





Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:						
Meal 1	One Dish Dinner	8 oz whole-grain penne pasta 1 head broccoli, cut into florets ½ (8.5-oz) jar sun-dried tomatoes in oil ½ (8-oz) block ¼-less-fat cream cheese, softened 1 clove garlic, minced 2 Tbsp vegetable broth ¼ cup freshly grated Parmesan cheese	Cook pasta according to package directions, adding florets during the last 3 minutes of cooking. Drain; reserve ¼ cup pasta water. Meanwhile, drain tomatoes, reserving 1 Tbsp oil. Combine tomatoes, 1 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 or until thoroughly heated; sprinkle each serving with cheese before serving. Note: Store leftovers in refrigerator for up to 3 days.						
Creamy Sun-Dried Tomato Penne with Broccoli  <table style="display: inline-table; border-collapse: collapse;"> <tr> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td style="text-align: center;">10m</td> <td style="text-align: center;">30m</td> <td style="text-align: center;">40m</td> </tr> </table>		Prep	Cook	Total	10m	30m	40m		
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Meal 2	Crowd-Pleaser	1 (14.5-oz) can vegetarian chili 4 oz restaurant-style tortilla chips ½ Tbsp butter ½ Tbsp all-purpose flour ½ cup milk ¾ cup freshly shredded Monterey Jack cheese 1 avocado, peeled and diced ¼ cup fresh salsa ¼ cup sour cream <hr/> ½ cup fresh cilantro leaves ½ cup extra-virgin olive oil 1½ Tbsp fresh lime juice ¼ tsp salt ¼ tsp pepper 1 head romaine lettuce, cut in half lengthwise ½ (1-pint) container grape tomatoes, cut in half	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. <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>						
Nachos with Monterey Jack Cheese Sauce <i>Romaine with Cilantro-Lime Vinaigrette</i>  <table style="display: inline-table; border-collapse: collapse;"> <tr> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td style="text-align: center;">10m</td> <td style="text-align: center;">20m</td> <td style="text-align: center;">30m</td> </tr> </table>		Prep	Cook	Total	10m	20m	30m		
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Meal 3	Classic Favorite	4 oz whole wheat spaghetti 1 Tbsp sesame oil 1 small bell pepper (any color), chopped 5 green onions, chopped 1 (8-oz) pkg sliced mushrooms 2 cloves garlic, minced 1 tsp ground ginger 3¾ cups vegetable broth ½ Tbsp soy sauce ½ (16-oz) pkg frozen shelled edamame, thawed <hr/> 2 navel oranges	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. <i>Peel oranges, and cut into thin slices.</i>						
Asian Noodle Soup with Edamame <i>Sliced Oranges</i>  <table style="display: inline-table; border-collapse: collapse;"> <tr> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td style="text-align: center;">15m</td> <td style="text-align: center;">20m</td> <td style="text-align: center;">35m</td> </tr> </table>		Prep	Cook	Total	15m	20m	35m		
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Meal 4	Vegan	¼ cup long-grain brown rice ½ cup chopped onion 1 Tbsp olive oil 1 clove garlic, minced 1 (5-oz) pkg baby spinach, coarsely chopped ½ (15-oz) can chickpeas, drained and rinsed ½ (1-pint) container grape tomatoes, cut in half ¼ cup olive oil vinaigrette	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. Note: To save time, cook the rice the night before and refrigerate overnight.						
Spinach-Brown Rice Bowls  <table style="display: inline-table; border-collapse: collapse;"> <tr> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td style="text-align: center;">10m</td> <td style="text-align: center;">45m</td> <td style="text-align: center;">55m</td> </tr> </table>		Prep	Cook	Total	10m	45m	55m		
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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 with Orange Vinaigrette</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;">30m</td> <td style="padding: 2px 5px;">45m</td> </tr> </table> </div>	Prep	Cook	Total	15m	30m	45m	<p>½ cup quinoa ½ (15-oz) can chickpeas, drained and rinsed 3 green onions, chopped 2 Tbsp pitted kalamata olives, chopped ¼ cup freshly grated Parmesan cheese 1 egg white, beaten ⅛ tsp dried oregano ¼ tsp salt 1 Tbsp olive oil</p> <hr/> <p><i>2 large beets, peeled and cut into wedges</i> <i>2 Tbsp olive oil, divided</i> <i>¼ tsp salt</i> <i>¼ tsp pepper</i> <i>1 (5-oz) pkg baby kale</i> <i>1 Tbsp fresh orange juice</i> <i>1 tsp balsamic vinegar</i> <i>1 tsp honey</i> <i>1 tsp grainy Dijon mustard</i></p>	<p>Cook quinoa according to package directions. Mash chickpeas in a medium bowl. Add quinoa, green onions, olives, Parmesan, egg, oregano and salt. Shape into 4 small 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, 1 Tbsp oil, ⅛ tsp salt and ⅛ 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 ⅛ tsp salt and ⅛ tsp pepper, and remaining 1 Tbsp olive oil; pour over salad, tossing to coat.</i></p>
Prep	Cook	Total						
15m	30m	45m						
<p>Meal 6 Vegan</p> <p>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;"> <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;">45m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">1h 5m</td> </tr> </table> </div>	Prep	Cook	Total	45m	20m	1h 5m	<p>½ (14-oz) pkg extra-firm tofu 1 (4.6-oz) jar pitted kalamata olives ⅓ cup balsamic vinegar 1½ Tbsp brown sugar 1 (5-oz) pkg mixed greens ½ (1-oz) pkg fresh basil, chopped 1 cucumber, chopped 1 tomato, chopped 2 Tbsp olive oil ¼ tsp salt ¼ tsp pepper</p> <hr/> <p><i>½ (1-lb) container strawberries</i></p>	<p>Cut tofu lengthwise into 4 slices. Place tofu slices on several layers of paper towels. Cover tofu 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 brown sugar in a small saucepan; simmer until vinegar mixture is reduced by half. Cool. Combine mixed greens, basil, cucumber, tomato, tofu and olives. Drizzle with vinegar mixture, olive oil; sprinkle with salt and pepper. Toss gently to combine.</p> <p>Note: Wrap unused tofu in plastic wrap; store in a heavy-duty plastic bag 3 to 5 days in the refrigerator or 5 months in the freezer.</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;"> <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;">50m</td> <td style="padding: 2px 5px;">1h 5m</td> </tr> </table> </div>	Prep	Cook	Total	15m	50m	1h 5m	<p>6 slices cinnamon raisin bread 1 sweet apple, peeled chopped 4 large eggs ¼ cup sugar ½ tsp ground cinnamon ⅛ tsp salt 1¼ cups milk 3 Tbsp butter, melted Maple syrup (optional)</p> <hr/> <p><i>1 (5-oz) pkg baby arugula</i> <i>½ (1-lb) container strawberries, sliced</i> <i>1 Tbsp balsamic vinegar</i> <i>½ Tbsp honey</i> <i>½ tsp Dijon mustard</i> <i>1½ Tbsp olive oil</i> <i>2 Tbsp crumbled goat cheese</i></p>	<p>Place 3 bread slices in a greased 9-inch square 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. 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		1 head broccoli
2		1 head Romaine lettuce
2		1 bunch cilantro
2		1 lime
2		1 avocado
2,4		1 (1-) container grape tomatoes
3		1 (8-oz) pkg sliced fresh mushrooms
3		1 small bell pepper (any color)
3,5		1 bunch green onions
3,5		3 navel oranges
4		1 (5-oz) pkg baby spinach
4		1 small onion
5		2 large beets
5		1 (5-oz) pkg baby kale
6		1 cucumber
6		1 (5-oz) pkg mixed greens
6		1 tomato
6		1 (1-oz) pkg basil
7		1 sweet apple
7		1 (5-oz) pkg fresh baby arugula
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		1 (32-oz) carton vegetable broth
2		1 (14.5-oz) can vegetarian chili
2		1 (16-oz) bag restaurant-style tortilla chips
3		1 (16-oz) pkg uncooked whole-wheat spaghetti
4		1 (16-oz) pkg uncooked long grain brown rice
4,5		1 (15-oz) can chickpeas
5		1 (12-oz) pkg uncooked quinoa
5,6		2 (4.6-oz) jars pitted kalamata olives
7		1 (24-oz) pkg sliced cinnamon raisin bread

Necessary Staples
Meal 1
1 clove garlic
Meal 2
1/2 Tbsp all-purpose flour 1/3 cup extra-virgin olive oil 1/2 Tbsp butter
Meal 3
2 cloves garlic 1 Tbsp sesame oil 1 tsp ground ginger 1/2 Tbsp soy sauce
Meal 4
1 Tbsp olive oil 1 clove garlic 1/4 cup olive oil vinaigrette
Meal 5
1 tsp balsamic vinegar 1/8 tsp dried oregano 1 tsp grainy Dijon mustard 3 Tbsp olive oil 1 tsp honey Cooking spray
Meal 6
2 Tbsp olive oil 1/3 cup balsamic vinegar 1 1/2 Tbsp brown sugar
Meal 7
1/4 cup sugar 1 1/2 Tbsp olive oil 1/2 tsp ground cinnamon 1 Tbsp balsamic vinegar 3 Tbsp butter 1/2 Tbsp honey Maple syrup 1/2 tsp Dijon mustard