

Meals: Side dishes are in <i>ITALICS</i>	Ingredients:	Instructions:
<p>Meal 1</p> <p>Paleo</p> <p>Barbecue Chicken Lettuce Wraps</p> <p><i>Pineapple and Avocado Relish</i></p> <p> Prep 20m Cook 8h Total 8h 20m</p>	<p>3 lb bone-in, skin-on chicken breasts, skin removed 1 onion, thinly sliced 1 (15-oz) can tomato sauce 6 Tbsp apple cider vinegar $\frac{1}{4}$ cup molasses 3 Tbsp pure maple syrup 1 Tbsp yellow mustard $\frac{1}{2}$ tsp smoked paprika 2 romaine lettuce hearts, leaves separated <i>1 (16-oz) container peeled pineapple, chopped 2 red bell peppers, chopped 2 avocados, pitted and chopped $\frac{1}{4}$ cup chopped fresh cilantro 2 Tbsp fresh lime juice</i></p>	<p>Place chicken in a 5- to 7-quart slow cooker; top with onion. Stir together tomato sauce, vinegar, molasses, maple syrup, mustard, and paprika in a small bowl. Pour half of mixture over chicken, and stir gently to coat. Cover and chill remaining sauce mixture up to 1 week. Cover and cook on LOW 8 hours or until chicken is done. Remove chicken from cooker; shred meat, discarding bones. Serve chicken in lettuce leaves with Pineapple and Avocado Relish; drizzle with reserved barbecue sauce.</p> <p><i>Stir together pineapple, bell peppers, avocado, cilantro, and lime juice in a bowl. Cover and chill up to 1 day.</i></p>
<p>Meal 2</p> <p>Clean Eating</p> <p>Roast Beef with Horseradish Sauce</p> <p><i>Mustard Roasted Potatoes and Green Beans with Shallots</i></p> <p> Prep 15m Cook 8h Total 8h 15m</p>	<p>2 tsp salt-free Creole seasoning 1 tsp dried thyme $\frac{1}{2}$ tsp pepper, divided 1 (4-lb) eye of round roast, well trimmed 5 cloves garlic, minced 1 (8-oz) carton sour cream 2 Tbsp prepared horseradish <i>1 (24-oz) pkg gourmet red potatoes, cut into wedges 3 Tbsp olive oil, divided 2 Tbsp whole-grain mustard $\frac{1}{2}$ tsp kosher salt, $\frac{1}{2}$ tsp pepper 1 lb green beans 2 shallots, thinly sliced</i></p>	<p>Sprinkle Creole seasoning, thyme, and 1 tsp pepper over roast. Place in a 5- to 7-quart slow cooker. Sprinkle with garlic. Cover and cook on LOW 8 to 10 hours or until beef is tender. (Shred and reserve $2\frac{1}{2}$ cups roast for Romaine Salad with Roast Beef and Poached Eggs recipe.) Slice remaining roast. Stir together sour cream, horseradish, and $\frac{1}{2}$ tsp pepper. Serve with roast.</p> <p><i>Preheat oven to 425°F. Toss together potatoes, 2 Tbsp oil, mustard, salt and pepper on a rimmed baking sheet. Spread in an even layer. Bake 25 to 35 minutes or until browned. Place beans in a steamer basket over boiling water; cover and steam 8 minutes or until crisp-tender. Heat 1 Tbsp oil in a skillet over medium heat; add shallot, and cook 4 minutes. Stir in beans and salt and pepper to taste.</i></p>
<p>Meal 3</p> <p>Paleo</p> <p>Saucy Italian Chicken Thighs</p> <p><i>Sautéed Zoodles and Roasted Carrots</i></p> <p> Prep 10m Cook 8h Total 8h 10m</p>	<p>3 lb bone-in, skin-on chicken thighs (skinned, if desired) 1 (14.5-oz) can diced tomatoes with Italian seasoning, drained 1 cup low-sodium chicken broth 1 (6-oz) can tomato paste 1 onion, chopped 4 cloves garlic, minced $\frac{1}{2}$ tsp crushed red pepper <i>4 zucchini 4 Tbsp avocado oil, divided 1 clove garlic, minced $\frac{1}{4}$ tsp salt, $\frac{1}{4}$ tsp pepper 1 (16-oz) pkg baby carrots, halved lengthwise</i></p>	<p>Place chicken in a 5- to 7-quart slow cooker. Stir together tomatoes and remaining ingredients; pour over chicken. Cover and cook on LOW 8 hours or until chicken is tender. Serve over zoodles.</p> <p><i>Using a spiralizer, cut zucchini into noodles. Stack zucchini, 3 strands at a time, and cut lengthwise into thin strips to resemble strands of pasta. Heat 2 Tbsp oil in a large skillet over medium-high heat; add zucchini, garlic, salt and pepper. Cook, stirring often, 2 to 3 minutes or just until thoroughly heated. Preheat oven to 450°F. Toss carrots with 2 Tbsp avocado oil on a rimmed baking sheet. Bake 20 minutes or until browned and tender; season to taste.</i></p> <p>Note: If you don't have a spiralizer, cut zucchini into $\frac{1}{4}$-inch-thick slices instead.</p>

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Meal 4	Clean Eating		1 (16-oz) loaf ciabatta bread, halved lengthwise 2 Tbsp olive oil 2 (9-oz) pkg baby romaine lettuce 4 tomatoes, seeded and chopped 1 (8-oz) bottle organic Caesar dressing 1 tsp distilled white vinegar 6 large eggs Reserved 2½ cups cooked roast beef (from Roast Beef with Horseradish Sauce recipe)	Preheat broiler. Brush cut sides of bread with oil, and place on a baking sheet. Broil bread until toasted. Break into serving pieces, and divide among serving plates. Toss together lettuce and tomatoes; add desired amount of dressing, tossing to coat. Bring a saucepan of water to a boil over medium-high heat; add vinegar. Reduce heat, and simmer. Crack 1 egg into a ramekin or small bowl. Gently slide egg into water, as close to surface as possible. Simmer 3 minutes; remove from water using a slotted spoon, and drain on paper towels. Repeat procedure with remaining eggs. Divide salad over toasted bread; top with roast beef and eggs.
		 Prep 15m Cook 20m Total 35m		
Meal 5	Clean Eating		2½ lb boneless pork shoulder roast, well trimmed 1 tsp Italian seasoning ½ tsp salt, ½ tsp pepper 2 onions, sliced 3 cloves garlic, minced ½ cup orange juice ½ cup low-sodium chicken broth 2 Tbsp balsamic vinegar 2 Tbsp cornstarch 1 (24-oz) pkg gourmet red potatoes, cut into 1-inch pieces ¾ cup milk 2 Tbsp butter ½ tsp salt, ¼ tsp pepper 1 (16-oz) pkg frozen green beans	Sprinkle pork with Italian seasoning, salt and pepper. Place in a 5- to 7-quart slow cooker; add onion and next 4 ingredients. Cover and cook on LOW 8 to 10 hours or until pork is tender; remove pork, reserving mixture in cooker. Combine cornstarch and 2 Tbsp water; add to cooker. Cover and cook on HIGH 15 minutes or until slightly thickened. Slice pork, and serve with sauce. <i>Boil potatoes in water to cover in a saucepan 10 minutes or until tender; drain. Return to pan; add milk, butter, salt and pepper. Mash to desired consistency. Steam beans according to package directions; season to taste.</i>
		 Prep 15m Cook 8h 15m Total 8h 30m		
Meal 6	Classic Favorite		3 lb ground beef 2 onions, chopped 3 cloves garlic, minced 2 (16-oz) cans pinto beans in chili sauce (do not drain) 2 (16-oz) cans black beans, drained and rinsed 1 cup low-sodium chicken broth 1 (8-oz) pkg shredded lettuce 1 (8-oz) block Cheddar cheese, shredded 3 tomatoes, chopped 2 (6-oz) pkg buttermilk cornbread mix	Cook beef in a large nonstick skillet 8 to 10 minutes or until browned and crumbled; drain well. Transfer beef to a 5- to 7-quart slow cooker; stir in onion, garlic, pinto beans, black beans, and broth. Cover and cook on LOW 6 to 7 hours (reserve 3 cups meat mixture for Quick Mexican Pizzas recipe). Serve remaining beef and beans over Skillet Cornbread. Top with lettuce, cheese, and tomatoes. <i>Prepare cornbread according to package directions using an ovenproof skillet.</i>
		 Prep 15m Cook 6h 10m Total 6h 25m		

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Meal 7 Classic Favorite Quick Mexican Pizzas Spicy Wedge Salads  Prep Cook Total 20m 15m 35m	18 corn tortillas $\frac{1}{4}$ cup olive oil 3 cups cooked beef mixture (from Ranchero Beef and Beans recipe) 1 (8-oz) block pepper Jack cheese, shredded $1\frac{1}{2}$ Tbsp ground cumin 1 (8-oz) carton sour cream 1 (16-oz) jar salsa <i>1 cup Ranch dressing</i> <i>$\frac{1}{2}$ Tbsp chili powder</i> <i>1 (3-count) pkg romaine lettuce hearts</i> <i>1 tomato, chopped</i> <i>1 avocado, pitted and diced</i>	Preheat oven to 400°F. Arrange tortillas on a large baking sheet, and brush with oil. Bake 8 to 10 minutes or until browned and crisp. Microwave beef mixture just until heated; stir in $\frac{1}{4}$ cups cheese and cumin. Top 6 tortillas with half of beef mixture; repeat layers once, ending with beef mixture. Top with remaining tortillas; sprinkle with remaining cheese. Bake 5 minutes or until cheese is melted. Cut into wedges; serve with sour cream and salsa. Note: Use 2 baking sheets, if necessary. <i>Stir together dressing and chili powder. Cut each romaine heart in half lengthwise. Divide among individual serving plates, and drizzle with dressing. Sprinkle with tomato and avocado.</i>

Meal	✓	Grocery Items to Purchase	Necessary Staples
		Produce	
1		1 bunch cilantro	1 Tbsp yellow mustard
1		2 limes	½ tsp smoked paprika
1		1 (16-oz) container peeled pineapple	¼ cup molasses
1		2 red bell peppers	6 Tbsp apple cider vinegar
1,3,5,6		6 onion	3 Tbsp pure maple syrup
1,7		2 (3-count) pkg romaine lettuce hearts	
1,7		3 avocados	
2		1 lb green beans	
2		2 shallots	
2,5		2 (24-oz) pkg gourmet red potatoes	
3		4 zucchini	
3		1 (16-oz) pkg baby carrots	
4		2 (9-oz) pkg baby romaine lettuce	
4,6,7		8 tomatoes	
6		1 (8-oz) pkg shredded lettuce	
		Meat & Seafood	
1		3 lb bone-in, skin-on chicken breasts	
2,4		1 (4-lb) eye of round roast	
3		3 lb bone-in, skin-on chicken thighs	
5		2½ lb boneless pork shoulder roast	
6,7		3 lb ground beef	
		Refrigerated	
2,7		2 (8-oz) cartons sour cream	
4		6 large eggs	
5		1 (16-oz) bottle orange juice	
6		1 (8-oz) block Cheddar cheese	
7		1 (8-oz) block pepper Jack cheese	
		Frozen	
5		1 (16-oz) pkg frozen green beans	
		Canned & Packaged	
1		1 (15-oz) can tomato sauce	
3		1 (14.5-oz) can diced tomatoes with Italian seasoning	
3		1 (6-oz) can tomato paste	
3,5,6		2 (14.5-oz) cans low-sodium chicken broth	
4		1 (8-oz) bottle organic Caesar dressing	
6		2 (6-oz) pkg buttermilk cornbread mix	
6		2 (16-oz) cans pinto beans in chili sauce	
6		2 (16-oz) cans black beans	
7		1 (16-oz) jar salsa	
7		1 (18-count) pkg small corn tortillas	
		Bakery & Deli	
4		1 (16-oz) loaf ciabatta bread	
		Approximate Total	