

| Meals: <i>Side dishes are in ITALICS</i>  | Ingredients: | Instructions: |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
|---|--------------|---------------|-------|-----|-----|-----|--|------|------|-------|----------|---|---|--|----------|-----|-----|-----|---------|----|---|----|--------------|---|---|---|-------------|----|---|----|----------|----|----|----|-----------|---|---|---|-------------|-----|-----|-----|--|---|
| <p>Meal 1 <span style="float: right;">Low Carb</span></p> <p style="text-align: center;"><b>Pecan-Crusted Honey Mustard Salmon</b></p> <p style="text-align: center;"><i>Roasted Carrots and Onions With Spinach Sauté</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;">20m</td> <td style="padding: 2px 5px;">40m</td> </tr> </table> </div> <p style="margin-top: 10px;"><b>Nutritional Information</b></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>170</td> <td>440</td> </tr> <tr> <td>Fat (g)</td> <td>16</td> <td>8</td> <td>24</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>25</td> <td>4</td> <td>29</td> </tr> <tr> <td>Carb (g)</td> <td>6</td> <td>23</td> <td>29</td> </tr> <tr> <td>Fiber (g)</td> <td>1</td> <td>7</td> <td>8</td> </tr> <tr> <td>Sodium (mg)</td> <td>390</td> <td>370</td> <td>760</td> </tr> </tbody> </table> | Prep         | Cook          | Total | 20m | 20m | 40m |  | Main | Side | Total | Servings | 2 | 2 |  | Calories | 270 | 170 | 440 | Fat (g) | 16 | 8 | 24 | Sat. Fat (g) | 1 | 1 | 2 | Protein (g) | 25 | 4 | 29 | Carb (g) | 6  | 23 | 29 | Fiber (g) | 1 | 7 | 8 | Sodium (mg) | 390 | 370 | 760 | <p>1 Tbsp whole-grain mustard<br/>           1 tsp honey<br/>           1 tsp rice wine vinegar<br/>           1/8 tsp salt<br/>           1/8 tsp pepper<br/>           1/2 lb salmon fillet<br/>           1/4 cup chopped pecans<br/>           1/2 Tbsp chopped fresh parsley<br/>           1/2 lime, cut into wedges</p> <hr/> <p><i>6 carrots, cut into 3-inch pieces</i><br/> <i>1/2 cup coarsely chopped red onion</i><br/> <i>2 tsp canola oil</i><br/> <i>1/8 tsp pepper</i><br/> <i>1 Tbsp light butter with canola oil</i><br/> <i>1 (6-oz) pkg baby spinach</i><br/> <i>1/8 tsp salt</i></p> | <p>Preheat oven to 425°F. Stir together mustard, honey, vinegar, salt and pepper in a small bowl. Place salmon on a parchment-lined baking sheet; spread mustard mixture over salmon. Stir together pecans and parsley; sprinkle over salmon, pressing gently to adhere. Bake 10 to 15 minutes or until salmon flakes with a fork. Serve with lime wedges.</p> <hr/> <p><i>Preheat oven to 425°F. Combine carrots, onion, oil, and pepper on a baking sheet. Bake 20 to 25 minutes or until browned and tender, stirring after 20 minutes. Heat butter in a large skillet coated with cooking spray over medium-high heat. Gradually add spinach and salt in batches; cook 2 minutes or until wilted, tossing constantly. Serve carrots and spinach alongside salmon.</i></p> |
| Prep  | Cook         | Total         |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| 20m   | 20m          | 40m           |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
|   | Main         | Side          | Total |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Servings  | 2            | 2             |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Calories  | 270          | 170           | 440   |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Fat (g)   | 16           | 8             | 24    |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Sat. Fat (g)  | 1            | 1             | 2     |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Protein (g)   | 25           | 4             | 29    |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Carb (g)  | 6            | 23            | 29    |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Fiber (g)   | 1            | 7             | 8     |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Sodium (mg)   | 390          | 370           | 760   |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| <p>Meal 2 <span style="float: right;">Low Carb</span></p> <p style="text-align: center;"><b>Chicken Alfredo on Spring Peas and Asparagus</b></p> <p style="text-align: center;"><i>Peach and Kiwi Slices</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;">10m</td> <td style="padding: 2px 5px;">25m</td> </tr> </table> </div> <p style="margin-top: 10px;"><b>Nutritional Information</b></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>280</td> <td>100</td> <td>380</td> </tr> <tr> <td>Fat (g)</td> <td>9</td> <td>0</td> <td>9</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> <td>0</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>33</td> <td>2</td> <td>35</td> </tr> <tr> <td>Carb (g)</td> <td>15</td> <td>24</td> <td>39</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> <td>4</td> <td>8</td> </tr> <tr> <td>Sodium (mg)</td> <td>580</td> <td>0</td> <td>580</td> </tr> </tbody> </table>                  | Prep         | Cook          | Total | 15m | 10m | 25m |  | Main | Side | Total | Servings | 2 | 2 |  | Calories | 280 | 100 | 380 | Fat (g) | 9  | 0 | 9  | Sat. Fat (g) | 4 | 0 | 4 | Protein (g) | 33 | 2 | 35 | Carb (g) | 15 | 24 | 39 | Fiber (g) | 4 | 4 | 8 | Sodium (mg) | 580 | 0   | 580 | <p>4 oz asparagus spears, broken into 2-inch pieces<br/>           3/4 cup frozen green peas<br/>           1 tsp canola oil<br/>           2 (4-oz) chicken cutlets<br/>           1/8 tsp salt<br/>           1/8 tsp pepper<br/>           1/2 cup light Alfredo sauce<br/>           1 green onion, finely chopped</p> <hr/> <p><i>2 peaches, pitted and sliced</i><br/> <i>2 kiwifruit, peeled and sliced</i></p>   | <p>Cook peas with asparagus according to the stovetop directions on the pea's package; drain. Meanwhile, heat the oil in a large skillet over medium heat. Sprinkle both sides of the chicken with salt and pepper; cook 3 minutes on each side until done. Divide the asparagus mixture onto 2 dinner plates, top with the chicken. Reduce heat to low, add Alfredo sauce to skillet and cook 30 seconds, stirring constantly; pour evenly over chicken, sprinkle with onions.</p> <hr/> <p><i>Combine peaches with kiwi in a bowl.</i></p>  |
| Prep  | Cook         | Total         |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| 15m   | 10m          | 25m           |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
|   | Main         | Side          | Total |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Servings  | 2            | 2             |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Calories  | 280          | 100           | 380   |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Fat (g)   | 9            | 0             | 9     |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Sat. Fat (g)  | 4            | 0             | 4     |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Protein (g)   | 33           | 2             | 35    |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Carb (g)  | 15           | 24            | 39    |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Fiber (g)   | 4            | 4             | 8     |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Sodium (mg)   | 580          | 0             | 580   |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |

| Meals: <i>Side dishes are in ITALICS</i>   | Ingredients: | Instructions: |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
|--|--------------|---------------|-------|-----|-----|-----|--|------|------|-------|----------|---|---|--|----------|-----|-----|-----|---------|----|----|----|--------------|---|---|---|-------------|----|---|----|----------|----|----|----|-----------|---|---|---|-------------|-----|-----|-----|--|---|
| <p>Meal 3 <span style="float: right;">On the Grill</span></p> <p><b>Barbecued Ginger Pork Chops</b></p> <p><i>Grilled Corn with Edamame-Celery Seed Slaw</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;"><b>Nutritional Information</b></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>2</td><td>2</td><td></td></tr> <tr><td>Calories</td><td>190</td><td>260</td><td>450</td></tr> <tr><td>Fat (g)</td><td>5</td><td>12</td><td>17</td></tr> <tr><td>Sat. Fat (g)</td><td>1</td><td>1</td><td>2</td></tr> <tr><td>Protein (g)</td><td>19</td><td>9</td><td>28</td></tr> <tr><td>Carb (g)</td><td>17</td><td>35</td><td>52</td></tr> <tr><td>Fiber (g)</td><td>0</td><td>6</td><td>6</td></tr> <tr><td>Sodium (mg)</td><td>260</td><td>370</td><td>630</td></tr> </tbody> </table>   | Prep         | Cook          | Total | 15m | 15m | 30m |  | Main | Side | Total | Servings | 2 | 2 |  | Calories | 190 | 260 | 450 | Fat (g) | 5  | 12 | 17 | Sat. Fat (g) | 1 | 1 | 2 | Protein (g) | 19 | 9 | 28 | Carb (g) | 17 | 35 | 52 | Fiber (g) | 0 | 6 | 6 | Sodium (mg) | 260 | 370 | 630 | <p>3 Tbsp barbecue sauce<br/>2 tsp honey<br/>½ tsp grated ginger<br/>2 (4-oz) boneless center-cut pork loin chops</p> <hr style="border: 0.5px dashed #000;"/> <p>1 tsp canola oil<br/>2 ears corn, husks and silk removed<br/>½ cup frozen shelled edamame<br/>2 Tbsp reduced-fat mayonnaise<br/>1 Tbsp sugar<br/>2 tsp apple cider vinegar<br/>¼ tsp celery seed<br/>⅛ tsp salt<br/>3 cups shredded coleslaw mix</p> | <p>Preheat grill or a grill pan over medium-high heat. Stir together barbecue sauce, honey and ginger and brush pork evenly with sauce mixture. Place pork chops on a grill rack coated with cooking spray. Grill pork chops, covered, 4 minutes per side or until done, basting with sauce occasionally. Let stand 5 minutes before serving.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Preheat grill or grill pan over medium-high heat. Brush corn with oil. Place corn on a grill rack coated with cooking spray. Grill corn, covered, 6 minutes or until charred, turning every 2 minutes. Meanwhile, cook edamame according to package directions, drain in a colander and run under cold water to cool; drain. Combine mayonnaise, sugar, vinegar, celery seed, and salt in a bowl; stir in coleslaw mix and edamame; toss well. Serve corn and slaw alongside pork.</i></p> |
| Prep   | Cook         | Total         |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| 15m  | 15m          | 30m           |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
|  | Main         | Side          | Total |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Servings   | 2            | 2             |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Calories   | 190          | 260           | 450   |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Fat (g)  | 5            | 12            | 17    |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Sat. Fat (g)   | 1            | 1             | 2     |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Protein (g)  | 19           | 9             | 28    |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Carb (g)   | 17           | 35            | 52    |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Fiber (g)  | 0            | 6             | 6     |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Sodium (mg)  | 260          | 370           | 630   |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| <p>Meal 4 <span style="float: right;">Low Carb</span></p> <p><b>Beef and Mushroom Skillet Toss</b></p> <p><i>Garlic Mashed Cauliflower and Sliced Tomatoes</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;"><b>Nutritional Information</b></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>2</td><td>2</td><td></td></tr> <tr><td>Calories</td><td>210</td><td>180</td><td>390</td></tr> <tr><td>Fat (g)</td><td>10</td><td>14</td><td>24</td></tr> <tr><td>Sat. Fat (g)</td><td>2</td><td>2</td><td>4</td></tr> <tr><td>Protein (g)</td><td>27</td><td>4</td><td>31</td></tr> <tr><td>Carb (g)</td><td>4</td><td>11</td><td>15</td></tr> <tr><td>Fiber (g)</td><td>1</td><td>4</td><td>5</td></tr> <tr><td>Sodium (mg)</td><td>410</td><td>350</td><td>760</td></tr> </tbody> </table> | Prep         | Cook          | Total | 15m | 15m | 30m |  | Main | Side | Total | Servings | 2 | 2 |  | Calories | 210 | 180 | 390 | Fat (g) | 10 | 14 | 24 | Sat. Fat (g) | 2 | 2 | 4 | Protein (g) | 27 | 4 | 31 | Carb (g) | 4  | 11 | 15 | Fiber (g) | 1 | 4 | 5 | Sodium (mg) | 410 | 350 | 760 | <p>1 Tbsp low-sodium soy sauce<br/>1 Tbsp Worcestershire sauce<br/>2 tsp sesame oil<br/>8 oz top round beef steak, cut in thin strips<br/>1 (8-oz) pkg mushrooms, quartered<br/>2 Tbsp chopped fresh parsley</p> <hr style="border: 0.5px dashed #000;"/> <p>1 (12-oz) bag cauliflower florets<br/>2 Tbsp extra virgin olive oil<br/>1 garlic clove, minced<br/>¼ tsp salt<br/>¼ tsp pepper<br/>1 tomato, sliced</p>   | <p>Combine the soy sauce and Worcestershire sauce in a bowl and set aside. Heat 1 tsp oil in a skillet over medium-high heat, cook beef 2 to 3 minutes or just until beef begins to brown; remove from skillet and keep warm. Heat 1 tsp oil in skillet, add mushrooms and cook 4 to 5 minutes or until tender. Add beef and soy sauce mixture; cook 30 seconds to thicken slightly. Sprinkle with parsley.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Cook cauliflower in boiling water 8 minutes or until tender; drain well. Return cauliflower to pot over low heat. Stir in oil, garlic, salt and pepper. Mash with a potato masher until smooth. Serve cauliflower and tomatoes alongside beef.</i></p>   |
| Prep   | Cook         | Total         |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| 15m  | 15m          | 30m           |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
|  | Main         | Side          | Total |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Servings   | 2            | 2             |       |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Calories   | 210          | 180           | 390   |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Fat (g)  | 10           | 14            | 24    |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Sat. Fat (g)   | 2            | 2             | 4     |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Protein (g)  | 27           | 4             | 31    |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Carb (g)   | 4            | 11            | 15    |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Fiber (g)  | 1            | 4             | 5     |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |
| Sodium (mg)  | 410          | 350           | 760   |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |    |    |              |   |   |   |             |    |   |    |          |    |    |    |           |   |   |   |             |     |     |     |  |   |

| Meals: <i>Side dishes are in ITALICS</i>  |      | Ingredients: | Instructions: |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
|---|------|--------------|---------------|-----|-----|-----|--|------|------|-------|----------|---|---|--|----------|-----|-----|-----|---------|----|---|----|--------------|---|---|---|-------------|----|----|----|----------|----|----|----|-----------|---|----|----|-------------|-----|-----|-----|--|---|
| <p>Meal 5 <span style="float: right;">Vegetarian</span></p> <h2 style="text-align: center;">Country Corn Frittata</h2> <h3 style="text-align: center;"><i>Citrus Mango</i></h3> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> <tr> <td>20m</td> <td>15m</td> <td>35m</td> </tr> </table> </div> <h4 style="text-align: center; margin-top: 10px;">Nutritional Information</h4> <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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>260</td> <td>100</td> <td>360</td> </tr> <tr> <td>Fat (g)</td> <td>10</td> <td>0</td> <td>10</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>3</td> <td>0</td> <td>3</td> </tr> <tr> <td>Protein (g)</td> <td>14</td> <td>1</td> <td>15</td> </tr> <tr> <td>Carb (g)</td> <td>35</td> <td>25</td> <td>60</td> </tr> <tr> <td>Fiber (g)</td> <td>5</td> <td>3</td> <td>8</td> </tr> <tr> <td>Sodium (mg)</td> <td>660</td> <td>0</td> <td>660</td> </tr> </tbody> </table>                                      | Prep | Cook         | Total         | 20m | 15m | 35m |  | Main | Side | Total | Servings | 2 | 2 |  | Calories | 260 | 100 | 360 | Fat (g) | 10 | 0 | 10 | Sat. Fat (g) | 3 | 0 | 3 | Protein (g) | 14 | 1  | 15 | Carb (g) | 35 | 25 | 60 | Fiber (g) | 5 | 3  | 8  | Sodium (mg) | 660 | 0   | 660 | <p>2 large eggs, beaten<br/>                 2 Tbsp fat-free milk<br/>                 1 tsp canola oil<br/>                 2 cups frozen corn kernels, thawed<br/>                 ½ cup chopped green bell pepper<br/>                 1 jalapeño pepper, seeded and minced<br/>                 2 Tbsp finely chopped red onion<br/>                 ⅛ tsp salt<br/>                 ⅛ tsp pepper<br/>                 ¼ cup crumbled reduced-fat feta cheese<br/>                 ¼ cup picante sauce</p> <hr/> <p><i>1 mango, pitted and cubed</i><br/> <i>½ tsp grated lemon rind</i><br/> <i>1 tsp lemon juice</i></p> | <p>Whisk together eggs and milk. Heat oil in a medium nonstick skillet over medium heat, swirling to coat skillet with oil. Add corn, bell pepper, jalapeño and onion; sauté 3 minutes. Pour egg mixture over vegetables in skillet. Reduce heat to medium-low. Cover and cook 10 minutes or until just set in center. Remove from heat. Sprinkle with salt, pepper and cheese. Let stand 5 minutes before cutting into wedges. Divide into 2 servings, and serve with picante sauce.</p> <p><b>Note:</b> To thaw frozen vegetables quickly, place in a colander and run under cold water. Drain well.</p> <hr/> <p style="text-align: center;"><i>Gently toss all ingredients.</i></p>   |
| Prep  | Cook | Total        |               |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| 20m   | 15m  | 35m          |               |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
|   | Main | Side         | Total         |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Servings  | 2    | 2            |               |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Calories  | 260  | 100          | 360           |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Fat (g)   | 10   | 0            | 10            |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Sat. Fat (g)  | 3    | 0            | 3             |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Protein (g)   | 14   | 1            | 15            |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Carb (g)  | 35   | 25           | 60            |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Fiber (g)   | 5    | 3            | 8             |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Sodium (mg)   | 660  | 0            | 660           |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| <p>Meal 6 <span style="float: right;">Low Carb</span></p> <h2 style="text-align: center;">Skillet Fish with Dijon Dill Sauce</h2> <h3 style="text-align: center;"><i>Tomato-and-Arugula Quinoa and Peas</i></h3> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> <tr> <td>10m</td> <td>15m</td> <td>25m</td> </tr> </table> </div> <h4 style="text-align: center; margin-top: 10px;">Nutritional Information</h4> <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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>230</td> <td>210</td> <td>440</td> </tr> <tr> <td>Fat (g)</td> <td>13</td> <td>7</td> <td>20</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> <td>0</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>30</td> <td>10</td> <td>40</td> </tr> <tr> <td>Carb (g)</td> <td>1</td> <td>33</td> <td>34</td> </tr> <tr> <td>Fiber (g)</td> <td>0</td> <td>12</td> <td>12</td> </tr> <tr> <td>Sodium (mg)</td> <td>250</td> <td>370</td> <td>620</td> </tr> </tbody> </table> | Prep | Cook         | Total         | 10m | 15m | 25m |  | Main | Side | Total | Servings | 2 | 2 |  | Calories | 230 | 210 | 440 | Fat (g) | 13 | 7 | 20 | Sat. Fat (g) | 2 | 0 | 2 | Protein (g) | 30 | 10 | 40 | Carb (g) | 1  | 33 | 34 | Fiber (g) | 0 | 12 | 12 | Sodium (mg) | 250 | 370 | 620 | <p>4 tsp extra virgin olive oil<br/>                 2 (4-oz) tilapia filets, pat dry<br/>                 1 tsp Dijon mustard<br/>                 ½ tsp dried dill<br/>                 ⅛ tsp salt<br/>                 ⅛ tsp pepper</p> <hr/> <p><i>⅓ cup quinoa</i><br/> <i>2 tsp extra virgin olive oil</i><br/> <i>1 clove garlic, minced</i><br/> <i>⅓ tsp crushed red pepper</i><br/> <i>1 tomato, diced</i><br/> <i>2 cups arugula</i><br/> <i>¼ tsp salt</i><br/> <i>1 cup frozen green peas</i></p>   | <p>Heat a nonstick skillet over medium heat. Brush 1 tsp oil over both sides of the filets; cook tilapia 3 minutes on each side or until fish flakes with a fork. Meanwhile, whisk together 1 Tbsp oil, mustard, dill, salt and pepper. Spoon sauce evenly over fish to serve.</p> <hr/> <p style="text-align: center;"><i>Cook quinoa according to package directions. Heat 1 tsp oil in a nonstick skillet over medium-high heat. Add garlic and red pepper; sauté 15 seconds. Stir in tomatoes; cook 1 minute. Remove skillet from heat; stir in cooked quinoa, arugula, salt and 1 tsp oil, tossing until arugula is slightly wilted. Cook peas according to package directions. Serve quinoa and peas alongside tilapia.</i></p> |
| Prep  | Cook | Total        |               |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| 10m   | 15m  | 25m          |               |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
|   | Main | Side         | Total         |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Servings  | 2    | 2            |               |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Calories  | 230  | 210          | 440           |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Fat (g)   | 13   | 7            | 20            |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Sat. Fat (g)  | 2    | 0            | 2             |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Protein (g)   | 30   | 10           | 40            |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Carb (g)  | 1    | 33           | 34            |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Fiber (g)   | 0    | 12           | 12            |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |
| Sodium (mg)   | 250  | 370          | 620           |     |     |     |  |      |      |       |          |   |   |  |          |     |     |     |         |    |   |    |              |   |   |   |             |    |    |    |          |    |    |    |           |   |    |    |             |     |     |     |  |   |

| Meals: <i>Side dishes are in ITALICS</i>  | Ingredients: | Instructions: |       |     |    |     |  |      |          |   |          |     |         |    |              |   |             |    |          |    |           |    |             |     |  |   |
|---|--------------|---------------|-------|-----|----|-----|--|------|----------|---|----------|-----|---------|----|--------------|---|-------------|----|----------|----|-----------|----|-------------|-----|--|---|
| <p>Meal 7 <span style="float: right;">Super Fast</span></p> <p style="text-align: center;"><b>Vegetarian Black Bean and Avocado Tacos</b></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;">5m</td> <td style="padding: 2px 5px;">20m</td> </tr> </tbody> </table> </div> <p style="margin-top: 10px;"><b>Nutritional Information</b></p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th></th> <th style="text-align: left;">Main</th> </tr> </thead> <tbody> <tr> <td style="text-align: left;">Servings</td> <td>2</td> </tr> <tr> <td style="text-align: left;">Calories</td> <td>380</td> </tr> <tr> <td style="text-align: left;">Fat (g)</td> <td>14</td> </tr> <tr> <td style="text-align: left;">Sat. Fat (g)</td> <td>3</td> </tr> <tr> <td style="text-align: left;">Protein (g)</td> <td>11</td> </tr> <tr> <td style="text-align: left;">Carb (g)</td> <td>53</td> </tr> <tr> <td style="text-align: left;">Fiber (g)</td> <td>15</td> </tr> <tr> <td style="text-align: left;">Sodium (mg)</td> <td>430</td> </tr> </tbody> </table> | Prep         | Cook          | Total | 15m | 5m | 20m |  | Main | Servings | 2 | Calories | 380 | Fat (g) | 14 | Sat. Fat (g) | 3 | Protein (g) | 11 | Carb (g) | 53 | Fiber (g) | 15 | Sodium (mg) | 430 | <p>1 (15-oz) can no-salt-added black beans, drained and rinsed</p> <p>6 Tbsp picante sauce</p> <p>½ tsp smoked paprika</p> <p>¼ tsp ground cumin</p> <p>4 (6-inch) corn tortillas</p> <p>2 cups shredded coleslaw mix</p> <p>1 avocado, pitted and diced</p> <p>¼ cup reduced-fat sour cream</p> <p>2 green onions, chopped</p> <p>½ lime, cut into wedges</p> | <p>Combine beans, 1 Tbsp picante sauce, paprika and cumin in a microwaveable bowl. Cover and microwave at HIGH 1 minute or until thoroughly heated, stirring once. Mash beans to desired consistency with the back of a fork or a potato masher. Heat tortillas according to package directions. Fill tortillas evenly with bean mixture, coleslaw mix, ¼ cup picante sauce, avocado, sour cream and green onion. Serve with lime wedges.</p> |
| Prep  | Cook         | Total         |       |     |    |     |  |      |          |   |          |     |         |    |              |   |             |    |          |    |           |    |             |     |  |   |
| 15m   | 5m           | 20m           |       |     |    |     |  |      |          |   |          |     |         |    |              |   |             |    |          |    |           |    |             |     |  |   |
|   | Main         |               |       |     |    |     |  |      |          |   |          |     |         |    |              |   |             |    |          |    |           |    |             |     |  |   |
| Servings  | 2            |               |       |     |    |     |  |      |          |   |          |     |         |    |              |   |             |    |          |    |           |    |             |     |  |   |
| Calories  | 380          |               |       |     |    |     |  |      |          |   |          |     |         |    |              |   |             |    |          |    |           |    |             |     |  |   |
| Fat (g)   | 14           |               |       |     |    |     |  |      |          |   |          |     |         |    |              |   |             |    |          |    |           |    |             |     |  |   |
| Sat. Fat (g)  | 3            |               |       |     |    |     |  |      |          |   |          |     |         |    |              |   |             |    |          |    |           |    |             |     |  |   |
| Protein (g)   | 11           |               |       |     |    |     |  |      |          |   |          |     |         |    |              |   |             |    |          |    |           |    |             |     |  |   |
| Carb (g)  | 53           |               |       |     |    |     |  |      |          |   |          |     |         |    |              |   |             |    |          |    |           |    |             |     |  |   |
| Fiber (g)   | 15           |               |       |     |    |     |  |      |          |   |          |     |         |    |              |   |             |    |          |    |           |    |             |     |  |   |
| Sodium (mg)   | 430          |               |       |     |    |     |  |      |          |   |          |     |         |    |              |   |             |    |          |    |           |    |             |     |  |   |

| Meal | ✓ | Grocery Items to Purchase                     |
|------|---|---|
|      |   | <b>Produce</b>                                |
| 1    |   | 1 (6-oz) pkg baby spinach                     |
| 1    |   | 6 carrots                                     |
| 1,4  |   | 1 bunch fresh parsley                         |
| 1,5  |   | 1 red onion                                   |
| 1,7  |   | 1 lime  |
| 2    |   | 2 kiwifruit                                   |
| 2    |   | 4 oz asparagus spears                         |
| 2    |   | 2 peaches                                     |
| 2,7  |   | 3 green onions                                |
| 3    |   | 1 (2-inch) piece gingerroot                   |
| 3    |   | 2 ears corn                                   |
| 3,7  |   | 1 (16-oz) pkg shredded coleslaw mix           |
| 4    |   | 1 (12-oz) pkg cauliflower florets             |
| 4    |   | 1 (8-oz) pkg mushrooms                        |
| 4,6  |   | 2 tomatoes                                    |
| 5    |   | 1 small green bell pepper                     |
| 5    |   | 1 mango                                       |
| 5    |   | 1 jalapeño pepper                             |
| 5    |   | 1 lemon                                       |
| 6    |   | ½ (5-oz) pkg arugula                          |
| 7    |   | 1 avocado                                     |
|      |   | <b>Meat &amp; Seafood</b>                     |
| 1    |   | ½ lb salmon fillet                            |
| 2    |   | 2 (4-oz) chicken cutlets                      |
| 3    |   | 2 (4-oz) boneless center-cut pork loin chops  |
| 4    |   | 8 oz top round beef steak                     |
| 6    |   | 2 (4-oz) tilapia filets                       |
|      |   | <b>Refrigerated</b>                           |
| 2    |   | ½ (10-oz) container light Alfredo sauce       |
| 5    |   | ½ (6-oz) pkg crumbled reduced-fat feta cheese |
| 7    |   | ½ (8-oz) carton reduced-fat sour cream        |
|      |   | <b>Frozen</b>                                 |
| 2,6  |   | 1 (12-oz) pkg frozen green peas               |
| 3    |   | ½ (14-oz) pkg frozen shelled edamame          |
| 5    |   | ½ (12-oz) pkg frozen corn kernels             |
| 7    |   | ½ (18-count) pkg corn tortillas               |
|      |   | <b>Canned &amp; Packaged</b>                  |
| 1    |   | 1 (2-oz) pkg chopped pecans                   |
| 3    |   | ½ (18-oz) bottle barbecue sauce               |
| 5,7  |   | 1 (8-oz) jar picante sauce                    |
| 6    |   | ½ (12-oz) pkg quinoa                          |
| 7    |   | 1 (15-oz) can no-salt-added black beans       |

| Necessary Staples  |
|--|
| <b>Meal 1</b>  |
| 1 Tbsp whole-grain mustard<br>1 tsp honey<br>1 tsp rice wine vinegar<br>2 tsp canola oil<br>1 Tbsp light butter with canola oil    |
| <b>Meal 2</b>  |
| 1 tsp canola oil   |
| <b>Meal 3</b>  |
| 1 tsp canola oil<br>2 tsp apple cider vinegar<br>2 tsp honey<br>2 Tbsp reduced-fat mayonnaise<br>1 Tbsp sugar<br>¼ tsp celery seed |
| <b>Meal 4</b>  |
| 2 Tbsp extra virgin olive oil<br>2 tsp sesame oil<br>1 Tbsp Worcestershire sauce<br>1 garlic clove<br>1 Tbsp low-sodium soy sauce  |
| <b>Meal 5</b>  |
| 1 tsp canola oil<br>2 Tbsp fat-free milk<br>2 large eggs   |
| <b>Meal 6</b>  |
| 6 tsp extra virgin olive oil<br>½ tsp dried dill<br>¼ tsp crushed red pepper<br>1 tsp Dijon mustard<br>1 clove garlic              |
| <b>Meal 7</b>  |
| ½ tsp smoked paprika<br>¼ tsp ground cumin   |