

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 Sweet Potato Fries with Lime Mayo</i></p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>20m</td> <td>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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>530</td> <td>290</td> <td>820</td> </tr> <tr> <td>Fat (g)</td> <td>33</td> <td>22</td> <td>55</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>10</td> <td>2</td> <td>12</td> </tr> <tr> <td>Protein (g)</td> <td>33</td> <td>1</td> <td>34</td> </tr> <tr> <td>Carb (g)</td> <td>24</td> <td>24</td> <td>48</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> <td>3</td> <td>7</td> </tr> <tr> <td>Sodium (mg)</td> <td>900</td> <td>390</td> <td>1290</td> </tr> </tbody> </table>	Prep	Cook	Total	10m	20m	30m		Main	Side	Total	Servings	2	2		Calories	530	290	820	Fat (g)	33	22	55	Sat. Fat (g)	10	2	12	Protein (g)	33	1	34	Carb (g)	24	24	48	Fiber (g)	4	3	7	Sodium (mg)	900	390	1290	<p> ½ lb lean ground beef 2¾ tsp Jerk seasoning, divided 2 (0.75-oz) slices Pepper Jack cheese 6 Tbsp olive oil mayonnaise ¼ tsp grated lime rind 2 tsp lime juice 2 hamburger buns, split and toasted 1 cup shredded lettuce 1 Roma tomato, thinly sliced </p> <hr/> <p> <i>24 frozen sweet potato fries (from a 19-oz pkg) Reserved 3 Tbsp Lime Mayo (from Caribbean Jerk Burgers recipe)</i> </p>	<p>Preheat grill or grill pan to medium-high heat. Stir together ground beef and 2 tsp Jerk seasoning; shape into 2 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 ¾ tsp Jerk seasoning in a bowl. Reserve and chill 3 Tbsp Lime Mayo for side dish. Spread remaining mayo over bottom buns. Layer bottom buns with lettuce, tomato and patties. Add bun tops.</p> <p>Note: To keep this meal prep brief, bake the fries first, then make the burgers.</p> <hr/> <p style="text-align: center;"><i>Bake fries according to package directions. Serve fries with flavored mayo as a dipping sauce.</i></p> <p>Note: Fries bake in about 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> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>15m</td> <td>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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>350</td> <td>230</td> <td>580</td> </tr> <tr> <td>Fat (g)</td> <td>14</td> <td>7</td> <td>21</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> <td>1</td> <td>3</td> </tr> <tr> <td>Protein (g)</td> <td>36</td> <td>9</td> <td>45</td> </tr> <tr> <td>Carb (g)</td> <td>19</td> <td>37</td> <td>56</td> </tr> <tr> <td>Fiber (g)</td> <td>3</td> <td>8</td> <td>11</td> </tr> <tr> <td>Sodium (mg)</td> <td>420</td> <td>590</td> <td>1010</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	15m	30m		Main	Side	Total	Servings	2	2		Calories	350	230	580	Fat (g)	14	7	21	Sat. Fat (g)	2	1	3	Protein (g)	36	9	45	Carb (g)	19	37	56	Fiber (g)	3	8	11	Sodium (mg)	420	590	1010	<p> 1 (¾-lb) salmon fillet 1 Tbsp olive oil 1 tsp chili powder ¼ tsp salt ¼ tsp pepper 1 orange, peeled and sliced 1 small grapefruit, peeled and sliced 2 Tbsp torn fresh basil </p> <hr/> <p> <i>½ cup quick-cooking barley ½ tsp salt, divided ½ tsp pepper, divided 1 lb asparagus, ends trimmed 1 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 orange, grapefruit and basil; serve over salmon.</p> <hr/> <p style="text-align: center;"><i>Bring ¾ cup 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; width: 100%; 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>460</td> <td>300</td> <td>760</td> </tr> <tr> <td>Fat (g)</td> <td>23</td> <td>9</td> <td>32</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> <td>1</td> <td>5</td> </tr> <tr> <td>Protein (g)</td> <td>46</td> <td>7</td> <td>53</td> </tr> <tr> <td>Carb (g)</td> <td>17</td> <td>49</td> <td>66</td> </tr> <tr> <td>Fiber (g)</td> <td>3</td> <td>3</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>620</td> <td>430</td> <td>1050</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	15m	30m		Main	Side	Total	Servings	2	2		Calories	460	300	760	Fat (g)	23	9	32	Sat. Fat (g)	4	1	5	Protein (g)	46	7	53	Carb (g)	17	49	66	Fiber (g)	3	3	6	Sodium (mg)	620	430	1050	<p>1 Tbsp sesame oil ¾ lb boneless, skinless chicken breasts, cut into chunks 1 cup frozen seasoning blend (diced onion, bell peppers, and celery) ½ cup water 1½ Tbsp low-sodium soy sauce 2 tsp chile paste with garlic (see Note) 1 tsp cornstarch 1 tsp brown sugar ½ cup dry-roasted peanuts</p> <hr/> <p><i>1 Tbsp olive oil</i> <i>2 baby bok choy, cut in half lengthwise</i> <i>¼ cup water</i> <i>1 Tbsp low-sodium soy sauce</i> <i>1 (8.5-oz) pouch 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. While mixture cooks, whisk together ½ 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 tsp.</p> <hr/> <p><i>Heat oil in a large, deep skillet over medium-high heat; add bok choy. Sauté 1 minute; add 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</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; width: 100%; 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>350</td> <td>290</td> <td>640</td> </tr> <tr> <td>Fat (g)</td> <td>5</td> <td>25</td> <td>30</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>3</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>48</td> <td>4</td> <td>52</td> </tr> <tr> <td>Carb (g)</td> <td>27</td> <td>17</td> <td>44</td> </tr> <tr> <td>Fiber (g)</td> <td>0</td> <td>9</td> <td>9</td> </tr> <tr> <td>Sodium (mg)</td> <td>660</td> <td>380</td> <td>1040</td> </tr> </tbody> </table>	Prep	Cook	Total	10m	20m	30m		Main	Side	Total	Servings	2	2		Calories	350	290	640	Fat (g)	5	25	30	Sat. Fat (g)	1	3	4	Protein (g)	48	4	52	Carb (g)	27	17	44	Fiber (g)	0	9	9	Sodium (mg)	660	380	1040	<p>½ cup all-natural apricot preserves ½ Tbsp apple cider vinegar ½ Tbsp low-sodium soy sauce ½ Tbsp grainy Dijon mustard 1 lb pork tenderloin, trimmed ¼ tsp salt ¼ tsp pepper</p> <hr/> <p><i>½ (5-oz) pkg baby spinach</i> <i>1 avocado, pitted and sliced</i> <i>½ (8-oz) pkg cubed steamed baby beets</i> <i>½ Tbsp fresh lemon juice</i> <i>½ tsp grainy Dijon mustard</i> <i>½ tsp honey</i> <i>1½ 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 tenderloin in 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 a quick dinner, prepare the pork tenderloin first. While the pork cooks, prepare the salad.</p> <hr/> <p><i>Divide spinach between 2 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> <h3>Butternut Squash Quinoa with Dried Cherries</h3> <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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>770</td> <td>220</td> <td>990</td> </tr> <tr> <td>Fat (g)</td> <td>34</td> <td>7</td> <td>41</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>7</td> <td>1</td> <td>8</td> </tr> <tr> <td>Protein (g)</td> <td>18</td> <td>6</td> <td>24</td> </tr> <tr> <td>Carb (g)</td> <td>105</td> <td>38</td> <td>143</td> </tr> <tr> <td>Fiber (g)</td> <td>18</td> <td>6</td> <td>24</td> </tr> <tr> <td>Sodium (mg)</td> <td>850</td> <td>340</td> <td>1190</td> </tr> </tbody> </table>	Prep	Cook	Total	10m	20m	30m		Main	Side	Total	Servings	2	2		Calories	770	220	990	Fat (g)	34	7	41	Sat. Fat (g)	7	1	8	Protein (g)	18	6	24	Carb (g)	105	38	143	Fiber (g)	18	6	24	Sodium (mg)	850	340	1190	<p>1 (12-oz) pkg cubed butternut squash 1 Tbsp olive oil ¼ tsp pepper 1 (4.9-oz) box rosemary and olive oil quinoa ½ cup dried cherries 3 Tbsp refrigerated champagne vinaigrette ½ cup chopped walnuts ⅓ cup crumbled feta cheese ½ (5-oz) pkg baby spinach</p> <hr/> <p><i>1 Tbsp olive oil</i> <i>1 (12-oz) pkg shredded Brussels sprouts</i> <i>¼ cup balsamic vinegar</i> <i>2 Tbsp honey</i> <i>¼ tsp salt</i> <i>¼ tsp pepper</i></p>	<p>Preheat oven to 425°F. Toss butternut squash with oil 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 spinach. Toss to coat, and serve immediately.</p> <p>Note: Quinoa cooks in 20 minutes.</p> <hr/> <p><i>Heat oil in a 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> <h3>Spanish-Style Chicken Legs with Potatoes</h3> <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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>550</td> <td>180</td> <td>730</td> </tr> <tr> <td>Fat (g)</td> <td>25</td> <td>14</td> <td>39</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>5</td> <td>1</td> <td>6</td> </tr> <tr> <td>Protein (g)</td> <td>49</td> <td>1</td> <td>50</td> </tr> <tr> <td>Carb (g)</td> <td>31</td> <td>13</td> <td>44</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> <td>2</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>840</td> <td>640</td> <td>1480</td> </tr> </tbody> </table>	Prep	Cook	Total	10m	20m	30m		Main	Side	Total	Servings	2	2		Calories	550	180	730	Fat (g)	25	14	39	Sat. Fat (g)	5	1	6	Protein (g)	49	1	50	Carb (g)	31	13	44	Fiber (g)	4	2	6	Sodium (mg)	840	640	1480	<p>4 bone-in, skin-on chicken drumsticks (about 1 lb) 2 Tbsp olive oil, divided ½ Tbsp smoked paprika ½ tsp salt, divided ½ tsp pepper, divided ¾ lb small red potatoes, quartered 1 red onion, cut into thin wedges 1 lemon, cut into wedges ½ Tbsp bottled minced garlic ¼ cup chopped fresh parsley</p> <hr/> <p><i>1 small head radicchio, coarsely chopped</i> <i>1 orange, peeled and sliced</i> <i>½ cup halved pitted kalamata olives</i> <i>2 Tbsp chopped fresh parsley</i> <i>3 Tbsp refrigerated champagne vinaigrette</i></p>	<p>Preheat oven to 450°F. Toss together chicken, 1 Tbsp oil, paprika, ¼ tsp salt, and ¼ tsp pepper in a large bowl; place on a foil-lined rimmed baking sheet. Toss potatoes with onion, lemon, garlic, remaining 1 Tbsp oil, ¼ tsp each salt and pepper; surround chicken on pan with potato mixture. Bake 20 to 25 minutes until chicken legs are done and potatoes are tender; sprinkle with parsley.</p> <p>Note: To save fat and calories, remove 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>Meal 7 One Dish Dinner</p> <p>Mediterranean Pasta Salad with Chickpeas</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>Nutritional Information</p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>2</td> </tr> <tr> <td>Calories</td> <td>700</td> </tr> <tr> <td>Fat (g)</td> <td>22</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>7</td> </tr> <tr> <td>Protein (g)</td> <td>25</td> </tr> <tr> <td>Carb (g)</td> <td>103</td> </tr> <tr> <td>Fiber (g)</td> <td>9</td> </tr> <tr> <td>Sodium (mg)</td> <td>1147</td> </tr> </tbody> </table>	Prep	Cook	Total	10m	20m	30m		Main	Servings	2	Calories	700	Fat (g)	22	Sat. Fat (g)	7	Protein (g)	25	Carb (g)	103	Fiber (g)	9	Sodium (mg)	1147	<p> ½ (12-oz) pkg bow-tie pasta 1 (15.5-oz) can chickpeas, rinsed and drained 1 pint grape tomatoes 1 cucumber, halved lengthwise and sliced ½ cup halved pitted kalamata olives ½ cup crumbled feta cheese ¼ cup chopped fresh basil 3 Tbsp refrigerated balsamic vinaigrette </p>	<p>Cook pasta according to package directions; rinse under cold water to cool. Transfer to a serving bowl. Stir in remaining ingredients; cover and chill until ready to serve.</p>
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Meal	✓	Grocery Items to Purchase
		Produce
1		1 Roma tomato
1		½ (8-oz) pkg shredded lettuce
1		1 lime
2		1 small grapefruit
2		1 lb asparagus
2,6		2 oranges
2,7		1 (1-oz) pkg fresh basil
3		2 baby bok choy
4		1 avocado
4		½ (8-oz) pkg cubed steamed baby beets
4,5		1 (5-oz) pkg baby spinach
4,6		2 lemons
5		1 (12-oz) pkg cubed butternut squash
5		1 (12-oz) pkg shredded Brussels sprouts
6		¾ lb small red potatoes
6		1 small head radicchio
6		1 red onion
6		1 bunch fresh parsley
7		1 pint grape tomatoes
7		1 cucumber
		Meat & Seafood
1		½ lb lean ground beef
2		¾ lb salmon fillet
3		¾ lb boneless, skinless chicken breasts
4		1 lb pork tenderloin
6		4 skin-on chicken drumsticks
		Refrigerated
1		½ (7.5-oz) pkg Pepper Jack cheese slices
5,6		1 (12-oz) bottle refrigerated champagne vinaigrette
5,7		1 (4-oz) container crumbled feta cheese
7		½ (12-oz) jar refrigerated balsamic vinaigrette
		Frozen
1		1 (19-oz) pkg frozen sweet potato fries
3		½ (14-oz) pkg frozen seasoning blend
		Canned & Packaged
1		2 hamburger buns
2		1 (11-oz) pkg quick-cooking barley
3		1 (8.5-oz) pouch microwavable jasmine rice
3		½ (16-oz) jar dry-roasted peanuts
4		½ (10-oz) jar all-natural apricot preserves
5		1 (5-oz) pkg dried cherries
5		1 (4-oz) pkg chopped walnuts
5		1 (4.9-oz) box rosemary and olive oil quinoa
6,7		1 (7-oz) jar pitted kalamata olives
7		1 (15.5-oz) can chickpeas
7		½ (12-oz) pkg bow-tie pasta

Necessary Staples
Meal 1
2¾ tsp Jerk seasoning 6 Tbsp olive oil mayonnaise
Meal 2
1 tsp chili powder 2 Tbsp olive oil
Meal 3
1 Tbsp olive oil 2½ Tbsp low-sodium soy sauce 2 tsp chile paste with garlic 1 tsp cornstarch 1 tsp brown sugar 1 Tbsp sesame oil
Meal 4
2 tsp grainy Dijon mustard 1½ Tbsp olive oil ½ Tbsp low-sodium soy sauce ½ Tbsp apple cider vinegar ½ tsp honey
Meal 5
2 Tbsp olive oil ¼ cup balsamic vinegar 2 Tbsp honey
Meal 6
½ Tbsp smoked paprika ½ Tbsp bottled minced garlic 2 Tbsp olive oil
Meal 7
No staples for this meal