





Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:						
Meal 1	Paleo	1½ lb bone-in, skinless chicken breasts ½ onion, thinly sliced 1 (8-oz) can tomato sauce 3 Tbsp apple cider vinegar 2 Tbsp unsulphured molasses 1½ Tbsp maple syrup ½ Tbsp yellow mustard ¼ tsp smoked paprika 1 romaine lettuce heart, leaves separated <hr/> 1½ cups chopped pineapple 1 red bell pepper, chopped 1 avocado, pitted and chopped 2 Tbsp chopped fresh cilantro 1 Tbsp fresh lime juice	<p>Place chicken in a 4-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 tender. Remove chicken from cooker; shred meat, discarding bones. Return chicken to cooker, and stir into sauce. Serve in lettuce leaves with Pineapple and Avocado Relish; drizzle with reserved barbecue sauce.</p> <hr/> <p><i>Stir together pineapple, bell pepper, avocado, cilantro and lime juice in a bowl. Cover and chill up to 1 day.</i></p>						
Barbecue Chicken Lettuce Wraps <i>Pineapple and Avocado Relish</i>									
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Prep	Cook	Total							
20m	8h	8h 20m							
Meal 2	Clean Eating	1 tsp salt-free Creole seasoning ½ tsp dried thyme 1 tsp pepper, divided 1 (2-lb) eye of round roast, well trimmed 2 cloves garlic, minced ½ cup sour cream 1 Tbsp prepared horseradish <hr/> ½ (24-oz) pkg gourmet red potatoes, cut into wedges 2 Tbsp olive oil, divided 1 Tbsp whole-grain mustard ½ tsp kosher salt, ¼ tsp pepper ½ lb green beans 1 shallot, thinly sliced	<p>Sprinkle Creole seasoning, thyme, and ¾ tsp pepper over roast. Place in a 4-quart slow cooker. Sprinkle with garlic. Cover and cook on LOW 8 to 10 hours or until beef is tender. (Shred and reserve 1 cup roast for Romaine Salad with Roast Beef and Poached Eggs recipe.) Slice remaining roast. Stir together sour cream, horseradish, and ¼ tsp pepper. Serve with roast.</p> <hr/> <p><i>Preheat oven to 425°F. Toss together potatoes, 1½ 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 ½ Tbsp oil in a skillet over medium heat; add shallot, and cook 4 minutes. Stir in green beans and salt and pepper to taste.</i></p>						
Roast Beef with Horseradish Sauce <i>Mustard Roasted Potatoes and Steamed Green Beans</i>									
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Meal 3	Paleo	1½ lb bone-in, skin-on chicken thighs (skinned, if desired) 1 (14.5-oz) can diced tomatoes with Italian seasoning, drained ½ cup low-sodium chicken broth 3 Tbsp tomato paste ½ onion, chopped 2 cloves garlic, minced ¼ tsp crushed red pepper <hr/> 2 small zucchini 2 Tbsp avocado oil, divided 1 clove garlic, minced ¼ tsp salt, ¼ tsp pepper ½ (16-oz) pkg baby carrots, halved lengthwise	<p>Place chicken in a 4-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 noodles, 3 at a time, and cut lengthwise into thin strips to resemble strands of pasta. Heat 1½ 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 ½ Tbsp avocado oil on a rimmed baking sheet. Bake 20 minutes or until browned and tender; season to taste.</i> Note: If you don't have a spiralizer, cut zucchini into ¼-inch-thick slices instead.</p>						
Saucy Italian Chicken Thighs <i>Sautéed Zoodles and Roasted Carrots</i>									
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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 style="border-collapse: collapse;"> <tr> <td style="text-align: center; padding: 0 10px;">Prep</td> <td style="text-align: center; padding: 0 10px;">Cook</td> <td style="text-align: center; padding: 0 10px;">Total</td> </tr> <tr> <td style="text-align: center; padding: 0 10px;">15m</td> <td style="text-align: center; padding: 0 10px;">10m</td> <td style="text-align: center; padding: 0 10px;">25m</td> </tr> </table> </div>	Prep	Cook	Total	15m	10m	25m	<p>½ (16-oz) loaf ciabatta bread, halved lengthwise 1 Tbsp olive oil 1 (9-oz) pkg baby romaine lettuce 1 tomato, seeded and chopped 1 (8-oz) bottle organic Caesar dressing 1 tsp distilled white vinegar 2 large eggs Reserved 1 cup 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 between 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 egg. Divide salad over toasted bread; top with roast beef and eggs.</p>
Prep	Cook	Total						
15m	10m	25m						
<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 style="border-collapse: collapse;"> <tr> <td style="text-align: center; padding: 0 10px;">Prep</td> <td style="text-align: center; padding: 0 10px;">Cook</td> <td style="text-align: center; padding: 0 10px;">Total</td> </tr> <tr> <td style="text-align: center; padding: 0 10px;">15m</td> <td style="text-align: center; padding: 0 10px;">8h 15m</td> <td style="text-align: center; padding: 0 10px;">8h 30m</td> </tr> </table> </div>	Prep	Cook	Total	15m	8h 15m	8h 30m	<p>1 lb boneless pork shoulder roast, well trimmed ½ tsp Italian seasoning ¼ tsp salt, ¼ tsp pepper 1 onion, sliced 2 cloves garlic, minced ¼ cup orange juice ¼ cup low-sodium chicken broth 1 Tbsp balsamic vinegar 1 Tbsp cornstarch</p> <hr/> <p>½ (24-oz) pkg gourmet red potatoes, cut into 1-inch pieces ⅓ cup milk 2 Tbsp butter ¼ tsp salt, ¼ tsp pepper ½ (16-oz) pkg frozen green beans</p>	<p>Sprinkle pork with Italian seasoning, salt and pepper. Place in a 4-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 1 Tbsp water; add to cooker. Cover and cook on HIGH 15 minutes or until slightly thickened. Slice pork, and serve with sauce.</p> <hr/> <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 style="border-collapse: collapse;"> <tr> <td style="text-align: center; padding: 0 10px;">Prep</td> <td style="text-align: center; padding: 0 10px;">Cook</td> <td style="text-align: center; padding: 0 10px;">Total</td> </tr> <tr> <td style="text-align: center; padding: 0 10px;">15m</td> <td style="text-align: center; padding: 0 10px;">6h 10m</td> <td style="text-align: center; padding: 0 10px;">6h 25m</td> </tr> </table> </div>	Prep	Cook	Total	15m	6h 10m	6h 25m	<p>1½ lb ground beef 1 onion, chopped 2 cloves garlic, minced 1 (16-oz) can pinto beans in chili sauce (do not drain) 1 (16-oz) can black beans, drained and rinsed ½ cup low-sodium chicken broth 1 romaine lettuce heart, chopped 1 cup shredded Cheddar cheese 1 tomato, chopped</p> <hr/> <p>1 (6-oz) pkg buttermilk cornbread mix</p>	<p>Cook beef in a nonstick skillet 8 to 10 minutes or until browned and crumbled; drain well. Transfer beef to a 4-quart slow cooker; stir in onion, garlic, pinto beans, black beans, and broth. Cover and cook on LOW 6 to 7 hours (reserve 1 cup meat mixture for Quick Mexican Pizzas recipe). Serve remaining beef and beans over Skillet Cornbread. Top with lettuce, cheese, and tomato.</p> <hr/> <p><i>Prepare cornbread according to package directions using a small ovenproof skillet.</i></p>
Prep	Cook	Total						
15m	6h 10m	6h 25m						

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Meal 7	Classic Favorite	6 corn tortillas 2 Tbsp olive oil Reserved 1 cup beef mixture (from Ranchero Beef and Beans recipe) 1 cup shredded Cheddar cheese ½ Tbsp ground cumin ¼ cup sour cream 1 (16-oz) jar salsa	<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 ¼ cup cheese and cumin. Top 2 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, and serve with sour cream and salsa.</p> <hr/> <p><i>Stir together dressing and chili powder. Cut romaine heart in half lengthwise. Divide between individual serving plates, and drizzle with dressing. Sprinkle with tomato and avocado.</i></p>				
<p>Quick Mexican Pizzas</p> <p><i>Spicy Wedge Salads</i></p>  <table border="1"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>20m</td> <td>15m</td> <td>35m</td> </tr> </tbody> </table>	Prep	Cook		Total	20m	15m	35m
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20m	15m	35m					

Meal	✓	Grocery Items to Purchase
		Produce
1		1 bunch cilantro
1		1 red bell pepper
1		1 cored pineapple
1		1 lime
1,3,5,6		3 onions
1,6,7		1 (3-count) pkg romaine lettuce hearts
1,7		2 avocados
2		1 shallot
2		½ lb green beans
2,5		1 (24-oz) pkg gourmet red potatoes
3		2 small zucchini
3		½ (16-oz) pkg baby carrots
4		1 (9-oz) pkg baby romaine lettuce
4,6,7		3 tomatoes
		Meat & Seafood
1		1½ lb bone-in, skinless chicken breasts
2,4		1 (2-lb) eye of round roast
3		1½ lb bone-in, skin-on chicken thighs
5		1 lb boneless pork shoulder roast
6,7		1½ lb ground beef
		Refrigerated
2,7		1 (8-oz) carton sour cream
6,7		1 (8-oz) block Cheddar cheese
		Frozen
5		½ (16-oz) pkg frozen green beans
		Canned & Packaged
1		1 (8-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		1 (14.5-oz) can low-sodium chicken broth
4		1 (8-oz) bottle organic Caesar dressing
6		1 (6-oz) pkg buttermilk cornbread mix
6		1 (16-oz) can pinto beans in chili sauce
6		1 (16-oz) can black beans
7		1 (16-oz) jar salsa
7		6 corn tortillas
		Bakery & Deli
4		½ (16-oz) loaf ciabatta bread
		Approximate Total

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