

Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:																																															
<p>Meal 1 <span style="float: right;">Classic Favorite</span></p> <h2>Beef Enchilada Casserole</h2> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td></td> <td>10m</td> <td>20m</td> <td>30m</td> </tr> </tbody> </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> </tr> </thead> <tbody> <tr><td>Servings</td><td>3</td></tr> <tr><td>Calories</td><td>442</td></tr> <tr><td>Fat (g)</td><td>19</td></tr> <tr><td>Sat. Fat (g)</td><td>9</td></tr> <tr><td>Protein (g)</td><td>35</td></tr> <tr><td>Carb (g)</td><td>33</td></tr> <tr><td>Fiber (g)</td><td>4</td></tr> <tr><td>Sodium (mg)</td><td>865</td></tr> <tr><td>Points (SP)</td><td>14</td></tr> </tbody> </table>		Prep	Cook	Total		10m	20m	30m		Main	Servings	3	Calories	442	Fat (g)	19	Sat. Fat (g)	9	Protein (g)	35	Carb (g)	33	Fiber (g)	4	Sodium (mg)	865	Points (SP)	14	<p> <math>\frac{3}{4}</math> lb lean ground beef  <math>\frac{3}{4}</math> cup chopped onion            1 (8-oz) pouch mild red chile enchilada sauce, divided (such as Frontera)            2 oz <math>\frac{1}{3}</math>-less-fat cream cheese (about <math>\frac{1}{4}</math> cup)            6 fajita-size corn tortillas  <math>\frac{3}{8}</math> cup shredded reduced-fat Mexican-blend cheese, divided            2 Tbsp chopped green onion         </p>	<p>           Cook beef and onions in a large nonstick skillet 6 to 8 minutes or until browned and crumbly. Add <math>\frac{1}{2}</math> pouch enchilada sauce and cream cheese; stir until blended. Preheat broiler. Arrange 3 tortillas in a greased broiler-safe 11- x 7-inch baking dish (tearing to fit if necessary); top with half of beef mixture and <math>\frac{1}{3}</math> cup Mexican-blend cheese. Repeat with 3 tortillas and remaining beef mixture. Top with <math>\frac{1}{2}</math> pouch enchilada sauce; sprinkle with <math>\frac{1}{3}</math> cup Mexican-blend cheese. Broil 3 minutes or until cheese is browned and sauce is bubbly. Sprinkle with green onion. Divide enchiladas into 3 portions. Serve 2 portions. Refrigerate remaining portion up to 3 days.         </p>																				
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<p>Meal 2 <span style="float: right;">Super Fast</span></p> <h2>Pan-Seared Grouper with Lemon-Garlic Spinach</h2> <p style="margin-top: 10px;"><i>Steamed Rice with Tomato</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></th> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td></td> <td>10m</td> <td>20m</td> <td>30m</td> </tr> </tbody> </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>221</td><td>208</td><td>429</td></tr> <tr><td>Fat (g)</td><td>6</td><td>5</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>35</td><td>4</td><td>39</td></tr> <tr><td>Carb (g)</td><td>4</td><td>37</td><td>41</td></tr> <tr><td>Fiber (g)</td><td>2</td><td>2</td><td>4</td></tr> <tr><td>Sodium (mg)</td><td>445</td><td>147</td><td>592</td></tr> <tr><td>Points (SP)</td><td>2</td><td>4</td><td>6</td></tr> </tbody> </table>		Prep	Cook	Total		10m	20m	30m		Main	Side	Total	Servings	2	2		Calories	221	208	429	Fat (g)	6	5	11	Sat. Fat (g)	1	0	1	Protein (g)	35	4	39	Carb (g)	4	37	41	Fiber (g)	2	2	4	Sodium (mg)	445	147	592	Points (SP)	2	4	6	<p>           2 (6-oz) grouper fillets  <math>\frac{1}{4}</math> tsp salt  <math>\frac{1}{8}</math> tsp pepper            2 tsp olive oil            2 tsp sliced garlic            1 (6-oz) pkg baby spinach  <math>\frac{1}{8}</math> tsp crushed red pepper            1 tsp fresh lemon juice         </p> <hr/> <p> <math>\frac{1}{2}</math> cup instant rice  <math>\frac{1}{2}</math> tomato, finely chopped            1 green onion, chopped  <math>\frac{1}{2}</math> Tbsp extra virgin olive oil  <math>\frac{1}{8}</math> tsp salt         </p>	<p>           Sprinkle fish with salt and pepper. Cook in hot oil 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><b>Note:</b> Serve with lemon slices, if desired.</p> <hr/> <p> <i>Cook rice according to package directions. Toss together rice, tomato, green onion, oil, and salt.</i> </p> <p><b>Note:</b> Microwavable brown rice cooks in 90 seconds.</p>
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<p>Meal 3</p> <h2>Turkey, Cabbage, and Tomato Skillet</h2> <p><i>Roasted Rosemary Sweet Potato Wedges</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>10m</td> <td>20m</td> <td>30m</td> </tr> </table> <p><b>Nutritional Information</b></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>3</td> <td>3</td> <td></td> </tr> <tr> <td>Calories</td> <td>221</td> <td>174</td> <td>395</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>578</td> <td>277</td> <td>855</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	3	3		Calories	221	174	395	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)	578	277	855	Points (SP)	4	6	10	<p> <math>\frac{1}{2}</math> (16-oz) pkg ground turkey  <math>\frac{3}{4}</math> cup chopped onion  <math>\frac{1}{2}</math> green bell pepper, chopped  1 clove garlic, minced  <math>\frac{1}{2}</math> (14-oz) pkg chopped green cabbage and carrot coleslaw (such as Fresh Express)  1 (14.5-oz) can diced tomatoes with Italian seasoning  <math>\frac{1}{2}</math> (8-oz) can tomato sauce  <math>\frac{1}{2}</math> cup water  <math>\frac{1}{2}</math> Tbsp chopped fresh rosemary </p> <hr/> <p> 1 lb sweet potatoes  1 Tbsp olive oil  <math>\frac{1}{2}</math> Tbsp minced garlic  1 Tbsp chopped fresh rosemary  <math>\frac{1}{4}</math> tsp salt  <math>\frac{1}{4}</math> tsp pepper </p>	<p>Cook turkey, onions, bell pepper, and garlic in a large skillet over medium heat until turkey is cooked 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. Divide mixture into 3 portions. Serve 2 portions. Refrigerate remaining portion up to 3 days.</p> <p><b>Note:</b> For added kick, stir in some crushed red pepper.</p> <hr/> <p><i>Preheat oven to 475°F. Cut potatoes lengthwise into <math>\frac{1}{2}</math>-inch-thick wedges. Toss with oil, garlic, rosemary, salt, and pepper on a rimmed baking sheet. Bake 20 to 25 minutes or until browned and tender, turning once. Divide potatoes into 3 portions. Serve 2 portions. Refrigerate remaining portion up to 3 days.</i></p>
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<p>Meal 4</p> <h2>Spring Pea-and-Leek Risotto with Bacon</h2> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>15m</td> <td>15m</td> <td>30m</td> </tr> </table> <p><b>Nutritional Information</b></p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>2</td> </tr> <tr> <td>Calories</td> <td>375</td> </tr> <tr> <td>Fat (g)</td> <td>11</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>14</td> </tr> <tr> <td>Carb (g)</td> <td>48</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> </tr> <tr> <td>Sodium (mg)</td> <td>674</td> </tr> <tr> <td>Points (SP)</td> <td>10</td> </tr> </tbody> </table>		Prep	Cook	Total		15m	15m	30m		Main	Servings	2	Calories	375	Fat (g)	11	Sat. Fat (g)	4	Protein (g)	14	Carb (g)	48	Fiber (g)	4	Sodium (mg)	674	Points (SP)	10	<p> 3 slices center cut bacon, chopped  1 cup thinly sliced leek (white and light green parts only)  <math>\frac{3}{4}</math> cup low-sodium chicken broth  <math>\frac{1}{2}</math> Tbsp all-purpose flour  1 oz <math>\frac{1}{3}</math>-less-fat cream cheese (about 2 Tbsp)  1 (8.8-oz) pouch microwavable brown rice  <math>\frac{1}{2}</math> cup frozen green peas, thawed  <math>\frac{1}{4}</math> tsp salt  <math>\frac{1}{4}</math> tsp pepper  2 Tbsp freshly shredded Parmesan cheese </p>	<p>Cook bacon in a nonstick skillet over medium heat until crisp. Drain on paper towels, reserving drippings in skillet. Rinse leek under cold water; pat dry. Cook leek 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><b>Note:</b> Garnish with parsley, if on hand.</p>																				
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Meal 5	Classic Favorite	<p>½ lb boneless, skinless chicken breasts, cut into chunks</p> <p>⅓ tsp salt</p> <p>¼ cup cornstarch</p> <p>1 egg white</p> <p>¼ cup fat-free buttermilk</p> <p>½ cup panko breadcrumbs</p> <p>3 Tbsp reduced-fat mayonnaise</p> <p>1 Tbsp sweet chili sauce</p> <p>1 tsp honey</p> <hr/> <p>⅓ cup instant rice</p> <p>¼ cup chopped pineapple</p> <p>1 green onion, sliced</p> <p>1 (12-oz) pkg broccoli florets</p> <p>⅓ tsp salt</p> <p>¼ tsp pepper</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 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. Place chicken on baking sheet, and coat chicken with cooking spray. Bake 15 minutes or until browned and done. Stir together mayonnaise, chili sauce, and honey. Drizzle over chicken.</p> <p><b>Note:</b> Garnish chicken with sliced green onion, if desired.</p> <hr/> <p><i>Cook rice according to package directions. Combine rice, pineapple, and onion in a bowl. Cook broccoli according to package directions; toss with salt and pepper.</i></p>																																								
<p><b>Bang Bang Chicken</b></p> <p><i>Pineapple Rice and Steamed Broccoli</i></p> <p> Prep    Cook    Total</p> <p>15m    15m    30m</p> <p><b>Nutritional Information</b></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>2</td> <td>2</td> <td></td> </tr> <tr> <td>Calories</td> <td>330</td> <td>170</td> <td>500</td> </tr> <tr> <td>Fat (g)</td> <td>6</td> <td>1</td> <td>7</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>0</td> <td>1</td> </tr> <tr> <td>Protein (g)</td> <td>30</td> <td>8</td> <td>38</td> </tr> <tr> <td>Carb (g)</td> <td>35</td> <td>36</td> <td>71</td> </tr> <tr> <td>Fiber (g)</td> <td>1</td> <td>4</td> <td>5</td> </tr> <tr> <td>Sodium (mg)</td> <td>550</td> <td>200</td> <td>750</td> </tr> <tr> <td>Points (SP)</td> <td>8</td> <td>2</td> <td>10</td> </tr> </tbody> </table>			Main	Side	Total	Servings	2	2		Calories	330	170	500	Fat (g)	6	1	7	Sat. Fat (g)	1	0	1	Protein (g)	30	8	38	Carb (g)	35	36	71	Fiber (g)	1	4	5	Sodium (mg)	550	200	750	Points (SP)	8	2	10		
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Meal 6	Skillet Meal	<p>1 (3-oz) fully cooked chicken-apple sausage link, diced</p> <p>1 cup refrigerated shredded O'Brien hash browns</p> <p>1 Tbsp olive oil</p> <p>½ cup canned no-salt-added chickpeas</p> <p>⅓ tsp kosher salt</p> <p>⅓ tsp pepper</p> <p>1 pattypan squash, diced (or use summer squash)</p> <p>2 cups baby kale</p> <p>2 large eggs</p> <p>2 tsp Sriracha hot sauce</p>	<p>Cook sausage and hash browns in hot oil in a nonstick skillet over medium-high heat, pressing mixture down with a spatula and without stirring, 3 to 5 minutes or until golden brown. Fold in chickpeas, salt, pepper, squash, and kale, breaking up potato until combined. Press mixture into an even layer. Make 2 indentations in mixture. Carefully break 1 egg into each indentation. Cover and cook 5 minutes or until whites are set and yolks are cooked to desired doneness. Drizzle with hot sauce.</p>																																								
<p><b>Sausage, Chickpea, and Potato Hash</b></p> <p> Prep    Cook    Total</p> <p>15m    10m    25m</p> <p><b>Nutritional Information</b></p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>2</td> </tr> <tr> <td>Calories</td> <td>402</td> </tr> <tr> <td>Fat (g)</td> <td>18</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>20</td> </tr> <tr> <td>Carb (g)</td> <td>39</td> </tr> <tr> <td>Fiber (g)</td> <td>7</td> </tr> <tr> <td>Sodium (mg)</td> <td>672</td> </tr> <tr> <td>Points (SP)</td> <td>5</td> </tr> </tbody> </table>			Main	Servings	2	Calories	402	Fat (g)	18	Sat. Fat (g)	4	Protein (g)	20	Carb (g)	39	Fiber (g)	7	Sodium (mg)	672	Points (SP)	5																						
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Meal 7	Classic Favorite	½ lb boneless, skinless chicken breasts, cut into 1-inch pieces ½ Tbsp olive oil 1 clove garlic, minced 1 (14.5-oz) can no-salt-added diced tomatoes ¼ cup halved pitted kalamata olives ½ Tbsp Italian seasoning ⅛ tsp salt ¼ tsp crushed red pepper 3 oz fettuccine	Sauté chicken in hot oil in a large saucepan over medium heat 3 to 4 minutes or until browned. Add garlic, and sauté 1 minute. Add tomatoes, olives, Italian seasoning, salt, and pepper; cook 10 minutes or until slightly thickened. Meanwhile, cook pasta according to package directions. Serve chicken mixture over pasta.																																														
<p><b>Chicken Pasta Puttanesca</b></p> <p><i>Simple Lemony Arugula Salad</i></p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>20m</td> <td>15m</td> <td>35m</td> </tr> </table> </div> <p><b>Nutritional Information</b></p> <table border="1" style="border-collapse: collapse; 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>410</td> <td>70</td> <td>480</td> </tr> <tr> <td>Fat (g)</td> <td>12</td> <td>6</td> <td>18</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>33</td> <td>2</td> <td>35</td> </tr> <tr> <td>Carb (g)</td> <td>43</td> <td>2</td> <td>45</td> </tr> <tr> <td>Fiber (g)</td> <td>3</td> <td>1</td> <td>4</td> </tr> <tr> <td>Sodium (mg)</td> <td>570</td> <td>250</td> <td>820</td> </tr> <tr> <td>Points (SP)</td> <td>6</td> <td>3</td> <td>9</td> </tr> </tbody> </table>		Prep	Cook	Total	20m	15m	35m		Main	Side	Total	Servings	2	2		Calories	410	70	480	Fat (g)	12	6	18	Sat. Fat (g)	1	1	2	Protein (g)	33	2	35	Carb (g)	43	2	45	Fiber (g)	3	1	4	Sodium (mg)	570	250	820	Points (SP)	6	3	9	2 tsp extra virgin olive oil 1 tsp lemon juice ⅛ tsp salt ¼ tsp pepper ½ (5-oz) pkg baby arugula 2 Tbsp shredded Parmesan cheese	<hr/> <p><i>Whisk together oil, lemon juice, salt, and pepper in a bowl. Add arugula; toss. Sprinkle with cheese.</i></p>
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Meal	✓	Grocery Items to Purchase
<b>Produce</b>		
1,2,5		3 green onions
1,3		1 onion
2		1 (6-oz) pkg baby spinach
2		½ tomato
2,7		1 lemon
3		½ green bell pepper
3		½ (14-oz) pkg chopped green cabbage and carrot coleslaw
3		1 lb sweet potatoes
3		½ (1-oz) pkg fresh rosemary
4		1 leek
5		1 (12-oz) pkg broccoli florets
5		½ (16-oz) container cored pineapple
6		½ (6-oz) pkg baby kale
6		1 pattypan squash
7		½ (5-oz) pkg baby arugula
<b>Meat &amp; Seafood</b>		
1		¾ lb lean ground beef
2		2 (6-oz) grouper fillets
3		½ (16-oz) pkg ground turkey
4		½ (12-oz) pkg center cut bacon
5,7		1 lb boneless, skinless chicken breasts
6		½ (12-oz) pkg fully cooked chicken-apple sausage links
<b>Refrigerated</b>		
1		½ (8-oz) pkg shredded reduced-fat Mexican-blend cheese
1,4		½ (8-oz) block ½-less-fat cream cheese
4,7		½ (4-oz) wedge Parmesan cheese
5		½ quart fat-free buttermilk
5,6		3 large eggs
6		½ (20-oz) pkg refrigerated shredded O'Brien hash browns
<b>Frozen</b>		
4		½ (10-oz) pkg frozen green peas
<b>Canned &amp; Packaged</b>		
1		6 fajita-size corn tortillas
1		1 (8-oz) pouch mild red chile enchilada sauce
2,5		½ (14-oz) pkg instant rice
3		½ (8-oz) can tomato sauce
3		1 (14.5-oz) can diced tomatoes with Italian seasoning
4		1 (8.8-oz) pouch microwavable brown rice
4		1 (8-oz) carton low-sodium chicken broth
5		½ (10.1-oz) bottle sweet chili sauce
5		½ (8-oz) pkg panko breadcrumbs
6		½ (15-oz) can canned no-salt-added chickpeas
7		½ (16-oz) pkg fettuccine
7		½ (7-oz) jar pitted kalamata olives
7		1 (14.5-oz) can no-salt-added diced tomatoes

Necessary Staples
<b>Meal 1</b>
No staples for this meal
<b>Meal 2</b>
Crushed red pepper Extra virgin olive oil Olive oil Fresh garlic
<b>Meal 3</b>
Olive oil Fresh garlic
<b>Meal 4</b>
All-purpose flour
<b>Meal 5</b>
Cornstarch Reduced-fat mayonnaise Honey
<b>Meal 6</b>
Olive oil Sriracha hot sauce
<b>Meal 7</b>
Crushed red pepper Italian seasoning Extra virgin olive oil Olive oil Fresh garlic