## Meal 1
### Low Carb

### Pecan-Crusted Honey Mustard Salmon

### Roasted Carrots and Onions With Spinach Sauté

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**Ingredients:**
- 1 Tbsp whole-grain mustard
- 1 tsp honey
- 1 tsp rice wine vinegar
- ⅛ tsp salt
- ⅛ tsp pepper
- ⅛ lb salmon fillet
- ⅛ cup chopped pecans
- ½ Tbsp chopped fresh parsley
- ½ lime, cut into wedges

**Instructions:**
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.

**Ingredients:**
- 6 carrots, cut into 3-inch pieces
- ½ cup coarsely chopped red onion
- 2 tsp canola oil
- ⅛ tsp pepper
- 1 Tbsp light butter with canola oil
- 1 (6-oz) pkg baby spinach
- ⅛ tsp salt

**Instructions:**
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.

## Meal 2
### Low Carb

### Chicken Alfredo on Spring Peas and Asparagus

### Peach and Kiwi Slices

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**Ingredients:**
- 4 oz asparagus spears, broken into 2-inch pieces
- ½ cup frozen green peas
- 1 tsp canola oil
- 2 (4-oz) chicken cutlets
- ⅛ tsp salt
- ⅛ tsp pepper
- ⅛ cup light Alfredo sauce
- 1 green onion, finely chopped

**Instructions:**
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.

**Ingredients:**
- 2 peaches, pitted and sliced
- 2 kiwifruit, peeled and sliced

**Instructions:**
Combine peaches with kiwi in a bowl.
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<th>Instructions:</th>
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<td><strong>Meal 3</strong></td>
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<tr>
<td><strong>On the Grill</strong></td>
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<tr>
<td><strong>Barbecued Ginger Pork Chops</strong></td>
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<tr>
<td><strong>Grilled Corn with Edamame-Celery Seed Slaw</strong></td>
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- 3 Tbsp barbecue sauce
- 2 tsp honey
- ½ tsp grated ginger
- 2 (4-oz) boneless center-cut pork loin chops
- 1 tsp canola oil
- 2 ears corn, husks and silk removed
- ½ cup frozen shelled edamame
- 2 Tbsp reduced-fat mayonnaise
- 1 Tbsp sugar
- 2 tsp apple cider vinegar
- ¼ tsp celery seed
- ⅛ tsp salt
- 3 cups shredded coleslaw mix

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.

- 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.

**Meal 4**

**Low Carb**

**Beef and Mushroom Skillet Toss**

**Garlic Mashed Cauliflower and Sliced Tomatoes**

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- 1 Tbsp low-sodium soy sauce
- 1 Tbsp Worcestershire sauce
- 2 tsp sesame oil
- 8 oz top round beef steak, cut in thin strips
- 1 (8-oz) pkg mushrooms, quartered
- 2 Tbsp chopped fresh parsley
- 1 (12-oz) bag cauliflower florets
- 2 Tbsp extra virgin olive oil
- 1 garlic clove, minced
- ¼ tsp salt
- ¼ tsp pepper
- 1 tomato, sliced

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.

- 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.
### Meal 5

**Country Corn Frittata**

**Citrus Mango**

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#### Ingredients:

- 2 large eggs, beaten
- 2 Tbsp fat-free milk
- 1 tsp canola oil
- 2 cups frozen corn kernels, thawed
- ½ cup chopped green bell pepper
- ½ cup chopped red onion
- 1 jalapeño pepper, seeded and minced
- 2 Tbsp finely chopped red onion
- ⅛ tsp salt
- ⅛ tsp pepper
- ¼ cup crumbled reduced-fat feta cheese
- ¼ cup picante sauce

#### Instructions:

- 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.

#### Nutritional Information

**Note:** To thaw frozen vegetables quickly, place in a colander and run under cold water. Drain well.

Gently toss all ingredients.

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### Meal 6

**Skillet Fish with Dijon Dill Sauce**

**Tomato-and-Arugula Quinoa and Peas**

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#### Ingredients:

- 4 tsp extra virgin olive oil
- 2 (4-oz) tilapia filets, pat dry
- 1 tsp Dijon mustard
- ¾ tsp dried dill
- ¾ tsp salt
- ¾ tsp pepper
- ½ cup quinoa
- 2 tsp extra virgin olive oil
- 1 clove garlic, minced
- ½ tsp crushed red pepper
- 1 tomato, diced
- 2 cups arugula
- ¼ tsp salt
- 1 cup frozen green peas

#### Instructions:

- Heat a nonstick skillet over medium heat. Brush 1 tsp oil over both sides of the fillets; 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.

- 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.
### Meals: Side dishes are in ITALICS

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#### Vegetarian Black Bean and Avocado Tacos

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#### Ingredients:

- 1 (15-oz) can no-salt-added black beans, drained and rinsed
- 6 Tbsp picante sauce
- ½ tsp smoked paprika
- ¼ tsp ground cumin
- 4 (6-inch) corn tortillas
- 2 cups shredded coleslaw mix
- 1 avocado, pitted and diced
- ¼ cup reduced-fat sour cream
- 2 green onions, chopped
- ½ lime, cut into wedges

#### Instructions:

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.
### Necessary Staples

#### Meal 1
- 1 Tbsp whole-grain mustard
- 1 tsp honey
- 1 tsp rice wine vinegar
- 2 tsp canola oil
- 1 Tbsp light butter with canola oil

#### Meal 2
- 1 tsp canola oil

#### Meal 3
- 1 tsp canola oil
- 2 tsp apple cider vinegar
- 2 tsp honey
- 2 Tbsp reduced-fat mayonnaise
- 1 Tbsp sugar
- ¼ tsp celery seed

#### Meal 4
- 2 Tbsp extra virgin olive oil
- 2 tsp sesame oil
- 1 Tbsp low-sodium soy sauce

#### Meal 5
- 1 tsp canola oil
- 2 Tbsp fat-free milk
- 2 large eggs

#### Meal 6
- 6 tsp extra virgin olive oil
- ½ tsp dried dill
- ¼ tsp crushed red pepper
- 1 tsp Dijon mustard
- 1 clove garlic

#### Meal 7
- ½ tsp smoked paprika
- ¼ tsp ground cumin

### Grocery Items to Purchase

#### Produce
- 1 (6-oz) pkg baby spinach
- 6 carrots
- 1 bunch fresh parsley
- 1 red onion
- 1 lime
- 2 kiwifruit
- 4 oz asparagus spears
- 2 peaches
- 3 green onions
- 1 (2-inch) piece gingerroot
- 2 ears corn
- 1 (16-oz) pkg shredded coleslaw mix
- 1 (12-oz) pkg cauliflower florets
- 1 (8-oz) pkg mushrooms
- 2 tomatoes
- 1 small green bell pepper
- 1 mango
- 1 jalapeño pepper
- 1 lemon
- ½ (5-oz) pkg arugula
- 1 avocado

#### Meat & Seafood
- ½ lb salmon fillet
- 2 (4-oz) chicken cutlets
- 2 (4-oz) boneless center-cut pork loin chops
- 8 oz top round beef steak
- 2 (4-oz) tilapia filets

#### Refrigerated
- ½ (10-oz) container light Alfredo sauce
- ½ (6-oz) pkg crumbled reduced-fat feta cheese
- ½ (8-oz) carton reduced-fat sour cream

#### Frozen
- 1 (12-oz) pkg frozen green peas
- ½ (14-oz) pkg frozen shelled edamame
- ½ (12-oz) pkg frozen corn kernels
- ½ (18-count) pkg corn tortillas

#### Canned & Packaged
- 1 (2-oz) pkg chopped pecans
- ½ (18-oz) bottle barbecue sauce
- 1 (8-oz) jar picante sauce
- ½ (12-oz) pkg quinoa
- 1 (15-oz) can no-salt-added black beans