

Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:					
Meal 1 Easy for Entertaining Chicken in Mustard Cream Sauce <i>Buttery Pasta and Lemony Steamed Asparagus</i>  <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>15m</td> <td>25m</td> </tr> </table>	Prep	Cook	Total	10m	15m	25m	¾ lb chicken cutlets 1 Tbsp olive oil ¼ cup low-sodium or regular chicken broth ½ cup heavy whipping cream 1 Tbsp whole-grain mustard ¼ tsp dried thyme ⅙ tsp salt ⅙ tsp pepper <hr/> ½ (16-oz) pkg spaghetti, broken 2 Tbsp butter, melted ½ lb asparagus, ends trimmed ½ tsp grated lemon rind ½ Tbsp fresh lemon juice	Sprinkle chicken with salt and pepper. Heat oil in a 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 ⅙ 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. <hr/> <i>Cook pasta according to package directions; toss with melted butter, and salt and pepper to taste. 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, and salt and pepper to taste.</i>
Prep	Cook	Total						
10m	15m	25m						
Meal 2 Easy for Entertaining Honey-Balsamic Pork Chops <i>Roasted Pears and Brown Rice</i>  <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>	Prep	Cook	Total	10m	20m	30m	2 (1-inch-thick) boneless pork chops 1 Tbsp olive oil 4 tsp honey 1 Tbsp butter, melted 2 tsp balsamic vinegar <hr/> 1 (8.8-oz) pkg microwaveable brown rice 1 Tbsp butter 1 Tbsp brown sugar 1 Tbsp apple cider (or apple juice) 2 firm pears, quartered	Preheat oven to 425°F. Brush pork chops with oil; sprinkle with salt and pepper. Stir together honey, butter and vinegar. Brown chops in an oven-safe skillet over medium-high heat 4 minutes. Turn pork over, and brush with honey mixture. Bake 6 minutes or until done. <hr/> <i>Preheat oven to 425°F. Cook rice according to package directions. Melt butter in an oven-safe skillet. Stir in brown sugar and cider; cook until syrupy. Stir in pears. Bake 8 minutes or until tender.</i>
Prep	Cook	Total						
10m	20m	30m						
Meal 3 Slow Cooker Slow Spaghetti and Meat Sauce <i>Romaine Salad</i>  <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>6h 15m</td> <td>6h 25m</td> </tr> </table>	Prep	Cook	Total	10m	6h 15m	6h 25m	8 oz turkey Italian sausage 1 cup chopped onion ½ cup chopped carrot 1 Tbsp olive oil 1 (8-oz) pkg sliced mushrooms 1 clove garlic, minced 1 (24-oz) jar marinara sauce 4 oz spaghetti 3 Tbsp chopped fresh basil <hr/> 2 cups chopped romaine lettuce ¼ cup thinly sliced radishes 3 Tbsp sliced green onions 3 Tbsp olive oil dressing	Brown sausage in a skillet over medium-high heat; add to a 3- or 4-quart slow cooker. Sauté onion and carrot in hot oil 3 minutes; add to cooker. Sauté mushrooms and garlic 3 minutes; add to cooker. Stir in marinara sauce, spaghetti and 1 cup water. Cover and cook on LOW 6 hours; sprinkle with basil. <hr/> <i>Toss together lettuce, radishes, onion, dressing and salt and pepper to taste.</i>
Prep	Cook	Total						
10m	6h 15m	6h 25m						

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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;">30m</td> <td style="padding: 2px 5px;">45m</td> </tr> </table> </div>	Prep	Cook	Total	15m	30m	45m	<p>1 cup peeled, cubed butternut squash 1 small red onion, coarsely chopped 3 Tbsp olive oil, divided 2 boneless, skinless chicken thighs 1 clove garlic, minced 2 (5-inch) prebaked whole wheat pizza crusts 1 cup shredded mozzarella cheese</p> <hr/> <p><i>½ cup grated carrot</i> <i>½ cup thinly sliced radishes (about 6 large)</i> 1 orange, sectioned and coarsely chopped 2 Tbsp finely chopped red onion 2 tsp fresh lime juice 1 Tbsp olive oil 1½ tsp honey</p>	<p>Preheat oven to 425°F. Toss together squash, onion and 1 Tbsp oil. Bake 20 minutes. Cook chicken thighs in 1 Tbsp hot oil in a skillet 6 minutes per side or until done. Stir together garlic and 1 Tbsp oil; brush over crusts. Top each pizza with chicken mixture and cheese. Bake 10 minutes or until cheese is melted.</p> <hr/> <p><i>Combine carrot, radishes, orange and red onion. Stir together lime juice, oil and honey; toss with carrot mixture. Stir in salt and pepper to taste.</i></p>
Prep	Cook	Total						
15m	30m	45m						
<p>Meal 5 Good For You</p> <p style="text-align: center;">Mediterranean Fish Bake</p> <p style="text-align: center;"><i>Herbed Couscous with Grapes</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;">20m</td> <td style="padding: 2px 5px;">35m</td> </tr> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>8 oz cod fillets (or any firm, white fish) 2 Tbsp olive oil 1 (15-oz) can whole peeled tomatoes ¼ cup pitted olives 4 oz mini sweet peppers, halved ½ onion, cut into wedges 2 cloves garlic, sliced 2 lemon wedges</p> <hr/> <p><i>½ cup couscous</i> 1 Tbsp chopped fresh parsley 1 Tbsp chopped fresh basil ½ cup halved seedless grapes</p>	<p>Preheat oven to 400°F. Cut fish into pieces. Place in an 8-inch square baking dish coated with cooking spray. Drizzle with oil; sprinkle with salt and pepper. Drain tomatoes, and chop. Add olives, peppers, onion, garlic and tomatoes to fish. Bake 20 minutes or until fish flakes with a fork. Serve with lemon wedges.</p> <hr/> <p><i>Prepare couscous according to package directions. Stir in parsley, basil, grapes and salt and pepper to taste.</i></p>
Prep	Cook	Total						
15m	20m	35m						
<p>Meal 6 Meatless Meal</p> <p style="text-align: center;">Cider-Glazed Roasted Vegetables 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>1 cup peeled, cubed butternut squash ½ lb red potatoes, quartered 1 red onion, cut into wedges 1 tart apple, cut into wedges 1½ Tbsp olive oil ½ cup apple cider 1 clove garlic, smashed 1 Tbsp butter ½ cup walnuts, toasted</p> <hr/> <p><i>1 Tbsp plain yellow cornmeal</i> <i>¼ cup grated Parmesan cheese</i> 1 lb baby carrots with tops, trimmed 1 Tbsp olive oil</p>	<p>Preheat oven to 450°F. Toss together squash, potatoes, onion, apple 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/> <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; 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 Peppers, Orange 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;">15m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">35m</td> </tr> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>1 head cauliflower, cut into florets 1 onion, cut into wedges 3 Tbsp olive oil ¼ cup chopped toasted walnuts 2 Tbsp chopped fresh parsley 1 tsp grated lemon rind 1 cup low-sodium chicken broth</p> <hr/> <p><i>½ cup couscous</i> <i>¼ cup chopped pitted olives</i> 3 Tbsp chopped green onions 4 oz mini sweet peppers, sliced 1 orange, sectioned and coarsely chopped</p>	<p>Preheat oven to 450°F. Toss together cauliflower, onion and oil on a baking sheet. Bake 20 to 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 desired amount of soup between 2 serving bowls; top with walnut mixture.</p> <hr/> <p><i>Cook couscous according to package directions. Stir in olives, onions, peppers, orange and salt and pepper to taste.</i></p>
Prep	Cook	Total						
15m	20m	35m						

Meal	✓	Grocery Items to Purchase
		Produce
1		½ lb asparagus
2		2 firm pears
3		1 (8-oz) pkg sliced mushrooms
3		1 small head romaine lettuce
3,4,6		2 lb baby carrots with tops
3,5		1 (1-oz) pkg fresh basil
3,5,7		2 onions
3,7		1 bunch green onions
4		1 lime
3,4		1 bunch radishes
3,4,5,6		1 head garlic
4,6		3 red onions
4,6		1 (10- or 12-oz) pkg frozen or fresh cubed butternut squash
4,7		2 oranges
5		1 small bunch seedless grapes
5,7		1 (8-oz) pkg mini sweet peppers
5,7		1 bunch fresh flat-leaf parsley
1,5,7		2 lemons
6		½ lb red potatoes
6		1 tart apple
7		1 head cauliflower
		Meat & Seafood
1		¾ lb chicken cutlets
2		2 (1-inch) boneless pork chops
3		8 oz turkey Italian sausage
4		2 boneless, skinless chicken thighs
5		8 oz cod fillets
		Refrigerated
1		1 half-pint heavy cream
4		1 (8-oz) block mozzarella cheese
6		1 small wedge Parmesan cheese
2,6		1 quart apple cider
		Canned & Packaged
1,3		1 (16-oz) box spaghetti
1,7		1 (14-oz) can low-sodium chicken broth
2		1 (8.8-oz) pkg microwavable brown rice
3		1 (24-oz) jar marinara sauce
3		1 (8-oz) bottle olive oil dressing
4		2 (5-inch) prebaked whole wheat pizza crusts
5		1 (15-oz) can whole peeled tomatoes
5,7		1 (16-oz) pkg plain or whole wheat couscous
5,7		1 (10-oz) jar olives
6,7		1 (4-oz) pkg shelled walnuts

Necessary Staples
Meal 1
1 Tbsp olive oil 2 Tbsp butter ¼ tsp dried thyme 1 Tbsp whole-grain mustard
Meal 2
1 Tbsp olive oil 2 Tbsp butter 4 tsp honey 2 tsp balsamic vinegar 1 Tbsp brown sugar
Meal 3
1 Tbsp olive oil
Meal 4
¼ cup olive oil 5½ tsp honey
Meal 5
2 Tbsp olive oil
Meal 6
20 Tbsp olive oil 1 Tbsp butter 1 Tbsp plain yellow cornmeal
Meal 7
3 Tbsp olive oil