

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 One Dish Dinner</p> <p>Sun-Dried Tomato Penne with Broccoli</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;">10m</td> <td style="text-align: center; padding: 0 10px;">30m</td> <td style="text-align: center; padding: 0 10px;">40m</td> </tr> </table> </div>	Prep	Cook	Total	10m	30m	40m	<p>1 (16-oz) pkg whole-grain penne pasta 2 heads broccoli, cut into florets 1 (8.5-oz) jar sun-dried tomatoes in oil 1 (8-oz) block 1/3-less-fat cream cheese, softened 2 cloves garlic, minced 1/4 cup vegetable broth 1/2 cup freshly grated Parmesan cheese</p>	<p>Cook pasta according to package directions, adding florets during the last 3 minutes of cooking. Drain; reserve 1/2 cup pasta water. Meanwhile, drain tomatoes, reserving 2 Tbsp oil. Combine tomatoes, 2 Tbsp oil, cream cheese, garlic and broth in a food processor or blender; pulse until smooth. Combine pasta mixture and cream sauce in pasta pot; add desired amount of pasta water to reach a creamy consistency. Cook 5 minutes; sprinkle each serving with cheese.</p>
Prep	Cook	Total						
10m	30m	40m						
<p>Meal 2 Crowd-Pleaser</p> <p>Nachos with Monterey Jack Cheese Sauce</p> <p><i>Romaine Hearts with Cilantro-Lime Vinaigrette</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;">10m</td> <td style="text-align: center; padding: 0 10px;">20m</td> <td style="text-align: center; padding: 0 10px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	10m	20m	30m	<p>2 (14.5-oz) cans vegetarian chili 1 (16-oz) bag restaurant-style tortilla chips 1 1/2 Tbsp butter 1 1/2 Tbsp all-purpose flour 1 1/2 cups milk 2 cups shredded Monterey Jack cheese 2 avocados, pitted and diced 1/2 cup fresh salsa 1 (8-oz) carton sour cream</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1 cup fresh cilantro leaves</i> <i>1 cup extra-virgin olive oil</i> <i>1/4 cup fresh lime juice</i> <i>1/2 tsp salt</i> <i>1/2 tsp pepper</i> 3 Romaine hearts, cut into halves 2 tomatoes, chopped</p>	<p>Preheat oven to 350°F. Heat chili according to package directions. Spread chips on a large rimmed baking sheet; bake 5 to 10 minutes or until warm and golden. Meanwhile, melt butter in a saucepan over medium heat. Add flour; cook 1 to 2 minutes, stirring constantly. Whisk in milk; cook 3 to 5 minutes or until mixture comes to a simmer. Add cheese; stir until cheese is melted and blended into sauce. Remove from heat. Spoon chili, cheese mixture, and salsa over chips. Sprinkle with avocados. Serve with sour cream.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Process cilantro, oil, lime juice, salt, and pepper in a blender or food processor until smooth. Sprinkle tomatoes over lettuce halves; drizzle with vinaigrette.</i></p> <p>Note: Keep any leftover vinaigrette in refrigerator for up to 1 week.</p>
Prep	Cook	Total						
10m	20m	30m						
<p>Meal 3 Classic Favorite</p> <p>Asian Noodle Soup with Edamame</p> <p><i>Sliced Oranges</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;">20m</td> <td style="text-align: center; padding: 0 10px;">35m</td> </tr> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>8 oz whole wheat spaghetti 2 Tbsp sesame oil 1 bell pepper (any color), chopped 1 bunch green onions, chopped 1 (8-oz) pkg sliced mushrooms 4 cloves garlic, minced 2 tsp ground ginger 7/8 cups vegetable broth 1 Tbsp soy sauce 1 (16-oz) pkg frozen shelled edamame, thawed</p> <hr style="border: 0.5px dashed #000;"/> <p><i>6 navel oranges</i></p>	<p>Cook pasta according to package directions. Heat oil in a large Dutch oven over medium heat. Add bell pepper, white parts of green onion (reserving green tops), mushrooms, garlic and ginger; cook 5 minutes or until tender. Stir in broth and soy sauce; bring to a boil, reduce heat, and simmer 10 minutes. Stir in reserved green onion tops, edamame and pasta; simmer 3 minutes.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Peel oranges, and cut into thin slices.</i></p>
Prep	Cook	Total						
15m	20m	35m						
<p>Meal 4 Vegan</p> <p>Spinach-Brown Rice Bowls</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;">10m</td> <td style="text-align: center; padding: 0 10px;">45m</td> <td style="text-align: center; padding: 0 10px;">55m</td> </tr> </table> </div>	Prep	Cook	Total	10m	45m	55m	<p>1/2 cup long-grain brown rice 1 small onion, chopped 2 Tbsp olive oil 3 cloves garlic, minced 1 (5-oz) pkg baby spinach, coarsely chopped 2 (15-oz) cans chickpeas, drained and rinsed 1 (1-pint) container grape tomatoes, cut in half 1/2 cup olive oil vinaigrette</p>	<p>Cook rice according to package directions. Heat oil in a large skillet over medium-high heat. Add onion; cook 6 minutes. Add garlic, and cook 1 minute. Remove from heat. Toss together spinach, hot cooked rice, chickpeas, tomatoes and vinaigrette. Stir in onion mixture, and season to taste with salt and pepper.</p> <p>Note: To save time, cook rice the night before and refrigerate it overnight.</p>
Prep	Cook	Total						
10m	45m	55m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 5 Chill Time</p> <p>Quinoa-Chickpea Patties</p> <p><i>Roasted Beet Salad</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;">15m</td> <td style="padding: 2px 5px;">30m</td> <td style="padding: 2px 5px;">45m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	15m	30m	45m	<p>1 cup quinoa 1 (15-oz) can chickpeas, drained and rinsed 6 green onions, chopped ¼ cup pitted kalamata olives, chopped ½ cup freshly grated Parmesan cheese 1 large egg, beaten ¼ tsp dried oregano ½ tsp salt 1½ Tbsp olive oil</p> <hr/> <p>6 large beets, <i>peeled and cut into wedges</i> ¼ cup olive oil, <i>divided</i> 1 tsp salt ½ tsp pepper 2 (5-oz) pkg baby kale 3 Tbsp fresh orange juice 1 Tbsp balsamic vinegar 1 Tbsp honey 1 Tbsp grainy Dijon mustard</p>	<p>Cook quinoa according to package directions. Mash chickpeas in a medium bowl. Add quinoa, green onions, olives, Parmesan, egg, oregano and salt. Form mixture into 6 patties, cover and chill 30 minutes. Heat oil in a large skillet over medium-high heat; add patties, and cook 4 to 5 minutes per side or until browned.</p> <hr/> <p><i>Preheat oven to 425°F. Combine beets, 2 Tbsp oil, ½ tsp salt and ¼ tsp pepper on a rimmed baking sheet coated with cooking spray; spread in a single layer. Bake 30 minutes, turning occasionally, until beets are tender. Combine kale and beets in a serving bowl. Whisk together orange juice, vinegar, honey, mustard, remaining ½ tsp salt and ¼ tsp pepper, and remaining 2 Tbsp olive oil; pour over salad, tossing to coat.</i></p>
Prep	Cook	Total						
15m	30m	45m						
<p>Meal 6 Marinate Ahead</p> <p>Vegan Marinated Tofu Greek Salad</p> <p><i>Fresh Strawberries</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;">45m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">1h 5m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	45m	20m	1h 5m	<p>1 (14-oz) pkg extra-firm tofu 2 (4.6-oz) jar pitted kalamata olives ¾ cup balsamic vinegar 3 Tbsp brown sugar 4 (5-oz) pkg mixed greens 1 (1-oz) pkg basil, chopped 2 cucumbers, chopped 2 tomatoes, chopped ¼ cup olive oil ½ tsp salt ½ tsp pepper</p> <hr/> <p>½ (1-lb) container strawberries</p>	<p>Cut tofu lengthwise into 8 slices. Place tofu slices on several layers of paper towels. Cover with additional paper towels; let stand 5 minutes. Cut tofu into cubes. Drain olives, reserving liquid from jar; set olives aside. Combine tofu and reserved olive liquid; let stand 30 minutes. Meanwhile, combine vinegar and sugar in a small saucepan; simmer until mixture is reduced by half. Cool. Combine mixed greens, basil, cucumbers, tomatoes, tofu and olives. Drizzle with vinegar mixture and olive oil; sprinkle with salt and pepper. Toss gently to combine.</p> <hr/> <p><i>Serve strawberries alongside salad.</i></p>
Prep	Cook	Total						
45m	20m	1h 5m						
<p>Meal 7 Chill Time</p> <p>Apple-Raisin French Toast</p> <p><i>Strawberry-Arugula Salad with Goat Cheese</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;">15m</td> <td style="padding: 2px 5px;">50m</td> <td style="padding: 2px 5px;">1h 5m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	15m	50m	1h 5m	<p>12 slices cinnamon raisin bread 2 sweet apples, peeled and chopped 8 large eggs ½ cup sugar 1 tsp ground cinnamon ¼ tsp salt 2½ cups milk ½ cup butter, melted Maple syrup (optional)</p> <hr/> <p>2 (5-oz) pkg fresh baby arugula ½ (1-lb) container strawberries, sliced 2 Tbsp balsamic vinegar 1 Tbsp honey 1 tsp Dijon mustard 3 Tbsp olive oil 1 (4-oz) pkg goat cheese, crumbled</p>	<p>Place 6 bread slices in a greased 13- x 9-inch baking dish. Sprinkle apples over bread; top with remaining bread. Whisk together eggs, sugar, cinnamon and salt in a bowl; slowly whisk in milk and butter. Pour over bread, gently pressing bread with a spatula. Cover and chill 8 hours. Preheat oven to 350°F. Bake, covered, 30 minutes. Uncover and bake 20 to 25 minutes or until center is set; let stand 5 minutes. Serve with maple syrup, if desired.</p> <hr/> <p><i>Combine arugula and strawberries in a large serving bowl; whisk together vinegar, honey, mustard and oil. Pour dressing over salad, tossing well to coat; sprinkle each serving with goat cheese.</i></p>
Prep	Cook	Total						
15m	50m	1h 5m						

Meal	✓	Grocery Items to Purchase
		Produce
1		2 heads broccoli
2		1 (12-oz) pkg Romaine hearts
2		2 limes
2		1 bunch cilantro
2		2 avocados
2,6		4 tomatoes
3		1 (8-oz) pkg sliced mushrooms
3		1 bell pepper (any color)
3,5		7 navel oranges
3,5		2 bunches green onions
4		1 (1-) container grape tomatoes
4		1 (5-oz) pkg baby spinach
4		1 small onion
5		2 (5-oz) pkg baby kale
5		6 large beets
6		2 cucumbers
6		4 (5-oz) pkg mixed greens
6		1 (1-oz) pkg basil
7		2 (5-oz) pkg fresh baby arugula
7		2 sweet apples
6,7		1 (1-lb) container strawberries
		Refrigerated
1		1 (8-oz) block 1/3-less-fat cream cheese
1,5		1 (4-oz) wedge Parmesan cheese
2		1 (8-oz) block Monterey Jack cheese
2		1 (8-oz) container fresh salsa
2		1 (8-oz) container sour cream
2,7		1 (64-oz) container milk
5,7		1 dozen large eggs
6		1 (14-oz) pkg extra-firm tofu
7		1 (4-oz) pkg goat cheese
		Frozen
3		1 (16-oz) pkg frozen shelled edamame
		Canned & Packaged
1		1 (8.5-oz) jar sun-dried tomatoes in oil
1		1 (16-oz) pkg whole-grain penne pasta
1,3		2 (32-oz) cartons vegetable broth
2		2 (14.5-oz) cans vegetarian chili
2		1 (16-oz) bag restaurant-style tortilla chips
3		1 (16-oz) pkg whole wheat spaghetti
4		1 (16-oz) pkg long-grain brown rice
4,5		3 (15-oz) cans chickpeas
5		1 (12-oz) pkg quinoa
5,6		3 (4.6-oz) jars pitted kalamata olives
7		1 (24-oz) pkg sliced cinnamon raisin bread

Necessary Staples
Meal 1
2 cloves garlic
Meal 2
1½ Tbsp all-purpose flour
1 cup extra-virgin olive oil
1½ Tbsp butter
1½ cups milk
Meal 3
4 cloves garlic
2 Tbsp sesame oil
2 tsp ground ginger
1 Tbsp soy sauce
Meal 4
2 Tbsp olive oil
3 cloves garlic
½ cup olive oil vinaigrette
Meal 5
1 Tbsp balsamic vinegar
¼ tsp dried oregano
1 Tbsp grainy Dijon mustard
¼ cup AND 1½ Tbsp olive oil
1 Tbsp honey
Meal 6
¼ cup olive oil
¾ cup balsamic vinegar
3 Tbsp brown sugar
Meal 7
½ cup sugar
3 Tbsp olive oil
1 tsp ground cinnamon
2 Tbsp balsamic vinegar
½ cup butter
1 Tbsp honey
Maple syrup
1 tsp Dijon mustard