

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:																																														
<p>Meal 1 Crowd-Pleaser</p> <h3>Spinach and Sun-Dried Tomato Flank Steak</h3> <p><i>Lemony Broccolini</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">20m</td> <td style="padding: 2px;">35m</td> <td style="padding: 2px;">55m</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>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>240</td> <td>100</td> <td>340</td> </tr> <tr> <td>Fat (g)</td> <td>11</td> <td>5</td> <td>16</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> <td>1</td> <td>5</td> </tr> <tr> <td>Protein (g)</td> <td>29</td> <td>5</td> <td>34</td> </tr> <tr> <td>Carb (g)</td> <td>7</td> <td>11</td> <td>18</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>2</td> <td>4</td> </tr> <tr> <td>Sodium (mg)</td> <td>670</td> <td>430</td> <td>1100</td> </tr> <tr> <td>Points (SP)</td> <td>4</td> <td>1</td> <td>5</td> </tr> </tbody> </table>	Prep	Cook	Total	20m	35m	55m		Main	Side	Total	Servings	6	6		Calories	240	100	340	Fat (g)	11	5	16	Sat. Fat (g)	4	1	5	Protein (g)	29	5	34	Carb (g)	7	11	18	Fiber (g)	2	2	4	Sodium (mg)	670	430	1100	Points (SP)	4	1	5	<p>6 slices center-cut bacon, chopped 1 shallot, minced 4 cloves garlic, minced 1 (10-oz) pkg spinach, stemmed 1 (7-oz) jar sun-dried tomatoes in oil, drained and chopped 3 Tbsp chopped fresh basil 1 tsp grated lemon rind 1 Tbsp fresh lemon juice 1 tsp salt ½ tsp pepper 1½ lb flank steak</p> <hr/> <p><i>2 lb Broccolini, trimmed (see note)</i> <i>2 Tbsp olive oil</i> <i>2 tsp grated lemon rind</i> <i>1 tsp salt</i> <i>½ tsp pepper</i></p>	<p>Preheat oven to 400°F. Cook bacon in a large ovenproof skillet over medium heat until crisp. Remove from skillet using a slotted spoon, reserving 3 Tbsp drippings in a bowl. Drain bacon on paper towels. Add 1 Tbsp reserved drippings to skillet over medium heat. Add shallot and garlic; sauté 3 minutes. Gradually stir in spinach until wilted. Stir in tomatoes, basil, lemon rind, lemon juice, salt, pepper, and bacon. Let cool slightly. Pound steak to ¼-inch thickness. Spread bacon mixture over steak, leaving a ½-inch border. Starting with 1 long side, roll up steak, jelly-roll fashion; tie with kitchen string at 2-inch intervals. Wipe skillet clean. Heat 2 Tbsp drippings over medium-high heat in skillet. Add steak, and cook 4 minutes per side or until browned. Transfer skillet to oven. Bake 15 to 20 minutes or until a meat thermometer inserted into thickest portion reads 135°F. Let stand 10 minutes. Remove string, and slice.</p> <hr/> <p><i>Cook Broccolini in boiling water to cover in a saucepan 5 minutes or until crisp-tender; drain. Toss with oil, lemon rind, salt, and pepper.</i> Note: Substitute broccoli, if desired.</p>
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<p>Meal 2 Marinate Ahead</p> <h3>Sausage and Feta Pasta</h3> <p><i>Lightly Sweetened Strawberries and Bananas</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">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>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>430</td> <td>70</td> <td>500</td> </tr> <tr> <td>Fat (g)</td> <td>15</td> <td>0</td> <td>15</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>5</td> <td>0</td> <td>5</td> </tr> <tr> <td>Protein (g)</td> <td>25</td> <td>1</td> <td>26</td> </tr> <tr> <td>Carb (g)</td> <td>53</td> <td>19</td> <td>72</td> </tr> <tr> <td>Fiber (g)</td> <td>9</td> <td>2</td> <td>11</td> </tr> <tr> <td>Sodium (mg)</td> <td>910</td> <td>0</td> <td>910</td> </tr> <tr> <td>Points (SP)</td> <td>5</td> <td>1</td> <td>6</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	15m	30m		Main	Side	Total	Servings	6	6		Calories	430	70	500	Fat (g)	15	0	15	Sat. Fat (g)	5	0	5	Protein (g)	25	1	26	Carb (g)	53	19	72	Fiber (g)	9	2	11	Sodium (mg)	910	0	910	Points (SP)	5	1	6	<p>12 oz multigrain penne pasta (about 1¾ cups) 6 (3-oz) links fully cooked chicken-apple sausages, thinly sliced 2 bell peppers (any color), thinly sliced 1 large onion, chopped 6 cloves garlic, minced 2 cups grape tomatoes, cut in half 1½ Tbsp dried basil 1 cup water 1 cup crumbled reduced-fat feta cheese</p> <hr/> <p><i>1 (16-oz) pkg strawberries, quartered</i> <i>2 Tbsp sugar</i> <i>2 bananas, sliced</i></p>	<p>Cook pasta according to package directions. Meanwhile, cook sausage in a Dutch oven coated with cooking spray over medium-high heat 3 minutes or until beginning to brown. Remove from pan. Coat pan with cooking spray; add peppers and onion, and sauté 3 minutes. Add garlic, and sauté 30 seconds. Stir in tomatoes, basil and water; cover and cook over medium heat 8 to 10 minutes or until peppers are tender. Remove from heat, and stir in cooked pasta and sausage. Sprinkle with cheese.</p> <hr/> <p><i>Combine strawberries and sugar in a serving bowl; toss. Cover and chill at least 30 minutes. Stir in bananas.</i> Note: Prepare the strawberries first so they have time to marinate while you cook the main dish. Add the bananas just before serving.</p>
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<p>Meal 3 Classic Favorite</p> <p style="text-align: center;">Baked Greek Chicken</p> <p style="text-align: center;"><i>Lemon Orzo</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="border-bottom: 1px solid black;">Prep</td> <td style="border-bottom: 1px solid black;">Cook</td> <td style="border-bottom: 1px solid black;">Total</td> </tr> <tr> <td>15m</td> <td>25m</td> <td>40m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="width: 100%; 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>6</td><td>6</td><td></td></tr> <tr><td>Calories</td><td>310</td><td>150</td><td>460</td></tr> <tr><td>Fat (g)</td><td>12</td><td>5</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>34</td><td>4</td><td>38</td></tr> <tr><td>Carb (g)</td><td>14</td><td>21</td><td>35</td></tr> <tr><td>Fiber (g)</td><td>7</td><td>1</td><td>8</td></tr> <tr><td>Sodium (mg)</td><td>530</td><td>200</td><td>730</td></tr> <tr><td>Points (SP)</td><td>4</td><td>3</td><td>7</td></tr> </tbody> </table>	Prep	Cook	Total	15m	25m	40m		Main	Side	Total	Servings	6	6		Calories	310	150	460	Fat (g)	12	5	17	Sat. Fat (g)	2	1	3	Protein (g)	34	4	38	Carb (g)	14	21	35	Fiber (g)	7	1	8	Sodium (mg)	530	200	730	Points (SP)	4	3	7	<p>6 (6-oz) bone-in, skinless chicken breasts 1½ tsp dried oregano ½ tsp salt ½ tsp pepper 2 Tbsp extra virgin olive oil 3 cups grape tomatoes 20 pitted kalamata olives, coarsely chopped 1 onion, cut into wedges 2 (9-oz) pkg frozen artichoke hearts, thawed 2 lemons, cut into wedges</p> <hr style="border: 0.5px dashed #000;"/> <p><i>6 oz orzo pasta</i> <i>2 Tbsp extra virgin olive oil</i> <i>1½ tsp grated lemon rind</i> <i>½ tsp salt</i></p>	<p>Preheat oven to 400°F; sprinkle chicken with oregano, salt and pepper. Cook chicken, in batches, in hot oil in a large nonstick skillet over medium-high heat 2 to 3 minutes per side or until browned. Place chicken in a roasting pan coated with cooking spray. Arrange tomatoes, olives, onion, artichokes and lemons. Drizzle with drippings from skillet. Bake 20 minutes or until chicken is done and vegetables are tender.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Cook orzo according to package directions. Toss with oil, lemon rind and salt.</i></p>
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<p>Meal 4 Meatless Meal</p> <p style="text-align: center;">Smoky Carrot-and-Black Bean Stew</p> <p style="text-align: center;"><i>Cucumbers with Jalapeño-Lime Vinaigrette</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="border-bottom: 1px solid black;">Prep</td> <td style="border-bottom: 1px solid black;">Cook</td> <td style="border-bottom: 1px solid black;">Total</td> </tr> <tr> <td>20m</td> <td>30m</td> <td>50m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="width: 100%; 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>6</td><td>6</td><td></td></tr> <tr><td>Calories</td><td>360</td><td>70</td><td>430</td></tr> <tr><td>Fat (g)</td><td>14</td><td>5</td><td>19</td></tr> <tr><td>Sat. Fat (g)</td><td>2</td><td>0</td><td>2</td></tr> <tr><td>Protein (g)</td><td>15</td><td>1</td><td>16</td></tr> <tr><td>Carb (g)</td><td>47</td><td>7</td><td>54</td></tr> <tr><td>Fiber (g)</td><td>15</td><td>1</td><td>16</td></tr> <tr><td>Sodium (mg)</td><td>560</td><td>200</td><td>760</td></tr> <tr><td>Points (SP)</td><td>8</td><td>1</td><td>9</td></tr> </tbody> </table>	Prep	Cook	Total	20m	30m	50m		Main	Side	Total	Servings	6	6		Calories	360	70	430	Fat (g)	14	5	19	Sat. Fat (g)	2	0	2	Protein (g)	15	1	16	Carb (g)	47	7	54	Fiber (g)	15	1	16	Sodium (mg)	560	200	760	Points (SP)	8	1	9	<p>3 cups sliced carrots (about 1 lb) 2 cups chopped onion 1½ Tbsp extra virgin olive oil 2 Tbsp smoked paprika 1 Tbsp ground cumin 6 cloves garlic, minced 3 (14.5-oz) cans low-sodium chicken broth (or use vegetarian broth) 3 (14.5-oz) cans no-salt-added diced tomatoes 3 (15-oz) cans no-salt-added black beans, drained and rinsed 3 avocados, pitted and chopped</p> <hr style="border: 0.5px dashed #000;"/> <p><i>3 cucumbers, thinly sliced</i> <i>2 Tbsp extra virgin olive oil</i> <i>2 Tbsp lime juice</i> <i>1½ Tbsp apple cider vinegar</i> <i>2 jalapeño peppers, seeded and minced</i> <i>2 cloves garlic, minced</i> <i>½ tsp salt</i></p>	<p>Sauté carrots and onion in hot oil in a stock pot or a large Dutch oven over medium-high heat 5 minutes. Add paprika, cumin and garlic; sauté 1 minute. Stir in broth, tomatoes, and beans; bring to a boil. Reduce heat; partially cover, and simmer 20 minutes or until carrots are very tender. Top individual servings with avocado.</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 5 Classic Favorite</p> <p style="text-align: center;">Barbecue Meat Loaf</p> <p style="text-align: center;"><i>Oven-Baked Dijon Potatoes and Green Beans</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="border-bottom: 1px solid black;">Prep</td> <td style="border-bottom: 1px solid black;">Cook</td> <td style="border-bottom: 1px solid black;">Total</td> </tr> <tr> <td>15m</td> <td>1h</td> <td>1h 15m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="width: 100%; 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>6</td><td>6</td><td></td></tr> <tr><td>Calories</td><td>310</td><td>160</td><td>470</td></tr> <tr><td>Fat (g)</td><td>10</td><td>5</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>28</td><td>4</td><td>32</td></tr> <tr><td>Carb (g)</td><td>26</td><td>26</td><td>52</td></tr> <tr><td>Fiber (g)</td><td>2</td><td>6</td><td>8</td></tr> <tr><td>Sodium (mg)</td><td>400</td><td>290</td><td>690</td></tr> <tr><td>Points (SP)</td><td>10</td><td>4</td><td>14</td></tr> </tbody> </table>	Prep	Cook	Total	15m	1h	1h 15m		Main	Side	Total	Servings	6	6		Calories	310	160	470	Fat (g)	10	5	15	Sat. Fat (g)	2	0	2	Protein (g)	28	4	32	Carb (g)	26	26	52	Fiber (g)	2	6	8	Sodium (mg)	400	290	690	Points (SP)	10	4	14	<p>1 cup chopped onion 1 Tbsp olive oil 1½ lb lean ground beef ¾ cup barbecue sauce ¾ cup quick-cooking oats 1½ tsp dried oregano ¼ tsp crushed red pepper 3 large eggs, lightly beaten</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>1½ lb russet potatoes, cut into chunks</i> <i>2 Tbsp Dijon mustard</i> <i>2 Tbsp olive oil</i> <i>1½ lb green beans, trimmed</i> <i>1½ tsp garlic powder</i> <i>¾ tsp salt</i> <i>½ tsp pepper</i></p>	<p>Preheat oven to 375°F. Sauté onion in hot oil in a skillet 3 minutes or until slightly browned; remove from heat. Combine beef, onion, ½ cup barbecue sauce, oats, oregano, red pepper, and eggs; mix with hands until blended. Shape into a 1½-inch-tall loaf on a baking sheet coated with cooking spray. Bake 55 minutes or until a meat thermometer inserted into center reads 165°F. Top with ¼ cup barbecue sauce. Let stand 10 minutes before slicing.</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>Preheat oven to 375°F. Toss together potatoes, mustard, and oil in a bowl. Spread into a single layer on a rimmed baking sheet. Bake 15 minutes. Coat beans with cooking spray. Add beans, garlic powder, salt, and pepper to potatoes, and toss. Spread in a single layer. Bake 15 minutes.</i></p>
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<p>Meal 6 Chill Time</p> <p style="text-align: center;">Lemony Salmon Burgers</p> <p style="text-align: center;"><i>Pear and Orange Toss</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="border-bottom: 1px solid black;">Prep</td> <td style="border-bottom: 1px solid black;">Cook</td> <td style="border-bottom: 1px solid black;">Total</td> </tr> <tr> <td>20m</td> <td>15m</td> <td>35m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="width: 100%; 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>6</td><td>6</td><td></td></tr> <tr><td>Calories</td><td>330</td><td>100</td><td>430</td></tr> <tr><td>Fat (g)</td><td>15</td><td>0</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>22</td><td>1</td><td>23</td></tr> <tr><td>Carb (g)</td><td>26</td><td>26</td><td>52</td></tr> <tr><td>Fiber (g)</td><td>2</td><td>4</td><td>6</td></tr> <tr><td>Sodium (mg)</td><td>730</td><td>0</td><td>730</td></tr> <tr><td>Points (SP)</td><td>10</td><td>1</td><td>11</td></tr> </tbody> </table>	Prep	Cook	Total	20m	15m	35m		Main	Side	Total	Servings	6	6		Calories	330	100	430	Fat (g)	15	0	15	Sat. Fat (g)	2	0	2	Protein (g)	22	1	23	Carb (g)	26	26	52	Fiber (g)	2	4	6	Sodium (mg)	730	0	730	Points (SP)	10	1	11	<p>3 (6-oz) cans boneless, skinless pink salmon, drained and flaked ¾ cup finely chopped red bell pepper (or any color) ¾ cup panko breadcrumbs ⅔ cup reduced-fat mayonnaise ¼ cup lemon juice 3 egg whites 6 (1.5-oz) whole wheat hamburger buns, toasted</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>3 oranges, peeled and sectioned</i> <i>3 firm pears, chopped</i> <i>2 Tbsp lime juice</i> <i>1 Tbsp honey</i></p>	<p>Combine salmon, bell pepper, breadcrumbs, ⅓ cup mayonnaise, 3 Tbsp lemon juice, and egg whites in a bowl. Shape into 6 (3-inch) patties. Cook patties, in batches, in a large nonstick skillet coated with cooking spray over medium heat 4 to 5 minutes per side or until done. Stir together ⅓ cup mayonnaise and 1 Tbsp lemon juice. Serve burgers on buns with mayonnaise mixture.</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>Toss together all ingredients in a bowl. Chill 30 minutes.</i></p>
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Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:																																														
<p>Meal 7 Super Fast</p> <p style="text-align: center;">Pesto Chicken</p> <p style="text-align: center;"><i>Lemon-Basil Carrots and Brown Basmati Rice</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 0 5px;">Prep</td> <td style="padding: 0 5px;">Cook</td> <td style="padding: 0 5px;">Total</td> </tr> <tr> <td style="padding: 0 5px;">20m</td> <td style="padding: 0 5px;">10m</td> <td style="padding: 0 5px;">30m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="width: 100%; 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>6</td><td>6</td><td></td></tr> <tr><td>Calories</td><td>200</td><td>200</td><td>400</td></tr> <tr><td>Fat (g)</td><td>8</td><td>4</td><td>12</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>5</td><td>31</td></tr> <tr><td>Carb (g)</td><td>2</td><td>39</td><td>41</td></tr> <tr><td>Fiber (g)</td><td>0</td><td>4</td><td>4</td></tr> <tr><td>Sodium (mg)</td><td>230</td><td>280</td><td>510</td></tr> <tr><td>Points (SP)</td><td>5</td><td>5</td><td>10</td></tr> </tbody> </table>	Prep	Cook	Total	20m	10m	30m		Main	Side	Total	Servings	6	6		Calories	200	200	400	Fat (g)	8	4	12	Sat. Fat (g)	1	0	1	Protein (g)	26	5	31	Carb (g)	2	39	41	Fiber (g)	0	4	4	Sodium (mg)	230	280	510	Points (SP)	5	5	10	<p>3 (8-oz) boneless, skinless chicken breasts, cut in half lengthwise</p> <p>6 Tbsp pesto</p> <p>½ tsp pepper</p> <p>1 lemon, cut into 6 wedges</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1½ lb carrots, peeled and cut into 1-inch pieces</i></p> <p><i>⅓ cup water</i></p> <p><i>1 Tbsp olive oil</i></p> <p><i>1 Tbsp fresh lemon juice</i></p> <p><i>1 Tbsp chopped fresh basil</i></p> <p><i>½ tsp salt</i></p> <p><i>2 (8.8-oz) pouches microwavable brown basmati rice</i></p>	<p>Pound chicken to ½-inch thickness. Brush with pesto, and sprinkle with pepper. Cook chicken, in batches, in a nonstick skillet coated with cooking spray over medium-high heat 3 minutes per side or until done. Serve with lemon wedges.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Combine carrots and water in a microwave-safe dish. Cover with plastic wrap, and vent one corner. Microwave at HIGH 8 minutes or until carrots are tender; drain. Toss with oil, lemon juice, basil and salt. Cook rice according to package directions.</i></p>
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Portion Control Family Plan

Sample Plan

Meal	✓	Grocery Items to Purchase
		Produce
1		1 shallot
1		1 (10-oz) pkg spinach
1		2 lb Broccolini
1,3,6,7		8 lemons
1,7		½ (1-oz) pkg fresh basil
2		1 (16-oz) pkg strawberries
2		2 bananas
2,3		3 pints grape tomatoes
2,3,4,5		4 onions
2,6		3 bell peppers
4		3 cucumbers
4		2 jalapeño peppers
4		3 avocados
4,6		2 limes
4,7		2½ lb carrots
5		1½ lb green beans
5		1½ lb russet potatoes
6		3 oranges
6		3 pears
		Meat & Seafood
1		½ (12-oz) pkg center-cut bacon
1		1½ lb flank steak
2		2 (4-count) pkg fully cooked chicken-apple sausages
3		6 (6-oz) bone-in, skinless chicken breasts
5		1½ lb lean ground beef
7		3 (8-oz) boneless, skinless chicken breasts
		Refrigerated
2		1 (4-oz) pkg crumbled reduced-fat feta cheese
5,6		6 large eggs
		Frozen
3		2 (9-oz) pkg frozen artichoke hearts
		Canned & Packaged
1		1 (7-oz) jar sun-dried tomatoes in oil
2		1 (14.5-oz) pkg multigrain penne pasta
3		½ (16-oz) pkg orzo pasta
3		1 (6.5-oz) jar pitted kalamata olives
4		3 (15-oz) cans no-salt-added black beans
4		3 (14.5-oz) cans low-sodium chicken broth
4		3 (14.5-oz) cans no-salt-added diced tomatoes
5		½ (18-oz) pkg quick-cooking oats
5		½ (18-oz) bottle barbecue sauce
6		3 (6-oz) cans boneless, skinless pink salmon
6		1 (12-oz) pkg whole wheat hamburger buns
7		½ (8.1-oz) jar pesto
7		2 (8.8-oz) pouches microwavable brown basmati rice

Necessary Staples
Meal 1
2 Tbsp olive oil 4 cloves garlic Kitchen string
Meal 2
1½ Tbsp dried basil 6 cloves garlic 2 Tbsp sugar
Meal 3
4 Tbsp extra virgin olive oil 1½ tsp dried oregano
Meal 4
1½ Tbsp apple cider vinegar 2 Tbsp smoked paprika 3 Tbsp extra virgin olive oil 1 Tbsp ground cumin 8 cloves garlic
Meal 5
3 Tbsp olive oil 1½ tsp garlic powder ¼ tsp crushed red pepper 2 Tbsp Dijon mustard 1½ tsp dried oregano Cooking spray
Meal 6
1 Tbsp honey ⅔ cup reduced-fat mayonnaise ¾ cup panko breadcrumbs
Meal 7
1 Tbsp olive oil