

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:																																										
<p>Meal 1</p> <h2>Caribbean Jerk Burgers with Lime Mayo</h2> <p><i>Oven-Baked Sweet Potato Fries with Lime Mayo</i></p>  <table border="1" data-bbox="186 514 470 577"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>20m</td> <td>30m</td> </tr> </table> <p>Nutritional Information</p> <table border="1" data-bbox="89 630 479 892"> <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>570</td> <td>288</td> <td>858</td> </tr> <tr> <td>Fat (g)</td> <td>34</td> <td>20</td> <td>54</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>11</td> <td>2</td> <td>13</td> </tr> <tr> <td>Protein (g)</td> <td>41</td> <td>1</td> <td>42</td> </tr> <tr> <td>Carb (g)</td> <td>25</td> <td>26</td> <td>51</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> <td>3</td> <td>7</td> </tr> <tr> <td>Sodium (mg)</td> <td>940</td> <td>270</td> <td>1210</td> </tr> </tbody> </table>	Prep	Cook	Total	10m	20m	30m		Main	Side	Total	Servings	6	6		Calories	570	288	858	Fat (g)	34	20	54	Sat. Fat (g)	11	2	13	Protein (g)	41	1	42	Carb (g)	25	26	51	Fiber (g)	4	3	7	Sodium (mg)	940	270	1210	<p>2 lb lean ground beef 2½ Tbsp plus 1 tsp Jerk seasoning 6 (0.75-oz) slices Pepper Jack cheese 1 cup olive oil mayonnaise ½ tsp grated lime rind 2 Tbsp lime juice 6 hamburger buns, split and toasted 1 (8-oz) pkg shredded lettuce 3 Roma tomatoes, thinly sliced</p> <hr/> <p><i>1 (19-oz) pkg frozen sweet potato fries</i> <i>Reserved ½ cup Lime Mayo (from Caribbean Jerk Burgers recipe)</i></p>	<p>Preheat grill or grill pan to medium-high heat. Stir together ground beef and 2½ Tbsp Jerk seasoning; shape into 6 patties. Grill patties, covered, 5 to 6 minutes per side. Top each with 1 slice cheese; let stand until melted. Meanwhile, stir together mayonnaise, lime rind, lime juice, and remaining 1 tsp Jerk seasoning in a bowl. Reserve ½ cup Lime Mayo as a dip for side dish. Spread remaining mayo over bottom buns. Layer bottom buns with lettuce, tomato and patties. Add bun tops.</p> <p>Note: For quick dinner results, bake the fries first, and then make the burgers.</p> <hr/> <p><i>Bake fries according to package directions. Serve fries with Lime Mayo as a dipping sauce.</i></p> <p>Note: Fries bake for 20 minutes.</p>
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<p>Meal 2</p> <h2>Broiled Salmon with Citrus Topping</h2> <p><i>Broiled Asparagus and Barley</i></p>  <table border="1" data-bbox="186 1186 470 1249"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>15m</td> <td>30m</td> </tr> </table> <p>Nutritional Information</p> <table border="1" data-bbox="89 1302 479 1564"> <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>190</td> <td>500</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>0</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>41</td> <td>7</td> <td>48</td> </tr> <tr> <td>Carb (g)</td> <td>9</td> <td>34</td> <td>43</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>7</td> <td>9</td> </tr> <tr> <td>Sodium (mg)</td> <td>390</td> <td>200</td> <td>590</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	15m	30m		Main	Side	Total	Servings	6	6		Calories	310	190	500	Fat (g)	12	5	17	Sat. Fat (g)	2	0	2	Protein (g)	41	7	48	Carb (g)	9	34	43	Fiber (g)	2	7	9	Sodium (mg)	390	200	590	<p>1 (2-lb) salmon fillet 2 Tbsp olive oil ½ Tbsp chili powder ¾ tsp salt ½ tsp pepper 2 oranges, peeled and sliced into rounds 1 grapefruit, peeled and sliced into rounds ¼ cup torn fresh basil</p> <hr/> <p><i>1½ cups quick-cooking barley</i> <i>½ tsp salt, divided</i> <i>½ tsp pepper, divided</i> <i>2 lb asparagus, ends trimmed</i> <i>2 Tbsp olive oil</i></p>	<p>Preheat broiler. Rub salmon with oil; sprinkle with chili powder, salt and pepper. Place salmon on a greased foil-lined baking sheet; broil 7 to 9 minutes or until salmon flakes with a fork. Meanwhile, combine oranges, grapefruit and basil; serve over salmon. Cut salmon into serving-size portions.</p> <hr/> <p><i>Bring 2½ cups water to a boil; add barley. Cover, reduce heat, and simmer 10 to 12 minutes or until barley is tender; stir in ¼ tsp each salt and pepper. Meanwhile, toss asparagus with oil and remaining ¼ tsp each salt and pepper on a rimmed baking sheet. Place in oven alongside salmon; broil 5 to 7 minutes or until tender.</i></p>
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<p>Meal 3 Classic Favorite</p> <p>Spicy Kung Pao Chicken</p> <p><i>Sautéed Baby Bok Choy and Jasmine Rice</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;">15m</td> <td style="padding: 2px 5px;">15m</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>430</td> <td>210</td> <td>640</td> </tr> <tr> <td>Fat (g)</td> <td>23</td> <td>7</td> <td>30</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>3</td> <td>1</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>41</td> <td>6</td> <td>47</td> </tr> <tr> <td>Carb (g)</td> <td>12</td> <td>34</td> <td>46</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>3</td> <td>5</td> </tr> <tr> <td>Sodium (mg)</td> <td>750</td> <td>340</td> <td>1090</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	15m	30m		Main	Side	Total	Servings	6	6		Calories	430	210	640	Fat (g)	23	7	30	Sat. Fat (g)	3	1	4	Protein (g)	41	6	47	Carb (g)	12	34	46	Fiber (g)	2	3	5	Sodium (mg)	750	340	1090	<p>3 Tbsp sesame oil 2 lb boneless, skinless chicken breasts, cut into chunks 1 (14-oz) pkg frozen seasoning blend (diced onion, bell peppers and celery) 1 cup water ¼ cup low-sodium soy sauce 2 Tbsp chile paste with garlic (see Note) 1 Tbsp cornstarch 1 Tbsp brown sugar 1 cup dry-roasted peanuts</p> <hr style="border: 0.5px dashed #000;"/> <p><i>2 Tbsp olive oil</i> <i>6 baby bok choy, cut in half lengthwise</i> <i>2 Tbsp low-sodium soy sauce</i> <i>2 (8.5-oz) pouches microwavable jasmine rice</i></p>	<p>Heat oil in a large nonstick skillet over medium-high heat; add chicken. Cook 3 to 4 minutes or until browned on all sides; add seasoning blend. Cook 3 minutes longer or until vegetables begin to brown. Meanwhile, whisk together 1 cup water, soy sauce, chile paste, cornstarch, and brown sugar; add to chicken mixture. Bring to a boil; cook 2 minutes or until thickened. Sprinkle with peanuts, and serve over rice.</p> <p>Note: Kung Pao Chicken is a spicy stir-fry dish made with chicken, vegetables, peanuts and chili peppers. For a milder version, reduce the chile paste to 1 Tbsp.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Heat oil in a large, deep skillet over medium-high heat; add bok choy. Sauté 1 minute; add ¼ cup water. Cook 3 minutes longer or until bok choy is tender; stir in soy sauce. Meanwhile, microwave rice according to package directions.</i></p>
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<p>Meal 4 Easy for Entertaining</p> <p>Apricot-Glazed Pork Tenderloin</p> <p><i>Spinach, Beet and Avocado 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;">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>230</td> <td>200</td> <td>430</td> </tr> <tr> <td>Fat (g)</td> <td>4</td> <td>17</td> <td>21</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>Protein (g)</td> <td>32</td> <td>3</td> <td>35</td> </tr> <tr> <td>Carb (g)</td> <td>18</td> <td>12</td> <td>30</td> </tr> <tr> <td>Fiber (g)</td> <td>0</td> <td>6</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>440</td> <td>160</td> <td>600</td> </tr> </tbody> </table>	Prep	Cook	Total	10m	20m	30m		Main	Side	Total	Servings	6	6		Calories	230	200	430	Fat (g)	4	17	21	Sat. Fat (g)	1	2	3	Protein (g)	32	3	35	Carb (g)	18	12	30	Fiber (g)	0	6	6	Sodium (mg)	440	160	600	<p>½ cup all-natural apricot preserves 1 Tbsp apple cider vinegar 1 Tbsp low-sodium soy sauce 1 Tbsp grainy Dijon mustard 2 (1-lb) pork tenderloins, trimmed ½ tsp salt ½ tsp pepper</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1 (10-oz) pkg baby spinach</i> <i>2 avocados, pitted and sliced</i> <i>1 (8-oz) pkg cubed steamed baby beets</i> <i>1 Tbsp fresh lemon juice</i> <i>1 tsp grainy Dijon mustard</i> <i>1 tsp honey</i> <i>3 Tbsp olive oil</i> <i>¼ tsp salt</i> <i>¼ tsp pepper</i></p>	<p>Preheat oven to 425°F. Whisk together apricot preserves, vinegar, soy sauce, and mustard. Place pork tenderloins on a greased pan, and sprinkle with salt and pepper. Bake pork 20 to 25 minutes or until a thermometer reads 145°F, turning occasionally and basting with apricot mixture.</p> <p>Note: For quick results, prepare the pork tenderloin first. And while the pork cooks, prepare the salad.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Divide spinach among 6 salad plates. Arrange avocado and beets over spinach. Combine lemon juice, mustard, honey, oil, salt and pepper in a screw-top jar. Cover jar, and shake well; drizzle over salads.</i></p>
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<p>Meal 5 Meatless Meal</p> <p>Butternut Squash Quinoa with Dried Cherries</p> <p><i>Sweet and Sour Brussels Sprouts</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;">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>570</td> <td>160</td> <td>730</td> </tr> <tr> <td>Fat (g)</td> <td>27</td> <td>5</td> <td>32</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>5</td> <td>0</td> <td>5</td> </tr> <tr> <td>Protein (g)</td> <td>13</td> <td>3</td> <td>16</td> </tr> <tr> <td>Carb (g)</td> <td>74</td> <td>23</td> <td>97</td> </tr> <tr> <td>Fiber (g)</td> <td>13</td> <td>4</td> <td>17</td> </tr> <tr> <td>Sodium (mg)</td> <td>760</td> <td>230</td> <td>990</td> </tr> </tbody> </table>	Prep	Cook	Total	10m	20m	30m		Main	Side	Total	Servings	6	6		Calories	570	160	730	Fat (g)	27	5	32	Sat. Fat (g)	5	0	5	Protein (g)	13	3	16	Carb (g)	74	23	97	Fiber (g)	13	4	17	Sodium (mg)	760	230	990	<p>2 (12-oz) pkg cubed butternut squash 2 Tbsp olive oil ½ tsp salt ¼ tsp pepper 2 (4.9-oz) boxes rosemary and olive oil quinoa 1 (5-oz) pkg dried cherries ½ cup refrigerated champagne vinaigrette 1 cup chopped walnuts 1 (4-oz) pkg crumbled feta cheese 1 (5-oz) pkg baby arugula</p> <hr/> <p><i>2 Tbsp olive oil</i> <i>2 (12-oz) pkg shredded Brussels sprouts</i> <i>½ cup balsamic vinegar</i> <i>¼ cup honey</i> <i>½ tsp salt</i> <i>½ tsp pepper</i></p>	<p>Preheat oven to 425°F. Toss butternut squash with oil, salt and pepper on a greased rimmed baking sheet. Bake 20 minutes or until browned and tender. Meanwhile, cook quinoa according to package directions, adding dried cherries during last 5 minutes of cooking to soften. Transfer cooked quinoa to a serving bowl; add baked squash, vinaigrette, walnuts, feta and arugula. Toss to coat, and serve immediately.</p> <p>Note: Quinoa cooks in 20 minutes.</p> <hr/> <p><i>Heat oil in a large Dutch oven over medium heat; add Brussels sprouts. Sauté 5 minutes or until wilted. Combine vinegar and honey; add to Brussels sprouts. Cover, reduce heat, and simmer 10 minutes, stirring frequently; stir in salt and pepper.</i></p>
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<p>Meal 6</p> <p>Spanish-Style Chicken Legs with Potatoes</p> <p><i>Radicchio, Orange and Olive Salad</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;">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>130</td> <td>470</td> </tr> <tr> <td>Fat (g)</td> <td>13</td> <td>10</td> <td>23</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>3</td> <td>1</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>27</td> <td>1</td> <td>28</td> </tr> <tr> <td>Carb (g)</td> <td>28</td> <td>11</td> <td>39</td> </tr> <tr> <td>Fiber (g)</td> <td>3</td> <td>1</td> <td>4</td> </tr> <tr> <td>Sodium (mg)</td> <td>440</td> <td>500</td> <td>940</td> </tr> </tbody> </table>	Prep	Cook	Total	10m	20m	30m		Main	Side	Total	Servings	6	6		Calories	340	130	470	Fat (g)	13	10	23	Sat. Fat (g)	3	1	4	Protein (g)	27	1	28	Carb (g)	28	11	39	Fiber (g)	3	1	4	Sodium (mg)	440	500	940	<p>12 bone-in, skin-on chicken drumsticks (about 3 lb) 3 Tbsp olive oil, divided 1 Tbsp smoked paprika ¾ tsp salt, divided ½ tsp pepper, divided 2 lb small red potatoes, quartered 2 red onions, cut into thin wedges 2 lemons, cut into wedges 1 Tbsp bottled minced garlic ¼ cup chopped fresh parsley</p> <hr/> <p><i>2 small heads radicchio, coarsely chopped</i> <i>2 oranges, peeled and sliced</i> <i>1 cup halved pitted kalamata olives</i> <i>¼ cup chopped fresh parsley</i> <i>½ cup refrigerated champagne vinaigrette</i></p>	<p>Preheat oven to 450°F. Toss together chicken, 1½ Tbsp oil, paprika, ½ tsp salt, and ¼ tsp pepper in a large bowl. Divide between 2 foil-lined large rimmed baking sheets. Toss potatoes with onions, lemons, garlic, remaining 1½ Tbsp oil, salt and pepper; surround chicken on pans with potato mixture. Bake 20 to 25 minutes, rotating pans halfway through baking until chicken legs are done and potatoes are tender. Sprinkle with parsley.</p> <p>Note: To save fat and calories, omit chicken skin before serving.</p> <hr/> <p><i>Combine all ingredients in a serving bowl; toss to coat.</i></p>
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<p>Mediterranean Pasta Salad with Chickpeas</p> <p> <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>20m</td> <td>30m</td> </tr> </table></p> <p>Nutritional Information</p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> </tr> <tr> <td>Calories</td> <td>540</td> </tr> <tr> <td>Fat (g)</td> <td>15</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>19</td> </tr> <tr> <td>Carb (g)</td> <td>83</td> </tr> <tr> <td>Fiber (g)</td> <td>8</td> </tr> <tr> <td>Sodium (mg)</td> <td>810</td> </tr> </tbody> </table>		Prep	Cook	Total	10m	20m	30m		Main	Servings	6	Calories	540	Fat (g)	15	Sat. Fat (g)	4	Protein (g)	19	Carb (g)	83	Fiber (g)	8	Sodium (mg)	810		
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Meal	✓	Grocery Items to Purchase
		Produce
1		1 (8-oz) pkg shredded lettuce
1		3 Roma tomatoes
1		1 small lime
2		2 lb asparagus
2		1 grapefruit
2,6		4 oranges
2,7		2 (1-oz) pkg fresh basil
3		6 baby bok choy
4		2 avocados
4		1 (10-oz) pkg baby spinach
4		1 (8-oz) pkg steamed baby beets
4,6		3 lemons
5		2 (12-oz) pkg cubed butternut squash
5		2 (12-oz) pkg shredded Brussels sprouts
5		1 (5-oz) pkg baby arugula
6		2 lb new potatoes
6		2 small heads radicchio
6		2 red onions
6		1 bunch fresh parsley
7		1 English cucumber
7		2 pints grape tomatoes
7		1 (12-oz) jar refrigerated balsamic vinaigrette
		Meat & Seafood
1		2 lb lean ground beef
2		1 (2-lb) salmon fillet
3		2 lb boneless, skinless chicken breasts
4		2 lb pork tenderloins
6		12 chicken legs
		Refrigerated
1		1 (8-oz) pkg Pepper Jack cheese slices
5,6		1 (12-oz) jar refrigerated champagne vinaigrette
5,7		2 (4-oz) pkg crumbled feta cheese
		Frozen
1		1 (19-oz) pkg frozen sweet potato fries
3		1 (14-oz) pkg frozen seasoning blend
		Canned & Packaged
1		1 pkg hamburger buns
2		1 (11-oz) pkg quick-cooking barley
3		2 (8.5-oz) pouches microwavable jasmine rice
3		1 (16-oz) jar dry-roasted peanuts
4		1 (10-oz) jar all-natural apricot preserves
5		2 (4.9-oz) boxes rosemary and olive oil quinoa
5		1 (4-oz) pkg walnuts
5		1 (5-oz) pkg dried cherries
6,7		1 (11-oz) jar pitted kalamata olives
7		2 (15.5-oz) cans chickpeas
7		1 (16-oz) pkg bow-tie pasta

Necessary Staples
Meal 1
1 cup olive oil mayonnaise 2½ Tbsp plus 1 tsp Jerk seasoning
Meal 2
½ Tbsp chili powder 4 Tbsp olive oil
Meal 3
2 Tbsp olive oil ¼ cup low-sodium soy sauce 3 Tbsp sesame oil 1 Tbsp brown sugar 2 Tbsp low-sodium soy sauce 2 Tbsp chile paste with garlic 1 Tbsp cornstarch
Meal 4
1 Tbsp low-sodium soy sauce 4 tsp grainy Dijon mustard 3 Tbsp olive oil 2 Tbsp apple cider vinegar 1 tsp honey
Meal 5
4 Tbsp olive oil ¼ cup honey ½ cup balsamic vinegar
Meal 6
1 Tbsp smoked paprika 1 Tbsp bottled minced garlic 3 Tbsp olive oil
Meal 7
No staples for this meal