

| Meals: <i>Side dishes are in ITALICS</i> | | Ingredients: | Instructions: |
|--|---------------|--|--|
| Meal 1 | Crowd-Pleaser | <p>1 lb 93% lean ground beef 1½ cups chopped onions 2 (8-oz) pouches mild red chile enchilada sauce, divided (such as Frontera) 4 oz ½-less-fat cream cheese 12 fajita-size corn tortillas 1½ cups shredded reduced-fat Mexican-blend cheese, divided ¼ cup chopped green onions</p> <hr/> <p><i>1 (10-oz) pkg romaine-red leaf lettuce mix</i> <i>1 cup seedless red or green grapes, cut in half</i> <i>½ cup thinly sliced red onion</i> 2 Tbsp olive oil 2 Tbsp fresh lime juice ½ tsp salt ¼ tsp pepper</p> | <p>Cook beef and onions in a large nonstick skillet 6 to 8 minutes or until browned and crumbly. Add 1 pouch enchilada sauce and cream cheese; stir until blended. Preheat broiler. Arrange 4 tortillas in a broiler-safe greased 13- x 9-inch baking dish (tearing to fit, if necessary); top with one-third beef mixture and ½ cup Mexican-blend cheese. Repeat layers twice. Top with 1 pouch enchilada sauce; sprinkle with ⅓ cup Mexican-blend cheese. Broil 3 minutes or until cheese is browned and sauce is bubbly. Sprinkle with green onions.</p> <hr/> <p><i>Toss together all ingredients in a salad bowl.</i></p> |
| Meal 2 | Super Fast | <p>6 (6-oz) grouper fillets ¾ tsp salt ½ tsp pepper 2 Tbsp olive oil 2 Tbsp sliced garlic 1 (10-oz) pkg baby spinach ½ tsp crushed red pepper 1 Tbsp fresh lemon juice</p> <hr/> <p><i>1½ cups instant rice</i> <i>1 tomato, finely chopped</i> <i>2 green onions, chopped</i> <i>1 Tbsp extra virgin olive oil</i> ¼ tsp salt</p> | <p>Sprinkle fish with salt and pepper. Cook, in batches, in 1 Tbsp hot oil per batch in a large nonstick skillet over medium-high heat 4 to 5 minutes per side; remove from skillet, and keep warm. Add garlic to skillet; cook 30 seconds or until lightly browned. Add spinach and red pepper; cook 3 to 4 minutes or until spinach is wilted. Stir in lemon juice. Serve spinach mixture with fish.</p> <p>Note: Serve with lemon slices, if desired.</p> <hr/> <p><i>Cook rice according to package directions. Toss together rice, tomato, green onions, oil, and salt.</i></p> |

Meal 1 Crowd-Pleaser

Beef Enchilada Casserole

Tossed Salad with Grapes



| | Prep | Cook | Total |
|--|------|------|-------|
| | 10m | 20m | 30m |

Nutritional Information

| | Main | Side | Total |
|--------------|------|------|-------|
| Servings | 6 | 6 | |
| Calories | 384 | 50 | 434 |
| Fat (g) | 16 | 5 | 21 |
| Sat. Fat (g) | 4 | 1 | 5 |
| Protein (g) | 27 | 1 | 28 |
| Carb (g) | 33 | 7 | 40 |
| Fiber (g) | 4 | 1 | 5 |
| Sodium (mg) | 839 | 200 | 1039 |
| Points (SP) | 10 | 1 | 11 |

Meal 2 Super Fast

Pan-Seared Grouper with Lemon-Garlic Spinach

Steamed Rice with Tomato




| | Prep | Cook | Total |
|--|------|------|-------|
| | 10m | 20m | 30m |

Nutritional Information

| | Main | Side | Total |
|--------------|------|------|-------|
| Servings | 6 | 6 | |
| Calories | 212 | 120 | 332 |
| Fat (g) | 6 | 3 | 9 |
| Sat. Fat (g) | 1 | 0 | 1 |
| Protein (g) | 34 | 2 | 36 |
| Carb (g) | 3 | 23 | 26 |
| Fiber (g) | 1 | 1 | 2 |
| Sodium (mg) | 418 | 106 | 524 |
| Points (SP) | 1 | 3 | 4 |

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|--|--------------|---------------|-------|-----|-----|-----|--|------|----------|-------|----------|-----|---------|---|--------------|-----|-------------|-----|----------|----|-----------|----|--------------|-----|-------------|---|--|--|---|----|----------|----|----|----|-----------|---|---|----|-------------|-----|-----|-----|-------------|---|---|----|---|--|
| <p>Meal 3</p> <p>Turkey, Cabbage, and Tomato Skillet</p> <p><i>Roasted Rosemary Sweet Potato 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> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="border-collapse: collapse; text-align: center; width: 100%;"> <thead> <tr> <th></th> <th style="width: 25%;">Main</th> <th style="width: 25%;">Side</th> <th style="width: 25%;">Total</th> </tr> </thead> <tbody> <tr><td>Servings</td><td>6</td><td>6</td><td></td></tr> <tr><td>Calories</td><td>220</td><td>174</td><td>394</td></tr> <tr><td>Fat (g)</td><td>10</td><td>5</td><td>15</td></tr> <tr><td>Sat. Fat (g)</td><td>3</td><td>1</td><td>4</td></tr> <tr><td>Protein (g)</td><td>16</td><td>3</td><td>19</td></tr> <tr><td>Carb (g)</td><td>19</td><td>31</td><td>50</td></tr> <tr><td>Fiber (g)</td><td>5</td><td>5</td><td>10</td></tr> <tr><td>Sodium (mg)</td><td>566</td><td>277</td><td>843</td></tr> <tr><td>Points (SP)</td><td>4</td><td>6</td><td>10</td></tr> </tbody> </table> | Prep | Cook | Total | 10m | 20m | 30m | | Main | Side | Total | Servings | 6 | 6 | | Calories | 220 | 174 | 394 | Fat (g) | 10 | 5 | 15 | Sat. Fat (g) | 3 | 1 | 4 | Protein (g) | 16 | 3 | 19 | Carb (g) | 19 | 31 | 50 | Fiber (g) | 5 | 5 | 10 | Sodium (mg) | 566 | 277 | 843 | Points (SP) | 4 | 6 | 10 | <p>1 (16-oz) pkg ground turkey 1½ cups chopped onions 1 green bell pepper, chopped 3 cloves garlic, minced 1 (14-oz) pkg chopped green cabbage and carrot coleslaw (such as Fresh Express) 1 (28-oz) can diced tomatoes with Italian seasoning 1 (8-oz) can tomato sauce 1 cup water 1 Tbsp chopped fresh rosemary</p> <hr style="border: 0.5px dashed #000;"/> <p>2 lb sweet potatoes 2 Tbsp olive oil 1 Tbsp minced garlic 2 Tbsp chopped fresh rosemary ½ tsp salt ½ tsp pepper</p> | <p>Cook turkey, onions, bell pepper, and garlic in a large skillet over medium heat until turkey is browned and crumbly. Stir in coleslaw, tomatoes, tomato sauce, water, and rosemary; bring to a boil. Cover, reduce heat, and simmer 10 to 15 minutes or until slaw is tender.</p> <p>Note: For added kick, stir in some crushed red pepper.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Preheat oven to 475°F. Cut potatoes lengthwise into ½-inch-thick wedges. Toss with oil, garlic, rosemary, salt, and pepper on a large rimmed baking sheet. Bake 20 to 25 minutes or until browned, turning once.</i></p> |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10m | 20m | 30m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 220 | 174 | 394 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 10 | 5 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 3 | 1 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 16 | 3 | 19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 19 | 31 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 5 | 5 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 566 | 277 | 843 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Points (SP) | 4 | 6 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Meal 4 One-Dish Dinner</p> <p>Spring Pea-and-Leek Risotto with Bacon</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;">15m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">35m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="border-collapse: collapse; text-align: center; width: 100%;"> <thead> <tr> <th></th> <th style="width: 25%;">Main</th> </tr> </thead> <tbody> <tr><td>Servings</td><td>6</td></tr> <tr><td>Calories</td><td>321</td></tr> <tr><td>Fat (g)</td><td>8</td></tr> <tr><td>Sat. Fat (g)</td><td>3</td></tr> <tr><td>Protein (g)</td><td>11</td></tr> <tr><td>Carb (g)</td><td>43</td></tr> <tr><td>Fiber (g)</td><td>3</td></tr> <tr><td>Sodium (mg)</td><td>454</td></tr> <tr><td>Points (SP)</td><td>8</td></tr> </tbody> </table> | Prep | Cook | Total | 15m | 20m | 35m | | Main | Servings | 6 | Calories | 321 | Fat (g) | 8 | Sat. Fat (g) | 3 | Protein (g) | 11 | Carb (g) | 43 | Fiber (g) | 3 | Sodium (mg) | 454 | Points (SP) | 8 | <p>6 slices center cut bacon, chopped 2 cups thinly sliced leeks (white and light green parts only) 2 cups low-sodium chicken broth 1 Tbsp all-purpose flour 2 oz ½-less-fat cream cheese 3 (8.8-oz) pouches microwavable brown rice 1 cup frozen green peas, thawed ½ tsp salt ¼ tsp pepper ¼ cup freshly shredded Parmesan cheese</p> | <p>Cook bacon in a large nonstick skillet over medium heat until crisp. Drain on paper towels, reserving drippings in skillet. Rinse leeks under cold water; pat dry. Cook leeks in hot drippings 8 to 10 minutes or until browned, stirring occasionally. Whisk together broth and flour in a bowl until blended. Add broth to skillet; bring to a boil. Add cream cheese; stir until melted. Meanwhile, microwave rice according to package directions. Add rice, peas, salt, and pepper to sauce; simmer 5 minutes or until thickened, stirring often. Remove from heat; stir in Parmesan. Sprinkle with bacon.</p> <p>Note: Garnish with parsley, if on hand.</p> | | | | | | | | | | | | | | | | | | | | |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15m | 20m | 35m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 321 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 43 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 454 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Points (SP) | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|---|--------------|---------------|-------|-----|-----|-----|--|------|----------|-------|----------|-----|---------|----|--------------|-----|-------------|-----|----------|----|-----------|----|--------------|-----|-------------|----|--|--|---|----|----------|----|----|----|-----------|---|---|---|-------------|-----|-----|-----|-------------|----|---|----|--|--|
| <p>Meal 5 Classic Favorite</p> <p style="text-align: center;">Bang Bang Chicken</p> <p style="text-align: center;"><i>Pineapple Rice and Steamed Broccoli</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Servings</td><td>6</td><td>6</td><td></td></tr> <tr><td>Calories</td><td>380</td><td>110</td><td>490</td></tr> <tr><td>Fat (g)</td><td>12</td><td>0</td><td>12</td></tr> <tr><td>Sat. Fat (g)</td><td>2</td><td>0</td><td>2</td></tr> <tr><td>Protein (g)</td><td>31</td><td>5</td><td>36</td></tr> <tr><td>Carb (g)</td><td>33</td><td>23</td><td>56</td></tr> <tr><td>Fiber (g)</td><td>1</td><td>1</td><td>2</td></tr> <tr><td>Sodium (mg)</td><td>610</td><td>210</td><td>820</td></tr> <tr><td>Points (SP)</td><td>10</td><td>2</td><td>12</td></tr> </tbody> </table> | Prep | Cook | Total | 15m | 15m | 30m | | Main | Side | Total | Servings | 6 | 6 | | Calories | 380 | 110 | 490 | Fat (g) | 12 | 0 | 12 | Sat. Fat (g) | 2 | 0 | 2 | Protein (g) | 31 | 5 | 36 | Carb (g) | 33 | 23 | 56 | Fiber (g) | 1 | 1 | 2 | Sodium (mg) | 610 | 210 | 820 | Points (SP) | 10 | 2 | 12 | <p>1½ lb boneless, skinless chicken breasts, cut into chunks</p> <p>½ tsp salt</p> <p>½ cup cornstarch</p> <p>1 large egg</p> <p>1 large egg white</p> <p>1 cup low-fat buttermilk</p> <p>1½ cups panko breadcrumbs</p> <p>½ cup reduced-fat mayonnaise</p> <p>3 Tbsp sweet chili sauce</p> <p>1 Tbsp honey</p> <p>2 green onions, sliced</p> <hr style="border: 0.5px dashed #000;"/> <p><i>1 cup instant white rice</i></p> <p><i>2 green onions, sliced</i></p> <p><i>½ cup finely chopped pineapple</i></p> <p><i>2 (12-oz) pkg broccoli florets</i></p> <p><i>½ tsp salt</i></p> <p><i>¼ tsp pepper</i></p> | <p>Preheat oven to 450°F; place a rimmed baking sheet in oven while preheating. Sprinkle chicken with salt. Place cornstarch in a shallow dish. Whisk together egg, egg white, and buttermilk in a second shallow dish. Place panko in a third shallow dish. Dredge chicken in cornstarch, dip in egg mixture, and dredge in panko. Coat baking sheet with cooking spray. Arrange chicken on baking sheet, and coat with cooking spray. Bake 15 minutes or until browned and done. Combine mayonnaise, chili sauce, and honey. Drizzle sauce over chicken. Sprinkle with onions.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Cook rice according to package directions; stir in green onions and pineapple. Cook broccoli according to package directions; toss with salt and pepper.</i></p> |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15m | 15m | 30m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 380 | 110 | 490 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 12 | 0 | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 2 | 0 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 31 | 5 | 36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 33 | 23 | 56 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 1 | 1 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 610 | 210 | 820 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Points (SP) | 10 | 2 | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Meal 6</p> <p style="text-align: center;">Chicken Caesar Pasta Toss</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;">10m</td> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">25m</td> </tr> </table> </div> <p style="margin-top: 10px;">Nutritional Information</p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> </tr> </thead> <tbody> <tr><td>Servings</td><td>6</td></tr> <tr><td>Calories</td><td>502</td></tr> <tr><td>Fat (g)</td><td>17</td></tr> <tr><td>Sat. Fat (g)</td><td>1</td></tr> <tr><td>Protein (g)</td><td>43</td></tr> <tr><td>Carb (g)</td><td>40</td></tr> <tr><td>Fiber (g)</td><td>3</td></tr> <tr><td>Sodium (mg)</td><td>818</td></tr> <tr><td>Points (SP)</td><td>17</td></tr> </tbody> </table> | Prep | Cook | Total | 10m | 15m | 25m | | Main | Servings | 6 | Calories | 502 | Fat (g) | 17 | Sat. Fat (g) | 1 | Protein (g) | 43 | Carb (g) | 40 | Fiber (g) | 3 | Sodium (mg) | 818 | Points (SP) | 17 | <p>2 Tbsp refrigerated basil paste</p> <p>1½ Tbsp olive oil</p> <p>½ tsp salt</p> <p>½ tsp pepper</p> <p>2 lb boneless, skinless chicken breasts, halved lengthwise</p> <p>2 (8.5-oz) pouches microwavable penne pasta (or use 8 oz penne)</p> <p>1 (12-oz) pkg broccoli florets</p> <p>1 (14.9-oz) pkg natural Caesar salad kit (such as Dole)</p> <p>1 pint grape tomatoes, halved</p> | <p>Combine basil paste, oil, salt, and pepper. Brush oil mixture over chicken. Preheat grill to medium-high heat. Grill chicken, covered, 3 to 4 minutes per side or until done. Meanwhile, cook pasta and broccoli according to package directions. Prepare salad according to package directions in a large bowl. Add chicken, pasta, broccoli, and tomatoes; toss. Serve immediately.</p> | | | | | | | | | | | | | | | | | | | | |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10m | 15m | 25m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Main | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 502 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 43 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 818 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Points (SP) | 17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Meals: <i>Side dishes are in ITALICS</i> | | Ingredients: | Instructions: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------------------------|---|---|-------|-------|----------|-----|---|--|----------|-----|-----|-----|---------|----|---|----|--------------|---|---|---|-------------|----|----|----|----------|----|----|----|-----------|---|---|---|-------------|-----|----|-----|-------------|---|---|----|--|--|
| Meal 7 | Breakfast for Dinner | <p>¾ lb ground lean turkey breakfast sausage 1 (30-oz) pkg frozen shredded hash browns (such as Ore-Ida) 1 green bell pepper, chopped 1 cup shredded reduced-fat sharp Cheddar cheese 1 small tomato, diced</p> <hr/> <p>1 (32-oz) carton fat-free vanilla Greek yogurt 1 Tbsp honey 1 (16-oz) pkg frozen mixed berries, thawed</p> | <p>Cook sausage in a large nonstick skillet over medium heat 6 minutes or until browned and crumbly. Drain on paper towels, reserving drippings in skillet. Cook hash browns and bell pepper in hot drippings according to package directions. Top with cheese and sausage; cover and cook until cheese is melted. Top with tomato.</p> <hr/> <p><i>Stir together yogurt and honey in a bowl. Add berries; toss gently.</i></p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Sausage-and-Cheddar Hash Brown Skillet</p> <p><i>Honeyed Yogurt with Mixed Berries</i></p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  <table border="1"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>10m</td> <td>25m</td> <td>35m</td> </tr> </tbody> </table> | | Prep | Cook | Total | 10m | 25m | 35m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prep | Cook | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10m | 25m | 35m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <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>285</td> <td>150</td> <td>435</td> </tr> <tr> <td>Fat (g)</td> <td>10</td> <td>0</td> <td>10</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> <td>0</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>23</td> <td>15</td> <td>38</td> </tr> <tr> <td>Carb (g)</td> <td>28</td> <td>24</td> <td>52</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> <td>2</td> <td>6</td> </tr> <tr> <td>Sodium (mg)</td> <td>741</td> <td>65</td> <td>806</td> </tr> <tr> <td>Points (SP)</td> <td>7</td> <td>5</td> <td>12</td> </tr> </tbody> </table> | | | Main | Side | Total | Servings | 6 | 6 | | Calories | 285 | 150 | 435 | Fat (g) | 10 | 0 | 10 | Sat. Fat (g) | 4 | 0 | 4 | Protein (g) | 23 | 15 | 38 | Carb (g) | 28 | 24 | 52 | Fiber (g) | 4 | 2 | 6 | Sodium (mg) | 741 | 65 | 806 | Points (SP) | 7 | 5 | 12 | | |
| | Main | Side | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Servings | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calories | 285 | 150 | 435 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat (g) | 10 | 0 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat. Fat (g) | 4 | 0 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein (g) | 23 | 15 | 38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carb (g) | 28 | 24 | 52 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fiber (g) | 4 | 2 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium (mg) | 741 | 65 | 806 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Points (SP) | 7 | 5 | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Meal | ✓ | Grocery Items to Purchase |
|-------|---|---|
| | | Produce |
| 1 | | ½ bunch seedless red grapes |
| 1 | | 2 limes |
| 1 | | ½ red onion |
| 1 | | 1 (10-oz) pkg romaine-red leaf lettuce mix |
| 1,2,5 | | 8 green onions |
| 1,3 | | 2 onions |
| 2 | | 1 lemon |
| 2 | | 1 (10-oz) pkg baby spinach |
| 2,7 | | 2 tomatoes |
| 3 | | 1 (14-oz) pkg chopped green cabbage and carrot coleslaw |
| 3 | | 2 lb sweet potatoes |
| 3 | | 1 (1-oz) pkg fresh rosemary |
| 3,7 | | 2 green bell peppers |
| 4 | | 2 leeks |
| 5 | | ½ (16-oz) container cored pineapple |
| 5,6 | | 3 (12-oz) pkg broccoli florets |
| 6 | | ½ (4-oz) tube refrigerated basil paste |
| 6 | | 1 pint grape tomatoes |
| 6 | | 1 (14.9-oz) pkg natural Caesar salad kit |
| | | Meat & Seafood |
| 1 | | 1 lb 93% lean ground beef |
| 2 | | 6 (6-oz) grouper fillets |
| 3 | | 1 (16-oz) pkg ground turkey |
| 4 | | ½ (12-oz) pkg center cut bacon |
| 5,6 | | 3½ lb boneless, skinless chicken breasts |
| 7 | | ½ lb ground lean turkey breakfast sausage |
| | | Refrigerated |
| 1 | | 1 (8-oz) pkg shredded reduced-fat Mexican-blend cheese |
| 1,4 | | 1 (8-oz) block ⅓-less-fat cream cheese |
| 4 | | ½ (4-oz) wedge Parmesan cheese |
| 5 | | 2 large eggs |
| 5 | | ½ quart low-fat buttermilk |
| 7 | | ½ (8-oz) block reduced-fat sharp Cheddar cheese |
| 7 | | 1 (32-oz) carton fat-free vanilla Greek yogurt |
| | | Frozen |
| 4 | | 1 (10-oz) pkg frozen green peas |
| 7 | | 1 (16-oz) pkg frozen mixed berries |
| 7 | | ½ (30-oz) pkg frozen shredded hash browns |
| | | Canned & Packaged |
| 1 | | 12 fajita-size corn tortillas |
| 1 | | 2 (8-oz) pouches mild red chile enchilada sauce |
| 2,5 | | 1 (14-oz) pkg instant white rice |
| 3 | | 1 (28-oz) can diced tomatoes with Italian seasoning |
| 3 | | 1 (8-oz) can tomato sauce |
| 4 | | ½ (32-oz) carton low-sodium chicken broth |
| 4 | | 3 (8.8-oz) pouches microwavable brown rice |
| 5 | | ½ (10.1-oz) bottle sweet chili sauce |
| 5 | | ½ (8-oz) pkg panko breadcrumbs |
| 6 | | 2 (8.5-oz) pouches microwavable penne pasta |

| Necessary Staples |
|------------------------|
| Meal 1 |
| Olive oil |
| Meal 2 |
| Olive oil |
| Extra virgin olive oil |
| Crushed red pepper |
| Fresh garlic |
| Meal 3 |
| Olive oil |
| Fresh garlic |
| Meal 4 |
| All-purpose flour |
| Meal 5 |
| Honey |
| Reduced-fat mayonnaise |
| Cornstarch |
| Cooking spray |
| Meal 6 |
| Olive oil |
| Meal 7 |
| Honey |