


Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:																																														
<p>Meal 1 Super Fast</p> <p align="center">Ground Beef, Asparagus and Basil Stir-Fry</p> <p align="center"><i>Orange-Scented Quinoa</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 align="center">Nutritional Information</p> <table border="1" style="border-collapse: collapse; text-align: center; width: 100%;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Servings</td><td>2</td><td>2</td><td></td></tr> <tr><td>Calories</td><td>270</td><td>130</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>3</td><td>2</td><td>5</td></tr> <tr><td>Protein (g)</td><td>28</td><td>4</td><td>32</td></tr> <tr><td>Carb (g)</td><td>18</td><td>18</td><td>36</td></tr> <tr><td>Fiber (g)</td><td>5</td><td>2</td><td>7</td></tr> <tr><td>Sodium (mg)</td><td>670</td><td>170</td><td>840</td></tr> <tr><td>Points (SP)</td><td>5</td><td>4</td><td>9</td></tr> </tbody> </table>	Prep	Cook	Total	15m	15m	30m		Main	Side	Total	Servings	2	2		Calories	270	130	400	Fat (g)	8	4	12	Sat. Fat (g)	3	2	5	Protein (g)	28	4	32	Carb (g)	18	18	36	Fiber (g)	5	2	7	Sodium (mg)	670	170	840	Points (SP)	5	4	9	<p>½ lb lean ground beef ½ lb asparagus, trimmed and cut into 1-inch pieces ½ (10-oz) pkg matchstick-cut carrots 2 green onions, thinly sliced 1 clove garlic, minced 1½ Tbsp low-sodium soy sauce 1½ Tbsp Thai sweet chili sauce 3 Tbsp thinly sliced fresh basil</p> <hr/> <p>⅓ cup quinoa 2 tsp light butter ¼ tsp grated orange rind ⅛ tsp salt ⅛ tsp pepper</p>	<p>Cook ground beef in a skillet over medium heat, stirring until beef is browned and crumbly; drain and return to skillet. Stir in asparagus, carrots, green onions, and garlic; cook, stirring often, 2 minutes. Stir in soy sauce and chili sauce; cook 3 minutes. Stir in basil.</p> <hr/> <p align="center"><i>Cook quinoa according to package directions. Toss with remaining ingredients.</i></p>
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<p>Meal 2 One Dish Dinner</p> <p align="center">Pan-Seared Chicken with Roasted Vegetables</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;">25m</td> <td style="padding: 2px 5px;">45m</td> </tr> </table> </div> <p align="center">Nutritional Information</p> <table border="1" style="border-collapse: collapse; text-align: center; width: 100%;"> <thead> <tr> <th></th> <th>Main</th> </tr> </thead> <tbody> <tr><td>Servings</td><td>2</td></tr> <tr><td>Calories</td><td>410</td></tr> <tr><td>Fat (g)</td><td>18</td></tr> <tr><td>Sat. Fat (g)</td><td>2</td></tr> <tr><td>Protein (g)</td><td>33</td></tr> <tr><td>Carb (g)</td><td>31</td></tr> <tr><td>Fiber (g)</td><td>11</td></tr> <tr><td>Sodium (mg)</td><td>440</td></tr> <tr><td>Points (SP)</td><td>6</td></tr> </tbody> </table>	Prep	Cook	Total	20m	25m	45m		Main	Servings	2	Calories	410	Fat (g)	18	Sat. Fat (g)	2	Protein (g)	33	Carb (g)	31	Fiber (g)	11	Sodium (mg)	440	Points (SP)	6	<p>¾ lb small Brussels sprouts, trimmed and cut in half 2 large carrots, sliced 1 small red onion, cut into wedges 1 red bell pepper, cut into pieces 2 cloves garlic, cut in half 2 Tbsp olive oil ¼ tsp salt ¼ tsp pepper 1 (8-oz) boneless, skinless chicken breast, cut in half lengthwise 1 tsp dried dill</p>	<p>Preheat oven to 425°F. Combine Brussels sprouts, carrots, onion, bell pepper, and garlic on a rimmed baking sheet; drizzle with 1 Tbsp oil. Sprinkle with ⅛ tsp each salt and pepper; toss to coat. Spread in a single layer. Bake 25 minutes or until well roasted; cool slightly, and chop. Meanwhile, pound chicken to ½-inch-thickness. Sprinkle with dill and ⅛ tsp each salt and pepper. Cook chicken in 1 Tbsp hot oil in a nonstick skillet over medium heat 4 minutes per side or until done. Spoon vegetables with drippings over chicken.</p>																				
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<p>Meal 3 Slow Cooker</p> <p style="text-align: center;">Low-Country Shrimp</p> <p style="text-align: center;"><i>Lemon-Parsley Rice and Green Peas</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 0 5px;">Prep</td> <td style="padding: 0 5px;">Cook</td> <td style="padding: 0 5px;">Total</td> </tr> <tr> <td style="padding: 0 5px;">15m</td> <td style="padding: 0 5px;">8h 15m</td> <td style="padding: 0 5px;">8h 30m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>320</td> <td>180</td> <td>500</td> </tr> <tr> <td>Fat (g)</td> <td>14</td> <td>1</td> <td>15</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>3</td> <td>0</td> <td>3</td> </tr> <tr> <td>Protein (g)</td> <td>27</td> <td>7</td> <td>34</td> </tr> <tr> <td>Carb (g)</td> <td>17</td> <td>37</td> <td>54</td> </tr> <tr> <td>Fiber (g)</td> <td>3</td> <td>4</td> <td>7</td> </tr> <tr> <td>Sodium (mg)</td> <td>1440</td> <td>95</td> <td>1535</td> </tr> <tr> <td>Points (SP)</td> <td>6</td> <td>6</td> <td>12</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	8h 15m	8h 30m		Main	Side	Total	Servings	2	2		Calories	320	180	500	Fat (g)	14	1	15	Sat. Fat (g)	3	0	3	Protein (g)	27	7	34	Carb (g)	17	37	54	Fiber (g)	3	4	7	Sodium (mg)	1440	95	1535	Points (SP)	6	6	12	<p>½ (14-oz) pkg smoked turkey sausage, sliced (such as Oscar Mayer)</p> <p>½ Tbsp olive oil</p> <p>½ onion, chopped</p> <p>½ green bell pepper, chopped</p> <p>2 stalks celery, chopped</p> <p>1 clove garlic, minced</p> <p>1 tsp Cajun seasoning</p> <p>1 (14.5-oz) can no-salt-added fire-roasted diced tomatoes (such as Muir Glen)</p> <p>½ lb unpeeled, medium-size raw shrimp, peeled and deveined</p> <hr style="border: 0.5px dashed #000;"/> <p>½ cup long-grain brown rice</p> <p>1 Tbsp chopped fresh parsley</p> <p>¼ tsp grated lemon rind</p> <p>1½ tsp fresh lemon juice</p> <p>1¼ cups frozen green peas</p>	<p>Cook sausage in hot oil in a large skillet over medium-high heat 6 minutes or until browned. Transfer to a 4-quart slow cooker. Add onion, bell pepper, celery, garlic, seasoning, and tomatoes. Cover and cook on LOW 8 hours. Add shrimp. Cover and cook 10 minutes or until shrimp turn pink. Serve over rice.</p> <p>Note: If using frozen shrimp, thaw before adding to the slow cooker.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Cook rice according to package directions. Stir in parsley, lemon rind, and lemon juice. Steam peas in a small amount of water 3 to 4 minutes until tender; season with pepper to taste.</i></p>
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<p>Meal 4 Super Fast</p> <p style="text-align: center;">Caprese Turkey Burgers</p> <p style="text-align: center;"><i>Spinach, Strawberry and Almond Salad</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 0 5px;">Prep</td> <td style="padding: 0 5px;">Cook</td> <td style="padding: 0 5px;">Total</td> </tr> <tr> <td style="padding: 0 5px;">15m</td> <td style="padding: 0 5px;">10m</td> <td style="padding: 0 5px;">25m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>350</td> <td>120</td> <td>470</td> </tr> <tr> <td>Fat (g)</td> <td>14</td> <td>4</td> <td>18</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> <td>0</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>31</td> <td>4</td> <td>35</td> </tr> <tr> <td>Carb (g)</td> <td>24</td> <td>19</td> <td>43</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>5</td> <td>7</td> </tr> <tr> <td>Sodium (mg)</td> <td>540</td> <td>290</td> <td>830</td> </tr> <tr> <td>Points (SP)</td> <td>9</td> <td>3</td> <td>12</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	10m	25m		Main	Side	Total	Servings	2	2		Calories	350	120	470	Fat (g)	14	4	18	Sat. Fat (g)	4	0	4	Protein (g)	31	4	35	Carb (g)	24	19	43	Fiber (g)	2	5	7	Sodium (mg)	540	290	830	Points (SP)	9	3	12	<p>½ lb 93% lean ground turkey</p> <p>1 large egg white</p> <p>1 clove garlic, minced</p> <p>⅛ tsp salt</p> <p>⅛ tsp pepper</p> <p>¼ cup shredded part-skim mozzarella cheese</p> <p>1 Roma tomato, sliced</p> <p>2 (1½-oz) whole wheat hamburger buns, toasted</p> <p>4 large fresh basil leaves</p> <hr style="border: 0.5px dashed #000;"/> <p>2 Tbsp slivered almonds</p> <p>½ (6-oz) pkg baby spinach</p> <p>½ (16-oz) pkg strawberries, cut in half</p> <p>3 Tbsp fat-free honey-Dijon dressing (or any fat-free dressing)</p>	<p>Combine turkey, egg white, garlic, salt, and pepper, mixing just until blended; shape into 2 patties. Cook in a grill pan coated with cooking spray over medium-high heat 5 to 7 minutes per side or until done, topping with cheese and tomato during last minute of cooking. Serve burgers on buns with basil.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Toast almonds in a small skillet over medium heat until fragrant, stifling often; cool. Combine spinach, strawberries, and almonds in a serving bowl. Drizzle salad with dressing; toss well.</i></p>
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<p>Meal 6 Classic Favorite</p> <p align="center">Baked Greek Chicken</p> <p align="center"><i>Whole Wheat Orzo</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>25m</td> <td>35m</td> </tr> </table> </div> <p align="center">Nutritional Information</p> <table border="1" style="border-collapse: collapse; text-align: center; width: 100%;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Servings</td><td>2</td><td>2</td><td></td></tr> <tr><td>Calories</td><td>320</td><td>150</td><td>470</td></tr> <tr><td>Fat (g)</td><td>12</td><td>1</td><td>13</td></tr> <tr><td>Sat. Fat (g)</td><td>2</td><td>0</td><td>2</td></tr> <tr><td>Protein (g)</td><td>35</td><td>5</td><td>40</td></tr> <tr><td>Carb (g)</td><td>17</td><td>30</td><td>47</td></tr> <tr><td>Fiber (g)</td><td>7</td><td>7</td><td>14</td></tr> <tr><td>Sodium (mg)</td><td>490</td><td>0</td><td>490</td></tr> <tr><td>Points (SP)</td><td>5</td><td>4</td><td>9</td></tr> </tbody> </table>	Prep	Cook	Total	10m	25m	35m		Main	Side	Total	Servings	2	2		Calories	320	150	470	Fat (g)	12	1	13	Sat. Fat (g)	2	0	2	Protein (g)	35	5	40	Carb (g)	17	30	47	Fiber (g)	7	7	14	Sodium (mg)	490	0	490	Points (SP)	5	4	9	<p> 2 (6-oz) bone-in, skinless chicken breasts 1/2 tsp dried oregano 1/8 tsp salt 1/8 tsp pepper 2 tsp olive oil 1 cup grape tomatoes 7 pitted kalamata olives, coarsely chopped 1/2 cup coarsely chopped onion 1 (9-oz) pkg frozen artichoke hearts, thawed 1 lemon, cut into wedges </p> <hr/> <p>1/2 cup whole wheat orzo (3 oz)</p>	<p>Preheat oven to 400°F; sprinkle chicken with oregano, salt, and pepper. Cook in hot oil in a nonstick skillet over medium-high heat 2 to 3 minutes per side or until browned. Place chicken in a baking dish coated with cooking spray. Add tomatoes, olives, onion, artichokes, and lemon wedges. Drizzle with drippings from skillet. Bake 20 minutes or until chicken is done and vegetables are tender.</p> <hr/> <p><i>Cook orzo according to package directions, omitting salt and fat.</i></p>
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Carrot and Black Bean Stew <i>Sweetened Strawberries with Bananas</i>  <table border="1"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>10m</td> <td>30m</td> <td>40m</td> </tr> </tbody> </table>		Prep	Cook	Total	10m	30m	40m																																				
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Walmart Portion Control Plan for Two Sample Plan

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		Produce
1		1 orange
1		½ lb asparagus
1		½ (10-oz) pkg matchstick-cut carrots
1		2 green onions
1,4		½ (1-oz) pkg fresh basil
2		1 red bell pepper
2		¾ lb Brussels sprouts
2,7		2 red onions
2,7		4 carrots
3		½ green bell pepper
3		½ bunch fresh parsley
3		½ bunch celery
3,5,6		2 onions
3,6		2 lemons
4		1 Roma tomato
4		½ (6-oz) pkg baby spinach
4,7		1 (16-oz) pkg strawberries
5		1 (8-oz) sweet potato
6		½ pint grape tomatoes
7		1 banana
7		1 avocado
		Meat & Seafood
1,5		1 lb lean ground beef
2		1 (8-oz) boneless, skinless chicken breast
3		½ (14-oz) pkg smoked turkey sausage
3		½ lb unpeeled, medium-size raw shrimp
4		½ lb 93% lean ground turkey
6		2 (6-oz) bone-in, skinless chicken breasts
		Refrigerated
4		½ (8-oz) block part-skim mozzarella cheese
		Frozen
3		½ (12-oz) pkg frozen green peas
5		1 (12-oz) pkg frozen broccoli florets
6		1 (9-oz) pkg frozen artichoke hearts
		Canned & Packaged
1		½ (12-oz) pkg quinoa
1		½ (10-oz) bottle Thai sweet chili sauce
3		1 (14.5-oz) can no-salt-added fire-roasted diced tomatoes
4		½ (2-oz) pkg slivered almonds
4		½ (8-count) pkg whole wheat hamburger buns
5		½ (18-oz) pkg quick-cooking oats
5		½ (18-oz) bottle barbecue sauce
6		½ (32-oz) pkg whole wheat orzo
6		½ (6.5-oz) jar pitted kalamata olives
7		1 (14.5-oz) can no-salt-added diced tomatoes
7		1 (14.5-oz) can low-sodium chicken broth
7		1 (15-oz) can no-salt-added black beans
		Approximate Total

Necessary Staples
Meal 1
2 tsp light butter 1½ Tbsp low-sodium soy sauce 1 clove garlic
Meal 2
1 tsp dried dill 2 Tbsp olive oil 2 cloves garlic
Meal 3
1 tsp Cajun seasoning ½ Tbsp olive oil 1 clove garlic ½ cup long-grain brown rice
Meal 4
1 large egg 1 clove garlic 3 Tbsp fat-free honey-Dijon dressing
Meal 5
¼ tsp crushed red pepper 1 large egg 1 Tbsp light butter 1 tsp olive oil ½ tsp dried oregano
Meal 6
½ tsp dried oregano 2 tsp olive oil
Meal 7
1½ tsp olive oil 1 Tbsp sugar 1 tsp ground cumin 2 tsp smoked paprika 2 cloves garlic