








Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 Slow Cooker</p> <p>Homestyle Chicken and Rice</p> <p><i>Roasted Green Beans and Onions</i></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;">8h</td> <td style="padding: 2px 5px;">8h 15m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	15m	8h	8h 15m	<p>¾ lb boneless, skinless chicken breasts 1½ cups low-sodium chicken broth 1 cup uncooked long-grain brown rice ½ cup chopped onion ½ cup chopped celery ½ cup chopped carrot ½ (8-oz) pkg ½-less-fat cream cheese, cut into pieces 1 clove garlic, minced 1 bay leaf 1 tsp dried thyme ½ tsp salt, ½ tsp pepper 2 Tbsp chopped fresh parsley</p> <hr style="border: 0.5px dashed #000;"/> <p><i>¾ lb fresh green beans, trimmed</i> <i>½ cup thinly sliced onion</i> <i>1 Tbsp olive oil</i> <i>¼ tsp garlic powder</i></p>	<p>Cut chicken into 2-inch pieces, and place in a 4-quart slow cooker. Add all remaining ingredients, except parsley. Cover and cook on LOW 8 hours or until chicken is tender; sprinkle with parsley.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Preheat oven to 350°F. Toss together beans, onion, oil, and garlic powder on a rimmed baking sheet; spread in a single layer. Bake 15 minutes or until beans are tender. Season to taste with salt and pepper.</i></p>
Prep	Cook	Total						
15m	8h	8h 15m						
<p>Meal 2 Paleo</p> <p>Chile Pork Roast</p> <p><i>Roasted Sweet Potatoes and Broccoli with Parsley and Lime</i></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;">8h</td> <td style="padding: 2px 5px;">8h 15m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	15m	8h	8h 15m	<p>2 lb boneless pork shoulder roast, well trimmed 1 cup low-sodium chicken broth ½ cup chopped onion 2 cloves garlic, minced 1 tsp ground cumin ½ tsp chipotle chile pepper ¼ tsp ground coriander 1 bay leaf</p> <hr style="border: 0.5px dashed #000;"/> <p><i>½ lb sweet potatoes, cut into 1-inch pieces</i> <i>1 (12-oz) pkg fresh broccoli florets</i> <i>1 Tbsp olive oil (or use melted coconut oil)</i> <i>½ tsp salt, ½ tsp pepper</i> <i>1 Tbsp fresh lime juice</i> <i>2 Tbsp chopped fresh parsley</i></p>	<p>Sprinkle pork with salt and pepper. Place in a 4-quart slow cooker. Add broth and remaining ingredients. Cover and cook on LOW 8 to 10 hours or until pork is tender. (Reserve half of pork for Pork and Pepper Fajita Salads recipe.) Discard bay leaf. Serve remaining pork with sweet potatoes and broccoli.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Preheat oven to 400°F. Toss together potatoes, broccoli, oil, salt, and pepper on a rimmed baking sheet. Arrange in a single layer. Bake 20 minutes or until potatoes are tender, turning once. Sprinkle with lime juice and parsley.</i></p>
Prep	Cook	Total						
15m	8h	8h 15m						
<p>Meal 3 Paleo</p> <p>Pork and Pepper Fajita Salads</p> <p><i>Melon and Grape Toss</i></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;">10m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">30m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	10m	20m	30m	<p>1 Tbsp olive oil (or use coconut oil) 1 yellow bell pepper, thinly sliced ½ red bell pepper, thinly sliced ½ green bell pepper, thinly sliced ¼ tsp salt, ¼ tsp pepper Reserved cooked pork (from Chile Pork Roast recipe), chopped ½ (10-oz) pkg chopped romaine lettuce 1 (8-oz) container fresh salsa</p> <hr style="border: 0.5px dashed #000;"/> <p><i>2 cups cubed honeydew melon</i> <i>2 cups seedless red grapes</i> <i>2 tsp fresh lime juice</i> <i>1 tsp raw honey</i></p>	<p>Heat oil in a large skillet over medium-high heat. Add bell peppers, salt, and pepper. Cook 8 minutes or until tender, stirring often. Add pork; cook until thoroughly heated. Divide romaine among serving plates. Top with pork mixture and salsa.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Combine melon and grapes in a bowl. Drizzle with lime juice and honey; toss to coat.</i></p>
Prep	Cook	Total						
10m	20m	30m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 4 Paleo</p> <p>Meatballs and "Spaghetti"</p> <p><i>Roasted Spaghetti Squash and Greek Salad</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px;">Prep</th> <th style="padding: 2px;">Cook</th> <th style="padding: 2px;">Total</th> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">7h 10m</td> <td style="padding: 2px;">7h 25m</td> </tr> </table> </div>	Prep	Cook	Total	15m	7h 10m	7h 25m	<p>1 lb grass-fed ground beef 1 large egg 1 tsp Italian seasoning ½ tsp salt, ¼ tsp pepper 1 (28-oz) can organic fire-roasted diced tomatoes ½ cup chopped fresh basil ½ cup chopped onion</p> <hr/> <p><i>1 small spaghetti squash, halved lengthwise</i> <i>½ (10-oz) bag chopped romaine lettuce</i> <i>½ cup chopped organic cucumber</i> <i>¼ cup pitted kalamata olives, thinly sliced</i> <i>1 Roma tomato, chopped</i> <i>1 (8-oz) bottle organic Greek salad dressing</i></p>	<p>Combine ground beef, egg, Italian seasoning, salt, and pepper in a large bowl. Shape into 12 (1½-inch) meatballs. Cook meatballs in a large skillet, in batches, 5 minutes or until browned on all sides. Transfer to a 4-quart slow cooker. Add tomatoes, basil, and onion. Cover and cook on LOW 7 hours. (Reserve 4 meatballs and ¼ cup sauce for Meatball Subs recipe.) Serve remaining meatballs and sauce over spaghetti squash.</p> <hr/> <p><i>Preheat oven to 400°F; line a rimmed baking sheet with foil. Scrape out seeds from squash, and place, cut sides down, on pan. Bake 40 to 50 minutes or until very tender. Using a fork, scrape out spaghetti-like strands from squash. Combine lettuce, cucumber, olives, and tomato in a large bowl; add desired amount of salad dressing, tossing to coat.</i></p>
Prep	Cook	Total						
15m	7h 10m	7h 25m						
<p>Meal 5 Super Fast</p> <p>Cheesy Meatball Subs</p> <p><i>Oregano Roasted Potatoes</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px;">Prep</th> <th style="padding: 2px;">Cook</th> <th style="padding: 2px;">Total</th> </tr> <tr> <td style="padding: 2px;">5m</td> <td style="padding: 2px;">25m</td> <td style="padding: 2px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	5m	25m	30m	<p>½ (12-oz) whole-wheat baguette Reserved cooked meatballs and sauce (from Meatballs and "Spaghetti" recipe) 1 cup shredded mozzarella cheese</p> <hr/> <p><i>¾ lb red potatoes, cut into wedges</i> <i>1 Tbsp olive oil</i> <i>¼ tsp dried oregano</i> <i>½ tsp salt, ¼ tsp pepper</i></p>	<p>Preheat oven to 400°F. Cut baguette in half lengthwise; place on a baking sheet, and bake 10 minutes. Cut meatballs in half. Fill baguette with meatball halves, sauce, and cheese. Wrap sandwich in foil. Bake 15 minutes or until cheese melts. Cut in half to serve.</p> <hr/> <p><i>Preheat oven to 400°F. Toss together potatoes, oil, oregano, salt, and pepper on a rimmed baking sheet; arrange in a single layer. Bake 18 minutes or until browned and tender, turning once.</i></p>
Prep	Cook	Total						
5m	25m	30m						
<p>Meal 6 Slow Cooker</p> <p>Spicy Shrimp Creole</p> <p><i>Steamed Rice and Crunchy Garlic Bread</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px;">Prep</th> <th style="padding: 2px;">Cook</th> <th style="padding: 2px;">Total</th> </tr> <tr> <td style="padding: 2px;">20m</td> <td style="padding: 2px;">8h 20m</td> <td style="padding: 2px;">8h 40m</td> </tr> </table> </div>	Prep	Cook	Total	20m	8h 20m	8h 40m	<p>1 (14.5-oz) can organic fire-roasted diced tomatoes 1 (8-oz) can organic tomato sauce 1 cup chopped organic celery ½ cup chopped onion ½ organic green bell pepper, chopped 2 cloves garlic, minced ½ tsp hot sauce ¼ tsp sugar ½ lb wild caught medium-size raw shrimp, peeled and deveined ¼ cup sliced green onions ¼ cup chopped fresh parsley</p> <hr/> <p><i>¾ cup uncooked long-grain brown rice</i> <i>½ (12-oz) whole-wheat baguette, halved lengthwise</i> <i>1 Tbsp butter, melted</i> <i>1 clove garlic, minced</i></p>	<p>Combine tomatoes, tomato sauce, celery, onion, bell pepper, garlic, hot sauce, and sugar in a 4-quart slow cooker. Cover and cook on LOW 8 hours. Stir in shrimp; cover and cook 20 to 30 minutes or just until shrimp turn pink. Stir in green onions and parsley; season with salt and pepper to taste. Serve over rice.</p> <hr/> <p><i>Cook rice according to package directions. Preheat oven to broil. Place baguette halves on a baking sheet; brush cut sides with melted butter, and spread with garlic. Broil 3 to 5 minutes or until toasted.</i></p>
Prep	Cook	Total						
20m	8h 20m	8h 40m						

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Meal 7	Meatless Meal	<p> ½ (16-oz) pkg dried black beans 3 cups low-sodium chicken broth 1 (14.5-oz) can organic fire-roasted diced tomatoes ½ cup chopped onion 1 organic jalapeño pepper, seeded and minced 2 cloves garlic, minced 1 Tbsp chili powder 1 tsp ground coriander 1 Tbsp red wine vinegar </p> <hr/> <p> <i>2 cups frozen corn kernels, thawed</i> <i>½ organic red bell pepper, finely chopped</i> <i>2 Tbsp chopped fresh parsley</i> <i>2 Tbsp sliced green onion</i> <i>1 Tbsp olive oil</i> <i>1 Tbsp sherry vinegar</i> <i>¼ tsp salt, ⅛ tsp pepper</i> <i>¼ tsp honey</i> </p>	<p>Soak beans according to package directions; drain and rinse. Transfer beans to a 4-quart slow cooker. Add broth, tomatoes, onion, jalapeño, garlic, chili powder, and coriander. Cover and cook on LOW 10 to 12 hours or until beans are tender. Stir in vinegar. Mash beans with a potato masher to desired consistency, if desired. Season with salt and pepper to taste. Top each serving with Chopped Mexi-Corn Relish.</p> <hr/> <p><i>Combine corn, bell pepper, parsley, and green onion in a large bowl. Add olive oil, vinegar, salt, pepper, and honey; toss to coat.</i></p>						
<p>Spicy Cuban Black Bean Soup</p> <p><i>Chopped Mexi-Corn Relish</i></p> <p> <table border="1"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>15m</td> <td>10h</td> <td>10h 15m</td> </tr> </tbody> </table> </p>		Prep	Cook	Total	15m	10h	10h 15m		
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Slow Cooker Clean Eating Plan For Two

Sample Plan

Meal	✓	Grocery Items to Purchase	Price
Produce			
1		1 (16-oz) bag carrots, need ½ cup chopped	0.99
1		¾ lb fresh green beans	1.12
1,2,4,6,7		3 onions (about 1½ lb)	1.95
1,2,6,7		1 bunch fresh parsley, need 10 Tbsp chopped	1.29
1,6		1 bunch organic celery, need 1½ cups chopped	1.99
2		1 (12-oz) pkg broccoli florets	2.50
2		½ lb sweet potatoes	0.50
2,3		1 lime, need about 2 Tbsp juice	0.50
3		1 (8-oz) container fresh salsa	1.50
3		1 organic yellow bell pepper	1.50
3		½ lb organic seedless red grapes	0.98
3		1 (8-oz) container cubed honeydew melon	2.99
3,4		1 (10-oz) bag chopped romaine lettuce	2.39
3,6		1 organic green bell pepper	0.99
3,7		1 organic red bell pepper	1.50
4		1 organic cucumber, need ½ cup chopped	0.69
4		1 Roma tomato (about 6 oz)	0.71
4		1 spaghetti squash	3.18
4		1 (1-oz) pkg fresh basil, need ½ cup chopped	1.99
5		¾ lb organic red potatoes	1.12
6,7		1 bunch green onions, need 6 Tbsp sliced	1.19
7		1 organic jalapeño pepper	0.25
Meat & Seafood			
1		¾ lb boneless, skinless chicken breasts	3.37
2,3		2 lb boneless pork shoulder roast	5.69
4,5		1 lb grass-fed ground beef	4.45
6		½ lb wild-caught medium-size, raw shrimp	5.00
Refrigerated			
1		1 (8-oz) pkg ⅓-less-fat cream cheese, need half	2.49
5		1 (8-oz) block mozzarella cheese, need 1 cup shredded	2.50
Frozen			
7		1 (16-oz) pkg frozen corn, need 2 cups	1.59
Canned & Packaged			
1,2,7		2 (32-oz) cartons low-sodium chicken broth, need 5½ cups	4.96
1,6		1 (16-oz) pkg long-grain brown rice, need 1¾ cups	0.78
4		1 (8-oz) bottle organic Greek salad dressing (such as Annie's)	2.39
4		1 (9.5-oz) jar pitted kalamata olives, need ¼ cup sliced	3.98
4,6,7		1 (28-oz) can AND 2 (14.5-oz) cans organic fire-roasted diced tomatoes	5.82
6		1 (8-oz) can organic tomato sauce	0.99
7		1 (16-oz) pkg dried black beans, need half	0.99
Bakery & Deli			
5,6		1 (12-oz) whole-wheat baguette	2.12
Approximate Total			\$78.94

Necessary Staples
Meal 1
1 clove garlic 1 bay leaf 1 tsp dried thyme 1 Tbsp olive oil ¼ tsp garlic powder
Meal 2
2 cloves garlic 1 bay leaf 1 Tbsp olive oil (or use coconut oil) 1 tsp ground cumin ½ tsp chipotle chile pepper ¼ tsp ground coriander
Meal 3
1 Tbsp vegetable oil (or use coconut oil) 1 tsp raw honey
Meal 4
1 large egg 1 tsp Italian seasoning Aluminum foil
Meal 5
1 Tbsp olive oil ¼ tsp dried oregano Aluminum foil
Meal 6
3 cloves garlic ½ tsp hot sauce ¼ tsp sugar 1 Tbsp butter
Meal 7
2 cloves garlic 1 Tbsp olive oil 1 Tbsp chili powder 1 tsp ground coriander 1 Tbsp red wine vinegar 1 Tbsp sherry vinegar ¼ tsp honey