchini shells on a baking sheet, and stuff with sausage mixture. Top with ¼ cup breadcrumbs, and drizzle with 2 tsp oil. Bake 25 minutes or until zucchini is tender. Let stand 5 minutes.</p> <hr/> <p><i>Combine all ingredients in a bowl; chill until ready to serve.</i></p>																																				
<p><b>Italian Sausage-Stuffed Zucchini Boats</b></p> <p><i>Carrot Slaw</i></p> <p> Prep 15m Cook 30m Total 45m</p> <p><b>Nutritional Information</b></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>240</td> <td>130</td> <td>370</td> </tr> <tr> <td>Fat (g)</td> <td>14</td> <td>5</td> <td>19</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>3</td> <td>0</td> <td>3</td> </tr> <tr> <td>Protein (g)</td> <td>16</td> <td>2</td> <td>18</td> </tr> <tr> <td>Carb (g)</td> <td>16</td> <td>23</td> <td>39</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>4</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>600</td> <td>45</td> <td>645</td> </tr> </tbody> </table>			Main	Side	Total	Servings	2	2		Calories	240	130	370	Fat (g)	14	5	19	Sat. Fat (g)	3	0	3	Protein (g)	16	2	18	Carb (g)	16	23	39	Fiber (g)	2	4	6	Sodium (mg)	600	45	645		
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Meal 4	No Cook	<p>1 small avocado, pitted and cubed ½ cup grape tomatoes, quartered ¼ cup chopped red onion 2 Tbsp chopped fresh cilantro ¼ tsp salt 8 leaves romaine lettuce Reserved cooked chicken (from Grilled Cumin-Lime Chicken recipe), chopped Juice of ½ lime</p> <hr/> <p><i>1½ cups cubed watermelon</i> <i>1½ Tbsp honey</i> <i>1 Tbsp fresh lime juice</i></p>	<p>Combine avocado, tomatoes, onion, cilantro and salt in a bowl. Stack 2 lettuce leaves to make 4 wraps. Spoon chicken onto lettuce, and drizzle with lime juice. Top with avocado mixture. Season to taste with pepper. Serve 2 wraps per person.</p> <hr/> <p><i>Combine watermelon, 3 Tbsp water, honey and lime juice in a blender. Cover and process until smooth. Serve over ice.</i></p> <p><b>Note:</b> The watermelon can be puréed ahead of time; cover and chill until ready to use.</p>																																				
<p><b>Chicken and Avocado Lettuce Wraps</b></p> <p><i>Watermelon Agua Fresca</i></p> <p> Prep 20m Cook 0m Total 20m</p> <p><b>Nutritional Information</b></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>270</td> <td>80</td> <td>350</td> </tr> <tr> <td>Fat (g)</td> <td>14</td> <td>0</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>28</td> <td>1</td> <td>29</td> </tr> <tr> <td>Carb (g)</td> <td>10</td> <td>22</td> <td>32</td> </tr> <tr> <td>Fiber (g)</td> <td>6</td> <td>0</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>350</td> <td>0</td> <td>350</td> </tr> </tbody> </table>			Main	Side	Total	Servings	2	2		Calories	270	80	350	Fat (g)	14	0	14	Sat. Fat (g)	2	0	2	Protein (g)	28	1	29	Carb (g)	10	22	32	Fiber (g)	6	0	6	Sodium (mg)	350	0	350		
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Meal 5	Super Fast	3 oz whole-grain rotini pasta (about ¾ cup) ½ cup sliced celery ½ cup chopped red onion 1 tsp olive oil 2 (3.9-oz) links sweet Italian turkey sausage, casings removed ¼ tsp dried rubbed sage ¾ cup no-salt-added navy beans, drained and rinsed <hr/> 2 large tangerines	Cook pasta according to package directions. Meanwhile, sauté celery and onion in hot oil in a nonstick skillet over medium-high heat 4 minutes or until crisp-tender. Stir in sausage and sage; cook 3 minutes or until sausage is browned, stirring to crumble. Stir in beans; cook 30 seconds or until thoroughly heated. Remove from heat, and stir in cooked pasta. <b>Note:</b> Freeze remaining sausage from package for a future use, if desired. <hr/> <i>Peel and section tangerines.</i>																																				
<b>Sausage and Navy Bean Pasta</b>  <i>Fresh Tangerines</i>   <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>		Prep	Cook	Total	15m	15m	30m																																
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Meal 6	Low Carb	½ cup whole wheat pearl couscous ¾ lb tilapia fillets, cut into 2 portions ½ cup grape tomatoes, cut in half 8 pitted kalamata olives, chopped 2 tsp capers, drained 1 Tbsp fresh lemon juice ¼ tsp dried thyme ⅛ tsp black pepper Pinch of crushed red pepper 2 tsp extra virgin olive oil <hr/> ½ lb green beans, trimmed 2 tsp olive oil 1 clove garlic, sliced 2 Tbsp grated Parmesan cheese	Preheat oven to 425°F. Cook couscous according to package directions. Meanwhile, arrange fish in a small baking dish; top with tomatoes, olives, capers, lemon juice, thyme, black pepper and red pepper. Cover and bake 15 minutes or until fish flakes with a fork. Divide couscous, fish and tomato mixture each into 2 servings. Drizzle 1 tsp oil over each serving. <hr/> <i>Preheat oven to 425°F. Toss together green beans, oil, ¼ tsp salt, ⅛ tsp pepper, and garlic on a rimmed baking sheet. Bake 10 to 12 minutes or until beans are browned and tender, stirring once. Sprinkle with cheese.</i>																																				
<b>Mediterranean Baked Fish with Couscous</b>  <i>Roasted Garlic Green Beans</i>   <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>		Prep	Cook	Total	15m	15m	30m																																
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Meal 7	Meatless Meal	2 oz whole-grain rotini pasta (about ½ cup) 1 (14.5-oz) can no-salt-added stewed tomatoes ¾ cup no-salt-added navy beans, drained and rinsed 1 tsp sugar ¼ tsp dried rosemary, crushed 1 cup chopped baby spinach 2 Tbsp chopped fresh basil 1 Tbsp extra virgin olive oil 2 Tbsp grated Parmesan cheese	<p>Cook pasta according to package directions. Bring tomatoes, 1 cup water, beans, sugar and rosemary to a boil in a saucepan over high heat. Reduce heat to medium; cover and cook 10 minutes. Coarsley mash larger tomatoes with a potato masher or whisk; stir in cooked pasta, and cook 1 minute. Remove from heat, and stir in spinach, basil, oil and ¼ tsp salt. Top with cheese.</p> <hr/> <p><i>Toss together all ingredients and ⅛ tsp each salt and pepper in a bowl.</i></p>																																											
<p><b>Tuscan Bean-and-Tomato Soup</b></p> <p><i>Spinach-Mushroom Salad</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse;"> <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> </div> <p><b>Nutritional Information</b></p> <table border="1" style="border-collapse: collapse; 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>60</td> <td>390</td> </tr> <tr> <td>Fat (g)</td> <td>11</td> <td>4</td> <td>15</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> <td>0</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>14</td> <td>2</td> <td>16</td> </tr> <tr> <td>Carb (g)</td> <td>45</td> <td>3</td> <td>48</td> </tr> <tr> <td>Fiber (g)</td> <td>10</td> <td>2</td> <td>12</td> </tr> <tr> <td>Sodium (mg)</td> <td>470</td> <td>190</td> <td>660</td> </tr> </tbody> </table>				Prep	Cook	Total		10m	15m	25m		Main	Side	Total	Servings	2	2		Calories	330	60	390	Fat (g)	11	4	15	Sat. Fat (g)	2	0	2	Protein (g)	14	2	16	Carb (g)	45	3	48	Fiber (g)	10	2	12	Sodium (mg)	470	190	660
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## Low Fat Plan for Two Sample Plan

Meal	✓	Grocery Items to Purchase
		<b>Produce</b>
1		2 ears corn
1		1 small sweet onion
1,2,4		3 limes
1,3		3 red bell peppers
2		2 (6-oz) sweet potatoes
2		½ (16-oz) container cubed pineapple
2,4		2 (16-oz) containers cubed seedless watermelon
2,6		2 lemons
3		2 zucchini
3		3 carrots
3,4,5		1 red onion
4		1 small avocado
4		1 bunch fresh cilantro, need 2 Tbsp
4		1 head romaine lettuce
4,6		½ pint grape tomatoes
5		1 bunch celery, need 2 stalks
5		2 large tangerines
6		½ lb green beans
7		1 (1-oz) pkg fresh basil, need 2 Tbsp
7		1 (8-oz) pkg sliced mushrooms
7		1 (5-oz) pkg baby spinach
		<b>Meat &amp; Seafood</b>
1		½ lb boneless top sirloin
2,4		2 (8-oz) boneless, skinless chicken breasts
3,5		1 (19.2-oz) pkg sweet Italian turkey sausage
6		¾ lb tilapia fillets
		<b>Refrigerated</b>
1		1 (8-oz) pkg shredded reduced-fat Mexican-blend cheese, need ¼ cup
		<b>Canned &amp; Packaged</b>
1		1 (8-count) pkg soft taco-size low-carb flour tortillas, need 2
5,7		1 (15-oz) can no-salt-added navy beans
5,7		1 (13.25-oz) pkg whole-grain rotini pasta
6		1 (6-oz) can pitted kalamata olives, need 8
6		1 (10.7-oz) pkg whole wheat pearl couscous, need ⅓ cup
7		1 (14.5-oz) can no-salt-added stewed tomatoes

Necessary Staples
<b>Meal 1</b>
2 tsp butter ½ Tbsp olive oil 1 tsp ground cumin 1 clove garlic 2 Tbsp reduced-fat sour cream ¼ cup salsa
<b>Meal 2</b>
1 tsp ground cumin 1 Tbsp butter ¼ tsp onion powder
<b>Meal 3</b>
1 Tbsp olive oil 1 tsp dried oregano 2 Tbsp rice vinegar 1 tsp honey 2 large eggs 2 tsp extra virgin olive oil ½ cup panko breadcrumbs
<b>Meal 4</b>
1½ Tbsp honey
<b>Meal 5</b>
¼ tsp dried rubbed sage 1 tsp olive oil
<b>Meal 6</b>
2 tsp extra virgin olive oil Pinch of crushed red pepper 2 tsp olive oil ¼ tsp dried thyme 2 Tbsp grated Parmesan cheese 1 clove garlic 2 tsp capers
<b>Meal 7</b>
2 tsp extra virgin olive oil 2 Tbsp grated Parmesan cheese ½ tsp dried basil 2 tsp balsamic vinegar ¼ tsp dried rosemary 1 tsp sugar 1 Tbsp extra virgin olive oil