







Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:																																											
Meal 1	Marinate Ahead and Grill	1/3 cup low-sodium soy sauce 1/3 cup honey 3 cloves garlic, minced 1/3 cup canola oil 3 (8 oz) boneless, skinless chicken breasts, cut into 1-inch cubes 3 red bell pepper (or any color), cut into 1-inch pieces 1 large red onion, cut into small wedges 3 zucchini, cut into 1-inch pieces	<p>Whisk together first 4 ingredients in a bowl; remove 1/3 cup marinade and reserve for drizzling over cooked kabobs. Add chicken to marinade in bowl, and toss. Cover and refrigerate 30 minutes. Preheat grill to medium-high heat. Alternately thread chicken and vegetables onto metal or bamboo skewers. Sprinkle with 1/4 tsp each salt and pepper. Discard any marinade in bowl. Place skewers on a greased grill rack. Grill, covered with grill lid, 5 to 6 minutes per side or until chicken is done. Drizzle kabobs with reserved 1/3 cup marinade and sprinkle with 1/8 tsp salt.</p> <p><i>Cook bulgur according to package directions. Stir in mint, oil, ginger and 1/2 tsp salt.</i></p>																																											
<p>Grilled Chicken Kabobs</p> <p><i>Mint-Ginger Bulgur</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>20m</td> <td>15m</td> <td>35m</td> </tr> </table> <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>290</td> <td>160</td> <td>450</td> </tr> <tr> <td>Fat (g)</td> <td>11</td> <td>5</td> <td>16</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>0</td> <td>1</td> </tr> <tr> <td>Protein (g)</td> <td>29</td> <td>4</td> <td>33</td> </tr> <tr> <td>Carb (g)</td> <td>19</td> <td>27</td> <td>46</td> </tr> <tr> <td>Fiber (g)</td> <td>3</td> <td>4</td> <td>7</td> </tr> <tr> <td>Sodium (mg)</td> <td>490</td> <td>200</td> <td>690</td> </tr> </tbody> </table>				Prep	Cook	Total		20m	15m	35m		Main	Side	Total	Servings	6	6		Calories	290	160	450	Fat (g)	11	5	16	Sat. Fat (g)	1	0	1	Protein (g)	29	4	33	Carb (g)	19	27	46	Fiber (g)	3	4	7	Sodium (mg)	490	200	690
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Meal 2	Low Carb	3 Tbsp Dijon mustard 1 1/2 tsp dried rosemary, crushed 3/4 tsp garlic powder 1/4 tsp cayenne pepper 1 1/2 lb pork tenderloin, patted dry 1 1/2 lb Yukon gold potatoes, cut into 1-inch cubes 2 Tbsp canola oil	<p>Preheat oven 425°F. Stir together mustard, rosemary, garlic powder and cayenne pepper; rub all over pork. Place pork on a baking sheet, and let stand 15 minutes. Toss potatoes with oil and 1/2 tsp each salt and pepper; arrange around pork in a single layer. Bake 18 to 20 minutes or until a meat thermometer reads 145°F. Let stand 10 minutes before slicing pork.</p> <p><i>Combine spinach, onion, and dressing in a bowl; toss to coat. Divide salad among 6 serving plates; top evenly with peaches.</i></p>																																											
<p>Rosemary-Dijon Pork Tenderloin and Potatoes</p> <p><i>Spinach-Peach Salad</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>20m</td> <td>20m</td> <td>40m</td> </tr> </table> <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>250</td> <td>110</td> <td>360</td> </tr> <tr> <td>Fat (g)</td> <td>7</td> <td>4</td> <td>11</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>3</td> <td>29</td> </tr> <tr> <td>Carb (g)</td> <td>20</td> <td>17</td> <td>37</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>3</td> <td>5</td> </tr> <tr> <td>Sodium (mg)</td> <td>450</td> <td>190</td> <td>640</td> </tr> </tbody> </table>				Prep	Cook	Total		20m	20m	40m		Main	Side	Total	Servings	6	6		Calories	250	110	360	Fat (g)	7	4	11	Sat. Fat (g)	1	0	1	Protein (g)	26	3	29	Carb (g)	20	17	37	Fiber (g)	2	3	5	Sodium (mg)	450	190	640
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<p>Meal 3 Low Carb</p> <p style="text-align: center;">Grilled Salmon with Cucumber-Dill Yogurt</p> <p style="text-align: center;"><i>Grilled Veggie Salad and Couscous</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="border: none;">Prep</td> <td style="border: none;">Cook</td> <td style="border: none;">Total</td> </tr> <tr> <td style="border: none;">20m</td> <td style="border: none;">20m</td> <td style="border: none;">40m</td> </tr> </table> </div> <p style="text-align: center; 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>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>210</td> <td>210</td> <td>420</td> </tr> <tr> <td>Fat (g)</td> <td>10</td> <td>7</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>26</td> <td>6</td> <td>32</td> </tr> <tr> <td>Carb (g)</td> <td>4</td> <td>31</td> <td>35</td> </tr> <tr> <td>Fiber (g)</td> <td>0</td> <td>6</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>300</td> <td>390</td> <td>690</td> </tr> </tbody> </table>	Prep	Cook	Total	20m	20m	40m		Main	Side	Total	Servings	6	6		Calories	210	210	420	Fat (g)	10	7	17	Sat. Fat (g)	1	1	2	Protein (g)	26	6	32	Carb (g)	4	31	35	Fiber (g)	0	6	6	Sodium (mg)	300	390	690	<p>1½ lb salmon fillets 1 Tbsp canola oil 1½ tsp dried thyme 1 tsp onion powder 1½ tsp hot pepper sauce 1 cup nonfat plain Greek yogurt ¾ cup peeled and diced cucumber 2 cloves garlic, minced 1½ tsp dried dill</p> <hr style="border: 0.5px dashed #000;"/> <p><i>3 yellow squash, cut in half lengthwise</i> <i>1 large red onion, cut into ½-inch-thick rounds</i> <i>2 cloves garlic, minced</i> <i>1 cup grape tomatoes</i> <i>3 Tbsp balsamic vinegar</i> <i>3 Tbsp extra virgin olive oil, divided</i> <i>1 cup whole wheat couscous</i></p>	<p>Preheat grill or grill pan to medium-high heat. Brush salmon with oil, and sprinkle with thyme, onion powder and ¼ tsp pepper. Grill, covered with lid, 4 to 5 minutes per side or until fish flakes with a fork. Sprinkle with ¼ tsp salt, and drizzle with hot sauce. Meanwhile, stir together yogurt, cucumber, garlic, dill and ¼ tsp each salt and pepper. Serve salmon with yogurt sauce.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Preheat grill or grill pan to medium-high heat. Coat squash and onion with cooking spray. Grill 8 to 10 minutes, or until crisp-tender, turning occasionally. Cool and chop vegetables. Combine grilled vegetables, tomato, garlic, vinegar, 2 Tbsp oil and ½ tsp salt. Cook couscous according to package directions; stir in ½ tsp salt. Drizzle oil evenly over couscous. Serve vegetables and couscous alongside salmon.</i></p>
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<p>Meal 4 Low Carb</p> <p style="text-align: center;">Mushroom and Bell Pepper Pizza</p> <p style="text-align: center;"><i>Balsamic Kale and Cucumber Salad</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table style="border-collapse: collapse; text-align: center;"> <tr> <td style="border: none;">Prep</td> <td style="border: none;">Cook</td> <td style="border: none;">Total</td> </tr> <tr> <td style="border: none;">15m</td> <td style="border: none;">15m</td> <td style="border: none;">30m</td> </tr> </table> </div> <p style="text-align: center; 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>6</td> <td>6</td> <td></td> </tr> <tr> <td>Calories</td> <td>240</td> <td>110</td> <td>350</td> </tr> <tr> <td>Fat (g)</td> <td>7</td> <td>10</td> <td>17</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> <td>0</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>13</td> <td>2</td> <td>15</td> </tr> <tr> <td>Carb (g)</td> <td>31</td> <td>5</td> <td>36</td> </tr> <tr> <td>Fiber (g)</td> <td>2</td> <td>2</td> <td>4</td> </tr> <tr> <td>Sodium (mg)</td> <td>590</td> <td>190</td> <td>780</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	15m	30m		Main	Side	Total	Servings	6	6		Calories	240	110	350	Fat (g)	7	10	17	Sat. Fat (g)	4	0	4	Protein (g)	13	2	15	Carb (g)	31	5	36	Fiber (g)	2	2	4	Sodium (mg)	590	190	780	<p>1 (11-oz) can refrigerated thin crust pizza dough 2 tsp dried Italian seasoning 1 (8-oz) can no-salt-added tomato sauce 1 (8-oz) pkg sliced mushrooms 1 green bell pepper, chopped 1 tsp garlic powder 1½ cups shredded part-skim mozzarella cheese</p> <hr style="border: 0.5px dashed #000;"/> <p><i>8 cups mixed greens</i> <i>1 cup chopped cucumber</i> <i>½ cup sliced red onion</i> <i>¼ cup canola oil</i> <i>3 Tbsp balsamic vinegar</i> <i>2 Tbsp capers, drained</i></p>	<p>Preheat oven to 425°F. Unroll pizza dough onto a baking sheet coated with cooking spray; press out into a large rectangle. Sprinkle Italian seasoning over dough; bake 7 minutes. Spread tomato sauce over partially baked crust, top with mushrooms, bell pepper, garlic powder, and cheese. Bake 6 to 8 minutes or until cheese melts and crust is done in center. Cut into 6 wedges.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Combine all ingredients and ¼ tsp salt in a salad bowl; toss to coat.</i></p>
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<p>Ham, Egg and Potato Salad</p> <p><i>Dijon Green Beans with Toasted Almonds and Chilled Watermelon</i></p>	<p>Prep 20m Cook 15m Total 35m</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>280</td> <td>190</td> <td>470</td> </tr> <tr> <td>Fat (g)</td> <td>13</td> <td>12</td> <td>25</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>12</td> <td>4</td> <td>16</td> </tr> <tr> <td>Carb (g)</td> <td>29</td> <td>21</td> <td>50</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> <td>6</td> <td>10</td> </tr> <tr> <td>Sodium (mg)</td> <td>620</td> <td>115</td> <td>735</td> </tr> </tbody> </table>		Main	Side	Total	Servings	6	6		Calories	280	190	470	Fat (g)	13	12	25	Sat. Fat (g)	1	1	2	Protein (g)	12	4	16	Carb (g)	29	21	50	Fiber (g)	4	6	10	Sodium (mg)	620	115	735		
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Meal 6	Vegetarian	<p>12 oz farfalle (bow-tie) pasta</p> <p>12 oz asparagus, trimmed and cut into 2-inch pieces</p> <p>1 pint grape tomatoes</p> <p>½ cup chopped fresh mint</p> <p>3 Tbsp extra virgin olive oil</p> <p>3 cloves garlic, minced</p> <p>1½ tsp dried rosemary</p> <p>¼ tsp crushed red pepper</p> <p>1 cup crumbled reduced-fat feta</p> <hr/> <p><i>1½ Tbsp lemon juice</i></p> <p><i>1½ Tbsp honey</i></p> <p><i>2 tsp Dijon mustard</i></p> <p><i>¼ cup extra virgin olive oil</i></p> <p><i>6 cups arugula</i></p> <p><i>1 cucumber, thinly sliced</i></p>	<p>Cook pasta according to package directions, adding asparagus during last 3 minutes of cooking. Meanwhile, combine tomatoes, mint, oil, garlic, rosemary, ¾ tsp salt and red pepper in a bowl. Add pasta mixture and cheese; toss.</p> <hr/> <p><i>Whisk together lemon juice, honey, mustard and ¼ tsp salt in a bowl. Gradually whisk in oil. Add arugula and cucumber; toss.</i></p>																																				
<p>Summer Asparagus Pasta with Feta</p> <p><i>Arugula Salad with Honey-Lemon Vinaigrette</i></p>	<p>Prep 15m Cook 15m Total 30m</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>340</td> <td>110</td> <td>450</td> </tr> <tr> <td>Fat (g)</td> <td>11</td> <td>9</td> <td>20</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>3</td> <td>1</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>14</td> <td>1</td> <td>15</td> </tr> <tr> <td>Carb (g)</td> <td>47</td> <td>7</td> <td>54</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> <td>1</td> <td>5</td> </tr> <tr> <td>Sodium (mg)</td> <td>590</td> <td>140</td> <td>730</td> </tr> </tbody> </table>		Main	Side	Total	Servings	6	6		Calories	340	110	450	Fat (g)	11	9	20	Sat. Fat (g)	3	1	4	Protein (g)	14	1	15	Carb (g)	47	7	54	Fiber (g)	4	1	5	Sodium (mg)	590	140	730		
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<p>Cajun Cod</p> <p><i>Grilled Okra and Green Onion Rice</i></p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse;"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>15m</td> <td>15m</td> <td>30m</td> </tr> </tbody> </table> </div> <p>Nutritional Information</p> <table border="1" style="border-collapse: collapse;"> <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>130</td> <td>270</td> <td>400</td> </tr> <tr> <td>Fat (g)</td> <td>5</td> <td>9</td> <td>14</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>0</td> <td>0</td> <td>0</td> </tr> <tr> <td>Protein (g)</td> <td>20</td> <td>6</td> <td>26</td> </tr> <tr> <td>Carb (g)</td> <td>0</td> <td>45</td> <td>45</td> </tr> <tr> <td>Fiber (g)</td> <td>0</td> <td>6</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>210</td> <td>400</td> <td>610</td> </tr> </tbody> </table>	Prep	Cook		Total	15m	15m	30m		Main	Side	Total	Servings	6	6		Calories	130	270	400	Fat (g)	5	9	14	Sat. Fat (g)	0	0	0	Protein (g)	20	6	26	Carb (g)	0	45	45	Fiber (g)	0	6	6	Sodium (mg)	210	400	610
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		Produce
1		1 (2-inch) piece fresh ginger
1		3 red bell pepper
1		3 zucchini
1,3,4,5		3 large red onions
1,6		1 bunch fresh mint
2		3 peaches
2		1 (10-oz) pkg baby spinach
2,5		3 lb Yukon gold potatoes
2,7		9 green onions
3		3 yellow squash
3,4,6		3 cucumbers
3,6		2 pints grape tomatoes
4		1 (10-oz) pkg mixed greens
4		1 (8-oz) pkg sliced mushrooms
4		1 green bell pepper
5		3 jalapeño peppers
5		1½ lb green beans
5		1 (2-lb) pkg cubed watermelon
5		1 bunch celery
6		12 oz asparagus
6		1 (5-oz) pkg arugula
6,7		2 lemons
7		1½ lb okra
		Meat & Seafood
1		3 (8-oz) boneless, skinless chicken breasts
2		1½ lb pork tenderloin
3		1½ lb salmon fillets
7		6 (4-oz) cod fillets
		Refrigerated
3		1 (16-oz) container nonfat plain Greek yogurt
4		1 (8-oz) pkg shredded part-skim mozzarella cheese
4		1 (11-oz) can refrigerated thin crust pizza dough, <i>Pillsbury</i>
6		1 (6-oz) pkg crumbled reduced-fat feta cheese
		Frozen
5		1 (16-oz) pkg frozen green peas
		Canned & Packaged
1		1 (28-oz) pkg bulgur
2		1 (16-oz) bottle light raspberry and walnut dressing
3		1 (5.8-oz) pkg whole wheat couscous
4		1 (8-oz) can no-salt-added tomato sauce
5		1 (2-oz) pkg sliced almonds
6		1 (12-oz) pkg farfalle (bow-tie) pasta
7		1 (14-oz) pkg instant brown rice, <i>Uncle Ben's</i>
		Bakery & Deli
5		1 (6-oz) slice lower-sodium lean ham, <i>Boar's Head</i>

Necessary Staples
Meal 1
½ cup low-sodium soy sauce ¼ cup honey ½ cup canola oil 2 Tbsp canola oil 3 cloves garlic
Meal 2
2 Tbsp canola oil 1½ tsp dried rosemary ¾ tsp garlic powder ¼ tsp cayenne pepper 3 Tbsp Dijon mustard
Meal 3
1 Tbsp canola oil 1 tsp onion powder 3 Tbsp extra virgin olive oil 1½ tsp dried dill 1½ tsp dried thyme 3 Tbsp balsamic vinegar 4 cloves garlic 1½ tsp hot pepper sauce
Meal 4
3 Tbsp balsamic vinegar ¼ cup canola oil 1 tsp garlic powder 2 tsp dried Italian seasoning 2 Tbsp capers
Meal 5
1½ Tbsp Dijon mustard 3 eggs 2 Tbsp balsamic vinegar ¾ cup reduced-fat mayonnaise 1½ Tbsp yellow mustard 3 Tbsp extra virgin olive oil ¾ tsp hot pepper sauce
Meal 6
3 Tbsp extra virgin olive oil ¼ tsp crushed red pepper 1½ Tbsp honey 1½ tsp dried rosemary ¼ cup extra virgin olive oil 2 tsp Dijon mustard 3 cloves garlic
Meal 7
5 Tbsp canola oil 2 tsp salt-free Cajun seasoning