

| Meals: <i>Side dishes are in ITALICS</i> | Ingredients: | Instructions: | | | | | | |
|--|--------------|---------------|-------|-----|--------|--------|---|--|
| <p>Meal 1 Easy for Entertaining</p> <p style="text-align: center;">Chicken in Mustard Cream Sauce</p> <p style="text-align: center;"><i>Buttery Pasta and Lemony Steamed Asparagus</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;">15m</td> <td style="padding: 2px 5px;">25m</td> </tr> </table> </div> | Prep | Cook | Total | 10m | 15m | 25m | <p>1½ lb chicken cutlets 2 Tbsp olive oil ½ cup low-sodium or regular chicken broth 1½ cups heavy whipping cream 2 Tbsp whole-grain mustard 6 sprigs fresh thyme (or use ½ tsp dried thyme) ½ tsp salt, ½ tsp pepper</p> <hr/> <p><i>1 (16-oz) pkg angel hair pasta</i> <i>2 Tbsp butter, melted</i> <i>1 (1-lb) bunch asparagus, trimmed</i> <i>1 tsp grated lemon rind</i> <i>1 Tbsp fresh lemon juice</i> <i>½ tsp salt, ½ tsp pepper</i></p> | <p>Season chicken with salt and pepper. Heat oil in a large nonstick skillet over medium heat; add chicken, and cook 4 minutes per side or until browned. Remove from skillet, and keep warm. Add broth; cook 2 minutes or until broth is reduced by half. Add cream, mustard, thyme, and ½ tsp each salt and pepper to skillet; cook 5 minutes or until slightly thickened, stirring often. Return chicken to pan, and cook until heated through. Serve over pasta.</p> <hr/> <p><i>Cook pasta according to package directions; toss with melted butter, and season with salt and pepper. Place asparagus in an 11-x 7-inch microwavable-safe dish. Add 2 Tbsp water; cover and microwave on HIGH 3 minutes or until crisp tender. Drain and toss with lemon rind, juice, ½ tsp each salt and pepper.</i></p> |
| Prep | Cook | Total | | | | | | |
| 10m | 15m | 25m | | | | | | |
| <p>Meal 2 Easy for Entertaining</p> <p style="text-align: center;">Honey-Balsamic Pork Chops</p> <p style="text-align: center;"><i>Roasted Pears and Brown Rice</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> | Prep | Cook | Total | 10m | 20m | 30m | <p>6 (1-inch-thick) boneless pork chops 2 Tbsp olive oil 2 Tbsp honey 1 Tbsp butter, melted 1 Tbsp balsamic vinegar</p> <hr/> <p><i>2 cups quick-cooking brown rice</i> <i>2 Tbsp butter</i> <i>2 Tbsp brown sugar</i> <i>1 Tbsp apple cider (or apple juice)</i> <i>4 firm pears, quartered</i></p> | <p>Preheat oven to 425°F. Brush pork chops with oil; season with salt and pepper. Stir together honey, butter and vinegar. Brown chops in a large oven-safe skillet over medium-high heat 4 minutes. Turn chops over, and brush with half of honey mixture. Bake in oven 6 minutes. Turn pork, and brush with remaining honey mixture. Bake until done.</p> <hr/> <p><i>Preheat oven to 425°F. Cook rice according to package directions. Melt butter in a large oven-safe skillet. Stir in brown sugar and cider, and cook until syrupy. Stir in pears. Bake in oven 8 minutes or until tender.</i></p> |
| Prep | Cook | Total | | | | | | |
| 10m | 20m | 30m | | | | | | |
| <p>Meal 3 Slow Cooker</p> <p style="text-align: center;">Sausage and Mushroom Slow-Cooked Lasagna</p> <p style="text-align: center;"><i>Romaine 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;">25m</td> <td style="padding: 2px 5px;">4h 30m</td> <td style="padding: 2px 5px;">4h 55m</td> </tr> </table> </div> | Prep | Cook | Total | 25m | 4h 30m | 4h 55m | <p>1 (2-lb) container ricotta cheese 1 large egg, lightly beaten 1 lb turkey Italian sausage 1 (16-oz) pkg sliced mushrooms 2 (24-oz) jars marinara sauce 1 (16-oz) box lasagna noodles 1½ cups shredded mozzarella cheese 3 Tbsp chopped fresh basil</p> <hr/> <p><i>6 cups chopped romaine lettuce</i> <i>1 cup thinly sliced radishes</i> <i>½ cup thinly sliced red onion</i> <i>½ cup olive oil dressing</i></p> | <p>Stir together ricotta and egg. Sauté sausage and mushrooms in a large skillet 8 minutes or until sausage is browned and crumbly. Stir in marinara sauce. Spoon 1 cup sauce into a 5- to 7-quart slow cooker. Top with one-third of noodles, breaking as needed. Top with one-third of ricotta. Repeat layers twice; top with remaining sauce. Cover and cook on LOW 4 hours. Uncover; sprinkle with mozzarella, and cook 20 minutes. Sprinkle with basil.</p> <hr/> <p><i>Toss together lettuce, radishes, red onion and dressing. Season with salt and pepper to taste; toss.</i></p> |
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|---|--------------|---------------|-------|-----|-----|-----|---|--|
| <p>Meal 4 Prep Ahead</p> <p style="text-align: center;">Chicken and Butternut Squash Pizzas</p> <p style="text-align: center;"><i>Carrot, Radish and Orange Toss</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;">40m</td> <td style="padding: 2px 5px;">55m</td> </tr> </table> </div> | Prep | Cook | Total | 15m | 40m | 55m | <p>4 cups peeled, cubed butternut squash 2 red onions, coarsely chopped 6 Tbsp olive oil, divided 1 small deli rotisserie chicken, shredded 4 large cloves garlic, minced 2 (12-inch) prebaked whole wheat pizza crusts 1½ cups shredded mozzarella cheese</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>2 cups grated carrot</i> <i>1½ cups thinly sliced radishes (about 12 large)</i> <i>4 oranges, sectioned and coarsely chopped</i> <i>½ cup thinly sliced red onion</i> <i>3 Tbsp fresh lime juice</i> <i>2 Tbsp olive oil</i> <i>1½ Tbsp honey</i></p> | <p>Preheat oven to 425°F. Toss together squash, onion and 3 Tbsp oil in a rimmed baking sheet. Bake 20 to 30 minutes. Toss chicken with onion and squash. Stir together garlic and 3 Tbsp oil; brush over crusts. Top pizzas with chicken mixture and then cheese. Bake 15 to 18 minutes or until cheese is melted.</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>Combine carrot, radishes, oranges and red onion. Stir together lime juice, oil and honey; toss with carrot mixture. Season with salt and pepper to taste.</i></p> |
| Prep | Cook | Total | | | | | | |
| 15m | 40m | 55m | | | | | | |
| <p>Meal 5 Good For You</p> <p style="text-align: center;">Mediterranean Fish Bake</p> <p style="text-align: center;"><i>Herbed Couscous</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;">30m</td> <td style="padding: 2px 5px;">45m</td> </tr> </table> </div> | Prep | Cook | Total | 15m | 30m | 45m | <p>2 lb cod fillets (or any firm, white fish) ¼ cup olive oil 1 tsp salt, ¼ tsp pepper 1 (28-oz) can whole peeled tomatoes 1 cup pitted olives 1 onion, cut into wedges 1 (8-oz) pkg mini sweet peppers, cut in half 4 cloves garlic, sliced 1 lemon</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>1 cup couscous</i> <i>2 Tbsp chopped fresh parsley</i> <i>2 Tbsp chopped fresh basil</i></p> | <p>Preheat oven to 400°F; cut fish into chunks. Place fish in a 13- x 9-inch baking dish coated with cooking spray. Drizzle with oil; sprinkle with salt and pepper. Drain tomatoes, and chop. Add olives, onion, peppers, garlic and tomatoes to fish. Bake 30 minutes or until fish flakes with a fork. Grate rind from lemon; sprinkle fish with lemon rind and lemon juice.</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>Prepare couscous according to package directions. Stir in parsley, basil and salt and pepper to taste.</i></p> |
| Prep | Cook | Total | | | | | | |
| 15m | 30m | 45m | | | | | | |
| <p>Meal 6 Meatless Meal</p> <p style="text-align: center;">Cider-Glazed Potatoes, Onions and Apples</p> <p style="text-align: center;"><i>Cornmeal-and Parmesan-Crusted Carrots</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;">25m</td> <td style="padding: 2px 5px;">40m</td> </tr> </table> </div> | Prep | Cook | Total | 15m | 25m | 40m | <p>2 cups peeled, cubed butternut squash 2 lb red potatoes, quartered 2 red onions, cut into wedges 2 tart apples, cut into wedges 3 Tbsp olive oil 1 cup apple cider 2 cloves garlic, smashed 2 Tbsp butter 1 cup walnuts, toasted</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>2 Tbsp plain yellow cornmeal</i> <i>½ cup grated Parmesan cheese</i> <i>3 lb baby carrots with tops, tops trimmed</i> <i>3 Tbsp olive oil</i></p> | <p>Preheat oven to 450°F. Toss together squash, potatoes, onions, apples and oil in a large roasting pan. Bake 25 minutes. Bring cider and garlic to a boil; cook until thick and syrupy. Discard garlic; stir in butter. Toss cider mixture with vegetables, nuts and salt and pepper to taste.</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>Preheat oven to 450°F. Toss together cornmeal and cheese. Toss carrots with oil; season with salt and pepper. Toss carrots with cheese mixture. Bake 15 minutes. Turn carrots over; bake until tender.</i></p> |
| Prep | Cook | Total | | | | | | |
| 15m | 25m | 40m | | | | | | |
| <p>Meal 7 Meatless Meal</p> <p style="text-align: center;">Roasted Cauliflower Soup with Walnuts and Herbs</p> <p style="text-align: center;"><i>Couscous with Oranges and Olives</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;">20m</td> <td style="padding: 2px 5px;">30m</td> <td style="padding: 2px 5px;">50m</td> </tr> </table> </div> | Prep | Cook | Total | 20m | 30m | 50m | <p>2 heads cauliflower, cut into florets 2 onions, cut into wedges 3 Tbsp olive oil ½ cup chopped toasted walnuts 3 Tbsp chopped fresh parsley 1 Tbsp grated lemon rind 2 cups low-sodium chicken broth</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>2 cups couscous</i> <i>1 cup chopped pitted olives</i> <i>½ cup chopped red onion</i> <i>2 oranges, sectioned and coarsely chopped</i></p> | <p>Preheat oven to 450°F. Toss together cauliflower, onion and oil on a baking sheet. Bake 30 minutes. Combine nuts, parsley and lemon rind. Process cauliflower mixture, in batches, with broth in a food processor; add water to thin to desired consistency, if desired. Divide soup among 6 bowls; top with walnut mixture.</p> <hr style="border: 0.5px dashed #ccc;"/> <p><i>Cook couscous according to package directions. Stir in olives, onion, oranges and salt and pepper to taste.</i></p> |
| Prep | Cook | Total | | | | | | |
| 20m | 30m | 50m | | | | | | |



Simple Gourmet Family Plan

Sample Plan

| Meal | ✓ | Grocery Items to Purchase |
|---------|---|--|
| | | Produce |
| 1 | | 1 bunch fresh thyme |
| 1 | | 1 lb asparagus |
| 2 | | 4 pears |
| 3 | | 1 (16-oz) pkg sliced mushrooms |
| 3 | | 1 head romaine lettuce |
| 3,4 | | 2 bunches fresh radishes |
| 3,4,6,7 | | 6 red onions |
| 3,5 | | 1 (1-oz) pkg fresh basil |
| 4 | | 2 limes |
| 4 | | 1 lb carrots |
| 4,5,6 | | 1 head garlic |
| 4,6 | | 2 (12-oz) pkg frozen or fresh cubed butternut squash |
| 4,7 | | 6 oranges |
| 5 | | 1 (8-oz) pkg mini sweet peppers |
| 5,7 | | 1 bunch fresh flat-leaf parsley |
| 1,5,7 | | 3 lemons |
| 6 | | 3 lb baby carrots with tops |
| 6 | | 2 lb red potatoes |
| 6 | | 2 tart apples (such as McIntosh) |
| 7 | | 2 heads cauliflower |
| 5,7 | | 3 onions |
| | | Meat & Seafood |
| 1 | | 5½ lb chicken cutlets |
| 2 | | 6 (1-inch) boneless pork chops |
| 3 | | 1 lb turkey Italian sausage |
| 5 | | 2 lb cod fillets |
| | | Refrigerated |
| 1 | | 1 pint heavy whipping cream |
| 3 | | 1 (2-lb) container ricotta cheese |
| 3,4 | | 2 (8-oz) blocks mozzarella cheese |
| 6 | | 1 small wedge Parmesan cheese |
| 2,6 | | 1 quart apple cider |
| | | Canned & Packaged |
| 1 | | 1 (10-oz) pkg dried cranberries |
| 1 | | 1 (16-oz) pkg angel hair pasta |
| 1 | | 1 pkg (10-inch) whole wheat tortillas |
| 1,7 | | 1 (32-oz) carton low-sodium chicken broth |
| 2 | | 1 (16-oz) pkg quick-cooking brown rice |
| 3 | | 2 (24-oz) jars marinara sauce |
| 3 | | 1 (16-oz) box lasagna noodles |
| 3 | | 1 (8-oz) bottle olive oil dressing |
| 4 | | 2 (12-inch) prebaked whole wheat pizza crusts |
| 5 | | 1 (28-oz) can whole peeled tomatoes |
| 5,7 | | 1 (10-oz) jar olives |
| 5,7 | | 1 (26½-oz) pkg plain or whole wheat couscous |
| 6,7 | | 1 (8-oz) pkg shelled walnuts |
| | | Bakery & Deli |
| 4 | | 1 small deli rotisserie chicken |

| Necessary Staples |
|--|
| Meal 1 |
| 2 Tbsp olive oil 2 Tbsp whole-grain mustard 2 Tbsp butter |
| Meal 2 |
| 2 Tbsp olive oil 3 Tbsp butter 2 Tbsp honey 1 Tbsp balsamic vinegar 2 Tbsp brown sugar |
| Meal 3 |
| 1 large egg |
| Meal 4 |
| ½ cup olive oil 5½ Tbsp honey |
| Meal 5 |
| ¼ cup olive oil |
| Meal 6 |
| 6 Tbsp olive oil 2 Tbsp butter 2 Tbsp plain yellow cornmeal |
| Meal 7 |
| 3 Tbsp olive oil |