










Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:						
Meal 1	One Dish Dinner	¾ lb ground beef ½ cup Italian breadcrumbs 1 large egg ¼ tsp garlic powder 1 (24-oz) jar marinara sauce ½ tsp Italian seasoning 6 oz spaghetti, broken in half ½ (8-oz) ball fresh mozzarella cheese, sliced ¼ cup fresh basil leaves	Preheat oven to 400°F. Mix together beef, breadcrumbs, egg, garlic powder, and ¼ 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 an 8-inch baking dish. Whisk together marinara, ½ cup water, and Italian seasoning in dish. Add uncooked spaghetti, stirring to coat. Top with meatballs, and cover. Bake 40 to 50 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.						
Baked Spaghetti and Meatballs  <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>50m</td> <td>1h</td> </tr> </table>		Prep	Cook	Total	10m	50m	1h		
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Meal 2	Super Fast	¼ cup whole wheat panko breadcrumbs 2 tsp Italian seasoning ¾ lb flounder fillets (or other flaky, white fish) 1 Tbsp lemon juice 2 Tbsp olive oil ½ cup low-sodium chicken broth ¼ cup dry white wine (or use broth) 1 Tbsp drained capers 2 Tbsp butter <hr/> 6 oz spaghetti (or use angel hair pasta) 2 Tbsp chopped fresh basil 2 Tbsp olive oil 1 clove garlic, minced 1 lb Swiss chard, trimmed and coarsely chopped ¼ cup low-sodium chicken broth 2 tsp lemon juice	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 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. <hr/> 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.						
Flounder "Scallopine" <i>Garlicky Swiss Chard and Pasta with Basil</i>  <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>10m</td> <td>25m</td> </tr> </table>		Prep	Cook	Total	15m	10m	25m		
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Meal 3	Quick Prep Slow Cooker	¾ lb boneless, skinless chicken thighs ½ small red onion, chopped 1 red or green bell pepper, thinly sliced 1 (14.5-oz) can fire-roasted diced tomatoes, drained 2 cloves garlic, minced ¾ tsp crushed red pepper ½ cup low-sodium chicken broth <hr/> 1 (12-oz) pkg cauliflower florets 2 Tbsp extra virgin olive oil ½ tsp garlic powder ¼ tsp onion powder	Sprinkle chicken thighs lightly with salt and pepper. Place in a 3-quart slow cooker coated with cooking spray. Top with onion, bell pepper, tomatoes, garlic, red pepper and broth. Cover and cook on LOW 6 to 8 hours. <hr/> 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.						
Chicken Cacciatore <i>Steamed Garlic Cauliflower</i>  <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>8h</td> <td>8h 15m</td> </tr> </table>		Prep	Cook	Total	15m	8h	8h 15m		
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Meal 4	Meatless Meal	6 oz whole wheat orzo ¼ cup olive oil 2 Tbsp balsamic vinegar 1 large zucchini, halved lengthwise 1 red bell pepper, quartered 1 small eggplant, cut lengthwise into 4 pieces 1 onion, cut into ½-inch-thick slices 1 portobello mushroom cap, cleaned ⅓ cup freshly grated Parmesan cheese	Cook orzo according to package directions. Preheat grill to medium-high heat. Whisk together oil, vinegar, and ¼ tsp each salt and pepper. Combine half of vinaigrette, zucchini and bell pepper in a large bowl; toss well. Brush eggplant, onion, and mushroom 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 just before serving.						
Orzo and Grilled Vegetables with Parmesan <i>Avocado Halves with Lime Juice</i>		<hr/> <i>1 avocado, halved, pitted, and peeled</i> <i>¼ tsp salt</i> <i>2 tsp lime juice</i>	<hr/> <i>Arrange avocado halves, cut sides up, on a plate. Sprinkle with salt; drizzle with lime juice.</i>						
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Meal 5	Meatless Meal	2 Tbsp olive oil 1 onion, chopped 2 carrots, chopped 1 tsp fresh or dried rosemary 1 (15.5-oz) can cannellini beans, drained and rinsed 1 (48-oz) carton vegetable broth 1 Tbsp fresh lemon juice ½ (5-oz) pkg baby spinach ½ cup freshly grated Parmesan cheese	Heat oil in a Dutch oven over medium heat; add onion, carrots and rosemary. Sauté 8 minutes or until tender. Stir in beans, broth, lemon juice, and ½ tsp each salt and pepper. Bring to a boil; reduce heat, and simmer 5 minutes; add spinach, and simmer 2 minutes. Sprinkle each serving with cheese.						
Tuscan White Bean Soup <i>Cantaloupe and Mixed Greens Salad</i>		<hr/> <i>½ (5-oz) pkg mixed baby greens</i> <i>1 cup cubed cantaloupe</i> <i>½ small red onion, thinly sliced</i> <i>¼ cup crumbled feta cheese</i> <i>2 tsp white wine vinegar</i> <i>1 tsp honey</i> <i>1 tsp Dijon mustard</i> <i>2 Tbsp olive oil</i>	<hr/> <i>Combine greens, cantaloupe, onion and feta cheese in a serving bowl. Whisk together vinegar, remaining ingredients, and ¼ tsp each salt and pepper. Drizzle dressing over salad; toss to coat.</i>						
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Meal 6	Kid-Friendly	1 Tbsp olive oil 2 cloves garlic, minced ¾ lb ground turkey 6 oz whole-grain lasagna noodles, broken into pieces 1 (14.5-oz) can whole tomatoes, undrained and chopped 1 (8-oz) can tomato sauce 2 tsp dried basil ½ (15-oz) carton part-skim ricotta cheese ½ (8-oz) ball fresh mozzarella cheese, sliced	Heat oil in a large Dutch oven over medium-high heat; add garlic, turkey, and ½ 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 ¼ cup water. Bring to a boil; cover, reduce heat, and simmer, stirring occasionally, 15 minutes or until noodles are tender. Dollop ricotta cheese over mixture, stirring slightly; top with mozzarella cheese. Cover and let stand 2 minutes or until cheese is melted.						
Stovetop Turkey Lasagna <i>Lemon-Garlic Broccoli Rabe</i>		<hr/> <i>¾ lb broccoli rabe, trimmed</i> <i>1 Tbsp olive oil</i> <i>1 clove garlic, minced</i> <i>⅓ tsp crushed red pepper</i> <i>2 tsp lemon juice</i>	<hr/> <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 ¼ tsp salt.</i>						
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Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:				
<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>2 (4-oz) cod fillets (or use any lean white fish) ¼ tsp chili powder 1 (15-oz) can navy beans, drained and rinsed ½ cup chopped roasted red bell peppers 2 Tbsp capers, drained 2 cloves garlic, minced 1 cup coarsely chopped baby spinach (or use baby arugula) 2 tsp extra virgin olive oil</p> <hr/> <p><i>¾ cup bulgur wheat</i> <i>2 Tbsp finely chopped fresh basil</i> <i>1 (12-oz) pkg broccoli florets</i> <i>1 Tbsp extra virgin olive oil</i></p>	<p>Rinse fish; pat dry. Coat both sides of fish with cooking spray, and sprinkle with chili powder and ¼ tsp salt. Cook fish in a large nonstick skillet over medium heat 3 minutes per side or until fish flakes with a fork. Meanwhile, bring beans, peppers, ¼ 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 spinach. Spoon bean mixture into 2 shallow bowls; top each serving with 1 fish fillet and 1 tsp oil.</p> <hr/> <p><i>Cook bulgur according to package directions; toss with basil and ¼ tsp salt. Steam broccoli according to package directions. Drizzle with oil, and sprinkle with ¼ tsp salt.</i></p>
	Prep 15m	Cook 15m	Total 30m			

Meal	✓	Grocery Items to Purchase	Necessary Staples
		Produce	Meal 1
1,2,7		1 (1-oz) pkg fresh basil	½ tsp Italian seasoning
2		1 lb Swiss chard	¼ tsp garlic powder
2,5,6		4 lemons	1 large egg
3		1 (12-oz) pkg cauliflower florets	⅓ cup Italian breadcrumbs
4		1 lime	Meal 2
4		1 portobello mushroom	2 tsp Italian seasoning
4		1 avocado	2 Tbsp butter
4		1 small eggplant	¼ cup dry white wine (or use broth)
4		1 large zucchini	4 Tbsp olive oil
3,4		2 red bell peppers	1 clove garlic
4,5		2 onions	¼ cup whole wheat panko breadcrumbs
5		½ (5-oz) pkg mixed baby greens	1 Tbsp drained capers
5		2 carrots	Meal 3
5		1 small cantaloupe	½ tsp garlic powder
3,5		1 small red onion	¼ tsp onion powder
5,7		1 (5-oz) pkg baby spinach	¾ tsp crushed red pepper
6		¾ lb broccoli rabe	2 Tbsp extra virgin olive oil
7		1 (12-oz) pkg broccoli florets	2 cloves garlic
		Meat & Seafood	Meal 4
1		¾ lb ground beef	¼ cup olive oil
2		¾ lb flounder fillets	2 Tbsp balsamic vinegar
3		¾ lb boneless, skinless chicken thighs	Meal 5
6		¾ lb ground turkey	4 Tbsp olive oil
7		2 (4-oz) cod fillets	1 tsp Dijon mustard
		Refrigerated	2 tsp white wine vinegar
1,6		1 (8-oz) ball fresh mozzarella cheese	1 tsp honey
4,5		1 (4-oz) wedge Parmesan cheese	1 tsp fresh or dried rosemary
5		½ (4-oz) pkg crumbled feta cheese	Meal 6
6		½ (15-oz) carton part-skim ricotta cheese	2 Tbsp olive oil
		Canned & Packaged	2 tsp dried basil
1		1 (24-oz) jar marinara sauce	⅓ tsp crushed red pepper
1,2		1 (16-oz) pkg spaghetti	3 cloves garlic
2,3		1 (14.5-oz) can low-sodium chicken broth	Meal 7
3		1 (14.5-oz) can fire-roasted diced tomatoes	5 tsp extra virgin olive oil
4		1 (16-oz) pkg whole wheat orzo	¼ tsp chili powder
5		1 (15.5-oz) can cannellini beans	2 cloves garlic
5		1 (48-oz) carton vegetable broth	2 Tbsp capers
6		1 (14.5-oz) can whole tomatoes	
6		1 (16-oz) pkg whole-grain lasagna noodles	
6		1 (8-oz) can tomato sauce	
7		1 (15-oz) can navy beans	
7		1 (16-oz) pkg bulgur wheat	
7		1 (10-oz) jar roasted red bell peppers	