

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 1 Skillet Meal</p> <p>Pan-Seared Steak with Sun-Dried Tomato Sauce</p> <p><i>Whole-Wheat Linguine and Zucchini Spears</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">15m</td> <td style="text-align: center;">30m</td> </tr> </table>		Prep	Cook	Total		15m	15m	30m	<p>½ tsp paprika ½ tsp ground cumin ½ tsp salt, ½ tsp pepper, divided ¾ to 1 lb flank steak (or use flat-iron steak or boneless top sirloin) 2 Tbsp olive oil ½ cup sun-dried tomatoes in oil 1 clove garlic ¼ cup packed fresh basil leaves, coarsely chopped 2 Tbsp apple cider vinegar</p> <hr/> <p><i>1 (8-oz) pkg whole-wheat linguine</i> <i>2 Tbsp olive oil, divided</i> <i>1 large zucchini, cut into spears</i> <i>¼ tsp salt, ¼ tsp pepper</i></p>	<p>Combine paprika, cumin and ¼ tsp each salt and pepper. Rub mixture on both sides of steak. Heat oil in a large cast-iron skillet over medium-high heat; add steak, and cook 6 to 8 minutes per side or to desired doneness. Let stand 10 minutes before slicing across the grain. Meanwhile, process sun-dried tomatoes, garlic, basil, vinegar, 3 Tbsp water, and remaining salt and pepper in a food processor or blender until smooth, adding additional water, if necessary, to reach desired consistency. Serve sun-dried tomato sauce over steak.</p> <hr/> <p><i>Prepare linguine according to package directions; drain, and stir in 1 Tbsp oil. Meanwhile, heat remaining oil in a large nonstick skillet over medium-high heat; add zucchini, salt and pepper. Cook 6 to 8 minutes until zucchini is browned and tender.</i></p>
	Prep	Cook	Total							
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<p>Meal 2 Super Fast</p> <p>Huevos Rancheros</p> <p><i>Watermelon Agua Fresca</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">20m</td> <td style="text-align: center;">10m</td> <td style="text-align: center;">30m</td> </tr> </table>		Prep	Cook	Total		20m	10m	30m	<p>1 Tbsp olive oil 4 large eggs ¼ tsp salt, ¼ tsp pepper 4 corn tortillas, heated 1 (15.5-oz) BPA-free can black beans, drained and rinsed ½ cup refrigerated fresh salsa 2 cups fresh organic baby spinach 2 Tbsp chopped fresh cilantro (or use flat-leaf parsley) ¼ cup sour cream 1 avocado, sliced</p> <hr/> <p><i>2 cups cubed watermelon (about 1 lb)</i> <i>1½ Tbsp honey</i> <i>1 Tbsp lime juice</i></p>	<p>Heat oil in a large nonstick skillet over medium-high heat; crack eggs into skillet. Cook 2 to 3 minutes or to desired doneness. Sprinkle eggs with salt and pepper; place 1 egg on each tortilla. Heat beans according to package directions. Top each tortilla with beans, salsa, spinach, cilantro, sour cream and avocado; serve hot.</p> <hr/> <p><i>Combine watermelon, 2 Tbsp cold water, honey and lime juice in a blender; process until smooth. Pour into ice-filled glasses to serve.</i></p>
	Prep	Cook	Total							
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<p>Meal 3</p> <p>Cajun Pork Medallions</p> <p><i>Creamy Stone-Ground Grits</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">25m</td> <td style="text-align: center;">40m</td> </tr> </table>		Prep	Cook	Total		15m	25m	40m	<p>¾ lb pork tenderloin, cut into ½-inch-thick slices 1 tsp Cajun or Creole seasoning 2 Tbsp olive oil, divided ½ (8-oz) package sliced fresh mushrooms ½ onion, chopped 1 small organic bell pepper (any color), chopped ½ cup chopped organic celery 1 (14.5-oz) BPA-free can diced tomatoes ¼ cup reduced-sodium chicken broth 1 tsp cornstarch 2 Tbsp chopped fresh flat-leaf parsley</p> <hr/> <p><i>1½ cups reduced-sodium chicken broth</i> <i>1½ cups 2% reduced-fat milk</i> <i>½ tsp salt, ½ tsp pepper</i> <i>¾ cup stone-ground grits</i> <i>½ cup freshly grated Parmesan cheese</i> <i>Hot sauce, desired amount (optional)</i></p>	<p>Sprinkle pork evenly with Cajun seasoning; heat 1 Tbsp oil in a large deep nonstick skillet over medium-high heat. Cook pork medallions 2 minutes on per side or until browned; remove from skillet. Heat remaining oil in skillet; add mushrooms, onion, bell pepper, and celery. Sauté 6 minutes or until vegetables are tender; add tomatoes and chicken broth. Return pork to skillet; cover, reduce heat, and simmer 5 minutes or until pork is done. Combine cornstarch and 2 tsp water; add to mixture in skillet. Cook 5 minutes longer or until sauce is slightly thickened. Serve pork mixture over Creamy Stone-Ground Grits; sprinkle with parsley just before serving.</p> <hr/> <p><i>Bring chicken broth and milk to a boil; add salt and pepper. Add grits; cook, stirring occasionally, 20 minutes or until liquid is absorbed. Stir in cheese and hot sauce, if desired.</i></p>
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<p>Meal 4 On the Grill</p> <p style="text-align: center;">Smoked Gouda-Stuffed Burgers</p> <p style="text-align: center;"><i>Sweet Potato Fries and Grilled Watermelon Wedges</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;">10m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	10m	20m	30m	<p>¾ lb ground round 2 oz smoked Gouda cheese, cut into 2 equal pieces ¼ tsp salt, ¼ tsp pepper 1 small red onion, sliced 2 Tbsp Dijon mustard 2 whole-wheat hamburger buns 1 cup fresh organic baby spinach</p> <hr/> <p><i>1 medium-size sweet potato, peeled and cut into ½-inch slices</i> <i>1 Tbsp olive oil</i> <i>¼ tsp salt, ¼ tsp pepper</i> <i>2 wedges watermelon</i></p>	<p>Preheat grill to medium-high heat. Shape ground beef into 2 balls; place 1 portion of cheese in center of each ball, and press to make a ½-inch-thick patty. Sprinkle burgers with salt and pepper. Grill 5 to 6 minutes per side or until done. While burgers grill, grill onion slices 1 to 2 minutes per side. Spread mustard on buns; top with burgers, onion and spinach. Add bun tops.</p> <hr/> <p><i>Preheat oven to 425°F and grill to medium-high heat. Combine sweet potato sticks, olive oil, salt and pepper in a single layer on a rimmed baking sheet; toss to coat. Bake 20 to 25 minutes or until lightly browned and tender. Meanwhile, grill watermelon 2 minutes on each side or until marks appear.</i></p>
Prep	Cook	Total						
10m	20m	30m						
<p>Meal 5 Super Fast</p> <p style="text-align: center;">Hibachi-Style Teriyaki Chicken and Vegetables</p> <p style="text-align: center;"><i>Cauliflower Rice</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;">10m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	10m	20m	30m	<p>3 Tbsp olive oil ½ lb boneless, skinless chicken breasts, cut into 1-inch pieces 1 zucchini, cut into chunks ½ onion, coarsely chopped 1 (8-oz) pkg sliced fresh mushrooms 2 Tbsp low-sodium soy sauce 2 Tbsp honey 1 Tbsp sesame oil 1 tsp toasted sesame seeds</p> <hr/> <p><i>1 (12-oz) pkg cauliflower florets</i> <i>½ onion, chopped</i> <i>2 cloves garlic, minced</i> <i>1 Tbsp olive oil</i> <i>¾ cup reduced-sodium chicken broth</i> <i>¼ tsp salt, ¼ tsp pepper</i></p>	<p>Heat 1 Tbsp oil in a large nonstick skillet over medium-high heat; add chicken. Cook 5 minutes or until browned. Remove chicken from skillet, and keep warm. Heat remaining olive oil in skillet; add zucchini, onion, and mushrooms. Sauté 8 minutes or until very tender. Return chicken to skillet. Whisk together remaining ingredients. Pour over chicken mixture, and cook 2 minutes or until sauce thickens. Serve over Cauliflower Rice.</p> <hr/> <p><i>Pulse cauliflower in a food processor until rice-like consistency. Sauté onion and garlic in hot oil in a saucepan over medium-high heat 4 minutes or until onion is tender; add cauliflower. Cook 2 minutes. Stir in broth, salt and pepper; cover and cook 15 minutes or until cauliflower is tender.</i></p>
Prep	Cook	Total						
10m	20m	30m						
<p>Meal 6 Easy for Entertaining</p> <p style="text-align: center;">Flounder Provencal</p> <p style="text-align: center;"><i>Baked Potatoes and Sautéed Asparagus</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;">20m</td> <td style="padding: 2px 5px;">40m</td> <td style="padding: 2px 5px;">1h</td> </tr> </table> </div>	Prep	Cook	Total	20m	40m	1h	<p>¾ lb flounder fillets 2 Tbsp olive oil ¼ tsp salt, ¼ tsp pepper 1 tomato, chopped ½ onion, thinly sliced ½ cup chopped pitted kalamata olives 2 Tbsp chopped fresh flat-leaf parsley</p> <hr/> <p><i>1 large organic russet potato</i> <i>2 Tbsp olive oil, divided</i> <i>2 Tbsp butter</i> <i>½ tsp salt, ½ tsp pepper</i> <i>¾ lb fresh asparagus, trimmed</i></p>	<p>Preheat oven to 425°F. Place flounder on 12- x 15-inch sheets of greased foil; drizzle with oil, and sprinkle with salt and pepper. Divide remaining ingredients between flounder, and place on top of fillets. Fold foil and seal tightly to make packets. Place packets on a rimmed baking sheet. Bake 10 to 12 minutes or until fish flakes with a fork.</p> <hr/> <p><i>Preheat oven to 425°F. Rub potato with 1 Tbsp oil. Place on a rimmed baking sheet, and bake 40 minutes or until tender. Cut potato in half lengthwise. Top with butter and ¼ tsp each salt and pepper. Meanwhile, heat remaining oil in a large nonstick skillet over medium-high heat. Add asparagus and remaining salt and pepper. Sauté 5 to 6 minutes or until tender.</i></p>
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Meal 7	Meatless Meal	½ cup uncooked brown basmati rice (or other brown rice) 1 Tbsp olive oil ½ onion, chopped 1 clove garlic, minced 1½ tsp minced fresh ginger 1½ tsp curry powder 1 tomato, chopped 1 (15.5-oz) BPA-free can chickpeas, drained and rinsed 2 Tbsp chopped fresh cilantro (or use flat-leaf parsley)	Cook rice according to package directions. Heat oil in a Dutch oven over medium heat; add onion, garlic and ginger. Sauté 2 minutes or until onion is tender; stir in curry powder and tomato. Cook 6 minutes or until tomato is very tender and sauce is thickened; add chickpeas and 1 cup water. Cook 15 minutes or until thickened. Serve chickpeas over basmati rice, and sprinkle with cilantro.								
<p>Chickpea Curry over Brown Basmati Rice</p> <p><i>Cool as a Cucumber Salad</i></p> <table border="0"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>10m</td> <td>25m</td> <td>35m</td> </tr> </table>			Prep	Cook	Total		10m	25m	35m	<hr/> 1 large organic cucumber, peeled, seeded, and halved ½ cup plain Greek yogurt 1 tsp fresh lemon juice 1 clove garlic, minced 2 Tbsp chopped fresh flat-leaf parsley ¼ tsp salt, ¼ tsp pepper	<hr/> <p><i>Cut cucumber into half-moons; add remaining ingredients. Serve with a slotted spoon.</i></p>
	Prep	Cook	Total								
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Meal	✓	Grocery Items to Purchase
Produce		
1		1 (1-oz) pkg fresh basil, need ¼ cup packed leaves
1,5		2 large zucchini
2		1 lime, need 1 Tbsp juice
2		1 avocado
2,4		1 (5-oz) pkg fresh organic baby spinach, need 3 cups
2,4		1 (1½) lb sugarbaby watermelon
2,7		1 bunch fresh cilantro (or use flat-leaf parsley), need ¼ cup chopped
3		1 bunch organic celery, need ½ cup chopped
3		1 small organic bell pepper (any color)
3,5		1 (12-oz) pkg sliced fresh mushrooms
4		1 medium-size sweet potato
5		1 (12-oz) pkg cauliflower florets
6		¾ lb fresh asparagus
6		1 large organic russet potato
3,4,5,6,7		3 yellow onions AND 1 small red onion
3,6,7		1 bunch fresh flat-leaf parsley, need 6 Tbsp chopped
6,7		2 tomatoes
7		1 lemon, need 1 tsp juice
7		1 small piece fresh ginger, need 1½ tsp minced
7		1 large organic cucumber
Meat & Seafood		
1		¾ to 1 lb flank steak (or use flat-iron steak or boneless top sirloin)
3		¾ lb pork tenderloin
4		¾ lb ground round
5		½ lb boneless, skinless chicken breasts
6		¾ lb flounder fillets
Refrigerated		
2		1 dozen large eggs, need 4
2		1 (8-oz) carton sour cream, need ¼ cup
3		1 pint 2% reduced-fat milk, need 1½ cups
7		1 (5.3-oz) carton plain Greek yogurt, need ½ cup
Canned & Packaged		
1		1 (8-oz) pkg whole-wheat linguine
1		½ cup sun-dried tomatoes in oil (use leftovers from last week)
2		1 pkg corn tortillas, need 4
2		1 (15.5-oz) BPA-free can black beans
3		1 (16-oz) pkg stone-ground grits, need ¾ cup
3		1 (14.5-oz) BPA-free can diced tomatoes
3,5		2 (14.5-oz) cans reduced-sodium chicken broth
6		1 (10-oz) jar pitted kalamata olives, need ⅓ cup chopped
7		1 (15.5-oz) BPA-free can chickpeas
7		½ cup uncooked brown basmati rice (or other brown rice) (from bulk bin, or buy 16 oz bag)
Bakery & Deli		
2		1 (16-oz) container refrigerated fresh salsa, need ½ cup
3		1 (5-oz) wedge Parmesan cheese, need ½ cup freshly grated
4		2 oz smoked Gouda cheese
4		2 whole-wheat hamburger buns

Necessary Staples
Meal 1
½ tsp paprika ½ tsp ground cumin ¼ cup olive oil 2 Tbsp apple cider vinegar 1 clove garlic
Meal 2
1½ Tbsp honey 1 Tbsp olive oil
Meal 3
2 Tbsp olive oil 1 tsp Cajun or Creole seasoning 1 tsp cornstarch Hot sauce (optional)
Meal 4
2 Tbsp Dijon mustard 1 Tbsp olive oil
Meal 5
¼ cup olive oil 2 Tbsp low-sodium soy sauce 2 Tbsp honey 1 tsp toasted sesame seeds 1 Tbsp sesame oil 2 cloves garlic
Meal 6
¼ cup olive oil 2 Tbsp butter Aluminum foil
Meal 7
1½ tsp curry powder 1 Tbsp olive oil 2 cloves garlic