





Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:						
Meal 1	Paleo	<p>3 lb bone-in, skin-on chicken breasts, skin removed</p> <p>1 onion, thinly sliced</p> <p>1 (15-oz) can tomato sauce</p> <p>6 Tbsp apple cider vinegar</p> <p>¼ cup molasses</p> <p>3 Tbsp pure maple syrup</p> <p>1 Tbsp yellow mustard</p> <p>½ tsp smoked paprika</p> <p>2 romaine lettuce hearts, leaves separated</p> <hr/> <p><i>1 (16-oz) container peeled pineapple, chopped</i></p> <p><i>2 red bell peppers, chopped</i></p> <p><i>2 avocados, pitted and chopped</i></p> <p><i>¼ cup chopped fresh cilantro</i></p> <p><i>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> <hr/> <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>Barbecue Chicken Lettuce Wraps</p> <p><i>Pineapple and Avocado Relish</i></p> <p> <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>20m</td> <td>8h</td> <td>8h 20m</td> </tr> </table></p>	Prep	Cook	Total	20m	8h	8h 20m			
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20m	8h	8h 20m							
Meal 2	Clean Eating	<p>2 tsp salt-free Creole seasoning</p> <p>1 tsp dried thyme</p> <p>1½ tsp pepper, divided</p> <p>1 (4-lb) eye of round roast, well trimmed</p> <p>5 cloves garlic, minced</p> <p>1 (8-oz) carton sour cream</p> <p>2 Tbsp prepared horseradish</p> <hr/> <p><i>1 (24-oz) pkg gourmet red potatoes, cut into wedges</i></p> <p><i>3 Tbsp olive oil, divided</i></p> <p><i>2 Tbsp whole-grain mustard</i></p> <p><i>½ tsp kosher salt, ½ tsp pepper</i></p> <p><i>1 lb green beans</i></p> <p><i>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 2½ cups roast for Romaine Salad with Roast Beef and Poached Eggs recipe.) Slice remaining roast. Stir together sour cream, horseradish, and ½ tsp pepper. Serve with roast.</p> <hr/> <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>Roast Beef with Horseradish Sauce</p> <p><i>Mustard Roasted Potatoes and Green Beans with Shallots</i></p> <p> <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>8h</td> <td>8h 15m</td> </tr> </table></p>	Prep	Cook	Total	15m	8h	8h 15m			
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Meal 3	Paleo	<p>3 lb bone-in, skin-on chicken thighs (skinned, if desired)</p> <p>1 (14.5-oz) can diced tomatoes with Italian seasoning, drained</p> <p>1 cup low-sodium chicken broth</p> <p>1 (6-oz) can tomato paste</p> <p>1 onion, chopped</p> <p>4 cloves garlic, minced</p> <p>½ tsp crushed red pepper</p> <hr/> <p><i>4 zucchini</i></p> <p><i>4 Tbsp avocado oil, divided</i></p> <p><i>1 clove garlic, minced</i></p> <p><i>¼ tsp salt, ¼ tsp pepper</i></p> <p><i>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> <hr/> <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 ¼-inch-thick slices instead.</p>						
<p>Saucy Italian Chicken Thighs</p> <p><i>Sautéed Zoodles and Roasted Carrots</i></p> <p> <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>8h</td> <td>8h 10m</td> </tr> </table></p>	Prep	Cook	Total	10m	8h	8h 10m			
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Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 4 Clean Eating</p> <p style="text-align: center;">Romaine Salad with Roast Beef and Poached Eggs</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;">20m</td> <td style="padding: 2px 5px;">35m</td> </tr> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>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)</p>	<p>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.</p>
Prep	Cook	Total						
15m	20m	35m						
<p>Meal 5 Clean Eating</p> <p style="text-align: center;">Pork Roast with Balsamic-Orange Sauce</p> <p style="text-align: center;"><i>Creamy Mashed Potatoes and Steamed Green Beans</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;">8h 15m</td> <td style="padding: 2px 5px;">8h 30m</td> </tr> </table> </div>	Prep	Cook	Total	15m	8h 15m	8h 30m	<p>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</p> <hr style="border: 0.5px dashed #000;"/> <p>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</p>	<p>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.</p> <hr style="border: 0.5px dashed #000;"/> <p><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></p>
Prep	Cook	Total						
15m	8h 15m	8h 30m						
<p>Meal 6 Classic Favorite</p> <p style="text-align: center;">Ranchero Beef and Beans</p> <p style="text-align: center;"><i>Skillet Cornbread</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;">6h 10m</td> <td style="padding: 2px 5px;">6h 25m</td> </tr> </table> </div>	Prep	Cook	Total	15m	6h 10m	6h 25m	<p>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</p> <hr style="border: 0.5px dashed #000;"/> <p>2 (6-oz) pkg buttermilk cornbread mix</p>	<p>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.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Prepare cornbread according to package directions using an ovenproof skillet.</i></p>
Prep	Cook	Total						
15m	6h 10m	6h 25m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 7 Classic Favorite</p> <p>Quick Mexican Pizzas</p> <p><i>Spicy Wedge Salads</i></p> <div style="display: flex; align-items: center; margin-top: 10px;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">35m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	20m	15m	35m	<p>18 corn tortillas ¼ cup olive oil 3 cups cooked beef mixture (from Ranchero Beef and Beans recipe) 1 (8-oz) block pepper Jack cheese, shredded 1½ Tbsp ground cumin 1 (8-oz) carton sour cream 1 (16-oz) jar salsa</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1 cup Ranch dressing</i> <i>½ 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></p>	<p>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 1¼ 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.</p> <p>Note: Use 2 baking sheets, if necessary.</p> <hr style="border: 0.5px dashed #000;"/> <p><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></p>
Prep	Cook	Total						
20m	15m	35m						

Meal	✓	Grocery Items to Purchase
		Produce
1		1 bunch cilantro
1		2 limes
1		1 (16-oz) container peeled pineapple
1		2 red bell peppers
1,3,5,6		6 onion
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

Necessary Staples
Meal 1
1 Tbsp yellow mustard ½ tsp smoked paprika ¼ cup molasses 6 Tbsp apple cider vinegar 3 Tbsp pure maple syrup
Meal 2
2 Tbsp prepared horseradish 3 Tbsp olive oil 2 Tbsp whole-grain mustard 2 tsp salt-free Creole seasoning 1 tsp dried thyme 5 cloves garlic
Meal 3
½ tsp crushed red pepper 4 Tbsp avocado oil 5 cloves garlic
Meal 4
1 tsp distilled white vinegar 2 Tbsp olive oil
Meal 5
¾ cup milk 1 tsp Italian seasoning 2 Tbsp balsamic vinegar 2 Tbsp butter 2 Tbsp cornstarch 3 cloves garlic
Meal 6
3 cloves garlic
Meal 7
1½ Tbsp ground cumin 1 cup Ranch dressing ½ Tbsp chili powder ¼ cup olive oil