




Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 Kid-Friendly</p> <p style="text-align: center;">Baked Spaghetti and Meatballs</p> <p style="text-align: center;"><i>Steamed Green Beans and Basil French Bread</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;">1h</td> <td style="padding: 2px 5px;">1h 15m</td> </tr> </table> </div>	Prep	Cook	Total	15m	1h	1h 15m	<p>1½ lb ground beef ¾ cup Italian breadcrumbs 1 large egg ¼ tsp garlic powder 1 Tbsp plus 1 tsp Italian seasoning, divided 2 (24-oz) jars marinara sauce 12 oz spaghetti, broken in half 1 (8-oz) ball fresh mozzarella cheese, thinly sliced ½ cup fresh basil leaves</p> <hr style="border: 0; border-top: 1px dashed #000; margin: 10px 0;"/> <p><i>1 (16-oz) pkg frozen green beans</i> <i>2 cloves garlic, halved</i> <i>½ loaf whole wheat French bread, sliced</i> <i>2 Tbsp olive oil</i> <i>2 Tbsp chopped fresh basil</i></p>	<p>Preheat oven to 400°F. Mix together beef, breadcrumbs, egg, garlic powder, 1 Tbsp Italian seasoning, and ½ cup water in a bowl using your hands; shape into 1-inch balls. Cook meatballs, in batches, in a large nonstick skillet over medium-high heat 5 minutes or just until browned. Lightly grease a 13- x 9-inch baking dish. Whisk together marinara, 1 cup water, and 1 tsp Italian seasoning in dish. Add uncooked spaghetti, stirring to coat. Top with meatballs, and cover. Bake 50 to 60 minutes or until pasta is done. Uncover and top with cheese. Bake 4 to 5 minutes or until cheese is melted and beginning to brown. Top with basil.</p> <hr style="border: 0; border-top: 1px dashed #000; margin: 10px 0;"/> <p><i>Steam beans according to package directions; season with salt and pepper to taste. Preheat oven to 400°F. Rub cut sides of garlic over bread; brush with oil, and sprinkle with basil and desired amount of kosher salt and pepper. Bake 5 minutes or until toasted.</i></p>
Prep	Cook	Total						
15m	1h	1h 15m						
<p>Meal 2 Super Fast</p> <p style="text-align: center;">Flounder "Scallopine"</p> <p style="text-align: center;"><i>Garlicky Swiss Chard and Angel Hair Pasta with Basil</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>	Prep	Cook	Total	15m	15m	30m	<p>½ cup whole wheat panko breadcrumbs 1 Tbsp Italian seasoning 1½ lb flounder fillets (or other flaky, white fish) 2 Tbsp lemon juice 3 Tbsp olive oil 1 cup low-sodium chicken broth ½ cup dry white wine (or use broth) 2 Tbsp drained capers 3 Tbsp butter</p> <hr style="border: 0; border-top: 1px dashed #000; margin: 10px 0;"/> <p><i>12 oz whole wheat angel hair pasta</i> <i>3 Tbsp chopped fresh basil</i> <i>3 Tbsp olive oil</i> <i>2 cloves garlic, minced</i> <i>2 lb Swiss chard, trimmed and coarsely chopped</i> <i>½ cup low-sodium chicken broth</i> <i>1 Tbsp lemon juice</i></p>	<p>Combine panko and Italian seasoning; brush fish with lemon juice, and sprinkle lightly with salt and pepper. Dredge fish in panko mixture. Heat oil in a greased large nonstick skillet over medium-high heat. Cook fish, in batches, 2 to 3 minutes per side or until done. Remove from skillet, and keep warm. Add broth, wine, capers and butter to skillet. Cook just until butter melts. Spoon sauce over fish.</p> <hr style="border: 0; border-top: 1px dashed #000; margin: 10px 0;"/> <p><i>Cook pasta according to package directions; drain and stir in basil. Season to taste. Meanwhile, heat oil in a large Dutch oven over medium heat; add garlic and Swiss chard. Cook 3 minutes or until wilted; add broth and salt and pepper to taste. Cook 5 minutes longer or until chard is tender. Stir in lemon juice before serving.</i></p>
Prep	Cook	Total						
15m	15m	30m						
<p>Meal 3 Slow Cooker</p> <p style="text-align: center;">Chicken Cacciatore</p> <p style="text-align: center;"><i>Steamed Garlic Cauliflower</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;">8h</td> <td style="padding: 2px 5px;">8h 15m</td> </tr> </table> </div>	Prep	Cook	Total	15m	8h	8h 15m	<p>1½ lb boneless, skinless chicken thighs 1 red onion, chopped 2 red or green bell peppers, thinly sliced 1 (14.5-oz) can fire-roasted diced tomatoes 3 cloves garlic, minced 1¼ tsp crushed red pepper 1 cup low-sodium chicken broth</p> <hr style="border: 0; border-top: 1px dashed #000; margin: 10px 0;"/> <p><i>2 (12-oz) pkg cauliflower florets</i> <i>2 Tbsp extra virgin olive oil</i> <i>1 tsp garlic powder</i> <i>½ tsp onion powder</i></p>	<p>Sprinkle chicken lightly with salt and pepper. Place in a 5- or 6-quart slow cooker coated with cooking spray. Top with onion, bell peppers, tomatoes, garlic, red pepper and broth. Cover and cook on LOW 8 hours.</p> <hr style="border: 0; border-top: 1px dashed #000; margin: 10px 0;"/> <p><i>Steam cauliflower according to package directions. Transfer to a large bowl. Add oil, garlic powder, onion powder, and salt and pepper to taste; toss until blended.</i></p>
Prep	Cook	Total						
15m	8h	8h 15m						

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<p>Meal 4 Meatless Meal</p> <p>Tuscan White Bean Soup</p> <p><i>Cantaloupe and Mixed Greens Salad</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;">20m</td> <td style="padding: 2px 5px;">40m</td> </tr> </table> </div>	Prep	Cook	Total	20m	20m	40m	<p>2 Tbsp olive oil 1 onion, chopped 3 carrots, chopped 1 tsp fresh or dried rosemary 3 (15.5-oz) cans cannellini beans, drained and rinsed 1 (16-oz) pkg chopped kale or collard greens 1 (48-oz) carton vegetable broth 1 Tbsp fresh lemon juice ½ cup freshly grated Parmesan cheese</p> <hr/> <p><i>1 (10-oz) pkg mixed baby greens 3 cups cubed cantaloupe 1 small red onion, sliced 1 (3-oz) log goat cheese, crumbled 1 Tbsp white wine vinegar 2 tsp honey 2 tsp Dijon mustard ½ tsp salt ½ tsp pepper 3 Tbsp olive oil</i></p>	<p>Heat oil in a Dutch oven over medium heat; add onion, carrots and rosemary. Sauté 8 minutes or until tender. Stir in beans, kale, broth, lemon juice, and salt and pepper to taste. Bring to a boil; reduce heat, and simmer 10 minutes or until kale is tender. Sprinkle each serving with cheese.</p> <hr/> <p><i>Combine greens, cantaloupe, onion and goat cheese in a serving bowl. Whisk together remaining ingredients; drizzle dressing over salad, and toss to coat.</i></p>
Prep	Cook	Total						
20m	20m	40m						
<p>Meal 5 Meatless Meal</p> <p>Orzo and Grilled Vegetables with Parmesan</p> <p><i>Avocado Halves with Lime Juice</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;">20m</td> <td style="padding: 2px 5px;">40m</td> </tr> </table> </div>	Prep	Cook	Total	20m	20m	40m	<p>12 oz whole wheat orzo ½ cup olive oil 3 Tbsp balsamic vinegar 2 large zucchini, halved lengthwise 2 red bell peppers, quartered 1 small eggplant, cut lengthwise into 4 pieces 1 onion, cut into ½-inch-thick slices 3 portobello mushroom caps ¾ cup freshly grated Parmesan cheese</p> <hr/> <p><i>3 avocados, halved, pitted and peeled ½ tsp salt 1 Tbsp lime juice</i></p>	<p>Cook orzo according to package directions. Preheat grill to medium-high heat. Whisk together oil, vinegar, and ½ tsp each salt and pepper. Combine half of vinaigrette, zucchini and bell peppers in a large bowl; toss well. Brush eggplant, onion, and mushrooms with remaining vinaigrette. Place vegetables on a greased grill rack. Grill 3 minutes per side or until tender and browned; coarsely chop vegetables. Combine vegetables and orzo in a large serving bowl; sprinkle with cheese.</p> <hr/> <p><i>Arrange avocado halves, cut sides up, on a platter. Sprinkle with salt; drizzle with lime juice.</i></p>
Prep	Cook	Total						
20m	20m	40m						
<p>Meal 6 Kid-Friendly</p> <p>Stovetop Turkey Lasagna</p> <p><i>Lemon-Garlic Broccoli Rabe</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;">30m</td> <td style="padding: 2px 5px;">40m</td> </tr> </table> </div>	Prep	Cook	Total	10m	30m	40m	<p>2 Tbsp olive oil 3 cloves garlic, minced 1½ lb ground turkey 1 (12-oz) pkg whole-grain lasagna noodles, broken into pieces 1 (28-oz) can whole tomatoes, undrained and chopped 1 (15-oz) can tomato sauce 1 Tbsp dried basil 1 (15-oz) carton part-skim ricotta cheese 1 (8-oz) block part-skim mozzarella cheese, shredded</p> <hr/> <p><i>1½ lb broccoli rabe, trimmed 1 Tbsp olive oil 2 cloves garlic, minced ¼ tsp crushed red pepper 1 Tbsp lemon juice ¼ tsp salt</i></p>	<p>Heat oil in a large Dutch oven over medium-high heat; add garlic, turkey, and ¾ tsp each salt and pepper. Cook, stirring occasionally, 8 to 10 minutes or until turkey is no longer pink. Place lasagna noodles over meat mixture; top with tomatoes, tomato sauce, basil, and ½ cup water. Bring to a boil; cover, reduce heat, and simmer, stirring occasionally, 20 minutes or until noodles are tender. Dollop ricotta cheese over mixture, and stir slightly; top with mozzarella cheese. Cover and let stand 2 minutes or until cheese is melted.</p> <hr/> <p><i>Bring a pot of water to a boil; add broccoli rabe. Cook 2 minutes; drain and plunge into an ice-water bath. Drain; dry on paper towels. Heat oil in a large nonstick skillet over medium-high heat; add garlic and red pepper. Sauté 1 minute; add broccoli rabe. Cook 3 to 4 minutes or until tender. Stir in lemon juice and salt.</i></p>
Prep	Cook	Total						
10m	30m	40m						

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<p>Meal 7 Easy for Entertaining</p> <p style="text-align: center;">Sautéed Cod with Roasted Red Pepper Sauce</p> <p style="text-align: center;"><i>Basil Bulgur and Steamed Broccoli</i></p> <table border="0" style="width: 100%; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep 15m</td> <td style="text-align: center;">Cook 15m</td> <td style="text-align: center;">Total 30m</td> </tr> </table>		Prep 15m	Cook 15m	Total 30m	<p>6 (4-oz) cod fillets (or use any lean white fish) $\frac{3}{4}$ tsp chili powder 2 (15-oz) cans navy beans, drained and rinsed 1 cup chopped roasted red bell peppers 3 Tbsp capers, drained 3 cloves garlic, minced 1 cup coarsely chopped baby arugula 3 Tbsp extra virgin olive oil</p> <hr/> <p><i>1½ cups bulgur wheat</i> <i>¼ cup finely chopped fresh basil</i> $\frac{3}{4}$ tsp salt 3 (12-oz) pkg broccoli florets 2 Tbsp extra virgin olive oil</p>	<p>Rinse fish; pat dry. Coat both sides of fish with cooking spray, and sprinkle with chili powder and $\frac{1}{2}$ tsp salt. Cook fish, in batches if necessary, in a large nonstick skillet over medium heat 3 minutes per side or until fish flakes with a fork. Meanwhile, bring beans, peppers, $\frac{1}{2}$ cup water, capers and garlic to a boil in a medium saucepan over medium-high heat. Boil 1 minute or until thoroughly heated. Remove from heat, and stir in arugula. Spoon bean mixture into 6 shallow bowls; top each serving with 1 fish fillet and $\frac{1}{2}$ Tbsp oil.</p> <p>Note: The fish is served on top of the sauce for a pretty presentation. A light drizzle of olive oil adds the finishing touch.</p> <hr/> <p><i>Cook bulgur according to package directions; toss with basil and $\frac{1}{2}$ tsp salt. Steam broccoli according to package directions. Drizzle with oil, and sprinkle with remaining $\frac{1}{4}$ tsp salt.</i></p>
	Prep 15m	Cook 15m	Total 30m			

Meal	✓	Grocery Items to Purchase
		Produce
1,2,7		1 (1-oz) pkg fresh basil
2		2 lb Swiss chard
2,4,6		4 lemons
3		2 (12-oz) pkg cauliflower florets
3,4		2 red onion
3,5		4 red bell peppers
4		1 (10-oz) pkg mixed baby greens
4		1 (16-oz) pkg chopped kale or collard greens
4		1 cantaloupe
4		3 carrots
4,5		2 onions
5		1 lime
5		3 avocados
5		3 portobello mushroom caps
5		1 small eggplant
5		2 large zucchini
6		1½ lb broccoli rabe
7		1 (5-oz) pkg baby arugula
7		3 (12-oz) pkg broccoli florets
		Meat & Seafood
1		1½ lb ground beef
2		1½ lb flounder fillets
3		1½ lb boneless, skinless chicken thighs
6		1½ lb ground turkey
7		6 (4-oz) cod fillets
		Refrigerated
1		1 (8-oz) ball fresh mozzarella cheese
4		1 (3-oz) log goat cheese
4,5		1 (5-oz) wedge Parmesan cheese
6		1 (15-oz) carton part-skim ricotta cheese
6		1 (8-oz) block part-skim mozzarella cheese
		Frozen
1		1 (16-oz) pkg frozen green beans
		Canned & Packaged
1		1 (16-oz) pkg spaghetti
1		2 (24-oz) jars marinara sauce
1		1 loaf whole wheat French bread
2		1 (13.25-oz) pkg whole wheat angel hair pasta
2,3		1 (32-oz) carton low-sodium chicken broth
3		1 (14.5-oz) can fire-roasted diced tomatoes
4		3 (15.5-oz) cans cannellini beans
4		1 (48-oz) carton vegetable broth
5		1 (16-oz) pkg whole wheat orzo
6		1 (15-oz) can tomato sauce
6		1 (12-oz) pkg whole-grain lasagna noodles
6		1 (28-oz) can whole tomatoes
7		2 (15-oz) cans navy beans
7		1 (16-oz) pkg bulgur wheat
7		1 (10-oz) jar roasted red bell peppers

Necessary Staples
Meal 1
1½ Tbsp Italian seasoning ¼ tsp garlic powder 1 large egg 2 Tbsp olive oil 2 cloves garlic ¾ cup Italian breadcrumbs
Meal 2
3 Tbsp butter ½ cup dry white wine (or use broth) 1 Tbsp Italian seasoning 6 Tbsp olive oil 2 cloves garlic 2 Tbsp drained capers ½ cup whole wheat panko breadcrumbs
Meal 3
½ tsp onion powder 1 tsp garlic powder 1¼ tsp crushed red pepper 2 Tbsp extra virgin olive oil 3 cloves garlic
Meal 4
5 Tbsp olive oil 1 Tbsp white wine vinegar 2 tsp Dijon mustard 1 tsp fresh or dried rosemary 2 tsp honey
Meal 5
3 Tbsp balsamic vinegar ½ cup olive oil
Meal 6
3 Tbsp olive oil ¼ tsp crushed red pepper 1 Tbsp dried basil 5 cloves garlic
Meal 7
5 Tbsp extra virgin olive oil ¾ tsp chili powder 3 cloves garlic 3 Tbsp capers