






| Meals: <i>Side dishes are in ITALICS</i> | Ingredients: | Instructions: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--------------|---------------|-------|-----|-----|-----|--|------|------|-------|----------|---|---|--|----------|-----|-----|-----|---------|----|---|----|--------------|---|---|---|-------------|----|---|----|----------|----|----|----|-----------|---|---|----|-------------|-----|-----|------|-------------|---|---|---|---|--|
| <p>Meal 1 Crowd-Pleaser</p> <p>Spinach and Sun-Dried Tomato Flank Steak</p> <p><i>Lemony Broccolini</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">35m</td> <td style="padding: 2px 5px;">55m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>240</td> <td>100</td> <td>340</td> </tr> <tr> <td>Fat (g)</td> <td>11</td> <td>5</td> <td>16</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> <td>1</td> <td>5</td> </tr> <tr> <td>Protein (g)</td> <td>29</td> <td>5</td> <td>34</td> </tr> <tr> <td>Carb (g)</td> <td>7</td> <td>11</td> <td>18</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>2</td> <td>4</td> </tr> <tr> <td>Sodium (mg)</td> <td>670</td> <td>430</td> <td>1100</td> </tr> <tr> <td>Points (SP)</td> <td>4</td> <td>1</td> <td>5</td> </tr> </tbody> </table> | Prep | Cook | Total | 20m | 35m | 55m | | Main | Side | Total | Servings | 6 | 6 | | Calories | 240 | 100 | 340 | Fat (g) | 11 | 5 | 16 | Sat. Fat (g) | 4 | 1 | 5 | Protein (g) | 29 | 5 | 34 | Carb (g) | 7 | 11 | 18 | Fiber (g) | 2 | 2 | 4 | Sodium (mg) | 670 | 430 | 1100 | Points (SP) | 4 | 1 | 5 | <p>6 slices center-cut bacon, chopped 1 shallot, minced 4 cloves garlic, minced 1 (10-oz) pkg spinach, stemmed 1 (7-oz) jar sun-dried tomatoes in oil, drained and chopped 3 Tbsp chopped fresh basil 1 tsp grated lemon rind 1 Tbsp fresh lemon juice 1 tsp salt ½ tsp pepper 1½ lb flank steak</p> <hr/> <p><i>2 lb Broccolini, trimmed (see note)</i> <i>2 Tbsp olive oil</i> <i>2 tsp grated lemon rind</i> <i>1 tsp salt</i> <i>½ tsp pepper</i></p> | <p>Preheat oven to 400°F. Cook bacon in a large ovenproof skillet over medium heat until crisp. Remove from skillet using a slotted spoon, reserving 3 Tbsp drippings in a bowl. Drain bacon on paper towels. Add 1 Tbsp reserved drippings to skillet over medium heat. Add shallot and garlic; sauté 3 minutes. Gradually stir in spinach until wilted. Stir in tomatoes, basil, lemon rind, lemon juice, salt, pepper, and bacon. Let cool slightly. Pound steak to ¼-inch thickness. Spread bacon mixture over steak, leaving a ½-inch border. Starting with 1 long side, roll up steak, jelly-roll fashion; tie with kitchen string at 2-inch intervals. Wipe skillet clean. Heat 2 Tbsp drippings over medium-high heat in skillet. Add steak, and cook 4 minutes per side or until browned. Transfer skillet to oven. Bake 15 to 20 minutes or until a meat thermometer inserted into thickest portion reads 135°F. Let stand 10 minutes. Remove string, and slice.</p> <hr/> <p><i>Cook Broccolini in boiling water to cover in a saucepan 5 minutes or until crisp-tender; drain. Toss with oil, lemon rind, salt, and pepper.</i> Note: Substitute broccoli, if desired.</p> |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20m | 35m | 55m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 240 | 100 | 340 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 11 | 5 | 16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 4 | 1 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 29 | 5 | 34 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 7 | 11 | 18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 2 | 2 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 670 | 430 | 1100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Points (SP) | 4 | 1 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Meal 2 Marinate Ahead</p> <p>Sausage and Feta Pasta</p> <p><i>Lightly Sweetened Strawberries and Bananas</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>430</td> <td>70</td> <td>500</td> </tr> <tr> <td>Fat (g)</td> <td>15</td> <td>0</td> <td>15</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>5</td> <td>0</td> <td>5</td> </tr> <tr> <td>Protein (g)</td> <td>25</td> <td>1</td> <td>26</td> </tr> <tr> <td>Carb (g)</td> <td>53</td> <td>19</td> <td>72</td> </tr> <tr> <td>Fiber (g)</td> <td>9</td> <td>2</td> <td>11</td> </tr> <tr> <td>Sodium (mg)</td> <td>910</td> <td>0</td> <td>910</td> </tr> <tr> <td>Points (SP)</td> <td>5</td> <td>1</td> <td>6</td> </tr> </tbody> </table> | Prep | Cook | Total | 15m | 15m | 30m | | Main | Side | Total | Servings | 6 | 6 | | Calories | 430 | 70 | 500 | Fat (g) | 15 | 0 | 15 | Sat. Fat (g) | 5 | 0 | 5 | Protein (g) | 25 | 1 | 26 | Carb (g) | 53 | 19 | 72 | Fiber (g) | 9 | 2 | 11 | Sodium (mg) | 910 | 0 | 910 | Points (SP) | 5 | 1 | 6 | <p>12 oz multigrain penne pasta (about 1¾ cups) 6 (3-oz) links fully cooked chicken-apple sausages, thinly sliced 2 bell peppers (any color), thinly sliced 1 large onion, chopped 6 cloves garlic, minced 2 cups grape tomatoes, cut in half 1½ Tbsp dried basil 1 cup water 1 cup crumbled reduced-fat feta cheese</p> <hr/> <p><i>1 (16-oz) pkg strawberries, quartered</i> <i>2 Tbsp sugar</i> <i>2 bananas, sliced</i></p> | <p>Cook pasta according to package directions. Meanwhile, cook sausage in a Dutch oven coated with cooking spray over medium-high heat 3 minutes or until beginning to brown. Remove from pan. Coat pan with cooking spray; add peppers and onion, and sauté 3 minutes. Add garlic, and sauté 30 seconds. Stir in tomatoes, basil and water; cover and cook over medium heat 8 to 10 minutes or until peppers are tender. Remove from heat, and stir in cooked pasta and sausage. Sprinkle with cheese.</p> <hr/> <p><i>Combine strawberries and sugar in a serving bowl; toss. Cover and chill at least 30 minutes. Stir in bananas.</i> Note: Prepare the strawberries first so they have time to marinate while you cook the main dish. Add the bananas just before serving.</p> |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15m | 15m | 30m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 430 | 70 | 500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 15 | 0 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 5 | 0 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 25 | 1 | 26 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 53 | 19 | 72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 9 | 2 | 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 910 | 0 | 910 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Points (SP) | 5 | 1 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Meals: <i>Side dishes are in ITALICS</i> | | Ingredients: | Instructions: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|------------------|---|---|-------|-------|----------|-----|---|--|----------|-----|-----|-----|---------|----|---|----|--------------|---|---|---|-------------|----|---|----|----------|----|----|----|-----------|----|---|----|-------------|-----|-----|-----|-------------|---|---|---|--|--|
| Meal 3 | Classic Favorite | 6 (6-oz) bone-in, skinless chicken breasts 1½ tsp dried oregano ½ tsp salt ½ tsp pepper 2 Tbsp extra virgin olive oil 3 cups grape tomatoes 20 pitted kalamata olives, coarsely chopped 1 onion, cut into wedges 2 (9-oz) pkg frozen artichoke hearts, thawed 2 lemons, cut into wedges | Preheat oven to 400°F; sprinkle chicken with oregano, salt and pepper. Cook chicken, in batches, in hot oil in a large nonstick skillet over medium-high heat 2 to 3 minutes per side or until browned. Place chicken in a roasting pan coated with cooking spray. Arrange tomatoes, olives, onion, artichokes and lemons. Drizzle with drippings from skillet. Bake 20 minutes or until chicken is done and vegetables are tender. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Baked Greek Chicken <i>Lemon Orzo</i> | | 6 oz orzo pasta 2 Tbsp extra virgin olive oil 1½ tsp grated lemon rind ½ tsp salt | Cook orzo according to package directions. Toss with oil, lemon rind and salt. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  <table border="1"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>15m</td> <td>25m</td> <td>40m</td> </tr> </tbody> </table> | | Prep | Cook | Total | 15m | 25m | 40m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15m | 25m | 40m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 310 | 150 | 460 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 12 | 5 | 17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 2 | 1 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 34 | 4 | 38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 14 | 21 | 35 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 7 | 1 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 530 | 200 | 730 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Points (SP) | 4 | 3 | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Meal 4 | Meatless Meal | 3 cups sliced carrots (about 1 lb) 2 cups chopped onion 1½ Tbsp extra virgin olive oil 2 Tbsp smoked paprika 1 Tbsp ground cumin 6 cloves garlic, minced 3 (14.5-oz) cans low-sodium chicken broth (or use vegetarian broth) 3 (14.5-oz) cans no-salt-added diced tomatoes 3 (15-oz) cans no-salt-added black beans, drained and rinsed 3 avocados, pitted and chopped | Sauté carrots and onion in hot oil in a stock pot or a large Dutch oven over medium-high heat 5 minutes. Add paprika, cumin and garlic; sauté 1 minute. Stir in broth, tomatoes, and beans; bring to a boil. Reduce heat; partially cover, and simmer 20 minutes or until carrots are very tender. Top individual servings with avocado. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Smoky Carrot-and-Black Bean Stew <i>Cucumbers with Jalapeño-Lime Vinaigrette</i> | | 3 cucumbers, thinly sliced 2 Tbsp extra virgin olive oil 2 Tbsp lime juice 1½ Tbsp apple cider vinegar 2 jalapeño peppers, seeded and minced 2 cloves garlic, minced ½ tsp salt | Toss together all ingredients in a bowl. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20m | 30m | 50m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 360 | 70 | 430 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 14 | 5 | 19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 2 | 0 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 15 | 1 | 16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 47 | 7 | 54 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 15 | 1 | 16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 560 | 200 | 760 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Points (SP) | 8 | 1 | 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|--|------------------|---|--|-------|-----|-----|--------|--|------|------|-------|----------|---|---|--|----------|-----|-----|-----|---------|----|---|----|--------------|---|---|---|-------------|----|---|----|----------|----|----|----|-----------|---|---|---|-------------|-----|-----|-----|-------------|----|---|----|--|--|
| Meal 5 | Classic Favorite | 1 cup chopped onion 1 Tbsp olive oil 1½ lb lean ground beef ¾ cup barbecue sauce ¾ cup quick-cooking oats 1½ tsp dried oregano ¼ tsp crushed red pepper 3 large eggs, lightly beaten <hr/> 1½ lb russet potatoes, cut into chunks 2 Tbsp Dijon mustard 2 Tbsp olive oil 1½ lb green beans, trimmed 1½ tsp garlic powder ¾ tsp salt ½ tsp pepper | <p>Preheat oven to 375°F. Sauté onion in hot oil in a skillet 3 minutes or until slightly browned; remove from heat. Combine beef, onion, ½ cup barbecue sauce, oats, oregano, red pepper, and eggs; mix with hands until blended. Shape into a 1½-inch-tall loaf on a baking sheet coated with cooking spray. Bake 55 minutes or until a meat thermometer inserted into center reads 165°F. Top with ¼ cup barbecue sauce. Let stand 10 minutes before slicing.</p> <hr/> <p>Preheat oven to 375°F. Toss together potatoes, mustard, and oil in a bowl. Spread into a single layer on a rimmed baking sheet. Bake 15 minutes. Coat beans with cooking spray. Add beans, garlic powder, salt, and pepper to potatoes, and toss. Spread in a single layer. Bake 15 minutes.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Barbecue Meat Loaf</p> <p><i>Oven-Baked Dijon Potatoes and Green Beans</i></p> <p> <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>1h</td> <td>1h 15m</td> </tr> </table></p> <p>Nutritional Information</p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>310</td> <td>160</td> <td>470</td> </tr> <tr> <td>Fat (g)</td> <td>10</td> <td>5</td> <td>15</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> <td>0</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>28</td> <td>4</td> <td>32</td> </tr> <tr> <td>Carb (g)</td> <td>26</td> <td>26</td> <td>52</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>6</td> <td>8</td> </tr> <tr> <td>Sodium (mg)</td> <td>400</td> <td>290</td> <td>690</td> </tr> <tr> <td>Points (SP)</td> <td>10</td> <td>4</td> <td>14</td> </tr> </tbody> </table> | | Prep | Cook | Total | 15m | 1h | 1h 15m | | Main | Side | Total | Servings | 6 | 6 | | Calories | 310 | 160 | 470 | Fat (g) | 10 | 5 | 15 | Sat. Fat (g) | 2 | 0 | 2 | Protein (g) | 28 | 4 | 32 | Carb (g) | 26 | 26 | 52 | Fiber (g) | 2 | 6 | 8 | Sodium (mg) | 400 | 290 | 690 | Points (SP) | 10 | 4 | 14 | | |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15m | 1h | 1h 15m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 310 | 160 | 470 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 10 | 5 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 2 | 0 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 28 | 4 | 32 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 26 | 26 | 52 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 2 | 6 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 400 | 290 | 690 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Points (SP) | 10 | 4 | 14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Meal 6 | Chill Time | 3 (6-oz) cans boneless, skinless pink salmon, drained and flaked ¾ cup finely chopped red bell pepper (or any color) ¾ cup panko breadcrumbs ⅔ cup reduced-fat mayonnaise ¼ cup lemon juice 3 egg whites 6 (1.5-oz) whole wheat hamburger buns, toasted <hr/> 3 oranges, peeled and sectioned 3 firm pears, chopped 2 Tbsp lime juice 1 Tbsp honey | <p>Combine salmon, bell pepper, breadcrumbs, ⅓ cup mayonnaise, 3 Tbsp lemon juice, and egg whites in a bowl. Shape into 6 (3-inch) patties. Cook patties, in batches, in a large nonstick skillet coated with cooking spray over medium heat 4 to 5 minutes per side or until done. Stir together ⅓ cup mayonnaise and 1 Tbsp lemon juice. Serve burgers on buns with mayonnaise mixture.</p> <hr/> <p>Toss together all ingredients in a bowl. Chill 30 minutes.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Lemony Salmon Burgers</p> <p><i>Pear and Orange Toss</i></p> <p> <table border="1"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>20m</td> <td>15m</td> <td>35m</td> </tr> </table></p> <p>Nutritional Information</p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>330</td> <td>100</td> <td>430</td> </tr> <tr> <td>Fat (g)</td> <td>15</td> <td>0</td> <td>15</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> <td>0</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>22</td> <td>1</td> <td>23</td> </tr> <tr> <td>Carb (g)</td> <td>26</td> <td>26</td> <td>52</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>4</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>730</td> <td>0</td> <td>730</td> </tr> <tr> <td>Points (SP)</td> <td>10</td> <td>1</td> <td>11</td> </tr> </tbody> </table> | | Prep | Cook | Total | 20m | 15m | 35m | | Main | Side | Total | Servings | 6 | 6 | | Calories | 330 | 100 | 430 | Fat (g) | 15 | 0 | 15 | Sat. Fat (g) | 2 | 0 | 2 | Protein (g) | 22 | 1 | 23 | Carb (g) | 26 | 26 | 52 | Fiber (g) | 2 | 4 | 6 | Sodium (mg) | 730 | 0 | 730 | Points (SP) | 10 | 1 | 11 | | |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20m | 15m | 35m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 330 | 100 | 430 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 15 | 0 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 2 | 0 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 22 | 1 | 23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 26 | 26 | 52 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 2 | 4 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 730 | 0 | 730 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Points (SP) | 10 | 1 | 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Meals: <i>Side dishes are in ITALICS</i> | | Ingredients: | Instructions: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|------------|--|---|-------|-----|-----|-----|--|------|------|-------|----------|---|---|--|----------|-----|-----|-----|---------|---|---|----|--------------|---|---|---|-------------|----|---|----|----------|---|----|----|-----------|---|---|---|-------------|-----|-----|-----|-------------|---|---|----|--|
| Meal 7 | Super Fast | 3 (8-oz) boneless, skinless chicken breasts, cut in half lengthwise 6 Tbsp pesto ½ tsp pepper 1 lemon, cut into 6 wedges <hr/> 1½ lb carrots, <i>peeled and cut into 1-inch pieces</i> ⅓ cup water 1 Tbsp olive oil 1 Tbsp fresh lemon juice 1 Tbsp chopped fresh basil ½ tsp salt 2 (8.8-oz) <i>pouches microwavable brown basmati rice</i> | <p>Pound chicken to ½-inch thickness. Brush with pesto, and sprinkle with pepper. Cook chicken, in batches, in a nonstick skillet coated with cooking spray over medium-high heat 3 minutes per side or until done. Serve with lemon wedges.</p> <hr/> <p><i>Combine carrots and water in a microwave-safe dish. Cover with plastic wrap, and vent one corner. Microwave at HIGH 8 minutes or until carrots are tender; drain. Toss with oil, lemon juice, basil and salt. Cook rice according to package directions.</i></p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p align="center">Pesto Chicken</p> <p align="center"><i>Lemon-Basil Carrots and Brown Basmati Rice</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>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>20m</td> <td>10m</td> <td>30m</td> </tr> </tbody> </table> </div> <p align="center">Nutritional Information</p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>200</td> <td>200</td> <td>400</td> </tr> <tr> <td>Fat (g)</td> <td>8</td> <td>4</td> <td>12</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>0</td> <td>1</td> </tr> <tr> <td>Protein (g)</td> <td>26</td> <td>5</td> <td>31</td> </tr> <tr> <td>Carb (g)</td> <td>2</td> <td>39</td> <td>41</td> </tr> <tr> <td>Fiber (g)</td> <td>0</td> <td>4</td> <td>4</td> </tr> <tr> <td>Sodium (mg)</td> <td>230</td> <td>280</td> <td>510</td> </tr> <tr> <td>Points (SP)</td> <td>5</td> <td>5</td> <td>10</td> </tr> </tbody> </table> | | Prep | Cook | Total | 20m | 10m | 30m | | Main | Side | Total | Servings | 6 | 6 | | Calories | 200 | 200 | 400 | Fat (g) | 8 | 4 | 12 | Sat. Fat (g) | 1 | 0 | 1 | Protein (g) | 26 | 5 | 31 | Carb (g) | 2 | 39 | 41 | Fiber (g) | 0 | 4 | 4 | Sodium (mg) | 230 | 280 | 510 | Points (SP) | 5 | 5 | 10 | |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20m | 10m | 30m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 200 | 200 | 400 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 8 | 4 | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 1 | 0 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 26 | 5 | 31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 2 | 39 | 41 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 0 | 4 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 230 | 280 | 510 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Points (SP) | 5 | 5 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



Walmart Portion Control Family Plan

Sample Plan

| Meal | ✓ | Grocery Items to Purchase |
|---------|---|---|
| | | Produce |
| 1 | | 1 shallot |
| 1 | | 1 (10-oz) pkg spinach |
| 1 | | 2 lb Broccolini |
| 1,3,6,7 | | 8 lemons |
| 1,7 | | ½ (1-oz) pkg fresh basil |
| 2 | | 1 (16-oz) pkg strawberries |
| 2 | | 2 bananas |
| 2,3 | | 3 pints grape tomatoes |
| 2,3,4,5 | | 4 onions |
| 2,6 | | 3 bell peppers |
| 4 | | 3 cucumbers |
| 4 | | 2 jalapeño peppers |
| 4 | | 3 avocados |
| 4,6 | | 2 limes |
| 4,7 | | 2½ lb carrots |
| 5 | | 1½ lb green beans |
| 5 | | 1½ lb russet potatoes |
| 6 | | 3 oranges |
| 6 | | 3 pears |
| | | Meat & Seafood |
| 1 | | ½ (12-oz) pkg center-cut bacon |
| 1 | | 1½ lb flank steak |
| 2 | | 2 (4-count) pkg fully cooked chicken-apple sausages |
| 3 | | 6 (6-oz) bone-in, skinless chicken breasts |
| 5 | | 1½ lb lean ground beef |
| 7 | | 3 (8-oz) boneless, skinless chicken breasts |
| | | Refrigerated |
| 2 | | 1 (4-oz) pkg crumbled reduced-fat feta cheese |
| 5,6 | | 6 large eggs |
| | | Frozen |
| 3 | | 2 (9-oz) pkg frozen artichoke hearts |
| | | Canned & Packaged |
| 1 | | 1 (7-oz) jar sun-dried tomatoes in oil |
| 2 | | 1 (14.5-oz) pkg multigrain penne pasta |
| 3 | | ½ (16-oz) pkg orzo pasta |
| 3 | | 1 (6.5-oz) jar pitted kalamata olives |
| 4 | | 3 (15-oz) cans no-salt-added black beans |
| 4 | | 3 (14.5-oz) cans low-sodium chicken broth |
| 4 | | 3 (14.5-oz) cans no-salt-added diced tomatoes |
| 5 | | ½ (18-oz) pkg quick-cooking oats |
| 5 | | ½ (18-oz) bottle barbecue sauce |
| 6 | | 3 (6-oz) cans boneless, skinless pink salmon |
| 6 | | 1 (12-oz) pkg whole wheat hamburger buns |
| 7 | | ½ (8.1-oz) jar pesto |
| 7 | | 2 (8.8-oz) pouches microwavable brown basmati rice |
| | | Approximate Total |

| Necessary Staples |
|---|
| Meal 1 |
| 2 Tbsp olive oil 4 cloves garlic Kitchen string |
| Meal 2 |
| 1½ Tbsp dried basil 6 cloves garlic 2 Tbsp sugar |
| Meal 3 |
| 4 Tbsp extra virgin olive oil 1½ tsp dried oregano |
| Meal 4 |
| 8 cloves garlic 1½ Tbsp apple cider vinegar 2 Tbsp smoked paprika 3 Tbsp extra virgin olive oil 1 Tbsp ground cumin |
| Meal 5 |
| 2 Tbsp Dijon mustard 1½ tsp dried oregano 3 Tbsp olive oil Cooking spray 1½ tsp garlic powder ¼ tsp crushed red pepper |
| Meal 6 |
| 1 Tbsp honey ⅔ cup reduced-fat mayonnaise ¾ cup panko breadcrumbs |
| Meal 7 |
| 1 Tbsp olive oil |