

Meal Planning Stock Item List

Parmesan Cheese	Sweet pickle relish
Salt	Dill pickle relish
Pepper	Dried onion
Low-fat salad dressing of your choice	Onion Powder
Low-fat Italian dressing	Garlic Powder
Low-fat Ranch dressing	Olive Oil
Minced garlic	Canola Oil
Skim milk	Red wine vinegar
Cumin	Lemon Juice
Cooking spray	Bread Crumbs
Oregano	Poultry Seasoning
Tabasco sauce	Steak Seasoning
Curry	Soy Sauce
Light Mayonnaise	Parsley
Spicy Mustard	Eggs
Chili Pepper	Tin-foil
Basil	Plastic wrap
	Meat thermometer

Week #1

Meals

Monday

Spaghetti
Salad

Tuesday

Chicken & Rice
Peas & Carrots

Wednesday

Taco Pie
Black Beans

Thursday

Chicken Salad
Fruit Salad

Friday

Chicken Chili
Corn Bread

Recipes

Spaghetti

1 box whole wheat pasta blend
1 jar spaghetti sauce
1 can diced tomatoes
1 pound ground beef
½ onion
½ green pepper
2 tbsp oregano
2 tsp basil
2 tsp garlic
Salt & Pepper to taste

Chicken & Rice

2 cooked chicken breasts, diced
1 onion, chopped
2 stalks celery, chopped
2 cups chicken broth
2 cups cooked brown rice
Salt & Pepper to taste

Taco Pie

1 lb ground beef
1 onion, chopped
1 envelope taco seasoning
1 cup skim milk
2 eggs
½ cup Heart Healthy Bisquick
¾ cup 2% cheddar cheese
Salsa
Jalapenos
Lettuce
Tomato

Fruity Curry Chicken Salad

4 cooked chicken breasts
1 stalk celery, diced
1 Golden Delicious apple – peeled, cored, and diced
½ cup seedless red grapes, halved
½ cup chopped almonds
½ teaspoon curry powder
¾ cup light mayonnaise
Salt & Pepper to taste

Chicken Chili

2 chicken breasts
1 onion, chopped
3 cans diced tomatoes, undrained
1 can great northern beans, rinsed and drained
1 can kidney beans, rinsed and drained
1 can corn, drained
2 tbsp chili powder
1 tsp cumin
1 cup salsa

Jalapeno Corn Bread

1 Box instant corn bread mix
1 egg beaten
1 jalapeno pepper, sliced
1/3 cup reduced fat sour cream
1/3 cup skim milk

Grocery List

Fresh produce/fruits

1 bag mixed green salad
4 small onions
1 green pepper
1 small bunch celery
3 jalapeno pepper (optional)
1 Golden Delicious apple
1 bag red seedless grapes
1 large tomato
1 cantaloupe

Dry goods

1 box whole wheat blend spaghetti noodles
1 jar spaghetti sauce
2 cans black beans
1 box precooked brown rice
1 can great northern beans
1 can corn
3 cans diced tomatoes
Bisquick
1 jar salsa
1 envelope taco seasoning
1 can kidney beans
1 box cornbread mix
1 small bag almonds
1 bag whole wheat rolls
1 small box Heart Smart
2 cans peas & carrots

Dairy

1 small carton
low-fat sour cream
1 bag of 2%
shredded cheddar
cheese
Meat
8 chicken breasts
2 pounds ground
beef

Directions for the week

Monday:

A.M.: Put 6 chicken breasts in crock pot. Fill pot up to cover breasts. Add 2 tbsp garlic, 2 tbsp dried onions, and 3 tbsp dried parsley. Cover and cook on low for 6 to 8 hours.

P.M.: Remove chicken breasts from crock pot, place in a shallow casserole dish, cover, and place in the refrigerator. Pour broth from chicken into a plastic or glass container and put it in the refrigerator as well. Put on water to boil spaghetti noodles. Brown 2 pounds ground beef, 2 chopped onions, and 1 green pepper in a large pot. Put noodles on to cook in boiling water. When beef is brown, pour it into a colander and rinse it under hot water in the sink until the water runs clear. Separate beef into 2 separate servings. Put 1 serving in a Ziploc bag and into the refrigerator. Place the other serving back into your pot. Add the jar of spaghetti sauce, can of diced tomatoes, basil, oregano, garlic, salt, and pepper. Turn on low and let simmer for 15 minutes or until hot. Drain spaghetti noodles when done (look at box for cooking lengths). Serve with spaghetti sauce and parmesan cheese. Open your bagged lettuce and serve with your favorite low-fat dressing.

Tuesday:

Remove the hardened fat on top of your refrigerated chicken broth. Prepare 2 cups of uncooked brown rice according to package, using chicken broth instead of water. While rice is cooking, take 2 pieces of chicken breast from the refrigerator and chop into small pieces. Sauté ½ chopped onion and 2 cups chopped celery with some cooking spray for approximately 10 minutes or until tender. Add 1 cup chicken broth and chopped chicken, and salt and pepper to taste. Simmer until hot. Next, place 2 cans of peas and carrots on stovetop on medium and cook until heated. When rice is finished cooking, add to chicken mixture. Serve chicken/rice with peas/carrots as side.

Wednesday:

Remove prepared hamburger from the refrigerator. Add taco seasoning packet to hamburger and stir. Spray a 9 inch pie plate with cooking spray, and then spoon hamburger meat into pie plate. Top with jalapeno peppers if desired. Stir milk, eggs, and Bisquick mix until blended. Pour over hamburger. Bake 25 minutes. While pie is cooking, cook black beans out the can on stove. Remove the taco pie from the oven after 25 minutes and sprinkle with low-fat cheddar and bake an additional 5 to 10 minutes. Cool and serve with salsa, chopped lettuce, tomato, and black beans.

Thursday:

Take out remaining 4 chicken breasts and chop into bite size pieces. Combine chicken, celery, apple, grapes, almonds, curry powder, salt, pepper, and mayonnaise. Mix all together and place in the refrigerator. Cut up cantaloupe. Serve chicken salad with a whole wheat roll, and side of sliced cantaloupe.

Friday:

A.M.: Place 2 chicken breasts, diced tomatoes, northern beans, kidney beans, corn, chili powder, cumin, salsa, salt and pepper into crock pot. Cook on low 6 to 8 hours.

P.M.: Turn stove on to 400 degrees. Prepare cornbread by mixing all ingredients listed above. Pour contents into sprayed 9x9 baking dish. Bake for 19-20 minutes. While cornbread is cooking, remove chicken breasts and cut into bite-sized pieces and return to crock pot. When cornbread is done, serve with chicken chili.

Week #2

Meals

Monday

Chicken Cutlets
Green Beans
Seasoned Rice

Tuesday

Tomato Soup
Garden Salad
with chicken cutlets

Wednesday

Fried rice with shrimp
Broccoli

Thursday

Roast Beef
New potatoes
Carrots

Friday

Roast Beef sandwich
Fruit Cup with
Yogurt

Recipes

Chicken Cutlets

18 small chicken cutlets
3 tbsp lemon juice
2 ¼ cup dry bread crumbs
1/3 tsp garlic powder
3 tsp dried oregano
¾ tsp pepper
1 ½ tsp salt
1 ½ tsp poultry seasoning
6 tbsp grated Parmesan cheese
6 tbsp canola oil

Seasoned Rice

2 cups instant brown rice
1 can beef broth
1 cup water
1 tsp garlic powder
1 tsp onion powder
Salt & Pepper to taste

Fried Rice

4 cups cooked brown rice
6 tbsp olive oil
2 cans peas/carrots
3 cups sliced mushrooms
3 eggs, beaten
Soy sauce, to taste

Roast Beef

3 to 3 ½ lb boneless rump roast
Olive oil
4 tsp minced garlic
Salt and Pepper

Baked new potatoes and carrots

1 lb baby new potatoes
1 small bag baby carrots
2 Tbsp water
2 tsp olive oil
3 Tbsp Sun-dried tomato dressing
2 Tbsp Grated Parmesan Cheese

Grocery List

Fresh produce/fruits

1 package mushrooms
1 bag baby new potatoes
1 small bag baby carrots
2 can green beans
Lettuce
1 Tomato
1 Cucumber
1 Carrot
1 small onion
1 green pepper

1 small bag seedless grapes

2 peaches
2 apples

Dry Goods

1 bottle Sun-dried tomato dressing
1 large can of tomato soup
1 bag whole grain sandwich rolls
Parmesan cheese
1 can peas/carrots
2 can fat free beef broth

Bread Crumbs
Instant Brown Rice

Dairy

2% low fat cheddar cheese
1 large container of fat
free vanilla yogurt

Freezer

1 bag Broccoli
Meat
18 chicken cutlets
3 to 3 ½ lb
boneless rump
roast
1 bag frozen
shrimp

Directions for the week

Monday:

P.M.: Preheat oven to 350 degrees. Cook 6 cups of instant brown rice, according to package instructions, substituting one cup of water with a can of fat free beef broth. While rice is cooking, place chicken cutlets in a medium bowl, cover with water and add lemon juice. In a shallow bowl, combine remaining ingredients, except oil. Mix well. One at a time, take cutlets from water and drip into crumbs, turning once to coat both sides. Place cutlets in a shallow baking pan that has been sprayed with a non-stick cooking spray. Drizzle oil over the cutlets. Bake for 30 minutes or until lightly browned. While chicken is cooking, drain green beans and place them in pot with 1 can of fat free beef broth. Add enough water to green beans to cover them and turn them on high. When rice is done, drain rice and reserve 2 cups, while putting the additional 4 cups in a container in the refrigerator. Add garlic powder, onion powder, salt & pepper to rice and stir. Serve cutlets, green beans, and seasoned rice. Reserve leftover cutlets for tomorrow's meal.

Tuesday:

Cut up vegetables – lettuce, cucumber, carrots into bite size pieces. Serve with left over chicken cutlets, low-fat cheese and favorite low-fat dressing.

Wednesday:

Take frozen shrimp out of the freezer and put in a colander under running cold water. Leave under running water, while you do the next step. Take broccoli out and place in glass bowl with $\frac{1}{4}$ cup water. Cover with plastic wrap and place in the microwave 10 minutes. Take out rice that was cooked Monday. Remove shrimp from water and remove tails. Heat 3 tbsp olive oil in pan and sauté mushrooms and shrimp until browned. Remove from heat. Heat remaining oil in pan and add rice. Add egg and mix until rice is thoroughly coated with egg. Cook for 5 to 10 minutes on high until egg is lightly browned. Combine rice mixture with 1 can of peas/carrots and sautéed mushrooms. Add soy sauce to taste and serve with steamed broccoli.

Thursday:

A.M.: cut several slits into rump roast and place minced garlic in each slit. Take a tbsp or so of olive oil and rub it all over the roast and sprinkle with salt and pepper. Place the roast in your crock pot on low and cook for 6 to 8 hours.
P.M.: Line a baking pan with aluminum foil place new potatoes and baby carrots (you can cook them whole or slice them, either way) on foil. Drizzle water and oil over potatoes and carrots and bake for 25 minutes at 450. Cook for 25 -35 minutes or until the potatoes are tender, then drizzle potatoes and carrots with sun-dried tomato dressing and parmesan cheese and serve with sliced roast.

Friday:

Cut up various fruits. Sauté onion and bell pepper in 2 tbsp olive oil until tender. Prepare sandwich with peppers and onions on whole wheat roll. Serve with cut up fruits and vanilla yogurt.

Week #3

Meals

Monday

Grilled Chicken
Breasts
Baked Potato
Grilled Asparagus

Tuesday

Southwestern Black
Bean Salad
Seasoned Chicken
Breasts

Wednesday

Twice baked potatoes
Spinach salad

Thursday

Grilled pork chops
Boxed Pasta Salad
Green Bean Salad

Friday

Mexican Wraps
Baked Tortillas
Salsa

Recipes

Mexican Wraps

1 cups uncooked rice
2 cups water
2 cans black beans
1 cans pinto beans
1 can whole kernel corn
1 can diced tomatoes and green chilies
8 whole-wheat flour tortillas
½ pound low fat cheddar cheese

Twice Baked Potatoes

4 large russet potatoes
2 finely chopped chicken breasts
1 cup broccoli florets, finely
chopped
1 cup water
½ cup reduced fat sour cream
½ tsp salt
¼ tsp ground pepper
3 green onions

Green Bean Salad

2 cans french cut green beans, drained
1 small diced onion
¼ cup canola oil
1/8 cup Red wine vinegar
2 tbsp sugar
Salt and Pepper to taste

Southwestern Black Bean Salad

½ cup light ranch dressing
1 large tomato, cut into wedges
1 can black beans, drained and
rinsed
1 can corn, drained
1 red bell pepper, chopped
4 green onions
1 package salad greens
1 cup low fat cheddar cheese
Salt & Pepper to taste

Grocery List

Fresh produce/fruits

7 large baking potatoes
1 bunch fresh asparagus
1 small head broccoli
1 large tomato
1 red bell pepper
1 package mixed salad
greens
3 green onions

Dry Goods

1 box brown rice
3 cans black beans
1 can pintos
2 cans corn
1 can diced tomatoes with green
Chilies
1 package whole wheat tortillas
Bag of baked tortillas
Salsa

1 box Italian pasta salad
2 cans French cut green
beans

Dairy

2 bags low-fat cheddar
cheese
1 small reduced fat
sour cream

Meat

10 boneless
chicken breasts
6 pork cut
tenderloins

Directions for the week

Monday:

Ensure your grill grate is clean and scraped and spray with cooking spray. Turn grill on to Medium, close and let preheat for 10 to 15 minutes. While grill is heating – wrap 10 baking potatoes with plastic wrap. Place 3 in the microwave and cook for 30 minutes. Bring all 10 chicken breasts, steak seasoning, cooking oil spray, asparagus, and tin foil out to grill. Spray chicken with cooking oil spray and sprinkle with steak seasoning and place directly on the grill grate. Pull out a ~16 inches of tin foil and lay on the top grill grate. Place your asparagus on tin foil, spray with cooking spray and sprinkle with steak seasoning, cooking both your chicken and asparagus at the same time. Cook chicken on both sides approximately 6 to 8 minute each until the internal temperature reaches ~150 degrees. Take the chicken off and place in a container and cover with tin foil. Let it sit for 5 to 10 minutes to continue cooking until internal temperature reaches 165 degrees. Take asparagus off at the same time as chicken. Serve 4 chicken breasts with baked potato and grilled asparagus. Refrigerate the other 6 breasts immediately to be used on other days. Reserve the other wrapped potatoes to cook on other days.

Tuesday:

In a large bowl, combine all salad ingredients except cheese. Cut up 2 of the remaining chicken breasts (you can serve cold or warm in the refrigerator). Divide salad equally onto plates. Sprinkle cheese on top and serve with sliced chicken breast.

Wednesday:

Place 4 wrapped baking potatoes in microwave and cook for 30 minutes. While potatoes are cooking, chop remaining 2 chicken breasts coarsely and set aside. Heat saucepan on high and add 1 cup broccoli florets cut up very fine with 1 cup of water, cover, and cook until tender ~5 minutes. Drain the broccoli and add to chicken. Take out 4 baking potatoes from your microwave and cut off the top third of the potatoes. Carefully scoop out the insides of the potato into a container, making the shell of the potato to resemble a bowl. Place the potato shells in a small baking bowl. Add ½ cup reduced fat cheddar cheese, sour cream, salt and pepper to the potato insides and mash with a fork. Now add the cut up green onions and broccoli chicken mixture and stir. Evenly divide the mixture between the potato shells. Top with remaining ½ cup of cheese and microwave on high until the filling is hot and the cheese is melted, approximately 2 to 4 minutes! Go ahead and place remaining 3 wrapped potatoes in microwave and cook for 30 minutes while you are eating, and then place in refrigerator - that way they are ready for tomorrow's potato salad!

Thursday:

Ensure your grill grate is clean and scraped and spray with cooking spray. Turn grill on to Medium, close and let preheat for 10 to 15 minutes. While grill is warming start water in saucepan to prepare pasta salad as directed. Now, place pork tenderloins on grill cooking on both sides until internal temperature reached 140 degrees ~ 4 to 6 minutes on each side. After tenderloins are first put on the grill, prepare green bean salad by mixing all ingredients together and then placing in the refrigerator. Don't forget to finish your pasta salad. When pork is done, put it in a bowl and cover with tin foil for 5 to 10 minutes until table is set. Now serve pasta salad, green bean salad, and pork!

Friday:

Cook 1 cup of rice as directed using 2 cups water. While rice is cooking, place black beans and pintos in a colander and rinse thoroughly. Now place drained beans together with the can of drained corn, 1 can diced tomatoes with chilies (not drained) and cheese in another bowl. After rice is finished cooking, stir it into the bean mixture. Spoon rice/bean mixture into each tortilla and wrap. Serve with baked tortillas and salsa.

Week #4

Meals

Monday

Vegetable Soup
With rice

Tuesday

Egg Salad
Sandwiches
Baked Chips
Cup up Fruit

Wednesday

Avocado/Cilantro
Chicken
Black beans
Mexican rice

Thursday

Chef Salad
Whole wheat rolls

Friday

Ham
Black-eyed peas
Corn
Whole wheat rolls

Recipes

Vegetable Soup

1 pound ground beef
1 medium onion chopped
2 cans diced tomatoes with juice
2 cups water
1 cup brown rice
2 cups frozen mixed vegetables
Salt and pepper to taste

Egg Salad

6 large hard boiled eggs
½ cup reduced fat mayonnaise
6 egg white, hard boiled
¼ cup diced dill pickles
¼ cup diced sweet pickles
½ tsp curry powder
Salt & Pepper to taste

Avocado/Cilantro Chicken

3 tbsp olive oil
1 tbsp lime juice
1/3 tsp salt
¼ tsp pepper
¼ tsp garlic powder
Pinch of basil
4 boneless, skinless chicken breasts
1 avocado, sliced into thin slices
Few sprigs fresh cilantro
Reduced fat Monterey jack cheese

Mexican Rice

3 cups instant brown rice
1 package taco seasoning
1 can tomato sauce
1 can diced tomatoes, drained
Salt and pepper to taste

Grocery List

Fresh produce/fruits

1 small bag baby carrots
Lettuce
1 Tomato
1 Cucumber
1 small onion
1 red bell pepper
Small amount of fresh cilantro
1 avocado

1 small bag seedless grapes
4 bananas
2 apples

Dry Goods

1 package taco seasoning
1 bag whole grain sandwich rolls
2 cans black-eyed peas
2 cans corn
2 can black beans

Baked chips

2 bags whole grain rolls
Instant Brown Rice
1 can tomato sauce
3 can diced tomatoes
2 cans mixed vegetables

Dairy

2 bags low fat ched cheese
2 dozen eggs

Meat

1 large sliced ham
1 lb ground beef
4 boneless skinless chicken breasts

Directions for the week

Monday:

Put water on to boil and add instant brown rice to begin cooking. Cook enough rice for today's dinner (2 cups) and Wednesday's dinner (3 cups). Next take out skillet and brown 1 pound of hamburger meat and 1 cut up onion until no longer pink. Transfer meat to a colander and rinse meat under hot running water until water runs clear. Transfer browned meat and onion into large pot. Add tomatoes, canned vegetables, and water. Bring to a boil. Add 2 cups rice to soup when it completes cooking. Put remaining rice into a bowl and cover to use later in the week. Return to a boil, then reduce the heat, cover and simmer until ready to serve.

Tuesday:

Put water on to boil – add 16 eggs (12 for today, 4 for Thursday). Cook ~18 minutes, and then run cold water over eggs until cool. Chop 6 eggs and 6 egg whites together (discard remaining 6 yolks). Add mayonnaise, pickles, dash of curry powder and salt & pepper. Serve on whole wheat rolls, with baked chips and cut up fruit. Reserve 4 other eggs for chef salad.

Wednesday:

A.M. Combine olive oil, lime juice, and spices with chicken breast in a large freezer bag and place in the refrigerator. P.M. Turn oven onto broil and take out chicken and place on broiler pan. Broil chicken until done, turning once. While chicken is broiling, take out rice cooked Monday night and place in a saucepan. Stir in taco seasoning, tomato sauce, diced tomatoes, salt, and pepper. Cook over medium heat until warm. While rice is warming open black beans and place them in saucepan on the stove. When chicken is done, remove from the oven and top with a few leaves of cilantro, avocado and cheese. Return to the oven and broil until cheese melts.

Thursday:

Cut up lettuce, vegetables, 1 cup ham, and 4 boiled eggs. Combine with cheese, favorite dressing, and whole wheat roll and serve.

Friday:

Open black-eyed peas and corn and warm separately in saucepans. Take out ham and place in glass bowl and warm either in the oven or microwave. Serve all together with rolls when warm.

Week #5

Meals

Monday

Salt & Pepper
Catfish
Slaw
Cut tomatoes

Tuesday

Chicken Parmesan
Whole grain noodles
Salad

Wednesday

Pinto beans
Mashed potatoes
Slaw
Corn Bread

Thursday

Taco Soup
Baked Tortillas
Low fat Cheese

Friday

Steak
Baked Potatoes
Salad

Recipes

Salt and Pepper Catfish

6 frozen catfish fillets
1 cup buttermilk
1 cup cornmeal
Salt & Pepper
Butter flavored Pam

Poppy seed Slaw

1 bag pre-washed tri-color coleslaw mix
1 can mandarin oranges, drained
1 can pineapple chunks, drained
½ cup poppy seed dressing
½ cup reduced fat sour cream

Chicken Parmesan

6 frozen breaded chicken breasts
½ box blended whole grain spaghetti noodles
1 jar spaghetti sauce
1 bag reduced fat mozzarella cheese

Taco Soup

1 can kidney beans
1 can black beans
1 can Pintos
2 cans mild tomatoes with green chilies
1 can diced tomatoes
1 can corn
1 packet taco seasoning
1 packet of dry ranch dressing
2 cups water

Grocery List

Fresh produce/fruits

2 bags prepackaged salad
4 baking potatoes
1 bag pre-cut slaw mixture
3 large tomatoes

Dry Goods

1 box instant potatoes
3 cans pinto beans
1 can mandarin oranges
1 can pineapple
1 small bottle Poppy seed dressing

1 small bag cornmeal
1 box blended whole grain pasta
1 jar spaghetti sauce
Baked tortillas
1 package dry ranch dressing
1 box cornbread mix
1 can kidney beans
1 can black beans
2 cans mild tomatoes with green chilies
1 can diced tomatoes

1 can corn
1 pks taco seasoning

Dairy

1 small carton buttermilk
2% low fat cheddar cheese
low fat mozzarella
low fat sour cream

Freezer

1 bag frozen catfish fillets
1 bag frozen breaded chicken breasts

Meat

4 Sirloin steaks

Directions for the week

Monday:

Turn oven on to preheat at 400 degrees. Drain the mandarin oranges and pineapples chunks. Combine with all other ingredients, stir and place in refrigerator until ready to serve. Spray a large cookie sheet with cooking spray. Dip each frozen catfish filet into bowl of buttermilk and roll in cornbread mixed with salt and pepper. Lay the fish on the pan with no overlapping. Spray cooking spray on top. Bake at 400 for 30 minutes uncovered. While fish is cooking, slice up several fresh tomatoes. Serve tomatoes, slaw, and catfish when ready!

Tuesday:

Turn oven onto 375 degrees. Place frozen chicken breasts in the bottom of a casserole dish. Pour entire jar of spaghetti sauce on top and cover with low fat mozzarella cheese. Cover with aluminum and bake for 30 to 40 minutes until warm. While chicken is cooking, boil water and cook spaghetti noodles as directed on the box. Serve noodles with chicken and salad.

Wednesday:

Turn on oven. Mix cornbread according to box using skim milk or buttermilk. Place 2 cans of pinto on stove in sauce pan and warm. Meanwhile, cook instant potatoes following directions on box, using skim milk and no butter. You can stir in ½ of low-fat sour cream to help make them extra creamy. Serve pintos, potatoes, cornbread, and leftover slaw from Monday!

Thursday:

Combine all ingredients in large saucepan, heat and serve with baked tortillas, low-fat cheese, and low-fat sour cream. (Can also be put in a crock pot in the a.m. and it is ready to go when you get home!)

Friday:

Fire up the grill and cover to let preheat for 10 to 15 minutes. Go inside and wash baking potatoes and wrap in plastic wrap. Place in microwave and cook for 20 minutes. Now place sirloin on cleaned grill. Cook until desired temperature (rare, medium rare, etc.) Serve with baked potatoes, bagged salad, and favorite dressing.

Week #6

Meals

Monday

Grilled Tuna
Corn
Sautéed Spinach

Tuesday

Ravioli Casserole
Whole Wheat Rolls
Salad

Wednesday

Tuna Melts on whole
Wheat English Muffins
Baked Chips
Grapes

Thursday

Baked Chicken
tenders
Mac n' cheese
Green Beans

Friday

Spaghetti
with
Whole
wheat pasta
Salad

Recipes

Tuna Melts

6 Whole wheat English Muffins
¼ cup reduced fat Ranch Dressing
¼ cup chopped celery
1 tomato
Slices Muenster cheese
Salt & Pepper

Baked Chicken Tenders

1 cup dried bread crumbs
2 tsp paprika
1 tsp dried thyme
½ tsp ground black pepper
1/3 tsp allspice
6 - 8 chicken cutlets

Ravioli Casserole

2 packages fresh or frozen reduced-fat
cheese ravioli
1 package fresh spinach (about 6 cups)
1 jar spaghetti sauce
1 cup shredded Mozzarella cheese

Grocery List

Fresh produce/fruits

2 bags fresh spinach
1 large bag mixed salad
greens
3 tomatoes
Celery
Grapes

Dry Goods

1 box blended whole grain spaghetti noodles
1 bag whole wheat rolls
Baked Chips
1 box macaroni n' cheese
1 can beef broth
2 cans green beans
2 jars spaghetti sauce
1 bag of whole wheat English Muffins

Dairy

1 bag 2% mozzarella cheese
1 package sliced Muenster
cheese

Freezer

2 bags frozen
reduced fat cheese
ravioli
1 bag frozen corn
on the cob
Meat
8 chicken cutlets
9 sashimi grade
Tuna filets
1 lb ground beef

Directions for the week

Monday:

A.M. Place tuna filets in a gallon size Ziploc with a little olive oil and steak seasoning. Massage steak seasoning into filets and place them into the refrigerator.

P.M. Fire up the grill on Medium and close lid to allow grill to warm up. Next, take out frozen corn on the cob and cook in microwave as directed. While corn is cooking, turn on a burner on medium and place a frying pan on. Cut up spinach from bag and wash thoroughly. Put 1 to 2 tbs olive oil in frying pan with 2 tsp minced garlic and stir. Now place washed spinach in pan and sauté until spinach is wilted, but still bright green (~2 to 3 minutes). Remove from heat and cover. Your corn should be done. Now take tuna filets out of the refrigerator and place them on the grill. Cook 2 to 3 minutes on each side. Because tuna is sashimi grade you can cook it anywhere from rare to well-done (your choice). Serve tuna with corn and sautéed spinach. Reserve 3 of the tuna steaks to use for Wednesday's meal.

Tuesday:

A.M. Place ravioli, spinach, spaghetti sauce and red pepper in crock-pot and turn on low. Cook for 6 to 8 hours. Serve with cheese sprinkled on top and with whole wheat rolls and salad.

Wednesday:

Turn oven onto broil. Take remaining cooked tuna steaks out of the refrigerator. Chop the steaks into small pieces. Add light ranch dressing, celery, and salt & pepper. Take tuna mixture and place on top of whole wheat English muffins. Top with a slice of tomato and Muenster cheese and place in oven. Broil until cheese melts. Serve with baked chips and grapes.

Thursday:

Turn oven onto 350 degrees. Add bread crumbs, paprika, thyme, allspice, and pepper together in a gallon size Ziploc bag. Shake to combine. Add chicken cutlets and shake the bag to coat. Transfer the chicken cutlets to a baking sheet and generously spray with cooking spray. Bake for 20 to 25 minutes until chicken is cooked through. While chicken is cooking make macaroni and cheese as directed by the box, leaving out the butter and using skim milk. Also drain 2 cans of green beans and cook on stovetop in 1 can fat free beef broth and enough water to cover. Serve chicken, macaroni and cheese, and green beans when finished.

Friday:

Put water on to boil for noodles. Brown 1 pound hamburger meat until done. Place in colander to drain and rinse with hot water. Place hamburger back in saucepan, along with jar of spaghetti sauce. Boil noodles as directed. Serve sauce, noodles, and salad with your favorite low-fat salad dressing.

Week #7

Meals

Monday

Grilled pork tenderloins
Grilled corn on the cob
Steamed broccoli

Tuesday

Chicken Noodles
Fruit

Wednesday

Pizza Subs
Salad

Thursday

Chicken Salad
Cut up veggies
Whole wheat roll

Friday

Boiled shrimp
Baked Potato
Salad

Recipes

Chicken Noodles

2 cans fat free cream of chicken
1 medium carrot
1 stalk celery
1 bag fat free egg noodles
2 chicken breasts
Salt & Pepper to taste

Fruity Curry Chicken Salad

4 cooked chicken breasts
1 stalk celery, diced
1 Golden Delicious apple – peeled, cored, and diced
½ cup seedless red grapes, halved
½ cup chopped almonds
½ teaspoon curry powder
¾ cup light mayonnaise
Salt & Pepper to taste

Grocery List

Fresh produce/fruits

1 package mushrooms
4 baking potatoes
1 head cauliflower
1 bag small carrots
1 large bag mixed greens salad
1 yellow bell pepper
1 carrot
Celery
4 Golden delicious apples

1 small bag seedless grapes

Dry Goods

1 large can pizza sauce
1 bag whole wheat sub rolls
1 bag fat free egg noodles
1 small bag almonds
1 bag whole wheat dinner rolls
2 cans fat free cream of chicken soup

Dairy

1 bag low-fat mozzarella

Freezer

1 bag shrimp
1 bag Broccoli

Meat

6 boneless skinless chicken breasts
1 package turkey pepperoni
6 small pork tenderloins

Directions for the week

Monday:

A.M. Take frozen corn on the cob out of the freezer and place in the refrigerator to thaw.

P.M. Turn on grill to medium high and cover to heat. Take corn on the cob out of refrigerator and lay enough tin-foil to place corn on and cover. Before you wrap corn up, spray with butter flavored cooking spray and sprinkle with salt, pepper, and garlic powder. Now take wrapped corn and pork tenderloins out to the grill to cook. Place wrapped corn on top grill and tenderloins on lower grill. Cook tenderloins 4 to 6 minutes on both sides until internal temperature reaches approximately 155 degrees. While pork and corn are cooking, place broccoli in glass casserole dish with $\frac{1}{4}$ cup water and place in the microwave for approximately 6 minutes. After pork has reached 155 degrees take it off the grill into container and cover tightly with aluminum foil and let sit for ~10 minutes. This will finish the cooking process without drying the tenderloins out. After pork has set for 10 minutes, take corn off the grill and serve it with pork tenderloins and steamed broccoli.

Tuesday:

a.m. Place 6 chicken breasts, cup up carrot & celery, and salt & pepper in the crock pot. Cover with enough water to fill crock approximately $\frac{3}{4}$ full. Turn on low and cook for 6 to 8 hours.

p.m. Remove 4 chicken breasts and refrigerate for a later meal. Chop 2 remaining breasts into small pieces and return to the crock. Add 2 cans of fat free cream of chicken soup along with egg noodles. Turn crock to high and cook 30 minutes. Serve with cut up fruit.

Wednesday:

Turn oven onto broil. Take sub rolls and spread a thin layer of pizza sauce on each side top with turkey pepperoni, mushrooms, yellow bell peppers, and cheese. Broil pizza subs until cheese melts. Serve with bagged salad and favorite dressing.

Thursday:

Take out remaining 4 chicken breasts and chop into bite size pieces. Combine chicken, celery, apple, grapes, almonds, curry powder, salt, pepper, and mayonnaise. Mix all together and place in the refrigerator. Serve chicken salad with a whole wheat roll, and cut up cauliflower and carrots.

Friday:

Place water on stovetop and bring to a boil. While water is warming, wrap 4 baking potatoes with plastic wrap and place in the microwave for 20 minutes. Once water comes to a boil add frozen shrimp and cook until tails curl up. Serve boiled shrimp with baked potatoes, and salad with favorite low-fat dressing.

Week #8

Meals

Monday

Turkey Burgers
With Guacamole
Baked Fries

Tuesday

Chicken & Pasta
Primavera
Whole Wheat Bread

Wednesday

BBQ Beans
with turkey
Red Slaw
Whole Wheat
Loaf Bread

Thursday

Mushroom garlic
Pork chops
Mashed Potatoes
Crowder peas

Friday

Pork a'la King
Rice
Green peas

Recipes

Chicken and Pasta Primavera

2 cans fat free cream of mushroom
soup
1 cup skim milk
¼ cup Parmesan cheese
1/8 tsp garlic powder
1/8 tsp pepper
2 cups broccoli
2 medium carrots
2 ½ cups cooked elbow pasta
2 can chicken, drained

Mushroom Garlic Pork Chops

1 tbsp. canola oil
4 pork tenderloins
2 can fat free Cream of Mushroom with
Roasted Garlic Soup
1/2 cup milk

BBQ Beans with Turkey

6 turkey burgers
1 cup chopped onion
2 large can baked beans
1 can butter beans, drained
1 cup BBQ sauce

Pork a'la King

1 tbsp trans fat free margarine
¼ cup chopped green pepper
1 can fat free cream of mushroom
½ cup milk
4 cubed pork tenderloins
4 cups hot cooked rice

Grocery List

Fresh produce/fruits

1 Green pepper
2 medium carrots
1 bunch broccoli
1 avocado
1 onion

Dry Goods

1 package dried guacamole dip
1 box instant potatoes
1 can butter beans
2 large cans baked beans
2 cans cream of mushroom with
Roasted garlic
3 cans fat free cream of mushroom
1 pack of whole wheat buns
1 pack of whole wheat rolls
2 cans of chicken
1 loaf whole wheat bread

1 box elbow macaroni
(whole wheat if possible)

1 box brown rice

1 jar BBQ sauce

Dairy/Refrigerator

1 package Provolone cheese
1 container red slaw

Freezer

1 bag of steak fries
1 box turkey breast
burgers

Meat

8 pork tenderloins

Directions for the week

Monday:

Fire up the grill and set on Medium, close cover and let warm. Turn on oven to 450 degrees and put frozen steak fries in to cook as directed. Take entire box of turkey burgers out and grill approximately 5-6 minutes on each side until done. While burgers are grilling, peel and pit avocado and mix with dried guacamole dip – place in the refrigerator. When burgers are done serve on whole wheat buns with provolone cheese, guacamole dip, and steak fries. Reserve 6 patties for future recipe.

Tuesday:

Put water on to boil for elbow noodles. Mix soup, milk, cheese, garlic, pepper, broccoli and carrots in a saucepan. Heat to a boil. Cover and cook over low heat 10 minutes. Cook elbow pasta as directed in boiling water. When elbow pasta is done, drain and stir into vegetable mixture along with chicken, and warm through. Serve with whole wheat rolls.

Wednesday:

Heat very large saucepan to medium high and add onion to saucepan; cook 5 minutes, stirring occasionally. Add baked beans, butter beans, and BBQ sauce to saucepan; bring to a simmer. Simmer uncovered 10 minutes. While mixture is simmering take turkey burgers cooked previously out and cut into bite size pieces and stir into beans. Serve BBQ beans with a side of red slaw and a piece of whole wheat loaf bread.

Thursday:

Heat 1 tbsp oil in a 10-inch skillet over medium-high heat. Add all 8 pork tenderloins and cook until the chops are well browned on both sides. Remove the pork chops and set them aside. Place 4 in the refrigerator to use for later meal. Stir in the soup and milk. Heat to a boil. While milk/soup mixture is heating prepare mashed potatoes according to box using skim milk and no butter. If you like garlic, stir in a tsp of minced garlic. Also put crowder peas on stovetop to warm. When milk/soup mixture comes to a boil, return the pork chops to the skillet and reduce the heat to low. Cover and cook for 5 minutes or until the chops are cooked through but slightly pink in the center. Serve pork chops with creamed potatoes and crowder peas.

Friday:

Put water in saucepan and turn to high to boil for rice. Take 4 pork tenderloins from refrigerator and chop into bite sized pieces and reserve. Heat margarine in saucepan. Add pepper and cook until tender. Add soup, milk and cubed pork tenderloins. While mixture is heating, cook rice according to package. Also, open up a can of green peas and warm in saucepan. Serve pork a' la king with rice and green peas.

Week #9

Meals

Monday

Baked Salmon
Baked French Fries
Cole Slaw

Tuesday

Turkey Kielbasa
Kraut
Baked Beans
Whole wheat rolls

Wednesday

Salmon Patties
Corn
Asparagus

Thursday

Black-eyed peas
Broccoli with cheese
Mashed potatoes

Friday

Eggs
Grits
Whole wheat toast
Turkey sausage

Recipes

Baked Salmon

6 salmon fillets
3 tsp minced garlic
¼ cup olive oil
1 tbsp dried basil
1 tsp salt
1 tsp black pepper
3 tbsp lemon juice

Salmon Patties

4 cooked salmon filets
1 egg
½ cup reduced fat mayonnaise
1 stack of celery, minced
¼ green pepper, minced
½ cup bread crumbs
1 tbsp Dijon mustard
1 tbsp lemon juice
½ tsp curry seasoning

Black-eyed Peas

1 bag dried black-eyed peas
1 small onion
2 cans fat free chicken broth

Poppy seed Slaw

1 bag pre-washed tri-color coleslaw mix
1 can mandarin oranges, drained
1 can pineapple tidbits, drained
½ cup poppy seed dressing
½ cup reduced fat sour cream

Grocery List

Fresh produce/fruits

1 bunch fresh asparagus
1 bag tri-colored coleslaw
1 small bunch celery
1 green pepper
1 onion

Dry Goods

1 can mandarin oranges
1 can pineapple tidbits
1 bottle Poppy seed dressing
1 bag dried black-eyed peas
2 cans kraut
1 large can baked beans
2 cans fat free chicken broth
2 cans fat free broccoli with cheese soup
1 box instant potatoes
Whole wheat rolls

1 box grits

1 bag whole grain load bread

Dairy/Refrigerator

1 small container reduced fat sour cream
1 carton orange juice

Freezer

1 bag Broccoli
1 bag frozen mini corn on the cobs
1 bag steak fries
Meat
10 salmon filets
1 package Turkey Kielbasa
1 package turkey sausage

Directions for the week

Monday:

a.m.: Take 10 salmon patties and place in large re-sealable plastic bag along with all other ingredients. Massage marinade into salmon fillets and place in refrigerator.

p.m.: Turn oven onto 375. Take salmon filets out of bag and place in aluminum foil, cover with marinade, and seal. Place sealed salmon on baking pan and bake 35 to 40 minutes until easily flaked with a fork. Also place steak fries on separate baking pan and place in over with salmon patties. While salmon and fries are baking, mix together ingredients for coleslaw and refrigerate. Serve 6 baked salmon patties, fries and coleslaw together! Reserve remaining 4 salmon filets in refrigerator for another day.

Tuesday:

Turn oven onto 400 degrees to warm. Place turkey kielbasa and kraut in large saucepan and turn to medium/high on stovetop. Cook for approximately 15-20 minutes until warm. Place whole wheat rolls in oven and bake as directed. While kielbasa and kraut are cooking, warm baked beans until heated in separate saucepan. Serve kraut, kielbasa, baked beans, and rolls with a side of your favorite spicy mustard!

Wednesday:

Turn oven onto 400 degrees to preheat. Take remaining salmon filets out of refrigerator and break up into small pieces. Combine salmon with remaining ingredients and mix until moistened. Let the mixture rest under refrigeration for 10 minutes. While salmon mixture is resting, take asparagus out of refrigerator and cut off hard ends. Place asparagus on aluminum foil lined baking pan. In a small bowl, combine 2 tbsp olive oil and 1 tbsp red wine vinegar, ½ tsp salt, and ½ tsp black pepper. Mix together and pour over asparagus and coat well. Spread the asparagus spears out in a single layer and place in oven. Cook for 20 minutes. Meanwhile, place skillet on stove, spray with cooking oil and turn to medium high. Take salmon mixture out and form into 8 balls. Press the salmon mixture onto skillet to form a cake. Cook for 3 minutes and turn to other side and cook for 4 minutes. While salmon patties are cooking, take corn on the cob out of the freezer, place in small glass bowl, cover with plastic wrap and place in microwave. Cook approximately 5 to 8 minutes until corn is steaming. Serve salmon patties with corn and roasted asparagus.

Later that night: Take out bag of black-eyed peas and put in crock and cover with water. Place in the refrigerator to soak overnight.

Thursday:

a.m.: Take black-eyed peas out and drain. Take 2 cans of fat-free chicken broth and 1 chopped up onion and add to peas. Add additional water to fill crock ¾ of the way full. Turn crock-pot on to medium-low and cook for 6 to 8 hours.

p.m.: Take broccoli out of freezer and place in glass casserole dish with ¼ cup water. Cover and microwave for 8 to 10 minutes until steaming. While broccoli is cooking, boil water for instant mashed potatoes. Cook potatoes as directed, but using skim milk, and ½ the butter that is recommended. You can cream your potatoes a little more by adding some extra reduced fat sour cream. While potatoes are cooking, heat up fat free broccoli cheese soup with 12/ cup milk. Serve black-eyed peas, broccoli with soup mixture and creamed potatoes. Delicious!

Friday:

Turn oven to broil and put water on to cook grits, cook grits as directed on the box. While grits are cooking, place turkey sausage patties on skillet and cook until done. While sausage is cooking, mix together well 4 eggs, 4 egg whites, ½ cup skim milk, and ½ tsp salt, ½ tsp pepper. When sausage is done, throw grease away and cook eggs with spray cooking oil. Cook eggs until desired consistency. While eggs are cooking place whole wheat bread in oven to toast – don't forget to keep checking it and remember to flip it over! Serve grits, turkey sausage, eggs, and toast along with your favorite jelly and a glass of orange juice!

Week #10

Meals

Monday

Tacos
Mexican Rice
Black beans

Tuesday

Roasted garlic
& nut crusted
Tilapia
Tomato Salad
Rice

Wednesday

Vegetable soup
Whole wheat rolls

Thursday

Manwich
Whole wheat
Sandwich rolls
Steak Fries
Grapes

Friday

London Broil
Baked Potatoes
Lettuce wedge

Recipes

Mexican Rice

3 cups instant brown rice
1 package taco seasoning
1 can tomato sauce
1 can diced tomatoes, drained
Salt and pepper to taste

Roasted Garlic & Nut Crusted Tilapia

5 tilapia fillets
1 cup Garlic Herb Marinade
¼ cup chopped mixed nuts
1 tbsp dried cilantro
1 tsp minced garlic
1 tsp canola, olive, or peanut oil

Tomato Salad

3 large diced tomatoes
½ small diced onion
¼ cup canola oil
1/8 cup Red wine vinegar
2 tbsp sugar
Salt and Pepper to taste

Vegetable Soup

1 pound ground beef
4 cans fat free chicken broth
4 cups water
1 package dry onion soup mix
1 large can diced tomatoes
1 bag frozen mixed vegetables
¾ cup whole wheat elbow macaroni
noodles

Grocery List

Fresh produce/fruits

Grapes
4 large tomatoes
1 small onion
1 head lettuce
4 baking potatoes

Dry Goods

Taco Kit
Garlic Herb Marinade
1 small can mixed nuts
1 box instant brown rice
1 small can tomato sauce
1 small can diced tomatoes

1 large can diced tomatoes
4 cans fat free chicken broth
1 box dry onion soup
1 box whole wheat blend
elbow macaroni noodles
2 cans black beans
1 large can Manwich
1 bag whole wheat buns

Freezer

1 bag whole wheat rolls
1 bag frozen vegetables
1 bag steak fries

Meat

5 pounds hamburger
5 tilapia fillets
1 London broil

Directions for the week

Monday:

Put water on to boil and add instant brown rice to begin cooking – cook as directed. Cook enough rice for today’s dinner (2 cups) and Wednesday’s dinner (3 cups). While rice is cooking, brown 5 pounds of hamburger meat in large frying pan. While rice and hamburger are both cooking, put black beans in another sauce pan to warm and chop up tomatoes, onions, and ¼ of lettuce head. When rice is done, place 3 cups into refrigerator. Stir in taco seasoning (from kit), tomato sauce, diced tomatoes, salt, and pepper into remaining rice and cook until warm. When meat is browned, rinse under hot water in a colander. Reserve 3 pounds of meat in the refrigerator for later meals. Serve taco shells, with remaining hamburger meat, cut up vegetables, low fat cheese and sour cream, Spanish rice, and black beans.

Tuesday:

a.m.: Place fish in resealable plastic bag; add marinade, seal bag and place in the refrigerator.

p.m.: Preheat oven to 375 degrees. Combine nuts, cilantro, garlic and oil. Remove fish from bag and dispose of marinade. Place fish on lightly sprayed baking pan. Top with nut mixture and press lightly into fish to secure. Place in oven and cook for 10 to 12 minutes. While fish is cooking take out remaining rice and warm in microwave. Cut up tomatoes, add additional ingredients, stir, and refrigerate. When fish is done serve on bed of rice with cold tomato salad.

Wednesday:

Preheat oven to 400 degrees and warm rolls when ready. Combine broth, water, onion soup mix, tomatoes, mixed vegetables, macaroni noodles, and 1 pound of remaining cooked hamburger in large pot and bring to boil. Turn heat to low and simmer until macaroni noodles are done. Serve with warm whole wheat rolls.

Thursday:

Preheat oven to 450 degrees. Place frozen steak fries in single layer on cookie sheet. Spray with “spray” cooking oil and sprinkle with salt, pepper, and garlic powder (optional). Place in oven and cook for 30 to 40 minutes. While potatoes are cooking take out remaining hamburger meat and combine with large can of manwich sauce and heat. Serve hamburger with whole grain sandwich rolls, potatoes, and grapes.

Friday:

a.m. Place London Broil in a large plastic resealable bag with 1 tbsp Montreal steak seasoning, ¼ cup AI marinade, and ¼ Worstershire sauce – massage meat well and put in the refrigerator.

p.m.: Turn oven to broil. Wrap potatoes in plastic wrap and place into microwave for 20 minutes. Place London Broil on broiler pan and broil 5 to 8 minutes on each side until desired temperature (rare, well-done, etc.) . While meat is cooking, cut up remaining lettuce into quarters. Serve London broil, baked potatoes, and lettuce wedges with your favorite low-fat dressing.

Week #11

Meals

Monday

Chicken & Dumplings
Sweet Potatoes

Tuesday

Chicken Casserole
Salad
Sliced Oranges

Wednesday

Sub Sandwiches
Cut-up veggies

Thursday

Tuna Bake
Egg noodles

Friday

BBQ Chicken
Corn
Green Beans

Recipes

Chicken & Dumplings

4 boneless skinless chicken breasts
3 cans fat free chicken broth
1 tsp salt
12/ tsp pepper
1 (12 count) package of whole wheat flour tortilla (cut into 2 inch square)

Chicken Casserole

4 cups cooked chopped chicken
2 cups croutons
1 ½ cup reduced fat cheddar cheese
1 cup sliced celery
2/3 cup light mayonnaise
½ cup skim milk
¼ cup chopped onion

Tuna Bake

2 cans tuna
2 cans fat free cream of mushroom
1 cup milk
1 bag frozen broccoli
1 cup 2% cheddar cheese
~2 cups breadcrumbs
Salt & pepper to taste

Grocery List

Fresh produce/fruits

1 package celery
1 small onion
1 bag salad
5 oranges
1 bag mixed broccoli, cauliflower, and carrots

Dry Goods

1 jar BBQ sauce
1 package dry Ranch dressing
2 cans green beans
3 cans fat free chicken broth
1 can fat free beef broth
2 cans fat free cream of mushroom
1 package whole wheat egg noodles

2 cans tuna

1 box whole wheat croutons
1 bag whole wheat sandwich rolls

Dairy/Refrigerator

1 package whole wheat tortillas
1 container fat free sour cream
1 large bag 2% cheddar cheese
1 small package each of turkey, ham, and roast beef
1 small package each of low fat Swiss, provolone, and cheddar cheese

Freezer

Meat

11 skinless boneless chicken breasts
1 bag frozen broccoli
1 package corn on the cob

Directions for the week

Monday:

a.m.: Put 7 boneless skinless chicken breasts in crock pot with 3 cans fat free chicken broth, salt, and pepper. Add enough water to fill the crock pot to $\frac{3}{4}$ full. Cook on low for 6 to 8 hours.

p.m.: Remove chicken from pot, reserving 3 in the refrigerator for tomorrow's dinner. Take remaining 4 breasts and sit to side to cool for a minute. While chicken is cooling, cut up tortillas into 2 inch square. Also wrap sweet potatoes in plastic wrap and microwave ~20 minutes. Now shred the chicken breasts, and transfer the broth from crock pot and the chicken breast to large stock pot on the stove. Add water if necessary to make ~2 quarts. Bring to a rapid boil. Drop tortilla pieces in one at a time. Cover pan and let simmer for 15 minutes. Serve chicken & dumplings with baked sweet potato and enjoy!

Tuesday:

Preheat oven to 350 degrees. Take out 3 remaining chicken breasts from refrigerator and dice into cubes. Mix with the remaining ingredients and spoon into a casserole dish. Bake for 40 minutes. Serve with salad, favorite low fat salad dressing and sliced oranges.

Wednesday:

Place all luncheon meats (low fat ham, turkey, roast beef), cheeses (low fat Swiss, provolone, cheddar), bread (whole wheat), lettuce, tomato and condiments (light mayonnaise, mustard, spicy mustard) out and let everyone assemble their sandwich as they like. Serve with some cut up broccoli, cauliflower, carrots, and low fat dip (1 container fat free sour cream + 1 package dry ranch dressing).

Thursday:

Preheat oven to 375 degrees and place water in saucepan on high to boil noodles. Mix together cream of mushroom and milk in a mixing bowl, and then add tuna, cheese, and broccoli. Spoon into a lightly sprayed casserole dish, and then sprinkle breadcrumbs over the top. Cover with aluminum foil and bake for 30 minutes. While tuna bake is cooking, boil whole wheat egg noodles until done. Serve noodles with tuna bake.

Friday:

a.m.: Place 4 boneless skinless chicken breasts into crock pot and cover with 1 bottle of favorite BBQ sauce. Turn crock pot to low and cook for 6 to 8 hours.

p.m.: Open green beans and drain. Put in saucepan with 1 can fat free beef broth and 1 can water and cook on low for 20 minutes. While beans are cooking wrap corn on the cob in plastic wrap and microwave 10 to 15 minutes. When vegetables are done, serve with chicken out of the crock pot.

Week #12

Meals

Monday

Stew Beef with barley
Whole wheat rolls

Tuesday

Ziploc Omelets
Whole Wheat Toast
Fresh Fruit

Wednesday

Cheese Pizza
Salad

Thursday

Peanut Butter &
Jelly Sandwiches
Bananas

Friday

20 minute
meatloaf
Creamed potatoes
Black-eyed peas

Recipes

Stew Beef with Barley

1 lb stew beef
2 cans fat free beef broth
3 small potatoes
1 medium onion
1 small bag bite size carrots
1 cup quick cook barley
3 tbsp minced garlic
Salt & Pepper to taste

Cheese Pizza

1 ready made pizza crust
(preferably whole wheat)
1 can pizza sauce
2 bags part skim mozzarella
cheese
¼ cup parmesan cheese

20 Minute Meatloaf

1 ½ pounds ground beef
2 tbsp dry onion flakes
1 large egg
1 cup bread crumbs
2 8 oz cans tomato sauce
2 tbsp brown sugar
2 tbsp parsley flakes
1 tsp Worcestershire sauce
½ tsp salt
¼ tsp pepper

Grocery List

Fresh produce/fruits

3 small potatoes
1 medium onion
1 small bag carrots
1 tomato
1 green pepper
1 bag oranges
1 bunch fresh basil
1 bunch bananas

Dry Goods

1 jar favorite jelly
1 jar peanut butter
2 cans fat free beef broth
1 box quick cook barley
1 can mushrooms
1 loaf whole wheat bread
1 ready made pizza crust
1 can pizza sauce
2 8 oz cans tomato sauce

Dairy

1 carton eggs
1 bag low-fat shredded cheddar
2 bags low fat mozzarella
cheese

Freezer Meat

1 pound stew beef
1 ½ pounds lean
ground beef
1 bag whole wheat
rolls

Directions for the week

Monday:

a.m.: Put all ingredients into crock pot. Add enough water to fill crock pot $\frac{3}{4}$ full. Cover and set on low - cook 6 to 8 hours.

p.m.: Preheat oven to 350 degrees. Put quick cook barley into crock pot and stir – cook on high for 30 minutes. While barley is cooking warm whole wheat rolls and serve with stew beef.

Tuesday:

Turn oven onto broil. Place large pot on stove and turn to high to boil. Take out a plastic bag for each person, have them write their name on it with a permanent marker. Break 2 eggs in each bag, seal and shake to combine them. Put out various ingredients to add to eggs – low fat cheese, ham, tomato, green pepper, mushrooms. Let each person add what they want to their bag and shake. Make sure to get the air out of the bag and zip it up. Place the bags into rolling, boiling water for exactly 13 minutes. While the omelets are cooking, place your toast into the oven and broil to toast on both sides. When omelets are through cooking, cut with scissors and place on plate with toast and fresh fruit.

Wednesday:

Preheat oven to 425 degrees. Chop basil very fine and combine with $\frac{1}{4}$ cup olive oil and $\frac{1}{2}$ tsp salt. Take pizza crust out and spread pizza sauce evenly over crust. Cover with mozzarella cheese, drizzle with basil mixture, and top with parmesan cheese. Cook pizza for 12 to 14 minutes as directed on pizza crust bag. Serve with fresh salad and favorite low fat dressing.

Thursday:

Kids really love to take the peanut butter and mix it together with the jelly before spreading on the whole wheat bread. If you want to have some fun with it, take out your favorite cookie cutters and cut out fun shapes. Bananas are a great side.

Friday:

Open can of black eyed peas and put in saucepan on stove on low to warm. Place appropriate amount of water, according to box of creamed potatoes, in saucepan on stovetop on high. Combine beef, salt, pepper, onion, egg, bread crumbs and 1 can tomato sauce. Shape into 8 oval patties. Bake at 450 degrees for 15 minutes on a broiling pan. While meatloaf is cooking, finish making creamed potatoes, using skim milk. Add $\frac{1}{2}$ cup fat-free sour cream to really make them creamy. When potatoes are done, combine 1 can tomato sauce, sugar, parsley, and Worcestershire and pour over meat loaves after 15 minutes of cooking, then place them back in the oven and cook an additional 5 minutes. When done, serve with creamed potatoes and black-eyed peas.

Week #12

Meals

Monday

Stew Beef with barley
Whole wheat rolls

Tuesday

Ziploc Omelets
Whole Wheat Toast
Fresh Fruit

Wednesday

Cheese Pizza
Salad

Thursday

Peanut Butter &
Jelly Sandwiches
Bananas

Friday

20 minute
meatloaf
Creamed potatoes
Black-eyed peas

Recipes

Stew Beef with Barley

1 lb stew beef
2 cans fat free beef broth
3 small potatoes
1 medium onion
1 small bag bite size carrots
1 cup quick cook barley
3 tbsp minced garlic
Salt & Pepper to taste

Cheese Pizza

1 ready made pizza crust
(preferably whole wheat)
1 can pizza sauce
2 bags part skim mozzarella
cheese
¼ cup parmesan cheese

20 Minute Meatloaf

1 ½ pounds ground beef
2 tbsp dry onion flakes
1 large egg
1 cup bread crumbs
2 8 oz cans tomato sauce
2 tbsp brown sugar
2 tbsp parsley flakes
1 tsp Worcestershire sauce
½ tsp salt
¼ tsp pepper

Grocery List

Fresh produce/fruits

3 small potatoes
1 medium onion
1 small bag carrots
1 tomato
1 green pepper
1 bag oranges
1 bunch fresh basil
1 bunch bananas

Dry Goods

1 jar favorite jelly
1 jar peanut butter
2 cans fat free beef broth
1 box quick cook barley
1 can mushrooms
1 loaf whole wheat bread
1 ready made pizza crust
1 can pizza sauce
2 8 oz cans tomato sauce

Dairy

1 carton eggs
1 bag low-fat shredded cheddar
2 bags low fat mozzarella
cheese

Freezer Meat

1 pound stew beef
1 ½ pounds lean
ground beef
1 bag whole wheat
rolls

Directions for the week

Monday:

a.m.: Put all ingredients into crock pot. Add enough water to fill crock pot $\frac{3}{4}$ full. Cover and set on low - cook 6 to 8 hours.

p.m.: Preheat oven to 350 degrees. Put quick cook barley into crock pot and stir – cook on high for 30 minutes. While barley is cooking warm whole wheat rolls and serve with stew beef.

Tuesday:

Turn oven onto broil. Place large pot on stove and turn to high to boil. Take out a plastic bag for each person, have them write their name on it with a permanent marker. Break 2 eggs in each bag, seal and shake to combine them. Put out various ingredients to add to eggs – low fat cheese, ham, tomato, green pepper, mushrooms. Let each person add what they want to their bag and shake. Make sure to get the air out of the bag and zip it up. Place the bags into rolling, boiling water for exactly 13 minutes. While the omelets are cooking, place your toast into the oven and broil to toast on both sides. When omelets are through cooking, cut with scissors and place on plate with toast and fresh fruit.

Wednesday:

Preheat oven to 425 degrees. Chop basil very fine and combine with $\frac{1}{4}$ cup olive oil and $\frac{1}{2}$ tsp salt. Take pizza crust out and spread pizza sauce evenly over crust. Cover with mozzarella cheese, drizzle with basil mixture, and top with parmesan cheese. Cook pizza for 12 to 14 minutes as directed on pizza crust bag. Serve with fresh salad and favorite low fat dressing.

Thursday:

Kids really love to take the peanut butter and mix it together with the jelly before spreading on the whole wheat bread. If you want to have some fun with it, take out your favorite cookie cutters and cut out fun shapes. Bananas are a great side.

Friday:

Open can of black eyed peas and put in saucepan on stove on low to warm. Place appropriate amount of water, according to box of creamed potatoes, in saucepan on stovetop on high. Combine beef, salt, pepper, onion, egg, bread crumbs and 1 can tomato sauce. Shape into 8 oval patties. Bake at 450 degrees for 15 minutes on a broiling pan. While meatloaf is cooking, finish making creamed potatoes, using skim milk. Add $\frac{1}{2}$ cup fat-free sour cream to really make them creamy. When potatoes are done, combine 1 can tomato sauce, sugar, parsley, and Worcestershire and pour over meat loaves after 15 minutes of cooking, then place them back in the oven and cook an additional 5 minutes. When done, serve with creamed potatoes and black-eyed peas.

Week #13

Meals

Monday

Ranch Chicken
Steamed Carrots &
Broccoli
Whole Wheat Rolls

Tuesday

Lean Beef Hot dog
Whole Wheat Buns
Baked Tortilla Chips
Baked Beans

Wednesday

Creamy Rice,
Chicken & Spinach
Cut-up fruit

Thursday

Crock pot cube steak
Green beans
Ranch Potatoes

Friday

Chicken tortilla
Soup

Recipes

Ranch Chicken

4 boneless skinless chicken
breasts
1 cup plain non-fat yogurt
¼ cup skim milk
½ package Ranch Dressing Mix

Creamy Rice, Chicken & Spinach

¼ cup roasted red pepper
dressing
4 boneless skinless chicken
breasts cut into thick strips
1 can fat free chicken broth
1 ½ cup quick cook brown rice
½ package light cream cheese
1 bag baby spinach leaves
1 medium tomato
2 tbsps parmesan cheese

Chicken Tortilla Soup

1 can whole kernel corn
2 cans fat free chicken broth
3 boneless skinless, chicken
breasts, cooked
1 can black beans
1 can diced tomatoes with
green chilies, drained (your
preference as to mild or hot)

Crock Pot Cube Steak

6 cube steak
2 cans fat free cream of
mushroom
1 envelope onion soup mix
½ cup water

Grocery List

Fresh produce/fruits

1 bag baby spinach
1 medium tomato
4 Various fruit
1 bag red potatoes

Dry Goods

1 bag baked tortilla chips
1 can diced tomatoes with
chilies
1 can black beans

1 can whole kernel corn
2 cans green beans
1 can fat free beef broth
3 cans fat free chicken broth
1 large can baked beans
2 cans fat free cream of
mushroom
1 box dry onion soup
1 bottle roasted red pepper
dressing

1 box Ranch dressing mix
1 bag whole wheat hot dog
buns
1 box quick cook brown
rice

Dairy/Refrigerator

1 small non fat plain yogurt
1 package light cream
cheese
1 small fat free sour cream

1 bag 2% shredded cheddar
cheese
1 package lean beef hotdogs

Freezer/Meats

11 skinless boneless chicken
breasts
1 bag frozen carrots and
broccoli
1 bag whole wheat rolls
6 cube steak

Directions for the week

Monday:

a.m.: Mix yogurt, skim milk, and ranch dressing mix together thoroughly. Place in a gallon size resealable bag along with chicken breasts. Place in the refrigerator to marinate.

p.m.: Turn grill on to warm up and stove on to preheat at 400 degrees. Place 1 bag frozen carrots and broccoli in a large casserole bowl along with ½ cup water, cover and cook for ~7 minutes. While vegetables are cooking, place chicken on the grill. Grill chicken over a medium flame for 15 minutes – turning once. While vegetables and chicken are cooking, place rolls in the oven and bake as directed. After 15 minutes, take chicken breasts off the grill, place in a bowl, and cover with aluminum foil. Let chicken set for at least another 5 minutes to finish the cooking process while still retaining moisture. Uncover vegetables and spray with butter flavored cooking spray and salt and pepper to taste. Serve chicken with steamed vegetables and rolls.

Tuesday:

Turn on grill to preheat. Place baked beans in saucepan on stovetop and warm as directed. While beans are cooking, grill hotdogs. Serve beans, with hot dogs, baked chips, whole wheat rolls, along with your favorite condiments. A different way to serve hot dogs is with spicy mustard and kraut!

Wednesday:

Heat dressing in a large skillet on medium-high heat. Add chicken; cook 5 minutes. Add broth and bring to a boil. Stir in rice and return to a boil. Cover and reduce heat to medium. Simmer for 5 minutes. Add cream cheese; cook until cream cheese is completely melted, stirring occasionally. Add spinach (skillet will be full) and cover. Cook ~ two minutes or until spinach is wilted. Stir gently, cover, and remove from heat. Let stand 5 minutes. Stir in tomatoes and sprinkle with parmesan cheese. You now have one meal in one pan!

Thursday:

a.m.: Place all ingredients for cube steak in a crock pot. Cover and cook on low for 6 to 8 hours.

p.m.: Place 1 can of drained green beans, along with 1 can of fat free beef broth, and enough water to cover the beans on the stovetop; cover; cook on high for 20 minutes (add water as necessary). While beans are cooking, cut up one pound of red potatoes into small pieces. Place in microwave steaming bag, along with 1 ½ tsp olive oil and 1 ½ tbsp ranch salad mixture. Seal bag and shake. Microwave on high for 7 to 8 minutes. Serve potatoes, green beans, and cube steak together.

Friday:

a.m.: Place 3 boneless skinless chicken breasts in crock pot with 2 cans chicken broth. Cover and cook on low 6 to 8 hours.

p.m.: Shred chicken and pour broth into large saucepan on stove. Add remaining ingredients and cook for 15 minutes or until hot throughout. Serve with baked tortilla chips, low-fat sour cream and low-fat cheese.

Week #14

Meals

Monday

Creamy Bowtie Primavera

Tuesday

Black Bean Quesadilla
Avocado/Sour Cream
Lettuce/Tomato/

Wednesday

Easy Beef and Broccoli
Steamed Rice

Thursday

Roast Pork
With Stuffing
Asparagus

Friday

Lettuce Wraps
Steamed Rice

Recipes

Creamy Bowtie Primavera

8 oz bow tie pasta, uncooked
1 cup broccoli florets
1 cup sliced carrots
1 pkg fat free cream cheese
¾ cup skim milk
¼ cup shred parmesan cheese
½ cup Italian seasoning
¼ tsp garlic powder

Black Bean Quesadilla

12 whole wheat tortillas
4 cans black beans
1 diced red onion
1 ½ cup salsa
1 package low fat Mexican
cheese

Easy Beef and Broccoli

1 tbsp olive oil
1 ½ lb beef stir-fry strips
2 cups frozen broccoli florets
¼ cup hoisin sauce
¼ cup fat free Catalina
dressing
1 tsp grated ginger

Roast Pork with Stuffing

1 pork tenderloin
¼ cup spicy mustard
1 tsp dried thyme leaves
1 package stuffing for chicken
½ cup fat free chicken broth
½ package light cream cheese

Lettuce Wraps

¾ cup sliced water chestnuts
2 tbsp canola oil
1 ½ pound ground turkey
1 red bell pepper, seeded and
diced
3 zucchini
1 green onion, including top,
finely chopped
½ cup hoisin sauce
20 butter lettuce leaves

Grocery List

Fresh produce/fruits

20 butter lettuce leaves
1 green onion
3 zucchini
1 red bell pepper
1 ex large bunch of broccoli
(4 cups)
1 small bag sliced carrots
1 small red onion
1 avocado

1 tomato

1 fresh ginger root
1 bunch asparagus

Dry Goods

1 can water chestnuts
1 can fat free chicken broth
1 box stuffing for chicken
1 box bowtie pasta
1 package whole wheat tortillas
4 cans black beans

1 jar salsa

1 jar hoisin sauce
1 bottle fat free Catalina dressing
1 box instant rice

Dairy

2 packages fat free cream cheese
1 package low fat Mexican cheese
1 small fat free sour cream

Freezer/Meat

1 ½ pound beef
stir-fry strips
1 pork tenderloin
1 ½ pound ground
turkey

Directions for the week

Monday:

Prepare pasta as directed on package, adding broccoli and carrots to water during the last five minutes of cooking time. Drain. Mix cream cheese, milk, parmesan cheese, and seasoning in a large saucepan. Cook on low until cream cheese is melted and mixture is well blended. Stir frequently. Add pasta and vegetables and too lightly. This is a great dish meal!

Tuesday:

Drain and rinse beans, mix together with onion, salsa, and cheese. Spread 1/6 mixture on tortilla in large skillet, heat tortilla until cheese starts to melt and tortilla starts to brown. Slide tortilla out of skillet onto plate, put another tortilla on top, hold skillet upside down over plate and turn tortilla back into skillet. Heat tortilla until cheese starts to melt and tortilla starts to brown. While quesadillas are cooking, cut up lettuce, tomatoes, and avocados. Continue until all tortillas are cooked. Cut quesadillas with pizza cutter and serve with cup up condiments.

Wednesday:

Put water on stove and cook 6 cups of instant rice as directed. Meanwhile, heat oil in large nonstick skillet on medium-high heat. Add meat; cook 3 minutes or until evenly browned, stirring frequently. Add broccoli, hoisin sauce, dressing and ginger; stir. Cover, and cook for 5 minutes or until thoroughly heated. Reserve 3 cups of cooked rice in the refrigerator for Friday's meal. Serve additional rice with broccoli beef.

Thursday:

Preheat oven to 400 degrees. Heat large nonstick skillet to medium high. Add meat and cook 5 minutes until browned on all sides, turning occasionally. Remove meat from skillet; reserving meat dripping in skillet. Place meat in a baking dish. Combine mustard and thyme and spread evenly onto meat. Place fresh asparagus along the sides of the tenderloin. Bake 20 to 25 minutes or until cooked through. While tenderloin is cooking prepare stuffing as directed on box. Now, take the reserved dripping from cooking the tenderloin and cook it down on low to ~ one tablespoon. Add chicken broth to drippings, stir and bring to boil on high heat. Reduce heat to medium-low and add reduced fat cream cheese. Cook for 2 minutes or until cheese is completely melted and mixture is well blended, stirring constantly. Remove tenderloin and asparagus from oven and let set for 5 minutes. Slice tenderloin into thin slices and served topped with sauce along with stuffing and asparagus.

Friday:

Coarsely chop water chestnuts, set aside. Take remaining rice out of refrigerator; cover with plastic wrap and place in microwave for 3 minutes. Place oil in large skillet and place over high heat until hot. Add turkey; stir-fry two minutes or until lightly browned and cooked thoroughly. Add water chestnuts, bell pepper, zucchini, green onion, and hoisin sauce; stir-fry two minutes. To serve, place one heaping tbs turkey mixture in center of a lettuce leaf, wrap up like a burrito and eat out of hand. Eat with rice.

Week #15

Meals

Monday

London Broil
Roasted Potatoes
Red Slaw

Tuesday

Spaghetti
Salad
Whole Wheat Rolls

Wednesday

Quick and Easy Steak
Salad
Sautéed Mushrooms

Thursday

Lasagna
Broccoli
Whole Wheat Rolls

Friday

Simple Shrimp
Stir Fry

Recipes

Quick and Easy Steak Salad

6 cups torn romaine lettuce
3 small tomatoes sliced
1 yellow pepper, grilled, sliced
1 ½ pound London broil, sliced
½ cup reduced fat Colby &
Monterey Jack cheese crumbles
½ cup Light Zesty Italian or Light
Balsamic Vinaigrette

Lasagna

4 cups leftover spaghetti sauce
3 cups low-fat ricotta cheese
4 ounces part-skim mozzarella
cheese
¼ cup parmesan cheese
2 tsp chopped garlic
1 box no cook uncooked
lasagna noodles

Simple Shrimp Stir Fry

1 package angel hair pasta,
uncooked
1 ½ pound peeled and uncooked
shrimp
2 tsp cornstarch
3 cups mixed vegetables
1 tsp canola oil
1 tbsp freshly grated ginger
½ cup light zesty Italian dressing
2 tbsp hoisin sauce

Grocery List

Fresh produce/fruits

1 bag red potatoes
1 bag salad
1 large carton sliced
mushrooms
Romaine lettuce (6 cups)
3 small tomatoes
1 ginger root (if not
purchased in previous week)
1 yellow bell pepper
1 bunch broccoli

Dry Goods

1 package whole wheat blend
spaghetti noodles
2 jars spaghetti sauce
1 bottle white wine
1 box no cook lasagna noodles
1 package angel hair noodles
1 jar hoisin sauce (if not
purchased previous week)

Dairy/Refrigerator

1 container red slaw
1 bag 2% Colby and Monterey
Jack cheese
1 large low-fat ricotta cheese
1 bag part skim mozzarella

Freezer/Meat

2 London Broils
1 bag whole wheat
rolls
2 pounds ground
beef
1 ½ lbs shrimp
1 bag mixed
vegetables

Funding provided by Stanly County Smart Start Partnership for Children

Directions for the week

Monday:

a.m.: Put 2 London Broils in gallon size plastic resalable bag, along with ½ cup Worcestershire sauce and 1 tbsp McCormick's Montreal steak seasoning. Massage sauce into meat. Place in refrigerator to marinate.

p.m.: Turn grill on to preheat and turn on oven to preheat to 425 degrees. Cut up potatoes into 1 inch squares. Place on baking sheet, spray with cooking oil and sprinkle with Montreal steak seasoning. Place in oven for 20 to 25 minutes until potatoes are tender. While potatoes are cooking, take London Broils to grill and cut up large yellow bell pepper in half and remove the seeds. Spray with cooking oil and grill along side the London Broil on high for 5 minutes on both sides. Once finished cooking place the London Broil in a bowl and cover with aluminum foil, let set for at least 5 to 10 minutes. Place grilled bell pepper and one of the London Broils in the refrigerator to use on Wednesday. Serve other London Broil (sliced across the grain) with roasted potatoes, and store bought red slaw.

Tuesday:

Preheat oven to 400 degrees. Put a large saucepan of water on stovetop and bring to a boil. While water is warming, brown 2 pounds ground beef in a large saucepan. Once brown, rinse meat under hot water in a colander. Return to saucepan and add 2 jars spaghetti sauce of choice. For a little extra flavor add 1 cup of white wine, 1 tbsp minced garlic, and salt and pepper to taste. Bring sauce to boil (this will evaporate the alcohol, while leaving all the taste), then return to medium low and simmer for 20 minutes. While sauce is simmering put spaghetti noodles in boiling water and cook as directed. Put rolls in oven and cook 10 to 15 minutes depending on brand. Serve noodles with spaghetti sauce, salad, favorite low fat dressing, and rolls. Reserve left over spaghetti sauce in the refrigerator for Thursday's meal.

Wednesday:

Wash 1 carton of fresh sliced mushrooms. Heat 1 tbsp olive oil in large frying pan. Add 2 tbsp minced garlic and sauté until the garlic is golden brown. Add the mushrooms and sauté until soft. Season with salt and pepper. Divide the lettuce among salad plates. Top with tomatoes, peppers, sliced London Broil and cheese. Drizzle with dressing and serve with side of sautéed mushrooms.

Thursday:

Spray a 9X13 inch glass baking pan with non-stick spray. Mix ricotta cheese and garlic. Pour one cup of spaghetti sauce onto the bottom of baking pan. Arrange 1/3 of the noodles in the pan. Make sure they touch but do not overlap. Spread half of the cheese mixture over the noodles. Top with half of the mozzarella cheese. Pour another cup of sauce; add another layer of noodles, and the remainder of the sauce. Sprinkle with Parmesan cheese. Cover with 2 layers of plastic wrap, and microwave at Medium (50% power) 30 to 35 minutes. While lasagna is cooking, cook broccoli as directed on the stovetop. When done, carefully (using an oven mitt) lift one corner of plastic wrap to allow steam to escape. Let stand in microwave 5 minutes before serving. Serve lasagna together with broccoli, and whole wheat rolls.

Friday:

Cook pasta as directed on package. Toss shrimp with cornstarch in large bowl; let stand 10 minutes. Place vegetables in strainer; rinse under hot water 30 seconds or until vegetables are thawed. Drain. Meanwhile, heat oil in large nonstick skillet on medium-high heat. Add shrimp and ginger; stir-fry 8 minutes or until shrimp turn pink. Add vegetables, dressing and hoisin sauce; cook 2 minutes or until heated through, stirring frequently. Drain pasta; place in large serving bowl. Add shrimp mixture; mix lightly.

Week #16

Meals

Monday

Sautéed Chicken
Cutlets
Angel Hair Pasta
Green Peas

Tuesday

Chicken &
Vegetable
Casserole

Wednesday

Boca Sausage Skillet
Whole Wheat Toast
Cut up oranges

Thursday

Broccoli Soup
Grilled Cheese
Sandwiches
Cut up fruit

Friday

Grilled Chicken
Sandwiches
Baked Steak Fries
Cut up fruit

Recipes

Sautéed Chicken Cutlets

5 skinless boneless chicken
breasts
1 tsp salt
¼ tsp ground black pepper
1 12/ tbsp olive oil

Boca Sausage Skillet

1 tbsp olive oil
2 cups shred frozen hash
browns
1 ½ cups egg product (for
example egg beaters)
5 frozen meatless breakfast
sausage links chopped
1/3 cup 2% shredded cheddar
cheese

Chicken & Vegetable Casserole

3 cups cooked diced chicken
1 large can mixed vegetables
1 can cream of fat-free mushroom
soup
1 can fat free cream of celery soup
2 cups chicken broth
¼ cup trans fat free melted
margarine
1 package herb-seasoned stuffing
mix
1 cup shredded low fat cheddar
cheese

Grocery List

Fresh produce/fruits

4 oranges
5 various fruits
Lettuce
1 Tomato

Dry Goods

3 cans Healthy Choice
Cream of Broccoli soup
2 cans fat free chicken broth

1 box herb seasoned stuffing
mix
1 can fat free cream of
mushroom soup
1 can fat free cream of celery
soup
2 cans green peas
1 large can mixed vegetables
1 bag whole wheat bread
1 bag whole wheat buns
1 box angel hair pasta

Dairy

1 bag shredded low fat cheddar
cheese
1 large container egg beaters
1 package 2% cheddar slices
1 bag sliced Swiss cheese

Freezer/Meat

1 bag steak fries
1 bag shredded
hash browns
14 boneless
skinless chicken
breasts
1 package
meatless sausage
links

Directions for the week

Monday:

Put water on stove in saucepan and bring to a boil. Cook angel hair according to box. Place green peas in a sauce pan on stove on low to warm. While noodles are boiling and peas are warming, place the chicken breasts between wax paper or plastic wrap and flatten with a mallet. Season the chicken with salt and pepper and then drizzle with olive oil. Add the chicken cutlets to a sauté pan over medium heat. Cook until well-browned on one side, about 4 to 5 minutes and then turn cutlets over and cook 2 to 3 minutes more. Serve chicken with noodles and peas.

Tuesday:

a.m.: Place 4 skinless chicken breasts into crock pot, cover, and cook on low for 6 to 8 hours.

p.m.: Take chicken out and shred. Combine soups and chicken broth; add shredded chicken to the mixture. Add melted butter to dressing mix. Combine chicken mixture with the dressing mixture. Place in a large casserole dish and bake at 350° for 30 minutes Top with shredded cheese during the last 5 minutes if desired

Wednesday:

Turn oven on to broil to preheat. Heat oil in medium nonstick skillet on medium-high heat. Add potatoes; cook 8 to 10 minutes or until browned, stirring occasionally. Spread potatoes to evenly cover bottom of skillet. Mix egg product and sausage links; pour over potatoes. Reduce heat to medium low and cover. Cook 12 minutes or until center is set. While eggs are cooking put whole wheat toast on cookie sheet and broil until golden brown. Remove egg mixture from heat. Sprinkle with cheese and cut into wedges. Serve with toast, favorite jelly, and cut up oranges.

Thursday:

Open up several cans of Healthy Choice Reduced Fat Cream of Broccoli soup and warm on stove as directed. Make grilled cheese in a skillet on the stovetop, using 2 pieces of whole wheat bread, 1 slice of 2% cheese (preferably any type but American – that's not really cheese) and butter flavored non stick spray in the pan for each sandwich. Serve soup with grilled cheese, and cut up fruit of choice.

Friday:

a.m.: Place 5 boneless skinless chicken breasts in gallon size resealable bag with 1 cup white wine (or any wine you have on hand), 1 tbsp garlic, and 1 tsp salt, ½ tsp pepper. Massage mixture into meat and place into the refrigerator for later that night.

p.m.: Turn grill on to preheat. Turn oven to 400 degrees to preheat. Take chicken out to grill and grill ~8 minutes on each side. While chicken is grilling, place fries in the oven and cook as directed. When chicken is done, place in a bowl and cover with aluminum foil for a minimum of 5 minutes. Serve chicken on whole wheat buns with lettuce, tomato, Swiss cheese and favorite condiment (example: spicy mustard, low-fat mayo, balsamic vinaigrette); along with fries and left over cut up fruit from previous day.

Week #17

Meals

Monday

Crock pot BBQ
Whole Wheat Buns
Red Slaw
Roasted Potatoes

Tuesday

Crock pot Brunswick
Stew
Whole Wheat Rolls

Wednesday

Sante Fe Soup

Thursday

Crock pot Chicken
Whole Wheat Egg
Noodles
Baked Sweet Potatoes

Friday

Slow Cooker Salsa
Chicken
Rice

Recipes

Crock pot Brunswick Stew

1 boneless skinless chicken breast, chopped
1 large onion, chopped
1 16 oz can diced tomatoes
1 can fat free chicken broth
½ cup BBQ sauce (I use Carolina Treet)
1 can corn
1 bag frozen lima beans
2 cups frozen hash browns
½ cup BBQ
Salt, Pepper, & Texas Pete to taste

Slow Cooker Salsa Chicken

6 boneless skinless chicken breasts
2 cups salsa
1 package taco seasoning
1 can fat free cream of mushroom
½ cup fat free sour cream

Crock pot Chicken

6 boneless skinless chicken breasts
1 cup broccoli slaw
1 cup mushrooms
1 can fat free cream of chicken
½ cup white wine
1 tsp bacon bits
1 cup fat free sour cream
1 tbsp flour
Salt, Pepper, & Paprika to taste

Sante Fe Soup

1 can diced tomatoes
1 can diced tomatoes with chilies
2 cans corn
1 can black beans
1 can kidney beans
1 can pinto beans
1 pack dry ranch dressing
1 pack taco seasoning
2 cups water

Grocery List

Fresh

produce/fruits

1 bag red potatoes
1 large onion
1 bag broccoli
slaw
1 small container
mushrooms
4 large sweet
potatoes

Dry Goods

1 small container apple juice
1 bag whole wheat buns
2 cans 16 oz can diced tomatoes
1 can diced tomatoes with chilies
1 can fat free chicken broth
1 bottle BBQ sauce (Carolina Treet)
1 can corn
1 can fat free cream of chicken
1 can fat free cream of mushroom
1 box instant brown rice

2 packages taco seasoning

1 large jar salsa
1 bag baked tortilla chips
1 bag whole wheat egg noodles
2 cans corn
1 can black beans
1 can pinto beans
1 can kidney beans
1 package dry ranch dressing

Dairy/Refrigerator

1 container red slaw
1 large container fat free sour cream

1 package 2% shredded
cheddar cheese

Freezer/Meat

1 Boston butt roast
13 boneless skinless chicken
breasts
1 bag frozen lima beans
1 bag frozen hash browns
1 bag whole wheat rolls

Directions for the week

Monday:

a.m.: Place Boston butt in crock pot. Generously cover with salt and pepper and add ½ cup apple juice to pot. Cover and cook on low for 6 to 8 hours.

p.m.: Cut 1 pound red potatoes up into bite size pieces. Place in a resealable plastic steam bag. Put 1 tbsp olive oil, salt & pepper, and 1 tbsp dried parsley into bag – seal and shake to coat potatoes. Place in the microwave for 7-8 minutes or until potatoes are tender. While potatoes are cooking, take roast out and slice or chop into bit size pieces. Serve with red slaw, whole wheat rolls, and roasted potatoes.

Tuesday:

a.m.: Put chicken, onion, tomatoes, chicken broth and BBQ sauce in crock pot. Cover and cook on low 6 to 8 hours.

p.m.: Preheat the oven to 375 degrees. Add BBQ (left over from yesterday), corn, potatoes, and limas to crock pot. Cook on high for 30 minutes. While soup is finishing up, cook the rolls as directed on the bag. Serve together when heated!

Wednesday:

a.m.: Combine all ingredients into crockpot, cover and cook on low for 6 to 8 hours.

p.m.: Serve soup with fat free sour cream, baked tortillas, and low fat cheese!

Thursday:

a.m.: Put chicken in crock pot; add the broccoli slaw and mushrooms on top. Mix the soup, wine and bacon bits together and pour on top of the chicken and vegetables. Cover and cook on low 6 to 8 hours.

p.m.: Fill large saucepan with water and turn on high to boil noodles. Mix the sour cream with the flour and stir into the chicken and vegetables. Turn the heat to high and heat for 30 minutes. Wrap sweet potatoes in plastic wrap and microwave 15 minutes or until tender. Cook noodles as directed. When noodles are done, drain and serve with chicken/vegetables and baked sweet potatoes. Top chicken with salt, pepper, and paprika to taste.

Friday:

a.m.: Place chicken in crock pot. Sprinkle taco seasoning over chicken. Pour salsa and soup over chicken. Cover and cook on low for 6 to 8 hours.

p.m.: Put water in saucepan and turn to high to boil rice. Cook rice as directed on box. When rice is ready, stir sour cream into salsa chicken mixture and serve on top of rice. Use left over Sante Fe soup as an additional side.

Week #18

Meals

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Crispy Pesto Chicken	Swedish Meatballs	Chicken Alfredo	Salt & Pepper Catfish	Steak
Green Beans	Egg Noodles	Pesto Pasta	Salad	Tomato Salad
Brown Rice	Marinated Asparagus	Salad	Tomato Salad	Baked Potatoes

Recipes

Crispy Baked Pesto Chicken

4 large boneless, skinless chicken breasts
1 pouch Shake N' Bake Original
6 tbsp pesto
½ cup low fat shredded mozzarella cheese

Chicken Alfredo Pesto Pasta

2 tbsp olive oil
4 large boneless, skinless chicken breasts, cubed
2 ½ cups skim milk
¾ cup fat free cream cheese
1 large red bell pepper cut into strips
½ cup parmesan cheese
4 tbsp pesto

Swedish Meatballs

1 package lean frozen meat balls
1 onion, chopped
2 tbsp minced garlic
1 can golden mushroom soup
1 can fat free cream of mushroom soup
1 cup water
1 cup fat free sour cream
2 tbsp flour
Salt and pepper to taste

Salt & Pepper Catfish

6 frozen catfish fillets
1 cup buttermilk
1 cup cornmeal
Salt & Pepper
Butter flavored spray cooking oil

Grocery List

Fresh

produce/fruits

1 onion
1 large red bell pepper
1 large bag spinach salad
6 large tomatoes
4 large baking potatoes

Dry Goods

1 can golden mushroom soup
1 can fat free cream of mushroom soup
1 small jar pesto
1 box Shake N' Bake original
1 box instant brown rice
2 cans green beans
2 cans fat free beef broth
1 box angel hair pasta
1 can asparagus
1 bag whole wheat egg noodles

Dairy/Refrigerator

1 small container fat free sour cream
1 bag low fat shredded mozzarella cheese
1 package fat free cream cheese
1 small container buttermilk

Freezer/Meat

1 package lean frozen meatballs
8 boneless, skinless chicken breasts
6 frozen catfish fillets
4 large sirloin steaks

Directions for the week

Monday:

Preheat oven to 400 degrees. Put chicken breast in large resealable plastic bag and coat with Shake N'Bake mixture. Place in a large casserole dish and bake for approximately 30 minutes. While chicken is cooking open green beans, drain and cook on high in saucepan with 2 cans of fat free beef broth. Cook instant brown rice as directed on box. After 30 minutes, top chicken with 1 tbsp pesto and mozzarella cheese and cook an additional 5 minutes. Add a spray of butter flavored cooking spray to rice, along with some dried parsley, salt, & pepper. Sprinkle paprika on top for some added flavor. Serve chicken with green beans and brown rice.

Tuesday:

a.m.: Place all ingredients except sour cream and flour into the crock pot. Cover and cook on low 6 to 8 hours.
p.m.: Put water on stovetop on high to cook noodles. In a small bowl combine sour cream and flour and mix well. Add a spoonful of liquid from crock pot and mix again. Now add the sour cream mixture back into the crock pot. Cover and cook on high for 30 minutes. While mixture is heating cook noodles as directed. Open a can of asparagus and drain. Place in a small bowl, cover with your favorite low fat Italian dressing, and refrigerate. When meatballs are done, serve over noodles with the asparagus on the side.

Wednesday:

Put water on stovetop on high to cook noodles. Heat oil in a large skillet on medium heat. Chop chicken breasts into 1 inch pieces, and then add chicken to pan and cook until done (~6 to 8 minutes). (Don't forget to put your angel hair pasta on and cook as directed.) Stir milk and cream cheese into chicken. Cook for 3 minutes or until melted. Add peppers, parmesan cheese and pesto and cook another 3 minutes. Serve chicken over pasta with the spinach salad and your favorite low-fat dressing. Feel free to add additional vegetables you might have on hand to your salad! Save your leftover spinach salad for tomorrow!

Thursday:

Preheat oven to 400 degrees. Dip each frozen catfish filet into bowl of buttermilk and roll in cornbread mixed with salt and pepper. If you have any Old Bay seasoning you can add that as well! Lay the fish on a baking pan with no overlapping. Spray cooking spray on top and bake for 30 minutes uncovered. While fish is cooking, dice tomatoes and add ¼ cup olive oil, 1/8 cup red wine vinegar, 2 tbsp of sugar, and salt and pepper to taste – refrigerate until ready. Serve catfish with tomato salad and leftover spinach salad from previous day.

Friday:

a.m.: Place steak in a large plastic resealable bag, and add your favorite marinade. I like to add ¼ cup A1, ¼ **worcestershire** and Montreal Steak Seasoning. Massage the marinade into the steak and place in the refrigerator.
p.m.: Turn grill on to preheat. Wrap potatoes in plastic wrap and put in the microwave for 15 minutes or until soft. While potatoes are cooking, take steak out of the refrigerator and grill on both sides until desired doneness on grill. Serve steak with baked potatoes and left over tomato salad from day before.

Week #19

Meals

Monday

Chef Salad

Tuesday

Beef Burritos
Black Beans

Wednesday

Egg Salad Sandwich
Fresh Fruit

Thursday

Mexican
Chicken
Chowder

Friday

Grilled Bruchetta
Chicken
Green Beans
Angel Hair Pasta

Recipes

Chef Salad

2 cups lettuce
2 cups spinach
1 green pepper
1 carrot
1 cucumber
1 tomato
6 boiled eggs (1 per person)
½ lb cooked turkey breast
1 cup 2 % shredded cheddar cheese

Egg Salad

6 large hard boiled eggs
1/3 cup reduced fat mayonnaise
¼ cup diced dill pickles
¼ cup diced sweet pickles
½ tsp curry powder
Salt & Pepper to taste

Beef Burritos

1 skirt/flank/or skillet steak
1 green pepper
1 yellow pepper
1 onion
2 tbsp dried cilantro
Salt & Pepper to taste

Mexican Chicken Chowder

1 can black beans
1 can corn with sweet peppers (drained)
1 can fat free cream of mushroom soup
1 can tomatoes with chilies
2 tbsps dried cilantro
1 envelope taco seasoning
3 cans fat free chicken broth
4 chopped boneless, skinless chicken breasts
8 oz fat free sour cream

Grilled Bruchetta Chicken

¼ cup Sun-Dried Tomato Dressing
6 boneless, skinless chicken breasts
1 medium tomato
½ cup part skim mozzarella cheese
2 tsp dried basil

Grocery List

Fresh

produce/fruits

3 medium tomatoes
6 various pieces of fruit
1 head lettuce
1 bunch spinach
2 green peppers
1 yellow pepper
1 onion
1 carrot
1 cucumber

Dry Goods

1 bag whole wheat load bread
1 bag baked tortilla chips
1 bottle sun-dried tomato dressing
2 cans green beans
3 cans black beans
1 can corn with sweet peppers
1 can fat free cream of mushroom
1 can fat free beef broth
3 cans fat free chicken broth
1 envelope taco seasoning
1 bag whole wheat tortillas

Dairy/Refrigerator

1 bag part skim shredded mozzarella cheese
1 bag 2% shredded cheddar cheese
1 8 oz fat free sour cream
1 dozen eggs
½ pound cooked turkey breast

Freezer/Meat

10 boneless skinless chicken breasts
1 skirt/flank/ or skillet steak

Directions for the week

Monday:

Place 12 eggs in a saucepan and cover with enough water to completely cover eggs by one inch. Turn on high and bring to a boil. Once water is at a rolling boil, cut down to medium and cook for another 15 minutes. While eggs are cooking, cut up remaining ingredients and toss together. When eggs are done, immediately cool under cold water. Peel and serve 1 egg per person with salad. Put remaining eggs in the refrigerator for a later meal. Serve salad with favorite low fat salad dressing.

Tuesday:

Open 2 cans of black beans and place on low on stovetop. Take tortillas out of refrigerator to warm up to room temperature. Slice steak across the grain into thin slices and place in a large skillet. Cut up green pepper, yellow pepper and onion and combine with steak. Spray lightly with cooking oil and turn on medium heat. Cook until tender (~10 minutes). While steak is cooking cut up 2 cups lettuce and 1 tomato. Add salt, pepper, and cilantro to meat mixture and stir. Roll beef mixture along with lettuce, tomato and shredded cheese into burrito and eat with black beans as a side.

Wednesday:

Slice and cup up fruit and place on tray. Mix 6 previously cooked eggs with remaining ingredients. Serve with whole wheat bread and fruit.

Thursday:

a.m.: Chop four boneless skinless chicken breasts into bite size pieces. Combine chicken, corn, tomatoes, soup, beans, cilantro and taco seasoning in your crock pot and then stir in chicken broth. Cover and cook on low for 6 to 8 hours.
p.m.: Stir about one cup of hot soup into sour cream. Stir sour cream mixture back into crock pot, cover and let stand for 5 minutes. Serve with baked tortillas.

Friday:

a.m.: Place chicken breasts in large resealable bag with 2 tbsp of Sun-dried tomato dressing. Turn bag over several times to coat chicken and place in the refrigerator.
p.m.: Turn grill on to preheat. Boil water on stovetop to cook angel hair pasta. Drain 2 cans of green beans and place in saucepan with 1 can fat free beef broth – bring to a boil. Now place chicken on grill for 6 minutes. While chicken is cooking cut up the tomato and combine with the cheese, basil, and remaining 2 tbsp dressing. Don't forget to put your noodles on! Now turn chicken over and top evenly with tomato mixture. Close the grill and cook another 8 minutes. Serve chicken with pasta and green beans.

Week #19

Meals

Monday

Chef Salad

Tuesday

Beef Burritos
Black Beans

Wednesday

Egg Salad Sandwich
Fresh Fruit

Thursday

Mexican
Chicken
Chowder

Friday

Grilled Bruchetta
Chicken
Green Beans
Angel Hair Pasta

Recipes

Chef Salad

2 cups lettuce
2 cups spinach
1 green pepper
1 carrot
1 cucumber
1 tomato
6 boiled eggs (1 per person)
½ lb cooked turkey breast
1 cup 2 % shredded cheddar cheese

Egg Salad

6 large hard boiled eggs
1/3 cup reduced fat mayonnaise
¼ cup diced dill pickles
¼ cup diced sweet pickles
½ tsp curry powder
Salt & Pepper to taste

Beef Burritos

1 skirt/flank/or skillet steak
1 green pepper
1 yellow pepper
1 onion
2 tbsp dried cilantro
Salt & Pepper to taste

Mexican Chicken Chowder

1 can black beans
1 can corn with sweet peppers (drained)
1 can fat free cream of mushroom soup
1 can tomatoes with chilies
2 tbsps dried cilantro
1 envelope taco seasoning
3 cans fat free chicken broth
4 chopped boneless, skinless chicken breasts
8 oz fat free sour cream

Grilled Bruchetta Chicken

¼ cup Sun-Dried Tomato Dressing
6 boneless, skinless chicken breasts
1 medium tomato
½ cup part skim mozzarella cheese
2 tsp dried basil

Grocery List

Fresh

produce/fruits

3 medium tomatoes
6 various pieces of fruit
1 head lettuce
1 bunch spinach
2 green peppers
1 yellow pepper
1 onion
1 carrot
1 cucumber

Dry Goods

1 bag whole wheat load bread
1 bag baked tortilla chips
1 bottle sun-dried tomato dressing
2 cans green beans
3 cans black beans
1 can corn with sweet peppers
1 can fat free cream of mushroom
1 can fat free beef broth
3 cans fat free chicken broth
1 envelope taco seasoning
1 bag whole wheat tortillas

Dairy/Refrigerator

1 bag part skim shredded mozzarella cheese
1 bag 2% shredded cheddar cheese
1 8 oz fat free sour cream
1 dozen eggs
½ pound cooked turkey breast

Freezer/Meat

10 boneless skinless chicken breasts
1 skirt/flank/ or skillet steak

Directions for the week

Monday:

Place 12 eggs in a saucepan and cover with enough water to completely cover eggs by one inch. Turn on high and bring to a boil. Once water is at a rolling boil, cut down to medium and cook for another 15 minutes. While eggs are cooking, cut up remaining ingredients and toss together. When eggs are done, immediately cool under cold water. Peel and serve 1 egg per person with salad. Put remaining eggs in the refrigerator for a later meal. Serve salad with favorite low fat salad dressing.

Tuesday:

Open 2 cans of black beans and place on low on stovetop. Take tortillas out of refrigerator to warm up to room temperature. Slice steak across the grain into thin slices and place in a large skillet. Cut up green pepper, yellow pepper and onion and combine with steak. Spray lightly with cooking oil and turn on medium heat. Cook until tender (~10 minutes). While steak is cooking cut up 2 cups lettuce and 1 tomato. Add salt, pepper, and cilantro to meat mixture and stir. Roll beef mixture along with lettuce, tomato and shredded cheese into burrito and eat with black beans as a side.

Wednesday:

Slice and cup up fruit and place on tray. Mix 6 previously cooked eggs with remaining ingredients. Serve with whole wheat bread and fruit.

Thursday:

a.m.: Chop four boneless skinless chicken breasts into bite size pieces. Combine chicken, corn, tomatoes, soup, beans, cilantro and taco seasoning in your crock pot and then stir in chicken broth. Cover and cook on low for 6 to 8 hours.
p.m.: Stir about one cup of hot soup into sour cream. Stir sour cream mixture back into crock pot, cover and let stand for 5 minutes. Serve with baked tortillas.

Friday:

a.m.: Place chicken breasts in large resealable bag with 2 tbsp of Sun-dried tomato dressing. Turn bag over several times to coat chicken and place in the refrigerator.
p.m.: Turn grill on to preheat. Boil water on stovetop to cook angel hair pasta. Drain 2 cans of green beans and place in saucepan with 1 can fat free beef broth – bring to a boil. Now place chicken on grill for 6 minutes. While chicken is cooking cut up the tomato and combine with the cheese, basil, and remaining 2 tbsp dressing. Don't forget to put your noodles on! Now turn chicken over and top evenly with tomato mixture. Close the grill and cook another 8 minutes. Serve chicken with pasta and green beans.

Week #21

Meals

Monday

Meatless Spaghetti
Bread
Salad

Tuesday

Ham
Broccoli/Cheese
Casserole
Black-eyed peas

Wednesday

Chicken Picante
Rice
Tomato Salad

Thursday

Cheesy Potato Soup

Friday

Chicken/Pasta Salad
Fresh Fruit
Salad

Recipes

Meatless Spaghetti

1 can black beans, rinsed
1 can Sloppy Joe sauce
1 can tomato sauce
1 small onion, chopped
¼ green pepper, chopped
1 tbsp oregano
2 tbsp minced garlic

Broccoli Cheese Casserole

1 can fat free cream of mushroom soup
½ cup skim milk
2 tsp mustard
1 bag frozen broccoli florets, thawed
1 cup 2% shredded cheddar cheese
1/3 cup bread crumbs
2 tbsp trans fat free light margarine

Cheesy Potato Soup

2 can fat free chicken broth
2 cup diced potatoes
1 cup shredded carrots
½ cup chopped onions
½ cup chopped celery
2 cans evaporated skim milk
6 tbsp cornstarch
1 cup shredded fat-free cheddar cheese
1 cup shredded reduced fat cheddar

Chicken Picante

16 oz jar Picante
sauce
3 tbsp light brown
sugar
1 tbsp spicy mustard
5 boneless, skinless
chicken breasts

Chicken & Pasta Salad

1 large chopped, peeled cucumber
1 cup frozen green peas, thawed
¾ cup plain fat free yogurt
¼ cup light mayonnaise
2 chopped green onions
2 tsp mustard
4 chopped, cooked chicken breast
2 cup cooked whole wheat macaroni
noodles
Salt and pepper to taste

Grocery List

Fresh produce/fruits

2 large carrots
2 onions
1 package celery
1 small package
chives
1 green pepper
1 large bag mixed
greens salad
4 large tomatoes
1 large cucumber
2 green onions
5 assorted fruit

Dry Goods

1 can fat free cream of mushroom
soup
2 cans fat free chicken broth
2 cans evaporated skim milk
1 can black beans
1 can Sloppy Joe sauce
1 can tomato sauce
1 package whole wheat blend
spaghetti noodles
1 16 oz jar picante sauce
1 box instant brown rice
1 box whole wheat blend macaroni
noodles

Dairy/Refrigerator

1 bag 2% shredded cheddar cheese
1 bag fat free shredded cheddar
cheese
1 small fat free sour cream
1 small container plain fat free
yogurt

Freezer/Meat

1 bag frozen broccoli
1 bag whole wheat rolls
9 boneless, skinless chicken
breasts
1 bag frozen green peas

Directions for the week

Monday:

Preheat oven to 425 degrees. Put large pot of water on stove on high to cook noodles in. While water is heating to a boil, spray a large skillet with cooking spray. Sauté onions, green pepper, and garlic on medium heat until tender. Add oregano, black beans, Sloppy Joe sauce, and tomato sauce. Stir occasionally and simmer on low heat for 20 to 30 minutes. While sauce is simmering cook noodles as directed in now boiling water. Also, put bread in oven and cook as directed on package. Serve sauce over noodles with bread, salad, and favorite low fat dressing.

Tuesday:

Preheat oven to 350 degrees. Place ham in casserole dish, cover with aluminum and put in the oven to warm. Put trans fat free light margarine in microwave for 10 seconds to melt. Stir soup, milk, mustard, broccoli and cheese together in a 1 ½ qt casserole dish. Combine melted margarine with bread crumbs and sprinkle on top of casserole. Bake for 30 minutes, along with ham. While casserole and ham are cooking, place 2 cans of black-eyed peas on the stovetop and warm. Serve black-eyed peas, broccoli casserole and ham together for a filling meal!

Wednesday:

Preheat oven to 400 degrees. Place 4 cups water in saucepan on stove on high to cook rice in. Mix together picante sauce, brown sugar and spicy mustard. Place chicken in a shallow baking dish. Pour picante sauce mixture over the chicken. Put in the oven and bake for 20 to 25 minutes. While chicken is baking cook rice as directed in boiling water. While rice and chicken are cooking, peel and cut up 4 large tomatoes. Mix ¼ cup oil, ¼ cup red wine vinegar, 2 tsp sugar, and salt and pepper and add to tomatoes. Refrigerate until chicken and rice are done and then serve all together!

Thursday:

Place carrots, onions, and celery in food processor and chop. Chop potatoes into bite size pieces. Place the broth, potatoes, carrots, onions and celery together in a saucepan, bring to boil, and then reduce the heat. Cover and simmer about 10 minutes. Using the back of a fork, slightly mash the potatoes against the side of the saucepan. In a small bowl, combine ½ cup evaporated milk and cornstarch until smooth. Stir the cornstarch mixture into the broth. Add the remaining milk to the broth. Cook and stir until thickened and bubbly. Stir in the cheeses and cook until cheese is just melted. Serve with a small dollop of fat free sour cream, chives, and artificial bacon bits on top.

Friday:

a.m.: Place 4 chicken breasts in crock pot. Cook on low for 6 to 8 hours. Take frozen peas out of the freezer and put into the refrigerator.

p.m.: Take chicken out of crock pot to cool. Place 4 cups water on stovetop in saucepan and turn on high. Peel and chop 1 large cucumber and green onions. Combine cucumber, onions, thawed peas, yogurt, mayonnaise, and mustard together in large bowl. Chop chicken into bite size pieces, add to mixture, stir well, cover and place in the refrigerator. Cook macaroni noodles as directed. When done, drain and cool by running under cold water. Stir noodles into chicken mixture – salt and pepper to taste – serve with fresh fruit, salad, and favorite low-fat dressing.

Week #22

Meals

Monday

Low fat Meatloaf
Green Beans
Creamed Potatoes

Tuesday

Easy Tuna Casserole
Apple Salad

Wednesday

Country Steak
with gravy
Brown Rice
Glazed carrots

Thursday

Chicken/Sausage
Soup
Corn on the cob

Friday

Chicken Chili
Cornbread

Recipes

Low-fat Meatloaf

2 pounds lean ground beef (98% fat free)
4 slices whole wheat bread
1 can skim evaporated milk
1 egg
1 tsp Worcestershire sauce
1 medium onion, chopped
½ green pepper, chopped
1 package fat free beef gravy mix

Easy Tuna Casserole

1 package whole wheat egg noodles
2 cans tuna, drained
2 cans fat free cream of mushroom soup
1/2 cup skim milk
1/4 cup onion, chopped
2 teaspoons minced garlic
1 teaspoon Worcestershire sauce
Salt & pepper to taste
Bread crumbs

Country Steak with gravy

1 large jar fat free beef
flavored gravy
1 tsp dried thyme
½ tsp garlic powder
Salt and pepper to taste
2 pounds boneless top round
steak

Chicken Chili

5 boneless, skinless chicken
breasts
4 tbsp minced garlic
2 cans kidney beans
1 can pinto beans
2 jars salsa
1 cup water
2 tsp dried cilantro
1 tsp cumin

Chicken/Sausage Soup

1 package frozen vegetable gumbo mixture
3 skinless, boneless chicken breasts, chopped
1 low-fat turkey kielbasa, sliced
1 can Cajun-style stewed tomatoes
1 can fat free chicken broth
2 tsp spicy Cajun seasoning (or any spicy seasoning)
2 cups cooked brown rice

Grocery List

Fresh

produce/fruits
2 small onions
1 green pepper
6 hard apples
1 small bunch
celery

Dry Goods

2 cans kidney beans
1 can pinto beans
2 jars salsa
1 box cornbread mix
1 can corn
1 large jar fat free beef flavored
gravy
1 box instant brown rice
2 cans sliced carrots
1 small jar orange marmalade
1 package whole wheat egg noodles
2 cans tuna
2 cans fat free cream of mushroom
1 can Cajun-style stewed tomatoes

Dry Goods, cont.

1 small bag walnuts
1 small jar maraschino cherries
1 small box raisins
1 can skim evaporated milk
1 package fat free gravy mix
1 box instant mashed potatoes
2 cans green beans
1 can fat free beef broth
1 can fat free chicken broth
Dairy/Refrigerator
1 small fat free sour cream
1 small bag 2% shredded cheddar
cheese
1 package low fat Turkey kielbasa

Freezer/Meat

8 boneless, skinless chicken
breasts
2 pounds boneless top round
steak
2 pounds 98% fat free
ground beef
1 package frozen vegetable
gumbo mixture
1 package corn on the cob

Directions for the week

Monday:

Put desired amount of water and skim milk on stovetop and turn on high to cook instant potatoes. Drain 2 cans of green beans and cook in one can of fat free beef broth on stovetop. For meatloaf, soak the bread in the evaporated milk, and then mix everything together well. Put meatloaf in a microwave safe loaf pan and cover with 2 layers of plastic wrap. Cook in microwave on power level 8 for 6 minutes and then on power level 6 for 12 minutes. While meatloaf is cooking, finish instant potatoes. Serve meatloaf with potatoes and green beans.

Tuesday:

Preheat oven to 350 degrees. Put 6 cups of water on stovetop and heat on high until boiling. Cook entire bag of egg noodles for 10 minutes. Drain noodles and combine with remaining ingredients, except for bread crumbs, in casserole dish. Sprinkle bread crumbs on top and bake for 30 minutes. While casserole is baking, cut up 6 apples, ¼ cup nuts, 2 stalks of celery, and 8 maraschino cherries. Combine with ¼ cup raisins, 3 tbsp low fat mayonnaise, a splash of lemon juice, and 2 tsp sugar. Mix and refrigerate until casserole is done, then serve together!

Wednesday:

a.m.: Spray crock pot with cooking spray. Chop steak into bite size pieces and combine with all other ingredients in the crock pot. Cook on low for 6 to 8 hours.

p.m. Place large saucepan ¾ full of water on stove in saucepan on high and bring to a boil. Cook 2 bags of rice as directed. While water is warming, add 1 ½ tsp trans fat free light margarine, ¾ cup orange marmalade, 2 tsp water, ¼ tsp salt, and ¼ tsp ginger into a separate saucepan and heat until mixture comes to a boil. Add 2 cans of drained carrots to mixture, reduce heat to medium, and stir until carrots are glazed. Serve carrots with one bag of rice and country steak from your crock pot! (Reserve one bag of rice in the refrigerator for tomorrow's meal!)

Thursday:

a.m.: Chop chicken breast and turkey kielbasa into bite size pieces. Combine with vegetable gumbo mixture, stewed tomatoes, chicken broth and seasoning in your crock pot. Cover and cook on low for 6 to 8 hours.

p.m.: Add reserved bag of rice to crock pot, cover and cook an additional 20 minutes. While soup is cooking, cook corn on the cob as directed on the package. Serve together for a nice Cajun flavored dinner!

Friday:

a.m. Chop chicken breasts into bite size pieces. Add chicken and the rest of the ingredients into the crock pot. Cover and cook on low 6 to 8 hours.

p.m.: Preheat oven to 400 degrees. Mix cornbread mix with 1 cup skim milk, 1 egg, ½ cup fat free sour cream, and ½ can corn. Put in the oven and bake as directed (~14 – 15 minutes). Top chili with remaining sour cream and shredded cheese – serve with cornbread!

Week #23

Meals

Monday

Roasted Chicken
Angel Hair Pasta
Grilled vegetables

Tuesday

Chicken Enchiladas
Black beans

Wednesday

Cashew Chicken
Salad
Fresh Fruit

Thursday

Cheesy Chicken
Noodles
Salad

Friday

Pork Tenderloin
Carrots
Roasted Potatoes

Recipes

Chicken Enchiladas

4 boneless skinless chicken breasts
1 chopped onion
1 can diced chilies
1 cup fat free ricotta cheese
1 cup plain fat free yogurt
1 ½ cup shredded 2% cheddar cheese,
12 corn tortillas
1 20 ounce can enchilada sauce

Cashew Chicken Salad

1 large bag mixed garden greens
3 grilled boneless skinless chicken breasts
1 cup celery
½ cup cashew pieces
½ cup fat free sour cream
¼ cup fat free mayonnaise
½ tsp onion powder
½ tsp oregano
¼ tsp garlic powder
¼ tsp dried parsley
20 small cherry tomatoes
1 fresh avocado

Cheesy Chicken Noodles

½ box whole wheat blend angel hair pasta
1 jar spaghetti sauce
1 egg, lightly beaten
2 cups fat free ricotta cheese
4 boneless skinless chicken breasts
1 box frozen spinach
1 tsp garlic powder
1 tbsp oregano
1 cup part-skim mozzarella cheese
2 tbsp grated Parmesan cheese

Grocery List

Fresh produce/fruits

2 containers cherry tomatoes
1 yellow squash or zucchini
1 red bell pepper 1 green bell pepper
2 medium onions
1 large container whole mushrooms
1 bag baby carrots
2 bags mixed green salads
1 bunch celery
1 avocado
5 various pieces of fruit
1 bag red potatoes

Dry Goods

1 large box whole wheat blend angel hair pasta
1 can chilies
1 package corn tortillas
1 20 oz can enchilada sauce
2 cans black beans
1 roasting bag
1 jar spaghetti sauce
1 small bag cashews

Dairy/Refrigerator

1 extra large container fat free ricotta cheese (at least 3 cups)
1 small container plain fat free yogurt
1 bag shredded 2% cheddar cheese
1 bag part-skim mozzarella cheese
1 small fat free sour cream

Freezer/Meat

15 boneless, skinless chicken breasts
1 pork tenderloin
1 box spinach

Directions for the week

Monday:

Preheat grill on high. Put water on stove to boil angel hair pasta. Cut 4 chicken breasts and the following vegetables: 1 squash, 1 red and 1 green bell pepper, 1 medium onion, into bite size pieces. Combine with cherry tomatoes and entire container of whole mushrooms. Mix together $\frac{1}{4}$ cup olive oil, 1 tbsp lemon juice, 2 tbsp minced garlic, 1 tsp oregano and salt and pepper to taste with vegetables and chicken. Stir until chicken and vegetables are coated. Put entire box of angel hair pasta on to cook. Take chopped chicken and vegetables, along with 3 whole chicken breasts (for future meal) out to the grill. Place chopped chicken and vegetable on skillet pan or aluminum foil and spread out. Place three whole chicken breasts on rack as normal. Cover and cook approximately 6 minutes, then flip whole chicken breasts and stir around cut up vegetables and chicken. Cook another 5 minutes or until chicken is done. Place vegetables and chicken in casserole dish, cover with aluminum foil, and let sit for 5 minutes. Put other 3 chicken breasts in refrigerator for future meal. Serve chopped vegetable and chicken over angel hair pasta. Reserve half of cooked angel hair pasta in the refrigerator for future meal.

Tuesday:

a.m.: Chop up one onion and combine with 1 can of chilies and 4 chicken breasts in the crock pot. Cover and cook on low for 6 to 8 hours.

p.m.: Remove chicken to let cool. Place black beans on stove top to warm on low. Shred chicken and combine with remaining ingredients from crock pot, ricotta cheese, and yogurt – stir. Spray large casserole dish with cooking spray. Pour half of can of enchilada sauce in bottom of casserole dish. Spoon $\frac{1}{3}$ to $\frac{1}{2}$ cup of chicken mixture onto each corn tortillas and roll up. Place rolled-up tortilla (seam-down) in enchilada sauce. Continue until all chicken mixture is rolled up in the casserole dish. Now pour remaining enchilada sauce and cheddar cheese on top. Cover with aluminum foil and bake for 20 minutes. Take aluminum foil off for last 5 minutes of baking. Serve with black beans!

Wednesday:

Take out previously cooked chicken breasts and cut into bite sized strips. Chop celery, onion, and cashews and combine with chicken. In a small bowl, mix onion powder, oregano, garlic powder, parsley, light mayonnaise, and fat free sour cream. Add to the chicken mixture and mix well. Place in the refrigerator for 30 minutes to let flavors develop. While chicken is chilling, cut up tomatoes, avocado, and fresh fruit. Serve cashew chicken mixture over a bed of mixed greens with the tomatoes and avocados as garnishes and fruit as a side.

Thursday:

a.m.: Take spinach out of freezer and put in the refrigerator. Put chicken breasts, oregano, and garlic powder in crock pot. Cover and cook on low for 6 to 8 hours.

p.m.: Preheat oven to 350 degrees. Take chicken out to cool. Open spinach and drain. Mix together with 1 egg, ricotta cheese, $\frac{1}{4}$ cup of mozzarella cheese and parmesan cheese. Shred chicken and add to mixture and stir well. To assemble dish, put $\frac{1}{2}$ jar of spaghetti sauce on the bottom of casserole dish, then put cooked angel hair pasta (cooked on previous day), next spread chicken/spinach mixture on top of noodles, then top with remaining spaghetti sauce and mozzarella cheese. Bake for 30 minutes. Serve with bagged mixed green salad and favorite low-fat dressing.

Friday:

Preheat oven to 425 degrees. Place pork tenderloin and 1 bag of baby carrots in roasting bag. In a small bowl, combine 3 tbsp olive oil, 1 tsp dried rosemary, $\frac{1}{2}$ tsp pepper, 1 tsp salt – pour into bag and close with tie. Turn bag to coat meat and carrots. Place bag in a shallow roasting pan. Cut six $\frac{1}{2}$ inch slits in top of bag. Dice 6 red potatoes into bite-size pieces and place on the same roasting pan around the tenderloin and carrots. Put in the oven and bake for 35 to 40 minutes. Carefully remove meat and carrots from bag and cover with aluminum foil for 5 minutes before serving with roasted potatoes, seasoned with salt and pepper to taste.

Week #24

Meals

Monday

Turkey Pot Pie
Cinnamon Apples

Tuesday

French Toast
Turkey Sausage
Cut up oranges

Wednesday

Rosemary Turkey
with Mushrooms
Egg Noodles
Corn

Thursday

Chicken Soup
with Pasta and
Spinach
Whole Grain Crackers

Friday

BBQ Chicken
Pizza
Spinach Salad

Recipes

Turkey Pot Pie

1 pound turkey breast
1 small onion
1 tsp minced garlic
12 ounce bottle of fat free chicken or
turkey gravy
1 bag frozen peas and carrots
2 cups heart healthy biscuit mix
2/3 cup skim milk

French Toast

1 cup fat free egg product
1 cup skim milk
2 tbsp sugar
1 tsp vanilla
4 cups whole-grain flakes cereal
2 tsp cinnamon
1 loaf whole grain French bread

Chicken Soup with Pasta and Spinach

8 cups water
4 boneless skinless chicken
breasts
1 small bag mini carrots
1 small onion
1 tsp minced garlic
2 cups tightly packaged
spinach leaves
Salt and pepper
2 cups tubular pasta
½ cup grated Parmesan
cheese

Rosemary Turkey with Mushrooms

1 pound turkey breasts
1 cup fat free chicken broth
1 tbsp cornstarch
Salt and pepper
2 tbsp balsamic vinegar
1 carton button mushrooms
½ chopped onion
¼ tsp dried rosemary

Grocery List

Fresh

produce/fruits

5 oranges
2 large yellow
onions
1 small red onion
3 Granny Smith
apples
1 carton button
mushrooms
1 bag mini carrots
1 X-large bag baby
spinach leaves
1 green pepper
1 red pepper

Dry Goods

1 box whole-grain flakes cereal
1 whole grain French bread loaf
1 box heart healthy biscuit mix
1 box whole wheat crackers
1 12 oz bottle fat free chicken
gravy
1 can fat free chicken broth
1 bag whole wheat blend egg
noodles
1 box whole wheat blend tubular
pasta
2 cans corn
1 jar favorite BBQ sauce
1 large can chopped chicken
breasts in water

Dairy/Refrigerator

1 container fat free egg product
1 bag fresh parmesan cheese
1 pizza crusts (pre-prepared)
1 bag low fat Colby Jack cheese

Freezer/Meat

2 pounds turkey breast
4 boneless skinless chicken
breasts
1 box turkey sausage
1 bag peas and carrots

Funding provided by Stanly County Smart Start Partnership for Children

Directions for the week

Monday:

a.m.: Place 2 pounds of turkey breast in the crock pot. Cover and cook on low for 6 to 8 hours.

p.m.: Preheat oven to 450 degrees. Take out turkey breast to cool. Chop 1 small onion into small pieces. Spray large saucepan with nonfat cooking spray and place over medium heat. Cook onion and 1 tsp minced garlic for about 5 minutes. While onion mixture is cooking chop one pound of turkey into bite size pieces. (Reserve 1 pound of turkey in the refrigerator for future meal.) Add turkey to onion mixture and cook 2 minutes. Stir in gravy and vegetables and heat for about 5 minutes. While mixture is cooking, in a medium bowl, stir together heart healthy biscuit mix with milk until a soft dough forms. Set aside. Transfer hot turkey mix into a 2 quart casserole dish. Drop dough by spoonfuls onto hot turkey filling until used. Bake uncovered for 20 minutes. While turkey is cooking, peel and slice 3 small granny smith apples and sprinkle with lemon juice. Now mix together 2 tsp trans fat free light margarine with 2 tsp sugar, 1 tsp cinnamon, and a pinch of salt in a medium bowl and microwave on high 30 seconds until margarine melts. Once melted, add apples and stir until apples are coated. Cover with plastic wrap, venting one corner and return to microwave for 4 minutes, or until apples are soft. Serve apples with turkey pot pie!

After supper (French Toast preparation): Spray baking pan with non-stick cooking spray. In a shallow bowl, combine egg product, milk, sugar, and vanilla; mix well. Crush cereal using a blender or food processor. Place crushed cereal in another shallow bowl and blend in cinnamon. Cut French bread into ½ inch slices. Dip each slice of bread in egg mixture, turning to coat both sides. Now dip bread in crushed cereal, turning to coat both sides. Place on sprayed pan. If there is any leftover egg mixture after coating all your slices, then pour it on top of your pieces. Cover with foil and put in the refrigerator for the next evening.

Tuesday:

Preheat oven to 425 degrees. Take sausage out and prepare as directed. Take the foil off of the French toast and place into the oven. Bake 10 minutes or until golden brown and then flip and bake 10 additional minutes. While French toast and sausage are cooking, cut oranges into slices. Serve French toast with light syrup and some powdered sugar, along with your turkey sausage and orange slices. You can even brew some coffee if you'd like (just make sure it is decaffeinated that late at night!).

Wednesday:

Place 6 cups of water in saucepan on stovetop on high to boil whole wheat egg noodles. While water is warming, open two cans of corn and place in small saucepan on stovetop on low. Take previously cooked turkey out of refrigerator and cut into bite size pieces. Also chop up one small onion. In a small bowl, stir together broth, cornstarch, salt and pepper and set aside. Spray a large skillet with cooking oil. Place over medium-high heat, add turkey and warm for 2 minutes. Remove turkey. Don't forget to cook your egg noodles about now. Add vinegar and rosemary to skillet, stirring to scrape any bits from bottom of pan. Add mushrooms and chopped onion. Cook until the mushrooms are tender (~5 minutes). Stir the broth mixture and add it to the skillet. Cook and stir until thickened and bubbly, about 3 minutes. Add turkey back into mixture and keep warm until noodles are done. Drain noodles when done and serve turkey over noodles with corn as your side.

Thursday:

a.m.: Combine water, chicken breasts, carrots, onion and garlic in crock pot. Set on low, cover and cook for 6 to 8 hours.

p.m.: Remove chicken and cut into bite size pieces. Add pasta to soup and turn on high and cook for 30 minutes. During the last 10 minutes of cooking, add spinach, salt and pepper, and cut-up chicken. Cover and serve when hot with whole grain crackers

Friday:

Preheat oven to 400 degrees. Spread ¼ cup BBQ sauce on each pizza crust. Divide the canned chicken breasts equally between each pizza and put on top of BBQ sauce. Cut up the red and green peppers, as well as the onion and place equally on both pizzas. Sprinkle with 1 cup low fat Colby Jack cheese on each pizza. Place in the oven and bake for 10 to 15 minutes. Serve with left over spinach salad with favorite low-fat dressing.

Week #25

Meals

Monday

Chicken Soft Tacos
Corn
Black Beans

Tuesday

Salmon Corny Cakes
Sunny Broccoli
Slaw
Cornbread

Wednesday

Sloppy Joes
Potato Wedges
Salad

Thursday

Low Fat Potato Soup
Steamed Broccoli
Whole wheat rolls

Friday

Whole Grain
Pancakes
Turkey Sausage
Orange Slices

Recipes

<p>Chicken Soft Tacos 5 boneless skinless chicken breasts 1 chopped red bell pepper ¼ tsp chili powder ½ tsp garlic powder 1 tsp salt 1 package whole wheat flour tortillas 4 tbsp cilantro, chopped 2 chopped green onions 2 cups chopped lettuce</p>	<p>Low Fat Potato Soup 1 onion, chopped 2 stalks celery, chopped 2 cans fat free chicken broth 4 potatoes, peeled and cubed 1 pinch dried parsley 1 tsp garlic powder 1 ½ cups skim milk ½ cup potato flakes</p>	<p>Salmon Corny Cakes 2 cans boneless pink salmon, drained & finely chopped 1 cup dried bread crumbs, divided ¾ cup pre-shredded reduced-fat Cheddar cheese ¾ cup corn 1/3 cup light mayonnaise 2 tbsp ketchup 1 large egg, beaten</p>
<p>Sunny Broccoli Slaw 1 bag broccoli coleslaw ½ cup golden raisins ½ cup sunflower seeds ½ cup mayonnaise 3 tbsp red wine vinegar 2 tbsp sugar 1½ tsp canola oil ½ tsp salt</p>	<p>Whole Grain Pancakes ½ cup old fashioned rolled oats (not instant) 2 cups whole-wheat flour ½ cup packed dark brown sugar 2 tsp salt 2 tsp baking powder 2 ½ cups skim milk 3 eggs 2 tsp vanilla</p>	

Fresh produce/fruits

4 oranges
1 bunch celery
1 onion
1 red bell pepper
1 bunch fresh cilantro
2 green onions
1 head lettuce
1 bag broccoli slaw
1 bag spinach salad
4 potatoes

Dry Goods

1 small box brown sugar
1 bag whole wheat flour
1 small box rolled oats
1 package whole wheat tortillas
1 can black beans
2 cans corn
2 cans salmon
1 box golden raisins
1 small bag sunflower seeds
1 box cornbread mix
1 large can sloppy joe mix
1 box instant potatoes
2 cans fat free chicken broth

Dairy/Refrigerator

1 bag 2% shredded cheddar cheese

Freezer/Meat

5 boneless, skinless chicken breasts
1 lb hamburger
1 bag frozen potato wedges
1 bag frozen broccoli
1 bag whole wheat rolls
1 box turkey sausage

Directions for the week

Monday:

a.m.: Place chicken, red bell pepper, chili powder, garlic powder, and salt in crock pot. Cover and cook on low for 6 to 8 hours.

p.m.: Take chicken out to cool. Place 1 can of black beans and 1 can of corn into individual sauce pans and heat. While corn and black beans are heating, shred chicken. Place shredded chicken, along with cooked pepper, in tortillas. Sprinkle with cilantro, green onions, and lettuce. Serve with corn and black beans.

Tuesday:

Preheat oven to box-directed temperature for cornbread. Prepare cornbread as directed on box using skim milk and place in the oven. Combine the salmon, ½ cup of bread crumbs, cheese, corn, mayonnaise, ketchup, and egg in a bowl and mix until well blended. Shape the mixture into 8 patties and coat with remaining ½ cup bread crumbs. Turn stove onto medium, place skillet on stove and allow to warm. While pan is warming, combine all the ingredients of the broccoli slaw, stir, and put in refrigerator. Now, spray skillet with cooking spray and fry salmon patties for 5 minutes of each side. Serve salmon patties with broccoli slaw and cornbread.

Wednesday:

Preheat oven to 400 degrees. Brown 1 lb hamburger meat until done. Place in a colander and rinse under hot water until water runs clear. Return hamburger to skillet. Place potato wedges in the oven. Mix sloppy joe mixture into hamburger and warm. Serve sloppy joe mixture on whole wheat buns with baked potato wedges, and salad with favorite low fat dressing.

Thursday:

Preheat oven to 400 degrees. Spray cooking spray into a large pot over medium heat. Chop up your onion and celery and add to pan to sauté' for 10 minutes. While onion and celery are sautéing, chop potatoes into bite size pieces. Add the broth and potatoes and stir well. Now stir in the parsley, garlic powder and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 20 minutes. While soup is simmering, place broccoli in a microwave steam bag and cook as directed. Also put rolls in oven and cook for 10 minutes. Add the milk and continue to simmer for 10 minutes. Finally stir in the potato flakes and allow to heat thoroughly. Serve with steamed broccoli and whole wheat rolls.

Friday:

Grind the oats until they are the consistency of flour. Transfer to a bowl and whisk in flour, sugar, salt and baking powder. In a separate bowl, whisk together milk, eggs, butter, and vanilla. Pour liquid ingredients into flour mixture and whisk until just combined – a few lumps are OK. Lightly coat a skillet with cooking spray. Heat to medium-high and spoon ¼ cup batter for each pancake onto skillet. Cook until bubbles form on top and batter is set (~1 to 2 minutes). Using a spatula, flip pancakes and cook until golden brown. While you are cooking pancakes, place turkey sausage in separate skillet and heat. Once everything is done, cut up 4 oranges. Serve pancakes with turkey sausage and orange slices.

Week #26

Meals

Monday

Slow Cooker Roast
Squash Casserole
Green Beans

Tuesday

Penne Tuscan
with Spinach
Grilled Chicken

Wednesday

Sliced Roast Sandwich
Marinated Broccoli/
Tomato Salad

Thursday

Grilled Chicken
Cauliflower/Broc
Au Gratin
Salad

Friday

Pork Chops
Sweet Potatoes
Salad

Recipes

<p>Squash Casserole 2 tbsp trans fat free margarine ½ chopped red onion 5 medium yellow squash ¾ cup light mayonnaise 2 large eggs 1 tbsp all purpose flour 2 tsp sugar ¾ cup 2% shredded cheddar cheese ½ cup breadcrumbs</p>	<p>Penne Tuscan with Spinach ¼ cup olive oil 4 tsp minced garlic 2 tsps dried rosemary 1 large container sliced mushrooms 1 box penne pasta 1 bag baby spinach 1 small red onion 1 tbsp dried parsley ¼ cup fat free ricotta cheese Salt and Pepper to taste</p>
<p>Cauliflower/Broccoli Au Gratin 2 lb bag of frozen cauliflower and broccoli mix ½ cup water ½ pkg fat free cream cheese ¼ cup milk ½ cup fat free sour cream 1 cup 2% shredded cheddar cheese</p>	<p>Marinated Broccoli/Tomato Salad 2 bunches fresh broccoli 1 cup cherry tomatoes 1 cup 2% cheddar cheese ½ sliced red onion 2 tbsp sunflower seeds ½ cup light raspberry vinaigrette 2 tsp Dijon mustard 1 tbsp sugar</p>

Grocery List

Fresh

produce/fruits
2 red onions
5 medium yellow
squash
1 large container
sliced mushrooms
2 tomatoes
1 head lettuce
2 bunches fresh
broccoli
1 container cherry
tomatoes
4 sweet potatoes

Dry Goods

2 cans fat free beef broth
1 package dried onion soup
1 large can mushrooms
2 cans green beans
1 box whole wheat blend penne
pasta
1 bag whole wheat buns
1 small bag sunflower seeds
1 bottle light raspberry vinaigrette
dressing

Dairy/Refrigerator

1 X-large bag 2% shredded cheddar
cheese
1 small container fat free ricotta
cheese
1 package fat free cream cheese
1 small container fat free sour cream

Freezer/Meat

2 ½ lbs roast
8 boneless, skinless chicken
breasts
5 pork chops
2 lb bag of
broccoli/cauliflower mix

Directions for the week

Monday:

a.m.: Place Pot Roast in crock pot with 1 can fat free beef broth, 2 cups water, 1 package dried onion soup, 1 large can mushrooms. Stir, cover, and cook on low for 6 to 8 hours.

p.m.: Drain 2 cans green beans, combine with 1 can fat-free beef broth and a little water and place on stovetop in saucepan on medium low. While green beans are cooking, microwave 2 tbsp margarine in large microwave safe bowl on high for 1 minute or until melted. Chop up 1 red onion. Add ½ to margarine, and place remaining chopped up half in refrigerator for future meal. Cover with plastic wrap (with one corner vented) and microwave for 2 minutes. Uncover, slice 5 medium squash and add to onion mixture. Recover (with vent) and microwave for 5 minutes. Do not drain! Combine mayonnaise, eggs, flour, and sugar. Mix with squash and add cheese. Put mixture in a baking dish cover with plastic wrap (with vent) and microwave for 10 minutes. Sprinkle casserole with bread crumbs. Serve with green beans and pot roast. Reserve left over pot roast in the refrigerator for future meal

Tuesday:

a.m.: Place 8 chicken breasts along with 1 tbsp olive oil and 3 tbsp Italian seasoning in a large plastic resealable bag. Close and coat chicken with spices and place in the refrigerator.

p.m.: Turn grill on to medium high to preheat. Pour 6 cups on water in saucepan on high to cook penne in. Cook penne as directed, draining when done. When penne is almost done, heat olive oil, minced garlic and rosemary in a large skillet over medium heat until garlic is light brown. Remove pan from heat. Take chicken breasts out to grill and cook for 6 to 8 minutes on each side. While chicken is cooking, add mushrooms in olive oil and garlic mixture and cook on medium high until tender. Season with salt and pepper. Add drained penne and 1 chopped up red onion to skillet and cook for 3 to 4 minutes. (Don't forget to turn the chicken). Now add ½ bag spinach and parsley to mixture cook until spinach wilts. Remove from heat and add cheese. Toss gently and serve with grilled chicken. Reserve 4 chicken breasts in the refrigerator for future meal.

Later that night:

Make broccoli/tomato salad by first cutting off broccoli florets into small pieces and slicing cherry tomatoes in halves. Combine broccoli, tomatoes, cheese, onions, and sunflower seeds in a large bowl. Next stir together dressing, mustard, and sugar until well blended. Pour over broccoli mixture, stir, and refrigerate for tomorrow's meal.

Wednesday:

Slice remaining pot roast and serve on whole wheat buns with sliced tomatoes, lettuce, favorite condiment, and the broccoli/tomato salad as the side!

Thursday:

Place the entire bag of broccoli/cauliflower mixture into large microwaveable bowl. Add water, and microwave for 8 to 10 minutes. Drain and set aside. Microwave cream cheese and milk until melted (~1 minute). Add sour cream to mixture. Pour over vegetables, sprinkle with cheese and microwave for 2 more minutes. Cover and set aside. Place reserved chicken breasts in a microwaveable dish. Cover with plastic wrap (vented) and reheat for 4 to 6 minutes. Serve with broccoli/cauliflower, salad (made from left over spinach and head of lettuce), and favorite low fat dressing.

Friday:

Turn grill on medium high to preheat. Wrap 4 large sweet potatoes in plastic wrap and place in the microwave for 20 minutes on high. Take pork chops out to grill and grill 4 to 6 minutes on each side. Sprinkle with favorite seasoning while cooking (I like Montreal Steak Seasoning- I use it for everything!) When pork chops are done, place in a bowl and cover with aluminum foil for 5 to 10 minutes. Serve pork chops with sweet potatoes, salad (made from left over spinach and head of lettuce), and favorite low fat dressing.

Week #27

Meals

Monday

Snappy Smothered
Chicken
Sweet Potatoes

Tuesday

Mexican Casserole

Wednesday

Chicken Lo Mein
Salad

Thursday

Low fat Noodles
Romanoff
Stew Beef
Roasted Asparagus

Friday

Spaghetti
with Garlic Sauce
Salad

Recipes

Snappy Smothered Chicken

4 boneless Skinless Chicken Breasts
1 tsp paprika
1 tsp dried thyme
Salt and Pepper to taste
1 small
onion, chopped
1 package sliced mushrooms
2 tbsp minced garlic
1 can fat free cream of mushroom soup
1 cup skim milk
1/3 cup white wine (optional)

Mexican Casserole

1 ½ lbs ground beef
1 box instant Mexican fiesta rice
1 can fat free cream of mushroom
soup
1 can tomatoes with green chilies
1 can black beans
1 small onion
1 package taco seasoning mix
1 cup 2% shredded cheddar cheese
1 bag baked tortilla chips

Chicken Lo Mein

1 box whole wheat blend spaghetti noodles
½ cup Asian Toasted Sesame Dressing
6 boneless skinless chicken breasts
2 tbsp minced garlic
1 red bell pepper
1 yellow bell pepper
1 can fat free chicken broth
2 tbsp natural peanut butter
¼ cup soy sauce
2 tbsp dried cilantro
4 tbsp chopped peanuts

Low fat Noodles Romanoff

1 bag whole wheat blend egg noodles
2 cups sliced mushrooms
1 small onion
2 tsp trans fat free margarine
1 tbsp garlic
1 cup fat free ricotta cheese
1 cup fat free sour cream
1 tsp Worcestershire sauce
2-3 drops hot pepper sauce
Salt and pepper to taste
8 tbsp Parmesan cheese

Spaghetti with Garlic Sauce

4 tbsp minced garlic
1 package sliced mushrooms
1 ½ lbs ground beef
1 jar mushroom spaghetti sauce
2/3 cup white wine (optional)
2 tbsp Italian seasoning

Grocery List

Fresh produce/fruits

1 bunch asparagus
3 small onions
3 small packages fresh
mushrooms
1 red bell pepper
1 yellow bell pepper
4 sweet potatoes
1 large bag baby
spinach salad
1 head lettuce
2 large tomatoes

Dry Goods

1 can fat free beef broth
1 can fat free chicken broth
2 cans fat free cream of
mushroom
1 can tomatoes with green
chilies
1 can black beans
2 bags whole wheat blend
egg noodles
2 boxes whole wheat blend
spaghetti noodles
1 box instant Fiesta Mexican
Rice

1 package Taco Seasoning
1 bottle Asian Toasted Sesame
Dressing
1 small bag peanuts
1 bottle white wine (optional)
1 bag baked tortilla chips
1 jar mushroom spaghetti sauce

Dairy/Refrigerator

1 bag 2% shredded cheddar cheese
1 small container fat free ricotta
cheese
1 small container fat free sour cream

Freezer/Meat

10 boneless skinless chicken
breasts
3 lbs ground beef
1 ½ lb stew beef

Directions for the week

Monday:

a.m.: Add all ingredients to crock pot (except white wine). Cover and cook on low for 6 to 8 hours.

p.m.: Put water on to boil on stovetop and cook 1 bag whole wheat blend egg noodles as directed. Meanwhile, add white wine to crock pot (if you would like), stir, and cover. Cover 4 large sweet potatoes in plastic wrap and put in the microwave for 20 minutes or until tender. Serve chicken mixture over noodles with sweet potatoes on the side.

Tuesday:

Preheat oven to 350 degrees. Prepare rice as directed on package. While rice is cooking, brown ground beef. When done, rinse under hot water in a colander until water runs clear. Return meat to pan. Chop one small onion and add to pan with meat. Cook on medium low until onions are tender soft. Add one package of taco seasoning mix to the ground beef and onions, stir, and remove from heat. Mix Cream of Mushroom soup, 1 can of tomatoes with green chilies, and 1 can of black beans in a separate bowl. Rice should be ready by now! Add cooked rice to the ground beef mixture, stir, then add in tomato/cream of mushroom/black beans mixture. Crumble enough baked tortilla chips to cover the bottom of a 9X13 baking dish. Spoon mixture over top of chips and sprinkle with 2% shredded cheddar cheese. Cover and bake for 20 minutes. While the casserole is baking, cut up fresh tomatoes and lettuce to serve on top of casserole.

Wednesday:

This meal-in-one is quick and healthy! Put water on to boil on stovetop and cook spaghetti in large saucepan as directed on package. Meanwhile, heat dressing in a large nonstick skillet on medium high. Cut chicken into small strips and add to skillet, along with garlic. Cook until chicken is no longer pink. Cut up both bell peppers and add to chicken, along with broth and peanut butter. Cook another 3 to 4 minutes. Drain your spaghetti noodles and return to pan. Add chicken mixture and soy sauce, mix well and serve with cilantro and chopped up peanuts on top. Also serve a salad made from remaining lettuce and bagged spinach salad, along with Asian Toasted Sesame Dressing!

Thursday:

a.m.: Place stew beef, along with one can fat free beef broth in crock pot. Cover and cook on low for 6 to 8 hours.

p.m.: Preheat oven to broil. Put water on to boil on stovetop and cook noodles as directed on package. While noodles are cooking, combine mushrooms, onions, margarine, and garlic in a microwave safe bowl. Cover and cook for 6 minutes. While everything else is cooking, take asparagus out, cut off the ends, and place them on a broiling pan. Spray with cooking oil and sprinkle with Montreal Steak Seasoning. Place asparagus in the oven for 6 to 10 minutes. Now that asparagus is cooking and after microwave items are done, your noodles should also be done by now, drain and rinse them with hot water and put them back in original pot and cover to keep warm. Now, stir in ricotta, sour cream, Worcestershire sauce, hot pepper sauce, salt & pepper, and Parmesan cheese into mushroom mixture. Once mixed well, add to noodles. Serve noodles with stew beef and roasted asparagus!

Friday:

Put water on to boil on stovetop and cook 1 box whole wheat blend spaghetti noodles in large saucepan as directed on package. Cook ground beef until done. Drain under hot running water in a colander until water runs clear. Reserve the meat in the colander for the time being. Now spray skillet with cooking oil spray and add garlic and mushrooms. Cook for 3 minutes. Now add previously cooked ground beef back into the skillet and stir. Add mushroom spaghetti sauce, wine and Italian seasonings. Stir and cover. Reduce heat to low and simmer for 15 minutes. Serve with a remaining spinach/iceberg salad and your favorite low fat dressing!

Week #28

Meals

Monday

Sundried Tomato
Grilled Chicken
Angel Hair Pasta
Grilled Vegetables

Tuesday

Beef Mushroom
Stroganoff
Egg Noodles
Grilled Asparagus

Wednesday

Chicken &
Pasta Salad
Tossed Salad

Thursday

Peanut Butter &
Jelly Sandwiches
Cut up veggies

Friday

Boiled Shrimp
Baked Potato
Tossed Salad

Recipes

Beef Mushroom Stroganoff

1 ½ lbs sirloin roast
Salt & pepper to taste
½ medium onion, chopped
2 tsp minced garlic
1 container fresh mushrooms
1 cup fat free sour cream
1 small tomato, diced
1 tbsp Worcestershire sauce
¼ - ½ tsp hot pepper sauce

Chicken & Pasta Salad

1 cup green peas
¾ cup plain fat free yogurt
½ medium onion, chopped
¼ cup light mayonnaise
2 tsp mustard
½ tsp celery salt
Salt/pepper to taste
4 cooked chicken breasts
2 cups cooked angel hair pasta

Grocery List

Fresh produce/fruits

2 medium onions
2 containers fresh mushrooms
1 small tomato
1 bunch fresh asparagus
1 X-large bag of mixed green salad
4 baking potatoes
1 squash
1 red bell pepper
1 yellow bell pepper
1 container cherry tomatoes
1 bag mixed cut up carrots, cauliflower, and broccoli

Dry Goods

1 bag whole wheat blend egg noodles
1 box angel hair whole wheat blend pasta
1 bottle sundried tomato salad dressing
1 can green peas
1 loaf whole wheat bread

Dairy/Refrigerator

1 small container fat free sour cream
1 small container fat free yogurt

Freezer/Meat

1 ½ lb sirloin roast
1 ½ lb shrimp
8 boneless, skinless chicken breasts

Directions for the week

Monday:

Preheat grill on high. Put water on stove to boil angel hair pasta. Cut 4 chicken breasts and the following vegetables: 1 squash, 1 red and 1 green bell pepper, 1 medium onion, into bite size pieces. Combine with cherry tomatoes and entire container of whole mushrooms. Stir together $\frac{1}{4}$ cup sun-dried tomato salad dressing with vegetables and chicken until coated. Put entire box of angel hair pasta on to cook. Take chopped chicken and vegetables, along with 4 whole chicken breasts (for future meal) out to the grill. Place chopped chicken and vegetable on skillet pan or aluminum foil and spread out. Place four whole chicken breasts on rack as normal. Cover and cook approximately 6 minutes, then flip whole chicken breasts and stir around cut up vegetables and chicken. Cook another 5 minutes or until chicken is done. Place vegetables and chicken in casserole dish, cover with aluminum foil, and let sit for 5 minutes. Put other 4 chicken breasts in refrigerator for future meal. Serve chopped vegetable and chicken over angel hair pasta. Reserve half of cooked angel hair pasta in the refrigerator for future meal.

Tuesday:

a.m.: Place roast in crock pot. Salt and pepper as desired. Cut up 1 small onion. Add $\frac{1}{2}$ onion (put remaining half in plastic bag in refrigerator for future meal) and 2 tsp minced garlic to roast. Cover and cook for 6 to 8 hours on low.
p.m.: Turn oven on to broil to preheat. Put a pot of water on stovetop and turn onto high to boil noodles in. Cut up 1 small tomato. Add tomato, sour cream, Worcestershire Sauce and hot sauce to crock pot, stir, cover and cook on high for 25 to 30 minutes. While beef is cooking prepare egg noodles as directed. Next take out asparagus and cut off hard ends. Place on broiler pan, spray with cooking spray and sprinkle with Montreal steak seasoning. Cook in preheated oven for 10 to 12 minutes. Serve roast over noodles with asparagus as a side.

Wednesday:

Chop up reserved chicken breasts into bite sized pieces and combine with reserved angel hair pasta and remaining ingredients. Serve with bagged salad and your favorite low fat dressing.

Thursday:

Make peanut butter and jelly sandwiches. Serve cut up broccoli, cauliflower, and carrots as side with a little lite ranch dressing for dip (if desired). For fun, cut out the middle of the sandwiches with cookie cutters! It's fun to eat the shapes and the leftovers that the shapes were taken from!

Friday:

Put water on stovetop and turn on high to boil shrimp. Add salt, pepper, and Old Bay Seasoning to water if desired. Wrap potatoes in plastic wrap and place in microwave for 20 minutes. When water comes to a boil, add shrimp and cook until shrimp turn pink and their tails curl. Drain shrimp and serve hot or cold (place in ice bath), along with baked potatoes and remaining tossed salad with favorite low fat dressing from previous day!

Week #29

Meals

Monday

Grilled Chicken
Green Beans
Pasta Salad

Tuesday

Beans & Rice
Turkey Kielbasa

Wednesday

Zesty Chicken Pasta
Spinach Salad

Thursday

Tomato Soup
Grilled Cheese
Fresh Fruit

Friday

Shrimp/Grits
Spinach Salad

Recipes

Beans & Rice with Turkey Kielbasa

2 cups cooked brown rice
2 cans red kidney beans
½ large onion
1 tbsp olive oil
2 cups chopped tomato
1/5 tsp chili powder
1 16 oz turkey kielbasa

Zesty Chicken Pasta

1 package whole wheat blend spiral pasta
4 boneless skinless chicken breasts
2 cups broccoli
1 large red pepper
½ large onion
1 tbsp fresh parsley
¼ cup Light Italian dressing
¼ cup parmesan cheese

Shrimp Sauce

2 bacon slices
1 lb raw shrimp
1/8 tsp salt
¼ tsp pepper
¼ cup all-purpose flour
1 cup sliced fresh mushrooms
1 tsp canola oil
½ cup chopped green onions
2 tbsp minced garlic
1 can fat free chicken broth
2 tbsp lemon juice
¼ tsp hot sauce

Cheese Grits

1 can fat-free chicken broth
1 cup fat-free milk
1/2 teaspoon salt
1 cup uncooked quick-cooking grits
¾ cup shredded 2% reduced-fat sharp Cheddar cheese
1/4 cup freshly grated Parmesan cheese
1/2 teaspoon hot sauce
1/4 teaspoon pepper

Grocery List

Fresh produce/fruits

1 large onion
2 large tomatoes
1 bunch broccoli
1 large red pepper
1 small bunch parsley
1 small container sliced mushrooms
1 small bunch green onions
1 large bag spinach salad
5 assorted favorite fruit

Dry Goods

1 bottle lite Italian dressing
2 cans green beans
2 cans kidney beans
1 large can tomato soup
1 can fat free beef broth
2 cans fat free chicken broth
1 box pasta salad
1 box instant brown rice
1 box whole wheat blend spiral pasta
1 box instant grits
1 bag whole wheat loaf bread

Dairy/Refrigerator

1 turkey kielbasa
1 small container of "lean" bacon
1 bag 2% shredded cheddar cheese
1 package 2% sliced cheese

Freezer/Meat

9 boneless, skinless chicken breasts
1 pound raw shrimp

Directions for the week

Monday:

a.m.: Put 9 chicken breasts in a large plastic resealable bag and add $\frac{3}{4}$ cup Light Italian dressing. Massage dressing into meat and put back in the refrigerator for later.

p.m.: Preheat grill on high. Put water on stove to boil pasta for salad. Also drain 2 cans of green beans and place on stovetop on medium low with one can of fat free beef broth and enough water to cover beans. Take chicken breasts out to grill. Cover and cook approximately 6 minutes, then flip and cook another 5 minutes or until chicken is done. While chicken is cooking, put pasta on to cook as directed. Take chicken off the grill and place in a casserole dish, cover with aluminum foil, and let sit for 5 minutes. Make pasta salad as directed using light mayonnaise and only $\frac{1}{2}$ of what is called for. Put 4 chicken breasts in refrigerator for future meal. Serve grilled chicken with green beans and pasta salad.

Tuesday:

Put water on to boil to prepare instant rice. Cook as directed and drain. Drain and rinse beans. Sauté onion in oil on medium heat, in your saucepan. While onions are sautéing chop your tomato. Add beans, chopped tomato and chili powder. Cook until tomato starts falling apart (about 10 minutes). Add rice and sliced kielbasa. Cook an additional 5 minutes or until kielbasa is heated through.

Wednesday:

Put water on stove to boil pasta. Cook pasta as directed on package. Meanwhile take the 4 chicken breasts reserved in the refrigerator out and cut into bite size pieces, along with red bell pepper, and onion. Warm skillet on medium and add chicken and vegetables, along with parsley. Cook until warm and vegetables are tender crisp. Drain pasta and add chicken and vegetables. Add $\frac{1}{4}$ cup Light Italian dressing and $\frac{1}{4}$ cup parmesan cheese, mix and serve with spinach salad with remaining Light Italian dressing!

Thursday:

Put tomato soup on to heat in large saucepan. Prepare grilled cheese using butter flavored cooking spray, whole wheat bread, and 2% sliced cheese. Assemble sandwich and spray with cooking spray on one side. Place the sprayed side down in skillet and cook until browned, spray the side that is facing up with cooking spray, and then flip and cook until that side is browned. Serve sandwiches with soup and favorite fruit!

Friday:

Prepare grits by combining chicken broth, milk and salt together in saucepan and bringing to a boil over medium high heat. Gradually whisk grits into broth. Reduce heat to low and simmer for 10 minutes, stirring occasionally. Meanwhile, peel your shrimp, sprinkle with salt and pepper and dredge in flour Cook bacon in a large nonstick skillet until crispy; remove the back and drain on paper towel. Keep 1 tsp of drippings in the skillet. . In same saucepan, sauté mushrooms for five minutes. Add green onions and sauté for 2 minutes. Add shrimp and garlic and sauté for 2 minutes of until shrimp is lightly browned. Stir in chicken broth, lemon juice and hot sauce and cook for 2 more minutes. Add cheddar cheese, parmesan cheese, hot sauce and pepper to grits. Serve shrimp over grits with left over spinach salad. ENJOY!!!!

Week #30

Meals

Monday

Zesty Ranch Chicken
Butter beans
Salad

Tuesday

Taco Pie

Wednesday

Turkey Burgers
Fries
Baked Beans

Thursday

Chili Mac

Friday

Cheesy Manicotti
Marinated Mushrooms
Salad

Recipes

<p>Zesty Ranch Chicken 4 boneless skinless chicken breasts 1 cup plain fat-free yogurt ¼ cup skim milk ½ package dry ranch dressing mix</p>	<p>Taco Pie 1 pound ground beef ½ medium onion 1 can corn, drained 1 can black beans, drained and rinsed 1 can diced chilies, drained 1 package taco seasoning 1 cup skim milk 2 eggs ¼ cup Heart Healthy Biscuit Mix ¾ cup 2% shredded cheddar cheese Salsa & Fat Free Sour Cream Tomatoes & Lettuce</p>	<p>Chili Mac 3 cups whole wheat blend macaroni noodles 1 lb hamburger 2 cans vegetarian chili with beans 2 cans dark red kidney beans 1 can corn 1 tsp chili powder 1 cup 2% shredded cheddar cheese ½ cup fat free sour cream</p>	<p>Cheesy Manicotti 1 package sliced mushrooms 2 tsp minced garlic 3 egg whites 1 package chopped spinach 1 container fat free ricotta cheese 1 cup 2% shredded cheddar cheese 1/3 cup parmesan cheese 1 package whole wheat blend manicotti shells 2 cups spaghetti sauce</p>
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Grocery List

Fresh produce/fruits

1 large bag mixed green salad
1 medium onion
1 head lettuce
2 tomatoes
1 avocado
1 package sliced mushrooms

Dry Goods

1 package guacamole mix
1 package taco seasoning
1 package dry ranch dressing
2 cans butter beans
2 cans corn
1 can black beans

Dairy/Refrigerator

1 large can baked beans
2 cans vegetarian chili with beans
2 cans dark red kidney beans
1 jar whole mushrooms
1 can chilies
1 box heart healthy biscuit mix
1 jar salsa
1 box whole wheat blend macaroni noodles
1 box whole wheat blend manicotti noodles
1 jar favorite spaghetti sauce
1 bottle Lite Italian dressing

Freezer/Meat

1 small container plain fat free yogurt
1 large bag 2% shredded cheddar cheese
1 large container fat free sour cream
1 package sliced provolone cheese
1 container fat free ricotta cheese

Freezer/Meat

4 boneless, skinless chicken breasts
2 lbs ground beef
1 box frozen lean turkey burgers
1 bag steak fries
1 package frozen spinach

Directions for the week

Monday:

a.m. In a bowl, combine yogurt, milk and ranch mix. Place chicken breasts into a large plastic resealable bag. Pour yogurt mixture into the bag and massage into chicken. Refrigerate.

p.m. Turn grill on to medium high to preheat. Put 2 cans of butter beans on stovetop in saucepan on medium heat to warm. Place chicken on grill and cook for 8 to 10 minutes on each side. Remove from grill and cover with aluminum foil. Let chicken sit for 5 minutes before serving. Serve chicken with butter beans, salad, and favorite salad dressing!

Tuesday:

Turn oven onto 400 degrees to preheat. Brown 2 pounds of ground beef with 1 diced onion. When browned, remove from heat and drain in colander. Rinse meat with hot water until water runs clear. Reserve one pound of ground beef mixture in the refrigerator a future meal. Return remaining hamburger to large casserole dish. Mix taco seasoning with beef mixture and spread along the bottom of the dish. Top with chilies, corn, and black beans. Stir milk, egg, and biscuit mix until well blended. Pour over meat and vegetables and bake for 25 minutes. Sprinkle with cheese and cook an additional 10 minutes. While pie is cooking, shred some lettuce and cut up a tomato. Serve taco pie with salsa, lettuce, tomato, and sour cream.

Wednesday:

Fire up the grill and set on Medium, close cover and let warm. Turn oven to 450 degrees and put frozen steak fries in to cook as directed. Put baked beans on stovetop in saucepan on medium heat. Take turkey burgers out and grill approximately 5-6 minutes on each side until done. While burgers are grilling, peel and pit avocado and mash together with guacamole mix and ¼ cup fat free sour cream – place in the refrigerator. When burgers are done serve on whole wheat buns with provolone cheese, guacamole dip, baked beans and steak fries.

Thursday:

Fill a large saucepan ½ full of water and place on stovetop on high to boil. Cook macaroni noodles as directed. While macaroni noodles are cooking, combine reserved hamburger meat, chili, kidney beans, corn and chili powder in a large nonstick skillet and warm. When macaroni noodles are done, drain, and add to chili mixture. Serve chili topped with 2% shredded cheddar cheese and a dollop of fat free sour cream! YUM!

Friday:

a.m.: Take package of frozen spinach out of freezer and place in the refrigerator. Take jar of mushroom and place in small bowl with ½ cup Lite Italian dressing, stir, cover and place in refrigerator

p.m.: Fill a large saucepan ½ full of water and place on stovetop on high to boil. Cook manicotti shells as directed. Meanwhile, turn oven onto 375 degrees to preheat. Spray large nonstick skillet with cooking spray. Add mushrooms and garlic and cook for 5 minutes on medium heat. Remove from heat. Beat egg whites lightly in a medium bowl. Take package of spinach out of refrigerator and drain. Add spinach, mushroom mixture, ricotta cheese and half each of the mozzarella and Parmesan cheese together and mix well. When manicotti shells are done, drain and rinse. Gently fill each shell with cheese/mushroom/spinach mixture. Spray a large casserole dish with cooking spray, and place stuffed manicotti shells inside. Cover with spaghetti sauce. Bake shells for 30 minutes. Top with remaining mozzarella and Parmesan cheese and continue heating for 5 more minutes (or until cheese is melted). Serve with marinated mushrooms and remaining left over salad!

Week #31

Meals

Monday

Cheese Pizza
Fresh Fruit/Yogurt
Salad

Tuesday

Chicken Parmesan
Sandwich
Chips
Fruit/Yogurt

Wednesday

Pork Chops
Roasted Potatoes
Steamed Carrots

Thursday

Cold Cut Sandwiches
Pears/Cottage Cheese
Pasta Salad

Friday

Grilled Tuna
Asparagus
Squash
Salad

Recipes

No Recipes Necessary This Week!!!

Grocery List

Fresh produce/fruits

10 pieces various fruit
1 large bag mixed greens
salad
1 bag baby carrots
1 small bag red potatoes
1 small bunch asparagus
4 yellow squash
1 large tomato

Dry Goods

1 large premade pizza
crust (whole wheat if you
can find it)
1 jar pizza sauce
1 jar pesto (optional)
1 small jar honey
2 bags whole wheat buns
1 bag baked chips
1 box favorite pasta salad
2 cans pears in natural
juices
1 box microwave steam
bags

Dairy/Refrigerator

1 bag 2% shredded mozzarella
cheese
1 medium fat free vanilla yogurt
1 large bag low fat sliced
provolone (or Swiss) cheese
1 package various lean cold cuts
1 small container fat free cottage
cheese

Freezer/Meat

5 fresh pork tenderloins
5 fresh tuna fillets
1 bag frozen trans fat free
breaded chicken breasts

Directions for the week

Monday:

Preheat oven to 400 degrees. Spread a thin layer of pizza sauce over your entire pizza crust (within ½ inch from the edge). Now sprinkle ¾ to 1 cup of 2% shredded mozzarella cheese over the pizza sauce. If you would like to add some additional flavor, lightly drizzle pesto over the entire pizza as well! Bake as directed on your crust package (usually around 15 minutes). While pizza is baking, cut up all the fruit you have into bite size pieces and place in a large bowl. Mix together ¼ cup water with 1 tbsp lemon juice and pour over fruit and mix well (this keeps the fruit from browning). Now take 2 cups of fat free yogurt and add 1 tsp vanilla extract and 2 tablespoons of honey and mix well. Serve the cheese pizza with fruit/yogurt along with the bagged salad and your favorite low fat salad dressing.

Tuesday:

Preheat oven to broil. Place desired amount of breaded chicken breasts in a large casserole dish and cook in the microwave as directed on the package. Place whole wheat buns face up on a cookie sheet. When chicken is done, place one chicken breast on one side of bun and cover chicken with one slice of provolone (or Swiss) cheese. On the other side of the bun, spread a thin layer of pizza sauce (left over from previous day). Place cookie sheet in the oven and cook until cheese is melted and bread is toasty! Serve sandwiches with baked chips and fruit/yogurt left over from previous day!

Wednesday:

a.m.: Place pork tenderloins in a resealable plastic bag, add 1 tbsp olive oil and sprinkle with your favorite seasoning out of the cabinet. Massage the seasoning into the pork and place in the refrigerator.

p.m.: Turn grill on high and cover to preheat. Preheat oven to 400 degrees. Cut up 6 to 8 small red potatoes into bite sized pieces. Place potatoes on cookie sheet and spray with cooking oil and sprinkle with the same seasoning you used on the pork. Place in the oven and cook 30 minutes or until roasted. After you put the potatoes in the oven take pork out to the grill. Cook 4 to 6 minutes on each side. While pork is cooking, come back in and place your small bag of baby carrots in a microwave steaming bag and cook as directed (approximately 8 minutes). Make sure and go back out to check on the pork after you get the carrots started. Once pork is done, remove from the grill and place in bowl and cover with aluminum foil. Let it sit for 5 minutes before serving. Serve pork with steamed carrots and roasted potatoes!

Thursday:

Place water in saucepan and turn on high to boil. Boil noodles for pasta salad and then prepare salad according to directions, except only use ½ of the recommended mayonnaise or oil. Prepare sandwiches using whole wheat buns, various cold cuts, remaining provolone (or Swiss) cheese, sliced tomato, lettuce from bagged salad, and favorite low fat condiment! Open 2 cans of pears and drain. Serve sandwiches with pasta salad, canned pears and a small scoop of fat free cottage cheese.

Friday:

a.m.: Place tuna in a resealable plastic bag; add 1 tbsp olive oil and Montreal Steak seasoning. Massage the seasoning into the tuna and place in the refrigerator.

p.m.: Turn grill on high and cover to preheat. Slice up the four squash and break the hard ends off of the asparagus. Place both the squash and asparagus in a cast iron skillet (or several layers of tin foil), lightly spray with cooking oil, sprinkle with Montreal Steak seasoning, and cover. Take vegetables and tuna out to grill. Place tuna on lower rack and cook to desired temperature (can be cooked just like a steak – rare, medium-rare, etc.). Place vegetable on upper rack and cook for 20 minutes. Tuna will get done before the vegetables, so place it in a dish and cover with aluminum foil until ready to be served. When vegetables are tender-crisp serve with tuna and left over salad from earlier in the week! YUMMY!!!! (If you haven't tried grilled tuna – it is a lot like a real tender steak!!!!)

Week #32

Meals

Monday

Spaghetti
Salad

Tuesday

Easy Chicken
Bake
Salad

Wednesday

Kraut dogs
Chips
Fresh Fruit

Thursday

Tuna Cheese
Casserole
Fresh Fruit

Friday

Steak
Baked Potato
Tomato Salad

Recipes

Easy Chicken Bake

1 package whole wheat stuffing mix for chicken
4 boneless, skinless chicken breasts
1 can fat free cream of chicken soup
1/3 cup fat free sour cream
1 bag frozen mixed vegetables

Tuna Cheese Casserole

1 package whole wheat egg noodles
1 can of tuna
1 can of fat free cream of chicken
1 can green peas
1 ½ cup 2% shredded cheddar cheese
1-2 cups whole wheat bread crumbs

Grocery List

Fresh produce/fruits

1 large bag spinach salad
7 pieces assorted fresh fruit
4 large baking potatoes
3 large tomatoes

Dry Goods

1 package whole wheat egg noodles
1 package whole wheat spaghetti noodles
1 can of mushrooms (optional)
1 package whole wheat stuffing mix for chicken
2 cans fat free cream of chicken
2 cans kraut
1 can green peas
1 package whole wheat hot dog buns
1 bag baked chips
1 can tuna

Dairy/Refrigerator

1 small fat free sour cream
1 package lean hot dogs
1 bag 2% shredded cheddar cheese

Freezer/Meat

1 lb ground beef
4 boneless skinless chicken breasts
4 large sirloin steaks
1 bag frozen mixed vegetables

Directions for the week

Monday:

Put water on to boil on stovetop and cook 1 box whole wheat blend spaghetti noodles in large saucepan as directed on package. Meanwhile, cook 1 pound ground beef until done. Drain ground beef under hot running water in a colander until water runs clear. Return meat to large saucepan and add your favorite jar of spaghetti sauce. You can also add canned mushroom, ½ cup wine, and some Italian seasonings if you would like to spice up the sauce. Stir and cover. Reduce heat to low and simmer for 15 minutes. Serve with cooked noodles, a spinach salad and your favorite low fat dressing!

Tuesday:

a.m.: Place 4 chicken breasts in crock pot. Turn to low, cover, and cook for 6 to 8 hours.

p.m.: Take chicken out of crock pot to cool. Turn oven to 400 degrees to preheat. Prepare entire box of stuffing mix as directed on package and set aside. Shred chicken and combine with soup, sour cream, and bag of frozen vegetables. Place mixture into casserole dish and cover with prepared stuffing mix. Bake in oven for 15 minutes or until warm. Serve with leftover spinach salad and favorite low fat dressing from the night before.

Wednesday:

Turn grill on to medium-high and cover to preheat. Open two cans of kraut and place on medium heat on stovetop in saucepan. Take out various pieces of fruit and cut into bite size pieces and place in the refrigerator. Bring hot dogs out to grill and place on rack. Cook for 5 to 8 minutes until warmed thoroughly, turning once. Serve on whole wheat buns with spicy mustard and kraut, along with baked chips and fresh fruit. Reserve remaining fruit for tomorrow's meal.

Thursday:

Turn oven on to 350 degrees to preheat. Put a pot of water in a large saucepan on high on the stove and cook egg noodles as directed. When done, drain noodles and combine with one can of drained tuna, and peas. Pour mixture into a large casserole dish. Top with bread crumbs and then cheese. Bake for 15 minutes or until cheese is melted. Serve with leftover fruit from the night before.

Friday:

a.m.: Place steak in a large plastic resealable bag, and add your favorite marinade. I like to add ¼ cup A1, ¼ Worcestershire and Montreal Steak Seasoning. Massage the marinade into the steak and place in the refrigerator.

p.m.: Turn grill on to preheat. Dice 3 large tomatoes and add ¼ cup olive oil, 1/8 cup red wine vinegar, 2 tbsp of sugar, and salt and pepper to taste – refrigerate until ready. Wrap potatoes in plastic wrap and put in the microwave for 15 minutes or until soft. While potatoes are cooking, take steak out of the refrigerator and grill on both sides until desired doneness on grill. Serve steak with baked potatoes and tomato salad.

Week #33

Meals

Monday

Quick Goulash
Corn

Tuesday

Grilled Chicken
Spaghetti Salad

Wednesday

Cheesy Pasta Frittata
Cucumber Salad

Thursday

Tater tot
Casserole
Green Beans

Friday

Beef & Black
Bean Burritos
Lettuce/Tomato

Recipes

<p>Quick Goulash 1 pound ground beef ½ onion ½ green pepper 1 can tomato sauce 4 cups cooked whole wheat blend macaroni noodles ¾ cup 2% shredded mozzarella cheese</p>	<p>Spaghetti Salad ¾ package whole wheat blend spaghetti noodles 1 large tomato 1 small can sliced mushrooms 1 cup 2% cubed cheddar cheese ½ onion 1 cup low fat Italian dressing</p>	<p>Cheesy Pasta Frittata ½ green pepper 2 tbsp olive oil 5 eggs 4 egg whites ¼ cup skim milk ½ cup grated Parmesan cheese ½ tsp dried basil leaves ¼ package cooked whole wheat blend spaghetti noodles ¾ cup 2% Mozzarella cheese</p>	<p>Tater Tot Casserole 1 pound ground beef ½ onion 1 green pepper 1 small can mushrooms 1 lb bag of frozen tater tots 1 can fat free cream of mushroom 1 cup skim milk</p>	<p>Beef & Bean Burritos 1 lb ground beef ½ onion ½ green pepper 1 tsp minced garlic 2 tsp chili powder 1 tsp dried cilantro ½ tsp ground cumin Salt & pepper to taste 1 can black beans 1 can enchilada sauce Whole Wheat Flour tortillas</p>
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Grocery List

Fresh produce/fruits

2 onions
3 green peppers
2 large tomatoes
1 head lettuce
1 large cucumber

Dry Goods

1 bottle light Italian dressing
1 package whole wheat tortillas
1 small box whole wheat blend macaroni noodles
1 package whole wheat blend spaghetti noodles
1 can enchilada sauce
1 can tomato sauce
1 can black beans
2 cans corn
2 cans green beans
1 can beef broth
2 small cans mushrooms
1 can fat free cream of mushroom

Dairy/Refrigerator

1 bag 2% shredded mozzarella cheese
1 block 2% cheddar cheese
1 carton eggs
1 small container fat free sour cream

Freezer/Meat

3 lbs ground beef
4 boneless skinless chicken breasts
1 lb frozen tater tots

Directions for the week #33

Monday:

Place 6 cups of water in a large saucepan and place on stovetop on high heat. Cook 2 cups of dry whole wheat blend macaroni noodles as directed on the package. Meanwhile, place all 3 pounds of ground beef in another large saucepan, turn onto medium heat and brown. While hamburger is cooking, dice 3 onions and 3 green peppers (reserving ½ of one of the chopped onions & 1 chopped green pepper for future meals in the refrigerator in separate small plastic bags) into small pieces and add to hamburger. Cook until onions are transparent and ground beef is no longer pink. Place ground beef into a colander and rinse under hot running water until the water runs clear. Place 2/3 of the ground beef into a covered container in the refrigerator for future use. Place the other 1/3 back into the saucepan. Add 1 can of tomato sauce, 1 can of water, and salt & pepper to taste. Cook mixture for 15 minutes. While mixture is cooking, open up 2 cans of corn and warm on stovetop on medium heat in medium saucepan. When noodles are finished cooking, drain and add to ground beef mixture, along with ¾ cup mozzarella cheese. Serve “goulash” with corn and enjoy!

Tuesday:

Preheat grill to medium and cover. Put 6 cups of water in a large saucepan and place on stovetop on high heat. Cook entire box of whole wheat blend spaghetti noodles as directed on package. Meanwhile, take chicken breasts out to grill and place on medium heat for 6 to 8 minutes on each side (sprinkle with favorite seasoning if you’d like). While chicken is cooking, cube one tomato, 1 cup of the block of cheddar cheese, and open the can of mushrooms. Don’t forget to flip your chicken!! When the pasta is complete, drain, return to pan (reserve ¼ cooked pasta in a container in the refrigerator for tomorrow’s meal), and add diced tomato, 1 can of mushrooms (drained), reserved ½ onion from previous day, 1 cup of cubed cheddar cheese and 1 cup low fat Italian dressing. Stir the mixture and place in the refrigerator until ready to serve. When chicken is done, place in a casserole dish and cover with aluminum foil for at least five minutes. Serve with spaghetti noodle salad.

Wednesday:

Turn oven onto broil to preheat. Peel and slice one large cucumber into very small slices. In a medium bowl, combine ½ cup fat free sour cream, 1 tbsp skim milk, 2 tsp dill weed and salt & pepper to taste. Toss the sliced cucumbers into the sour cream mixture. Place the salad in the refrigerator until ready to serve. Next, in a heavy skillet over medium heat, heat olive oil. Add green bell pepper (chopped from previous day); cook over medium heat until crisp tender. While peppers are cooking, in a large bowl, beat together eggs and egg whites with milk, ½ cup Parmesan cheese, salt, pepper, and basil. Add previously cooked spaghetti noodles to egg mixture and stir gently. Add egg mixture to skillet; making sure pasta is evenly arranged. Cook egg mixture over medium heat, lifting sides occasionally to let uncooked egg flow underneath. When egg mixture is almost set, but still very moist, top with Mozzarella cheese. Place pan under broiler, about 4-5" from heat source, and cook for 5-10 minutes until frittata is puffed, set, and beginning to turn light golden brown. Remove from oven and cut into wedges; serve immediately, with cucumber salad.

Thursday:

Preheat oven to 350 degrees. Take ½ of remaining beef mixture out of the refrigerator and put in a casserole dish. Mix in one small can of mushrooms, drained, with the hamburger. Place a single layer of tater tots over the meat. Combine one can of cream of mushroom and one cup skim milk together in a bowl. Evenly pour cream of mushroom mixture over the top of tater tots and ground beef. Bake for 20 minutes. While casserole is baking, open two cans of green beans, drained, and 1 can of beef broth. Add together and cook on medium high heat. Serve casserole and green beans together for a quick meal!

Friday:

Preheat oven to 350 degrees. Take out remaining hamburger mixture and place in saucepan. Add garlic, chili powder, cilantro, cumin, salt and pepper and stir thoroughly. Now add ½ can enchilada sauce and 1 can black beans and heat thoroughly. While mixture is warming, wrap tortillas in aluminum foil and place in the oven for 10 minutes. Meanwhile, chop up several cups of lettuce, and a tomato. Once warmed, spoon ½ cup of hamburger mixture onto each tortilla and place seam-side down on plate with chopped lettuce and tomato. Spoon some of the remaining enchilada sauce on top and garnish with more tomatoes, lettuce, shredded cheese, fat free sour cream, guacamole, etc. (whatever you have in your refrigerator)

Week #34

Meals

Monday

Warm Spinach Salad
Grilled Chicken

Tuesday

Chicken
Macaroni & Cheese
Green Beans

Wednesday

Philly Cheese Steak
Sandwich
Roasted Potatoes

Thursday

English Muffin
Sandwich
Banana

Friday

Chicken &
Asparagus
Brown Rice

Recipes

Philly Cheese Steak

2 tsp olive oil
1 medium onion
1 lb thin cut sirloin steak
1 large red bell pepper
Salt & Pepper to taste
1 tbsp all purpose flour
½ can fat free chicken broth
1 tbsp reduced sodium soy sauce
Sliced reduced fat provolone cheese
Whole wheat buns

Chicken & Asparagus

1 bunch asparagus
½ can fat free chicken broth
¼ cup all purpose flour
4 boneless skinless chicken breasts
Salt & Pepper to taste
½ cup white wine
1/3 cup fat free sour cream
2 tsp lemon juice
2/3 cup reduced fat mozzarella cheese

Grocery List

Fresh produce/fruits

1 large bag spinach salad
1 container sliced mushrooms
1 onion
1 red bell pepper
1 big bunch bananas
1 bunch fresh asparagus

Dry Goods

1 bottle fat free Catalina dressing
1 bottle fake bacon bits
2 cans green beans
1 can fat free beef broth
1 can fat free chicken broth
1 box macaroni and cheese
1 package whole wheat sandwich rolls
1 package whole wheat English muffins
1 box instant brown rice

Dairy/Refrigerator

1 carton eggs
1 large package 2 % provolone cheese slice
1 package turkey bacon
1 container cholesterol free egg product
1 small container fat free sour cream
1 package shredded 2% mozzarella cheese

Freezer/Meat

12 boneless skinless chicken breasts
1 lb thinly sliced sirloin steaks
1 bag frozen cubed roasted potatoes

Directions for the week

Monday:

a.m.: Place 8 large boneless skinless chicken breasts in a plastic resealable bag and add $\frac{3}{4}$ cup low fat free Catalina dressing. Seal bag, massage dressing into chicken, and place in the refrigerator

p.m.: Turn grill on medium-high and close lid to preheat. Put 6 cups of hot water on high on stovetop and add 5 eggs. Bring to a boil. While eggs are boiling, bring chicken breasts out and cook for 6 to 8 minutes on each side. Take chicken off grill and place in dish and cover with aluminum foil and let sit for 5 to 10 minutes. Eggs should be done now, remove from heat and run under cold water. While chicken is sitting, arrange salad with spinach as a base adding fresh mushrooms, and fake bacon bits. Peel and slice boiled eggs and add to salad. Take 4 chicken breasts, cover and put in the refrigerator for future meal. Take remaining 4 breasts and slice and top salad. Serve with remaining fat free Catalina dressing and enjoy!

Tuesday:

Open 2 cans of green beans, drain and cook on medium heat in saucepan with 1 can of fat free beef broth. While green beans are cooking, prepare macaroni and cheese as directed using skim milk and half the butter. Take chicken breasts (cooked on previous day) and cover on plate and reheat in microwave. Serve chicken with macaroni and green beans.

Wednesday:

Preheat oven to 400 degrees. Place roasted potatoes into oven and cook as directed ~20 minutes. While potatoes are cooking, heat 2 tps of olive oil in large skillet over medium heat. Slice one onion and one red bell pepper. Add to skillet and cook until soft. Now add sirloin steak strips and cook for ~4 minutes. Reduce heat to low, sprinkle the mixture with flour and stir to coat. Stir in the broth and soy sauce and bring to a simmer. While meat mixture is simmering, slice rolls in half and place in oven above potatoes to slightly toast bread. While bread is toasting, remove meat mixture from the heat and lay cheese slices on top, cover and let stand for 1 to 2 minutes. Take rolls out, divide the meat mixture into equal portions and place on top of whole wheat sandwich bun. Serve with roasted potatoes.

Thursday:

Cook turkey bacon (2 slices per sandwich) as directed. While turkey bacon is cooking, spray another small skillet with cooking spray. Add 2 cups of cholesterol free egg product, cooking on medium heat 3 minutes or until set. When eggs and bacon are done, spoon equal amount of egg onto whole wheat English muffins, along with 2% provolone cheese slices and turkey bacon. Serve with a banana! Easy and fun for supper!

Friday:

Cook instant brown rice as directed. While rice is cooking, break hard ends of asparagus spears. Place with 2 tsp water in covered casserole dish in microwave for 2 minutes. While asparagus is cooking, whisk broth and 2 tsp flour into a small bowl and set aside. Place remaining flour in a shallow dish. Sprinkle chicken with salt and pepper and dredge both sides in the flour. Spray a large skillet with cooking oil and place on medium high. Add the chicken and cook until golden brown (3 to 4 minutes per side). Transfer to a plate to keep warm. Add wine and broth mixture to the pan; cook over medium heat, stirring until thickened (~2 minutes). Reduce heat to low and stir in sour cream, lemon juice and asparagus. Return the chicken to the pan and turn to coat in sauce. Sprinkle cheese on top of each piece of chicken, cover and continue cooking until cheese is melted and chicken is done throughout. Serve chicken/asparagus with rice.

Week #35

Meals

Monday

Tacos
Black Beans

Tuesday

Grilled Chicken
"Fried" Okra
Black-eyed peas

Wednesday

Cheddar Macaroni
Beef Casserole
Salad

Thursday

Fiesta Salad
with Chicken

Friday

Parmesean Zucchini
Salad

Recipes

Cheddar Macaroni Beef Casserole

1 package Macaroni & Cheese Dinner
1 lb hamburger
1 can Italian-style stewed tomatoes
½ tsp dried oregano
½ cup 2% shredded cheddar cheese

Fiesta Salad

1 large bag mixed green salad
1 can black beans
1 can corn
4 boneless, skinless chicken breasts
½ cup salsa
1 cup 2% shredded cheddar cheese
½ cup light ranch dressing
1 cup baked tortilla chips

Parmesan Zucchini

6 medium zucchini
1 package fresh sliced mushrooms
2 cups spaghetti sauce
1 cup 2% mozzarella cheese
¼ cup parmesan cheese

Grocery List

Fresh produce/fruits

3 tomatoes
1 onion
1 head lettuce
1 large bag mixed green salad
6 zucchini
1 package sliced mushrooms

Dry Goods

1 box whole wheat blend spaghetti noodles
2 cans black beans
2 cans black eyed peas
1 can Italian-style stewed tomatoes
1 can corn
1 package taco shells
1 macaroni and cheese dinner
1 jar salsa
1 bag baked tortilla chips
1 jar spaghetti sauce

Dairy/Refrigerator

1 large bag 2% shredded cheddar cheese
1 small fat free sour cream

Freezer/Meat

3 lbs hamburger meat
8 boneless skinless chicken breasts
1 bag breaded okra

Directions for the week

Monday:

Brown 3 pounds of hamburger meat in large frying pan. While hamburger is cooking, put black beans in another sauce pan to warm. Chop up 3 tomatoes, 1 onion, and 1 lettuce head. When meat is browned, rinse under hot water in a colander. Reserve 1 pound of meat in the refrigerator for a later meal. Serve taco shells, with remaining hamburger meat, cut up vegetables, low fat cheese and sour cream, and black beans. Reserve any left over lettuce, tomatoes and onion for future meal.

Tuesday:

Preheat grill to medium and cover. Preheat oven to 400 degrees. Take out frozen breaded okra and place on cookie sheet. Spray with cooking oil and bake as directed (~25 minutes). Place 2 cans of black eyed peas in medium saucepan on medium heat and warm. Meanwhile, take 8 chicken breasts out to grill and place on medium heat for 6 to 8 minutes on each side (sprinkle with favorite seasoning if you'd like). Don't forget to flip your chicken!! When chicken is done, place in a casserole dish and cover with aluminum foil for at least five minutes. Serve with "fried" okra and black-eyed peas! Reserve 4 chicken breasts in the refrigerator for future meal.

Wednesday:

Preheat oven to 400 degrees. Prepare dinner as directed on package, omitting butter and using skim milk. Meanwhile, take our reserved cooked hamburger meat and place in skillet on medium heat. Add Italian tomatoes and oregano and bring to a boil. Add meat mixture to macaroni dinner and spoon into a 9 inch casserole dish. Sprinkle cheddar cheese on top. Bake for 10 minutes or until cheese is melted. Serve with a side salad of left over lettuce and tomatoes from taco day!

Thursday:

Take out reserved chicken and cut into strips. Open can of black beans and rinse in a collider. Open can of corn and drain. Take out large bag of mixed greens and place in the bottom of a large glass serving bowl. Evenly layer black beans, corn, chicken, salsa and cheese. Drizzle with dressing and sprinkle with crumbled chips and serve!

Friday:

Preheat oven to 400 degrees. Slice zucchini into thin slices. Toss zucchini with mushrooms in a large bowl. Add spaghetti sauce and mix lightly. Place in a 13X9 baking dish sprayed with cooking spray. Bake 25 minutes, sprinkle with cheeses and bake an additional 5 minutes or until cheese is melted. While zucchini is cooking, prepare ½ box of whole grain spaghetti noodles as directed on box. Serve noodles with parmesan zucchini and any remaining salad from previous days.

Week #36

Meals

Monday

Chicken n' Dumplings
Sweet Potatoes

Tuesday

Pintos
Rice
Slaw
Cornbread

Wednesday

Chicken Casserole
Spinach Salad
Cut up oranges

Thursday

Meatballs
Noodles
Slaw

Friday

Slow Cooked
Athenian Chicken
Rice with spinach
Spinach Salad

Recipes

Chicken & Dumplings

4 boneless skinless chicken breasts
3 cans fat free chicken broth
1 tsp salt
1 2/ tsp pepper
1 (12 count) package of whole wheat flour tortilla (cut into 2 inch strips)

Chicken Casserole

4 cups cooked chopped chicken
2 cups croutons
1 1/2 cup reduced fat cheddar cheese
1 cup sliced celery
2/3 cup light mayonnaise
1/2 cup skim milk
1/4 cup chopped onion

Poppy seed Slaw

1 bag pre-washed tri-color coleslaw mix
1 can mandarin oranges, drained
1 can pineapple chunks, drained
1/2 cup poppy seed dressing
1/2 cup reduced fat sour cream

Swedish Meatballs

1 package lean frozen meat balls
1 onion, chopped
2 tbsp minced garlic
1 can golden mushroom soup
1 can fat free cream of mushroom soup
1 cup water
1 cup fat free sour cream
2 tbsp flour
Salt and pepper to taste

Athenian Chicken

2/3 cup flour
1 tsp salt
1/2 tsp dried oregano
6 chicken breasts, boneless & skinless
1 can (10 3/4 ounces) cream of chicken soup
1/2 cup white wine (water or chicken broth may be substituted)

Greek Style Rice with Spinach

1 1/2 tbsp Olive Oil
1 1/2 tbsp minced garlic
3 tbsp lemon juice
2 tsp dried basil
1 large chopped onion
4 cups fresh spinach
4 cups long grain rice
Salt & pepper to taste

Grocery List

Fresh produce/fruits

4 sweet potatoes
1 bag tri-colored slaw
1 small bunch celery
3 small onions
1 X-large bag baby spinach salad
5 oranges

Dry Goods

1 bag whole wheat egg noodles
1 can croutons

1 package whole wheat tortillas
1 small bottle poppy seed dressing
1 box cornbread mix
1 box instant brown rice
2 cans fat free cream of chicken
1 can golden mushroom soup
3 cans fat free chicken broth
1 can mandarin oranges
1 can pineapple chunks
2 cans pintos

Dairy/Refrigerator

1 large fat free sour cream
1 bag 2% shredded cheddar cheese

Freezer/Meat

13 boneless skinless chicken breasts
1 bag frozen lean meatballs

Directions for the week

Monday:

a.m.: Put 7 boneless skinless chicken breasts in crock pot with 3 cans fat free chicken broth, salt, and pepper. Add enough water to fill the crock pot to $\frac{3}{4}$ full. Cook on low for 6 to 8 hours.

p.m.: Remove chicken from pot, reserving 3 in the refrigerator for Wednesday's dinner. Take remaining 4 breasts and sit to side to cool for a minute. While chicken is cooling, cut up tortillas into 1 inch strips. Also wrap sweet potatoes in plastic wrap and microwave ~20 minutes. Now shred the chicken breasts, and transfer the broth from crock pot and the chicken breast to large stock pot on the stove. Add water if necessary to make ~2 quarts. Bring to a rapid boil. Drop tortilla pieces in one at a time. Cover pan and let simmer for 15 minutes. Serve chicken & dumplings with baked sweet potato and enjoy!

Tuesday:

Turn oven to 375 to preheat. Place a large saucepan full of water on stovetop and turn on high bringing to a boil for rice. Drain the mandarin oranges and pineapples chunks. Combine with all other ingredients for slaw, stir and place in refrigerator until ready to serve. Mix cornbread according to box using skim milk or buttermilk and bake according to box. Place 2 cans of pinto on stove in sauce pan and warm. Meanwhile, cook 2 bags of instant rice following directions on box. Serve pintos, 1 bag rice (reserving one bag for Friday in the refrigerator), cornbread, and slaw.

Wednesday:

Preheat oven to 350 degrees. Take out 3 remaining chicken breasts from refrigerator and dice into cubes. Mix with the remaining ingredients and spoon into a casserole dish. Bake for 40 minutes. Serve with salad, favorite low fat salad dressing and sliced oranges.

Thursday:

a.m.: Place all ingredients except sour cream and flour into the crock pot. Cover and cook on low 6 to 8 hours.

p.m.: Put water on stovetop on high to cook noodles. In a small bowl combine sour cream and flour and mix well. Add a spoonful of liquid from crock pot and mix again. Now add the sour cream mixture back into the crock pot. Cover and cook on high for 30 minutes. While mixture is heating cook noodles as directed. When meatballs are done, serve over noodles with left over slaw from Tuesday on the side.

Friday:

a.m.: In a small bowl, combine first three ingredients for chicken. Rub ingredients over chicken. Place chicken in crockpot, then add soup and wine into crockpot. Cover and cook on low for 6 to 8 hours

p.m. Heat oil in a heavy skillet or wok. Chop onion, then add onion and garlic to oil and cook on medium-high heat until onion is softened and transparent. Add spinach, lemon juice and rice (reserved in refrigerator); cook, stirring frequently, until spinach is limp and rice is thoroughly heated. Toss in basil. Add salt and pepper to taste. Serve rice with chicken and remaining fresh spinach salad with your favorite low fat dressing.

Week #37

Meals

Monday

Ham
Creamed Cauliflower
Asparagus

Tuesday

BBQ Chicken
Brussel Sprouts
Corn

Wednesday

Meatloaf
Carrots
Green Peas

Thursday

Black-eyed peas
Mashed Potatoes
Broccoli/Cheese

Friday

“Fried” Chicken
Squash
Okra

Recipes

Creamed Cauliflower

1 head cauliflower
1 tsp minced garlic
2 tbsp light mayonnaise
½ cup 2% shredded cheddar cheese
Salt & Pepper to taste

Meatloaf

3 large eggs
1 cup fat free sour cream
1/2 cup quick rolled oats
2 tablespoons minced dry onion
1 chopped bell pepper
1 teaspoon salt
1/4 teaspoon ground pepper
1 teaspoon Italian spice mix
2 pound very lean ground beef
1/3 cup barbecue sauce or ketchup

Fried Chicken

5 boneless, skinless chicken breasts (trimmed of fat)
1 cup nonfat yogurt
2 cup bread crumbs
1 tbsp. granulated garlic
1 tbsp. paprika
1 tbsp. fresh thyme

Grocery List

Fresh produce/fruits

1 head cauliflower
1 bunch asparagus
1 bell pepper
4 squash
1 onion

Dry Goods

1 can fat free chicken broth
1 can fat free cheese soup
1 can corn
2 cans peas/carrots
2 cans black-eyed peas
1 small box quick cook oats
1 box instant mashed potatoes

Dairy/Refrigerator

1 sliced ham
1 bag 2% shredded cheddar cheese
1 small container fat free sour cream
1 small fat free plain yogurt

Freezer/Meat

10 boneless skinless chicken breast
2 lbs 95% lean hamburger
2 packages frozen brussel sprouts
1 bag frozen broccoli
1 bag frozen okra

Directions for the week

Monday:

Turn oven onto broil to preheat. Cut 1 head of cauliflower into small pieces, discarding the stems and leaves. Place in a large saucepan and cover with water. Turn stovetop on high and boil cauliflower until tender ~15 minutes. While cauliflower is boiling, snap hard ends off of asparagus. Place on broiler pan and spray with cooking oil and sprinkle with favorite spices. Place in oven and broil until tender crisp ~10 minutes. When cauliflower is soft, remove from heat and drain. Mash together remaining ingredients (it should look similar to mashed potatoes). Serve ham (cold or warmed in the microwave) with creamed cauliflower and asparagus!

Tuesday:

a.m.: Place 5 chicken breasts in crock pot and cover with favorite BBQ sauce. Cover and cook on low for 6 to 8 hours.

p.m.: Cook brussel sprouts according to package and warm corn on stovetop on medium heat. Serve with BBQ chicken.

Wednesday:

Preheat oven to 375 degrees. Chop up one bell pepper into small pieces. In a medium bowl, combine the eggs, sour cream, rolled oats, onion, bell pepper, salt, ground pepper, and spice. Knead in the ground beef. Press the meat loaf mixture into a non-stick loaf pan. Bake for 40 minutes. While meatloaf is cooking open up 2 cans of peas/carrots and warm on stovetop on low heat. After 40 minutes remove the partially cooked meat loaf from the oven. Be very careful not to burn yourself and tip the meat loaf up to drain the grease. (It is helpful to hold the meat loaf in place with a spatula when you tip it up.) Cover the top of the meat loaf with the barbecue sauce and return the meat loaf to the oven and bake for another 15 to 20 minutes. Set a cooling rack over a baking pan. Remove the meat loaf from the pan and set it on the rack to drain completely. After five minutes, remove the meat loaf to a serving platter and serve hot with peas/carrots. *I know this meal takes a little longer than usual, if you want to make it shorter, you can cook the meatloaf in the microwave, by putting it in a glass pan and covering with 2 layers of plastic wrap and cooking for ~20 minutes.*

Thursday:

Pour together 1 cup of water and 1 can fat free chicken broth on stove and turn to high to prepare instant mashed potatoes. Open up 2 cans of black-eyed peas and cook on low on the stovetop. Take one bag of frozen broccoli and place in a glass casserole dish with 1 tbsp water, place in the microwave, and cook as directed. Open up a small can light cheese soup and warm on stovetop. Prepare instant mashed potatoes, as directed on box, except using boiling water/chicken broth combination and no butter/margarine. Serve black-eyed peas, mashed potatoes, and broccoli/cheese together for a meatless meal!

Friday:

a.m.: Place 5 chicken breasts along with yogurt in a large plastic resealable bag. Massage yogurt into chicken and place in the refrigerator.

p.m.: Preheat oven to 350 degrees. Take frozen okra and place on baking sheet. Spray with cooking spray and place in oven. Meanwhile, add garlic, paprika, and thyme to bread crumbs and dredge the chicken through the crumb mixture. Spray a baking pan with cooking spray and bake chicken in a 350-degree oven for 20 minutes, along with the okra. While chicken and okra are cooking, slice squash and ½ onion and place in large skillet. Add 1 tbsp olive oil and salt and pepper to taste. Sauté the squash and onions on medium high heat until tender ~15. For the last five minutes of the chicken & okra cooking, flip the oven dial to broil to give the chicken and okra a deep golden color. Serve the chicken along with the okra and sautéed squash.

Week #38

Meals

Monday

Baked Chicken with
Mushrooms
Sweet Potatoes
Whole Wheat Rolls

Tuesday

Easy Eggplant
Lima Beans
Salad

Wednesday

Ham
Tomatoes/
Cucumber
Cantaloupe

Thursday

Stew Beef
With Barley
Wax Beans/
Red Peppers

Friday

Grilled Chicken
Zucchini/
Onions
Salad

Recipes

Baked Chicken with Mushrooms

5 boneless skinless chicken breasts
1 can fat free cream of chicken
1 can fat free chicken broth
1 large can mushrooms
Paprika, Salt & Pepper

Easy Eggplant

2 large eggplants
Light Mayonnaise
Lemon Pepper
Parmesan

Tomato/Cucumber Salad

2 large diced tomatoes
2 large “burpless” cucumbers
½ small diced onion
¼ cup canola oil
1/8 cup Red wine vinegar
2 tsp sugar
Salt and Pepper to taste

Stew Beef with Barley

1 lb stew beef
2 cans fat free beef broth
3 small potatoes
1 medium onion
1 small bag bite size carrots
1 cup quick cook barley
3 tbs minced garlic
Salt & Pepper to taste

Grocery List

Fresh produce/fruits

4 sweet potatoes
2 large eggplants
1 X-large bag salad
2 tomatoes
2 “burpless” cucumbers
3 onions
1 cantaloupe
2 zucchini
3 small potatoes
1 small bag bite size carrots
1 red bell pepper
2 cups fresh wax or green beans

Dry Goods

1 large can mushrooms
2 cans lima beans
2 cans fat free beef broth
1 can fat free cream of chicken
1 can fat free chicken broth
1 box quick cook barley

Dairy/Refrigerator

Freezer/Meat

10 boneless skinless chicken breasts
1 bag whole wheat rolls
1 large sliced ham
1 lb stew beef

Directions for the week

Monday:

Preheat oven to 375 degrees. Place chicken breasts in a large casserole dish. Combine can of cream of chicken and chicken broth together and pour over chicken. Open can of mushrooms and pour over chicken. Sprinkle with salt, pepper and paprika. Cover with aluminum foil and place in oven and bake ~35 minutes. While chicken is baking, wrap 4 sweet potatoes in plastic wrap and microwave for 20 minutes. Serve chicken with sweet potatoes and whole wheat rolls.

Tuesday:

Preheat oven to 450 degrees. Slice eggplant into 3/8 inch slices. Coat each side of slice with light mayonnaise and then dust with lemon pepper and parmesan cheese. Place on baking sheet and place in oven. Bake for 8 to 10 minutes. While eggplant is cooking open up 2 cans of lima beans and place on stovetop on medium high heat to warm. Serve eggplant as soon as you get through cooking with lima beans and bagged salad with favorite low fat dressing.

Wednesday:

Cut up 2 large tomatoes and 2 cucumbers, add additional ingredients, stir, and refrigerate. While salad is marinating, warm ham in the microwave and cut up one whole cantaloupe. Serve ham with tomato/cucumber salad and cut up cantaloupe!

Thursday:

a.m.: Put all ingredients for stew beef into crock pot. Add enough water to fill crock pot $\frac{3}{4}$ full. Cover and set on low - cook 6 to 8 hours.

p.m.: Put quick cook barley into crock pot and stir – cook on high for 30 minutes. While barley is cooking, cut up 1 red bell pepper into slices and place it, along with 2 cups fresh wax beans (or green beans) in a “steamer” plastic resealable bag. Cook in microwave as directed. Serve beans/peppers along with stew beef with barley.

Friday:

a.m.: Place 5 boneless skinless chicken breasts in a resealable bag with favorite seasoning/marinade. Zip close and place in the refrigerator.

p.m.: Preheat grill on medium high heat. Meanwhile, cut up 1 large zucchini and 1 onion into thin slices. Make an aluminum foil “bowl” and place zucchini and onions in the foil. Spray with cooking spray, stir and sprinkle with seasonings/marinade that you used on the chicken. Take chicken and zucchini/onions out to grill and place on middle rack. Cook chicken for 6 to 8 minutes on each side or until cooked thoroughly. When done, take off chicken and zucchini/onions. Serve chicken along with zucchini/onions and bagged salad with favorite salad dressing.

Week #39

Meals

Monday

Blackened Salmon
Sandwich
Baked Chips
Fresh Fruit

Tuesday

Crunchy Poppy seed
Chicken salad
Fresh Fruit
Whole Wheat Roll

Wednesday

Farmer's Casserole
Spinach Salad

Thursday

Garden Fresh
Pasta Salad
with Chicken
Spinach Salad

Friday

Asparagus Popover
Ham
Whole Wheat Roll

Recipes

Crunchy Poppy seed Chicken Salad

1 bag broccoli slaw
2 large red peppers
1 small bag shredded
carrots
1 can pineapple tidbits
5 boneless skinless
chicken breasts
½ cup poppy seed
dressing
¼ cup cashews

Farmer's Casserole

1 bag frozen
shredded hash
brown potatoes
¾ cup 2% shredded
cheddar cheese
1 cup diced cooked
ham
2 sliced green onions
4 eggs
1 ½ cup skim milk
Salt & Pepper to
taste

Garden Fresh Pasta Salad

1 package bow-tie pasta
(whole wheat preferably)
2 cups broccoli florets
1 small red onion
1 red pepper
1 cup cherry tomatoes
1 bottle sun-dried tomato
dressing
½ cup parmesan cheese

Asparagus Popover

1 bunch asparagus
1 tbsp trans fat free
margarine
½ cup skim milk
3 eggs
½ cup flour
Salt and pepper to taste
Pinch of sugar
1 cup low fat shredded
Swiss cheese

Grocery List

Fresh produce/fruits

1 bunch asparagus
1 small container cherry
tomatoes
1 avocado
1 guacamole seasoning
packet
1 large tomato
1 red onion
1 head green leafy lettuce
8 pieces assorted fruit
3 red bell peppers
1 bag broccoli slaw
1 bag shredded carrots
2 green onions
1 X-large bag spinach salad
1 head broccoli

Dry Goods

1 bag whole wheat
buns
1 bag whole wheat
rolls
1 bag baked chips
1 can pineapple tidbits
1 small bag cashews
1 box whole wheat
bow-tie pasta
1 bottle poppy seed
dressing
1 bottle sun-dried
tomato dressing

Dairy/Refrigerator

1 small fat free sour cream
1 bag 2% shredded cheddar
cheese
1 bag low fat shredded Swiss
cheese

Freezer/Meat

5 salmon fillets
10 boneless, skinless
chicken breasts
1 large sliced ham
1 bag frozen hash browns

Directions for the week

Monday:

Turn grill on high to preheat. Rub blackening or Cajun seasoning onto both sides of 5 salmon fillets. Take salmon out to grill and place on grill. Cook the salmon for 3 to 4 minutes on each side or until done. When finished cooking, place salmon in a casserole dish and cover with aluminum foil and let sit for 5 to 10 minutes. While the salmon is “resting”, peel and seed one avocado. Mash the avocado with ½ package guacamole seasoning packet and 1 tablespoon fat free sour cream. Slice 1 large tomato. Slice 1 red onion and separate. Pull several lettuce leaves off the head and tear into smaller pieces. Cut up a bowl full of your favorite fruit(s) such as watermelon, cantaloupe, apples, grapes, etc. (enough for today and tomorrow). Serve the salmon on a whole wheat sandwich bun, along with the avocado mixture, tomato, lettuce and red onion. Serve baked chips and the cut up fruit as your sides. Put remaining fruit back into the refrigerator for tomorrow’s meal.

Tuesday:

a.m.: Place 10 chicken breasts in crock pot and turn on low. Cover and cook for 6 to 8 hours.

p.m.: Take chicken breasts out to cool. Place five chicken breasts into the refrigerator for a future meal. Slice red peppers into very thin slices. Open and drain can of pineapple tidbits. Cut chicken breasts into bite size pieces. Combine all ingredients together and stir. Place in refrigerator until ready to serve. Serve chicken salad with whole wheat rolls, and leftover fruit from previous day.

Wednesday:

Preheat oven to 350 degrees. Chop 2 green onions and 1 cup of ham into small pieces. Coat a baking dish with non-stick cooking spray. Open hash browns and spread evenly in the bottom of the dish. Sprinkle with cheese, and chopped ham and green onions. In a bowl combine eggs, milk, salt and pepper. Pour egg mixture over potato mixture. Bake uncovered for 40 minutes. Serve with bagged spinach salad and favorite low fat dressing.

Thursday:

Cook pasta as directed on package. While pasta is cooking, chop 2 cups of broccoli florets. Add broccoli to the boiling water for the last 3 minutes of the pasta cooking time. Drain well and place in a large bowl. Chop one red onion and one red bell pepper into thin slices. Take one cup of cherry tomatoes and cut them into halves. Take out reserved chicken breasts and cut into bite size pieces. Add onion, pepper, tomato, and chicken to your pastas and mix light. Add ½ to ¾ bottle of sun-dried tomatoes dressing to pasta and stir to coat. Sprinkle with cheese. Serve with left over spinach salad from the night before. This pasta salad is best if you can put in the refrigerator for a while before serving, but if you are short on time, you can serve after assembling!

Friday:

Preheat oven to 425 degrees. In a medium saucepan, add enough salted water to reach a dept of 2 inches and bring to a boil. While water is warming, bend the asparagus spears until they break and discard hard pieces. When water boils, add the asparagus and cook until crisp-tender about 3 minutes. Drain and rinse with cold water and then pat dry with paper towels. Cut the spears into thirds. In a medium cast-iron skillet (or any kind of oven safe skillet), add the butter and place the skillet in the oven to melt the butter. In a medium bowl, microwave the milk on high for 30 seconds. Whisk in the eggs, then the flour, ½ tsp salt and ½ tsp pepper and a pinch of sugar. Add the asparagus pieces to the hot cast iron skillet and pour the batter on top. Sprinkle half the cheese and bake until puffed and golden-brown ~18 minutes. You can put your whole wheat rolls in the oven to bake at the same time as the asparagus popover. While both the asparagus popover and rolls are cooking, warm your ham in the microwave. When the popover finishes cooking, top it with the remaining cheese. Serve with ham and whole wheat rolls.

Week #40

Meals

Monday

Go Green Chicken
Sammies
Baked Home Chips

Tuesday

Middle Eastern
Tuna Salad
Whole Wheat Pita
Spinach Salad

Wednesday

King Ranch Casserole
Spinach Salad

Thursday

Tuna Melt Oven
Fresh Fruit

Friday

BBQ Pork Chops
Coleslaw
Cornbread

Recipes

Middle Eastern Tuna Salad

2/3 cup nonfat plain
yogurt
3 tbsp olive oil (tahini if
you have it!)
2 tsp lemon juice
4 tsp minced garlic
2 tsp ground cumin
12 ounces tuna in water
1 ½ cups chickpeas
½ cup fresh parsley
Salt & pepper to taste

King Ranch Casserole

1 can fat free chicken broth
1 cup skim milk
½ cup all-purpose flour
½ cup nonfat plain yogurt
1 can diced tomatoes, drained
1 can chopped green chilies, drained
¼ cup fresh parsley
1 tbsp chili powder
1 tsp dried oregano
½ tsp ground cumin
Salt & pepper to taste
1 large onion
1 red bell pepper
2 tsp mince garlic
4 boneless skinless chicken breasts
10 corn tortillas
½ cup 2% shredded cheddar cheese

Tuna Melt

6 slices whole wheat
bread
12 ounces tuna
½ small red onion
2 tbsp light
mayonnaise
1 tbsp lemon juice
1 tbsp fresh parsley
Salt and pepper to
taste
Dash of hot pepper
sauce
Sliced pepper jack
cheese
2 tomatoes

Coleslaw

1 bag shredded tricolor
slaw
3 tbsps light mayonnaise
3 tbsp nonfat plain
yogurt
1 tbsp Dijon mustard
2 tps cider vinegar
1 tsp sugar
½ tsp celery seed or
caraway seed
Salt and pepper to taste

Grocery List

Fresh produce/fruits

1 bag tri-colored slaw
2 small tomatoes
1 large bunch fresh
parsley
1 lb yellow potatoes
2 avocados
1 guacamole seasoning
packet
1 head lettuce
1 large bag spinach salad
1 small red onion
1 large yellow onion
1 red bell pepper
5 pieces favorite fruit

Dry Goods

24 oz tuna in water
1 large can chickpeas
1 bag whole wheat crusty
rolls
1 bag whole wheat pitas
1 can fat free chicken
broth
1 can diced tomatoes
1 can chopped chilies
1 bag corn tortillas
1 bag whole wheat bread
1 box cornbread mix
1 bottle BBQ sauce

Dairy/Refrigerator

1 large container fat free plain
yogurt
1 package reduced fat pepper jack
cheese slices
1 bag 2% shredded cheddar
cheese

Freezer/Meat

9 boneless, skinless chicken
breasts
6 pork chops

Directions for the week

Monday:

a.m.: In a large resealable plastic bag, add 2 tbsps olive oil, 2 tbsp dried cilantro, 2 tsps dried thyme, 2 tsp lemon juice and 2 tsps hot pepper sauce, seal and mix. Now add 5 boneless, skinless chicken breasts to bag and seal. Massage mixture into chicken to cover chicken completely and then place in the refrigerator.

p.m.: Turn grill on to high to preheat. Turn oven on to 450 degrees to preheat. Take out one pound of yellow potatoes and slice into very thin slices (you do not have to peel them). Add potatoes to a large resealable plastic bag and add 3 tsps of olive oil and salt and pepper to taste. Toss potatoes until coated well. Spray a baking sheet with cooking oil and spread potatoes evenly on sheet and place in the oven. Cook for 25 minutes until golden. While potatoes are cooking, take chicken out of the refrigerator and out to grill. Also take 4 plain chicken breasts with you on a separate plate. Cook all chicken for 6 to 8 minutes on each side until cooked throughout. Add one slice of pepper jack cheese to each of the "green" chicken breasts 1 to minutes before you remove them. Take the chicken off the grill and place in a casserole dish and cover with aluminum foil and let it sit for 5 to 10 minutes. *Take the 4 plain chicken breasts and place in refrigerator for later meal.* While chicken is sitting, peel and mash 2 avocados and then stir in 1 guacamole seasoning packet. Serve chicken breasts on whole wheat crusty rolls topped with guacamole and lettuce with homemade potatoes as a side.

Tuesday:

Whisk together yogurt, olive oil, lemon juice, garlic and cumin in a bowl. Stir in tuna, chickpeas and parsley, and season with salt and pepper. Serve in whole wheat pitas along with a spinach salad with your favorite low fat dressing as a side.

Wednesday:

Preheat oven to 375 degrees. Open can of chicken broth and place in a medium saucepan. Wisk together milk and flour in a small bowl to make a paste. Add the paste to the broth and cook over medium, whisking constantly until thickened and smooth ~3 minutes. Remove from heat and add yogurt, tomatoes (drained), chilies (drained), parsley, chili powder, oregano, cumin, salt and pepper. Set aside. Heat oil in a large skillet over medium high heat. While oil is heating, chop one onion and one red bell pepper. Add onion, red pepper and garlic to oil and cook for 3 minutes and then remove from heat. While onions and peppers are cooking, take previously cooked chicken breasts out of the refrigerator and chop into bite sized pieces. Line the bottom of a large baking sheet with half of the tortillas. Next put half of the chopped chicken and half of the onion mixture. Spoon half of the sauce evenly over the top. Repeat layers with remaining tortillas, chicken, onion mixture and sauce. Sprinkle with cheese and bake for 25 minutes. Yum!!!!
Serve with left over spinach salad!!!

Thursday:

Preheat oven to broil. Toast bread in a toaster. While bread is toasting, combine tuna, mayonnaise, lemon juice, parsley, salt, pepper and hot sauce in a medium bowl. Slice tomatoes. Spread tuna mixture evenly on each piece of toast; top with a tomato slice and 1 slice pepper jack cheese. Place open face sandwich on baking sheet and broil until cheese is bubbly and brown. Serve with fresh fruit as a side.

Friday:

Preheat oven to 400 degrees. Prepare cornbread as directed on box, using skim milk and place in oven. While cornbread is cooking, sprinkle 6 pork chops with salt and pepper. Heat 2 tsps olive oil in a large skillet over high heat. Add the pork chops and cook until beginning to brown ~2 minutes each side. Take pork chops out of skillet and place in casserole dish and cover with favorite BBQ sauce. Place in oven and cook along with cornbread until barely pink in the middle ~ 10 minutes. While pork chops are cooking, take all of the slaw ingredients (except shredded cabbage) and mix together well, then add shredded cabbage and coat. Place in the refrigerator until pork chops are done. Serve pork chops with slaw and cornbread.

Week 41#

Meals

Monday

Shrimp Po Boy
Light Potato Salad

Tuesday

Turkey Breast
with Mexican
Squash
Whole Wheat Rolls

Wednesday

Shrimp & Cheddar
Grits
Spinach Salad

Thursday

Potato/Chive/Ham
Frittata
Spinach Salad

Friday

Turkey Burgers
Fries
Baked Beans

Recipes

Light Potato Salad

1 pound potatoes
¼ cup fat free sour
cream
¼ cup light
mayonnaise
1 tbsp sweet pickle
relish
1 tbsp dill pickle
relish
1 tsp Dijon mustard
2 hard boiled eggs
Salt & pepper to taste
Paprika

Turkey Breast with Mexican Squash

¼ cup chili powder
1 tbsp ground cumin
1 ½ tsp salt
8 turkey cutlets
2 tbsp olive oil
1 small onion
1 tsp minced garlic
3 large zucchini
2 cans corn
1 cup drained fire-
roasted diced tomatoes

Shrimp & Cheddar Grits

1 can fat free
chicken broth
1 ½ cups water
¾ cups quick grits
½ tsp pepper
¾ cup 2% shredded
cheddar cheese
1 pound shrimp
1 bunch scallions
1 tbsp olive oil
¼ tsp garlic powder
1/8 tsp salt

Potato Chive Frittata

1 bag frozen hash browns
2 tbsp olive oil
1 cup minced ham
1/3 cup all-purpose flour
¼ cup fresh chives
¾ cup baking powder
½ tsp pepper
8 eggs
1 container fat free ricotta
cheese
½ cup 2% shredded cheddar
cheese

Grocery List

Fresh produce/fruits

1 pound potatoes
1 small onion
3 large zucchini
1 bunch scallions
1 large bag spinach salad
1 bunch fresh chives
1 avocado
1 guacamole seasoning
packet

Dry Goods

2 bags whole wheat
sandwich buns
1 bag whole wheat rolls
2 cans corn
1 can fire-roasted diced
tomatoes
1 can fat free chicken
broth
1 can baked beans
1 box quick grits

Dairy/Refrigerator

1 small container fat free sour
cream
1 bag 2% shredded cheddar
cheese
1 container fat free ricotta cheese
1 dozen eggs
1 package sliced provolone cheese
1 container coleslaw

Freezer/Meat

2 pounds raw peeled shrimp
8 turkey cutlets
1 small package ham
1 box turkey burgers
1 bag frozen hash browns
1 bag steak fries

Directions for the week

Monday:

Turn grill onto medium high heat and close to preheat. Chop one pound of potatoes into small chunks and place in a large pot of salted water, along with 2 eggs and bring to a boil on high. Cook for 20 minutes. While potatoes are cooking, combine 1 tsp chili powder, ½ tsp paprika, ¼ tsp pepper and 2 tps olive oil together and toss one pound of peeled shrimp in mixture. Take shrimp out to grill and place in a single layer to cook. You can use a grill basket, a cast iron flat pan, or aluminum foil to cook the shrimp on. Stir occasionally while cooking, until shrimp is pink ~3 minutes. Take shrimp off and cover. Now take whole wheat buns sandwich buns, open, and spray with cooking spray and place face down on grill until toasted, then flip (30 seconds to 1 minute on each side). Once back inside, drain potatoes and rinse with cool water. Peel and chop 2 eggs and combine all ingredients for potato salad. Serve shrimp on whole wheat buns topped with bought coleslaw and potato salad on the side. *NOTE: If your kids don't like a lot of seasoning, you can grill some of the shrimp without seasoning.*

Tuesday:

Preheat oven to 425 degrees. In a small bowl, combine the chili powder, cumin and 1 tsp salt. Dust the turkey cutlets on both sides with the spice mixture and sit aside. In a large skillet, heat 1 tbsp olive oil. While oil is heating chop 1 small onion very finely. Add to skillet once chopped along with garlic and simmer for 5 minutes. While onions are cooking, cut zucchini in half and then cut crosswise into ¼ inch thick slices. Add the zucchini and ½ tsp salt and cook for 4 minutes. *Put your whole wheat rolls in the oven.* Open the corn and tomatoes and drain both. Add to mixture and simmer until the zucchini is tender about 4 minutes. Meanwhile in another skillet, heat 1 tbsp olive oil over medium-low heat. Add the turkey cutlets and fry until just cooked ~2 to 3 minutes on each side. *Remember to take out your rolls.* Serve turkey cutlets with squash and rolls! *NOTE: If your kids don't like a lot of seasoning, you can cook some of the turkey cutlets without seasoning.*

Wednesday:

Turn oven onto broil to preheat. Bring broth and water to a boil in large saucepan over medium-high heat. Whisk in grits and ¼ tsp pepper. Reduce heat to medium-low, cover and cook, stirring occasionally, until thickened, 5 to 7 minutes. Remove from heat and stir in cheese. Cover to keep warm. Meanwhile, toss shrimp, scallions, oil, garlic powder, remaining ¼ tsp pepper and salt in a medium bowl. Transfer to a baking sheet. Broil, stirring once, until the shrimp are pink ~5 to 6 minutes. Serve the grits topped with the broiled shrimp with a bagged spinach salad and your favorite low fat dressing.

Thursday:

Preheat oven to 375 degrees. On stovetop, heat 2 tsp olive oil in oven proof skillet and add hash brown and ham. Stir until heated ~3 to 4 minutes. In a bowl, whisk together flour, chives, baking powder, and pepper together. In a separate bowl, whisk together eggs and cheeses until combined well, and then add in flour mixture from other bowl. Pour egg mixture over potatoes and ham and place in oven. Bake for 35 minutes or until firm and puffy. Serve in slices with side of leftover spinach salad!

Friday:

Fire up the grill and set on medium, close cover and let warm. Turn on oven to 450 degrees and put frozen steak fries in to cook as directed. Take desired amount of turkey burgers out and grill approximately 5-6 minutes on each side until done. While burgers are grilling, peel and pit avocado and mix with dried guacamole dip – place in the refrigerator. Also, place one can of baked beans on stovetop in saucepan on medium heat. When burgers are done serve on whole wheat buns with provolone cheese, guacamole dip, with fries and beans as sides.

Week #42

Meals

Monday

Mac N' Cheese
Sliced Tomatoes

Tuesday

Fried Okra
Sautéed Squash
Pintos

Wednesday

Grilled Beer Chicken
Roasted Potatoes
Spinach Salad

Thursday

Penne with
Fresh Tomato
Spinach Salad

Friday

London Broil
Creamed Potatoes
Mushrooms

Recipes

Mac N' Cheese

1 box whole-wheat elbow noodles
1 large bag frozen broccoli
3 ½ cups skim milk
6 tbsp flour
1 tsp garlic powder
1 tsp salt
½ tsp pepper
1 ½ cups 2% shredded cheddar cheese
½ cup parmesan cheese
2 tsp Dijon mustard

Grilled Beer Chicken

5 boneless skinless chicken breasts
¼ cup brown sugar
1 tbsp chili powder
1 tbsp garlic powder
1 tsp salt
½ tsp pepper
1 beer

Penne with Fresh Tomato

4 cups grape tomatoes
1 jar marinated artichoke hearts
15 sun-dried tomato halves
1 cup chopped fresh basil
½ cup chopped fresh cilantro
2 tsp minced garlic
2 tbsp olive oil
1 package dried whole wheat penne pasta
3 tbsp Parmesan cheese

Grocery List

Fresh produce/fruits

4 tomatoes
2 zucchini
2 yellow squash
4 baking potatoes
1 large bag spinach salad
2 containers grape tomatoes
1 bunch fresh basil
1 bunch fresh cilantro

Dry Goods

1 box whole wheat elbow noodles
1 box whole wheat penne pasta
1 bag dried pintos
1 jar artichoke hearts
1 jar sundried tomatoes
1 box instant potatoes
1 jar whole mushrooms
1 can fat free chicken broth

Dairy/Refrigerator

1 bag 2% shredded cheddar cheese
1 can beer

Freezer/Meat

1 bag frozen broccoli
1 bag frozen okra
5 boneless skinless chicken breasts
1 London Broil

Directions for the week

Monday:

Bring a large pot of water to a boil. Cook pasta for 4 minutes. Add frozen broccoli and continue cooking, stirring occasionally until pastas and broccoli are tender 5 to 8 minutes more. Meanwhile, in another pot, heat 3 cups of milk over medium heat until just simmering. Whisk the remaining milk, flour, garlic powder, salt and pepper in a small bowl until combined. Add the flour mixture to the simmering milk; return to a simmer and cook, whisking constantly, until the mixture is thickened ~2 to 3 minutes. While cheese sauce is simmering, peel & slice 4 fresh tomatoes. Remove from heat and whisk in cheddar, parmesan, and mustard until the cheese is melted. Drain the pasta and broccoli and add the cheese sauce. Serve with sliced tomatoes.

Late evening: Place a bag of dried pintos into a large pot filled with water and let soak over night.

Tuesday:

a.m.: Remove any bad pintos from pot. Place pintos into crock pot and fill crock pot $\frac{3}{4}$ of the way full. Cover and cook on low for 6 to 8 hours.

p.m.: Preheat oven to 375 degrees. Place frozen okra on baking sheet, spray with cooking oil and place in oven and bake for 20 to 25 minutes until golden brown. While okra is baking, slice 2 zucchini and 2 yellow squash into thin slices. Heat 1 tbsp olive oil in a skillet over medium heat – add squash and zucchini. Cook for 3 minutes, stirring occasionally. Add 2 tsps of minced garlic and cook another 3 to 5 minutes. Remove from heat and sprinkle with parmesan cheese. Serve with okra and pintos.

Wednesday:

a.m.: Place chicken breasts, along with all other ingredients in a large resealable plastic bag and massage marinade into chicken. Seal bag and place in the refrigerator. (Don't worry about the alcohol, it will cook off.)

p.m.: Take out 4 baking potatoes and place in microwave for 20 minutes. While potatoes are baking preheat grill to medium heat and cover. Take chicken out to grill and cook for 6 to 8 minutes on each side. Remove from grill and cover when done and let sit for 5 minutes. Serve with baked potatoes, spinach salad and favorite low-fat salad dressing.

Thursday:

Bring a large pot of water to a boil. Stir in pasta and cook until done ~9 – 12 minutes. While pasta is cooking, pulse tomatoes in a food processor until chopped. Transfer to a large serving bowl. Drain artichokes in a colander, over a bowl to reserve the marinade. Coarsely chop the artichoke and add to the grape tomatoes with 2 tbsp of the reserved marinade. Finely chop up the basil and cilantro and add the sun-dried tomatoes, garlic and oil. Let stand for 10 minutes. When pasta is done, drain and add tomato mixture. Sprinkle with parmesan cheese and serve with left over spinach salad with favorite low fat dressing.

Friday:

a.m.: Put London broil in a large resealable plastic bag. Add 2 tbsp olive oil, 1 tbsp balsamic vinegar, 2 tbsp minced garlic, $\frac{1}{2}$ tsp dried rosemary, and salt and pepper to taste. Massage marinade into meat and place in the refrigerator.

p.m.: Preheat grill to medium heat and cover. Take one bottle of whole mushrooms, open, drain, place in bowl, add 2 tbsp. Italian dressing, stir, and refrigerate. Bring 1 cup water and 1 can fat free chicken broth to boil on stove. Cook instant potatoes in broth mixture as directed on box, using skim milk and no butter. For added creaminess add $\frac{1}{4}$ cup fat free sour cream (you'll never miss the butter J). While potatoes are cooking take London Broil out to grill and cook to desired temperature. Remove from grill and place in a casserole dish and cover with aluminum foil for 5 minutes. Serve London Broil with creamed potatoes and mushrooms – YUMMY!!!!

Funding provided by Stanly County Smart Start Partnership for Children

Week #43

Meals

Monday

Buffalo Chicken
Wraps
Mashed Potatoes

Tuesday

Grilled Chicken
Tacos with Roasted
Red Peppers
Black Beans

Wednesday

Easy Shepherd
Pie
Salad

Thursday

Cheeseburger Joes
Fries
Salad

Friday

Easy Chicken
Cordon Blue
Asparagus
Corn on the Cob

Recipes

Grilled Chicken Tacos with Roasted Red Peppers

2 Red Bell Peppers
4 boneless skinless chicken breasts
1 tbsp olive oil
Salt & Pepper to taste
Corn Tortillas
2 tbsp lime juice
½ cup fat free sour cream
1 ½ cups lettuce
2 large tomatoes
1 jalapeño pepper (optional)

Easy Shepherd Pie

1 lb ground beef
2 cups mashed potatoes
¼ package Neufchatel Cream
Cheese (low-fat cream
cheese)
1 cup 2% shredded cheddar
cheese
2 tsps minced garlic
4 cups mixed vegetables
1 cup fat free beef gravy

Easy Chicken Cordon Blue

1 package stuffing mix for
chicken
6 boneless skinless chicken
breasts
6 deli sliced ham slices
1 can fat free cream of
chicken soup
1 tbsp Dijon mustard
6 slices reduced fat Swiss
cheese slices

Grocery List

Fresh produce/fruits

4 tomatoes
1 head lettuce
1 bunch celery
2 red bell peppers
1 jalapeno pepper
(optional)
1 large bag salad
1 bunch asparagus

Dry Goods

1 can fat free cream of
chicken
1 box instant potatoes
1 bottle buffalo chicken
hot sauce
2 cans black beans
1 package corn tortillas
1 package whole wheat
tortillas
1 jar fat free beef gravy
1 bottle favorite BBQ
sauce
1 bag whole wheat buns
1 box whole wheat
stuffing

Dairy/Refrigerator

1 bag blue cheese (optional)
1 small fat free sour cream
1 package low fat cream cheese
1 package 2% shredded cheddar
cheese
1 package 2% sliced Swiss cheese
1 package thin sliced ham

Freezer/Meat

3 lbs ground beef
15 chicken tenderloin strips
10 boneless skinless chicken
breasts
1 bag frozen mixed
vegetables
1 bag frozen corn on the cob
1 bag frozen French fries

Directions for the week

Monday:

Place pot of water on high on stovetop with recommended amount of water to make 5 cups of instant potatoes, bring to a boil. Place skillet on stovetop on medium heat with 1 – 2 tbsp olive oil. Add 15 chicken tender strips to skillet and cook until heated and no longer pink in the middle (~3 to 4 minutes per side). Pour hot sauce in a bowl and set to the side. When chicken strips are done cooking, add to the bowl with hot sauce and coat well (you can reserve some chicken without hot sauce for children that do not like spicy foods). Don't forget to put your instant potatoes on, remembering to use skim milk and no butter (margarine)! Whisk together ¼ cup reduced fat mayonnaise, salt & pepper to taste, and ¼ cup crumbled blue cheese (optional). Chop 4 tomatoes, 4 cups of lettuce and 1 cup of celery. To assemble, add chicken, tomatoes, lettuce, celery, and blue cheese mayonnaise on whole wheat tortillas and wrap. Serve with instant potatoes, reserving 2 cups in the refrigerator for a later meal, along with any leftover tomatoes and lettuce.

Tuesday:

Preheat grill to high and cover. Open 2 cans of black beans and put in medium saucepan on stovetop on medium low heat. Take the two red bell peppers out to grill and roast on all sides, until they are evenly blackened and blistered. Place the peppers in a bowl and cover with plastic wrap. Turn the grill down to medium-high and place four chicken breasts on grill. Grill on both sides until cooked through, about 6 minutes per side. While chicken is cooking, wrap corn tortillas in two stacks with aluminum foil and place on grill along with chicken. Remove the chicken and place in a bowl and cover with aluminum foil or plastic wrap. Remove the tortillas and reserve for meal. While chicken is resting, remove the peppers from the bowl and peel them. Remove the stems and seeds and cut into thin strips. Now cut the chicken into strips and add them to the bowl with the peppers. Sprinkle the chicken and peppers with lime juice. Fill each tortilla with chicken and peppers, sour cream, lettuce, tomatoes, and jalapeno pepper (optional). Serve with black beans.

Wednesday:

Turn oven onto 375 degrees to preheat. Place three pounds of ground beef in large skillet on medium high heat and brown. While ground beef is cooking, take out reserved instant potatoes and warm in the microwave for 2 to 3 minutes. Once ground beef is browned, pour in a colander and rinse with very hot water until water runs clear. Return one cup ground beef to pan with no heat. Reserve remaining 2 cups of ground beef in a container in the refrigerator for a later meal. Once potatoes are warmed, add ¼ package Neufchatel cheese, garlic, and ½ cup of the shredded cheese. Stir until cheeses are melted. Stir gravy and vegetables into meat and spoon into a 9 inch square baking dish. Cover with potato mixture. Sprinkle with remaining cheese and bake for 20 minutes. Serve with salad and favorite low fat dressing.

Thursday:

Preheat oven to 400 degrees and cook frozen French fries as directed. While fries are cooking, take out reserved ground beef and place in large saucepan. Add ½ cup barbecue sauce and ¼ cup ketchup. Mix well and warm for 5 minutes. Serve on whole wheat buns with 2% slice of Swiss cheese, French fries, and remaining salad from the night before.

Friday:

Preheat oven to 400 degrees. Prepare stuffing as directed on box and set aside. Place six chicken breasts in 13X9 casserole dish; cover with one slice of ham. Mix soup and mustard in a bowl and spoon over the chicken. Top with stuffing. Bake 25 minutes on middle row. Place corn on the cob and asparagus on broiler pan and put on top rack of oven. Flip once, and cook both asparagus and corn until golden brown. After casserole has baked 25 minutes, top with cheese, and bake an additional 5 minutes or until cheese melts. Serve asparagus, corn, and chicken together!

Week #44

Meals

Monday

Spaghetti
Salad
Whole Wheat Rolls

Tuesday

Grilled Chicken
Grilled Asparagus
Grilled Squash

Wednesday

Taco Pie

Thursday

Swedish Meatballs
Egg Noodles
Green Beans

Friday

Steak
Baked Potato
Salad

Recipes

Taco Pie

1 pound ground beef
½ medium onion
1 can corn, drained
1 can black beans, drained and rinsed
1 can diced chilies, drained
1 package taco seasoning
1 cup skim milk
2 eggs
¼ cup Heart Healthy Biscuit Mix
¾ cup 2% shredded Mexican cheese
Salsa
Tomatoes
Lettuce
Fat Free Sour Cream

Swedish Meatballs

1 package lean frozen meat balls
1 onion, chopped
2 tbsp minced garlic
1 can golden mushroom soup
1 can fat free cream of mushroom soup
1 cup water
1 cup fat free sour cream
2 tbsp flour
Salt and pepper to taste

Grocery List

Fresh produce/fruits

2 onions
1 large bag mixed salad greens
1 bunch asparagus
4 squash
1 Tomato
1 head lettuce
4 baking potatoes

Dry Goods

1 jar spaghetti sauce
1 box whole wheat spaghetti noodles
1 bottle sun-dried tomato dressing
1 can corn
1 can black beans
1 can diced chilies
1 package taco seasoning
1 box heart healthy biscuit mix
1 jar salsa
1 can golden mushroom soup
1 can fat free cream of mushroom soup

Dairy/Refrigerator

1 bag 2 % shredded Mexican cheese
1 small fat free sour cream

Freezer/Meat

2 pounds ground beef
5 boneless skinless chicken breasts
1 bag lean meatballs
4 sirloin steaks
1 bag whole wheat rolls

Directions for the week

Monday:

Preheat oven to 400 degrees. Put a large saucepan of water on stovetop and bring to a boil. While water is warming, cut up one onion and mix with 2 pounds ground beef. Brown ground beef and onion in a large saucepan. Once browned, rinse the ground beef under hot water in a colander. Place one pound in the refrigerator for a later meal, return the other pound to the saucepan and add 1 jar of spaghetti sauce of choice. For a little extra flavor add 1 cup of white wine, 1 tbsp minced garlic, and salt and pepper to taste. Bring sauce to boil (this will evaporate the alcohol, while leaving all the taste), then return to medium low and simmer for 20 minutes. While sauce is simmering put spaghetti noodles in boiling water and cook as directed. Put rolls in oven and cook 10 to 15 minutes depending on brand. Serve noodles with spaghetti sauce, salad, favorite low fat dressing, and rolls.

Tuesday:

a.m.: Place 5 chicken breasts in a gallon size resealable plastic bag. Add ½ cup sun-dried tomato dressing. Massage into meat and place in the refrigerator.

p.m.: Turn grill on to high to preheat. Take asparagus out and cut off hard ends, take squash out and cut into thin slices. Place asparagus and squash on a large sheet of aluminum foil with sides pulled up. Coat with ¼ cup sun dried tomato dressing and sprinkle with Montreal Steak Seasoning. Seal aluminum foil around asparagus and squash. Place chicken breasts and vegetables on the grill. Turn grill to medium high and cook chicken for 6 to 8 minutes on each side. Remove chicken from grill and cover with foil. Continue to cook vegetables until tender-crisp, then remove. Serve chicken with grilled asparagus and squash.

Wednesday:

Turn oven onto 400 degrees to preheat. Return reserved cooked ground beef from the refrigerator to a large casserole dish. Mix taco seasoning with beef mixture and spread along the bottom of the dish. Top with chilies, corn, and black beans. Stir milk, egg, and biscuit mix until well blended. Pour over meat and vegetables and bake for 25 minutes. Sprinkle with cheese and cook an additional 10 minutes. While pie is cooking, shred some lettuce and cut up a tomato. Serve taco pie with salsa, lettuce, tomato, and sour cream

Thursday:

a.m.: Place all ingredients except sour cream and flour into the crock pot. Cover and cook on low 6 to 8 hours.

p.m.: Put water on stovetop on high to cook noodles. In a small bowl combine sour cream and flour and mix well. Add a spoonful of liquid from crock pot and mix again. Now add the sour cream mixture back into the crock pot. Cover and cook on high for 30 minutes. While mixture is heating cook noodles as directed. Open a can of green beans and drain. Place in a small saucepan and add one can of fat free beef broth, cover and cook until hot. When meatballs are done, serve over noodles with the green beans on the side.

Friday:

a.m.: Place steak in a large plastic resealable bag, and add your favorite marinade. I like to add ¼ cup A1, ¼ Worcestershire and Montreal Steak Seasoning. Massage the marinade into the steak and place in the refrigerator.

p.m.: Turn grill on to preheat. Wrap potatoes in plastic wrap and put in the microwave for 15 minutes or until soft. While potatoes are cooking, take steak out of the refrigerator and grill on both sides until desired doneness on grill. Serve steak with baked potatoes and left over salad from previous day.

Week #45

Meals

Monday

Grilled Chicken
Tomato Salad
Baked Potatoes

Tuesday

Black-eyed peas
Potato salad
Green beans
Cornbread

Wednesday

Chef Salad
Whole wheat rolls

Thursday

Ham
Cucumber salad
Black-eyed peas

Friday

Chicken Salad
Fruit Salad

Recipes

Tomato Salad

3 large diced tomatoes
½ small diced onion
¼ cup canola oil
1/8 cup Red wine vinegar
2 tbsp sugar
Salt and Pepper to taste

Potato Salad

4 large potatoes
¼ cup fat free sour cream
¼ cup light mayonnaise
1 tbsp sweet pickle relish
1 tbsp dill pickle relish
1 tsp Dijon mustard
2 hard boiled eggs
Salt & pepper to taste
Paprika

Cucumber Salad

3 large English cucumbers
½ small diced onion
1/8 cup Red wine vinegar
2 tbsps lite mayonnaise
2 tbsp sugar
½ tsp dill weed
Salt and Pepper to taste

Chicken Salad

4 cooked chicken breasts
1 stalk celery, diced
1 Golden Delicious apple – peeled, cored, and diced
½ cup seedless red grapes, halved
½ cup chopped almonds
½ teaspoon curry powder
¾ cup light mayonnaise
Salt & Pepper to taste

Grocery List

Fresh produce/fruits

4 large tomatoes
1 sweet onion
1 red onion
8 baking potatoes
1 head lettuce
1 bag mixed greens
1 carrot
1 cucumber
1 bag radishes
3 English cucumbers
1 bunch celery
2 Golden Delicious apples
1 bag red seedless grapes
1 watermelon
1 container strawberries
2 kiwi

Dry Goods

1 bag dried black-eyed peas
2 cans green beans
3 cans fat free beef broth
1 box cornbread mix
1 small bag sliced almonds
1 bag whole wheat sandwich rolls

Dairy/Refrigerator

1 small container fat free sour cream
1 carton eggs
1 bag 2% shredded cheddar cheese

Freezer/Meat

8 boneless skinless chicken breasts
1 ham
1 bag whole wheat rolls

Directions for the week

Monday:

a.m.: Place 8 large boneless, skinless chicken breasts in a large plastic resealable bag with favorite marinade and put in the refrigerator. Go ahead and wash 8 baking potatoes, dry and wrap in aluminum foil.

p.m.: Turn oven onto 450 degrees and place potatoes in oven. Cook for 50 minutes. *If you don't have time to bake the potatoes you can wrap them in plastic wrap and cook them in the microwave for 35 minutes.* While potatoes are baking cut up tomatoes and add the remaining ingredients, cover and place in the refrigerator until ready to serve.

When potatoes have about 20 minutes left, go ahead and turn grill onto medium heat to preheat. Take chicken out and cook ~6 to 8 minutes on each side. When done, cover with aluminum foil and let sit for 5 minutes. Serve 4 chicken breasts with 4 baked potatoes (divided), and tomato salad. Reserve remaining potatoes and chicken breasts for later meal.

p.m. (later): Take bag of dried black-eyed peas out and place in a large vat of water. Let peas soak over night.

Tuesday:

a.m.: Drain black-eyed peas and remove any bad peas. Place peas in crock pot and add 2 cans of fat free beef broth and then add enough water to cover the peas and fill the crock-pot ~ $\frac{3}{4}$ full. Cover, turn on low and cook for 6 to 8 hours.

p.m.: Turn on oven to preheat as directed on cornbread box. Put one large pot of water on stovetop on high and add 6 eggs to water, cook eggs until water starts boiling then turn water off and let eggs sit for 10 minutes. While eggs are cooking, take out 2 cans of green beans, open, drain, and warm on stove top on medium heat using one can fat free beef broth and fresh water. Make cornbread following directions on box, using skim milk, and bake as directed. Take out previously cooked potatoes, peel (optional – I like to leave the peel on), cube and put in a large mixing bowl. Add the remaining ingredients (which includes boiled eggs) and stir. Place in the refrigerator until ready to serve. Serve black-eyed peas, with potato salad, and green beans. Reserve remaining boiled eggs and leftover black-eyed peas for later meals in the refrigerator.

Wednesday:

Preheat oven as directed on bag of whole wheat rolls and cook rolls as directed. Cut up and combine: one head lettuce, one bag of mixed greens, 1 carrot, 1 tomato, 4 boiled eggs (previously cooked), $\frac{1}{2}$ cup ham, $\frac{1}{2}$ cup reduced fat shredded cheddar cheese, 1 cucumber, 1 red onion (optional), radishes, and any other great looking vegetable you have around the house. Serve with your favorite low-fat salad dressing and warm rolls!

Thursday:

Slice and peel cucumbers into very thin slices. Add additional ingredients, mix, and place in the refrigerator until ready to serve. Take out desired amount of ham and left over black-eyed peas and warm in the microwave. Serve ham with peas and cucumber salad.

Friday:

Use previously cooked chicken to dice up and combine with additional ingredients to make chicken salad. For fruit salad, cut up $\frac{1}{2}$ watermelon, 1 apple, 2 kiwi, $\frac{1}{2}$ container fresh strawberries, and the rest of the grapes and toss together. Serve chicken salad with whole wheat sandwich rolls with fruit on the side!

Week #46

Meals

Monday

Steak Fajitas
Black Beans

Tuesday

Cheesy Manicotti
Spinach Salad

Wednesday

Country Salisbury Steak
Steamed Carrots
Green Beans

Thursday

Shipwreck
Dinner
Spinach Salad

Friday

Pan Roasted
Pork Dinner
Whole Wheat Roll

Recipes

Steak Fajitas

1 ½ pounds skirt
steak
2 tbsp lime juice
½ tsp cumin
2 tsp minced
garlic
1 ½ tsp olive oil
1 large red bell
pepper
1 large orange
bell pepper
1 large red onion

Cheesy Manicotti

1 package sliced
mushrooms
2 tbsp minced garlic
3 egg whites
1 package chopped
spinach
1 15 oz container fat free
ricotta cheese
1 cup 2% shredded
mozzarella cheese
1/3 cup parmesan cheese
1 package manicotti shells
2 cups spaghetti sauce

Country Salisbury Steak

1 ½ lbs extra lean
ground beef
1 package whole
wheat stuffing for
chicken
1 ½ cups water
¾ cup chopped
onion
1 package sliced
mushrooms
½ cup barbecue
sauce

Shipwreck Dinner

1 lb extra lean
ground beef
1 box macaroni and
cheese
1 can stewed
tomatoes
1 cup green peas
1 cup skim milk
1 cup 2% shredded
mozzarella cheese

One-pan Pork Supper

3 large sweet
potatoes
1 large red onion
½ cup fat free
Catalina dressing
1 ½ tsp dried thyme
1 package whole
wheat stuffing for
chicken
1 ½ cups water
2 small pork
tenderloins

Grocery List

Fresh produce/fruits

1 large red bell pepper
1 large orange bell
pepper
3 red onions
1 head lettuce
1 large tomato
2 packages sliced
mushrooms
1 large spinach salad
1 small bag baby carrots
3 sweet potatoes

Dry Goods

1 package whole wheat
tortillas
1 jar salsa
1 can black beans
1 package manicotti
shells
1 jar spaghetti sauce
2 packages whole wheat
stuffing for chicken
1 bottle BBQ sauce
2 cans green beans
1 can fat free beef broth
1 box macaroni and
cheese
1 can stewed tomatoes
1 can green peas
1 bottle fat free Catalina
dressing

Dairy/Refrigerator

1 bag 2% shredded mozzarella
cheese
1 bag 2% shredded Mexican
cheese
1 small container fat free sour
cream
1 medium container fat free
ricotta cheese

Freezer/Meat

1 ½ lbs skirt steak
2 ½ lbs extra lean ground
beef
2 small pork tenderloins
1 package frozen chopped
spinach

Directions for the week

Monday:

a.m.: Combine juice, cumin and garlic in a large resealable plastic bag. Cut skirt steak into small strips and add to mixture and seal bag. Massage mixture into meat and place in the refrigerator

p.m.: Open can of black beans and warm on stovetop on medium-low heat. Heat 1 tbsp olive oil in a large nonstick skillet over medium heat. While oil is warming, cut up both bell peppers and one red onion. Add to olive oil and cook for about 6 minutes. Transfer to a serving plate. Add remaining ½ tsp oil to pan and add meat from refrigerator. Cook for approximately 4 minutes, turning once. Remove from heat. Cut up lettuce and tomato, and serve steak with bell peppers and onions, lettuce, tomatoes, shredded cheese, fat free sour cream, whole wheat tortillas, and black beans on the side! YUM!!!!

Tuesday:

a.m.: Take spinach out of freezer and place in the refrigerator to thaw.

p.m.: Preheat oven to 375 degrees. Place one large saucepan on the oven with ½ pot of hot water and bring to a boil. Cook manicotti noodles as directed on the box. While noodles are cooking, spray a large nonstick skillet with cooking spray. Add one package of sliced mushrooms and garlic and cook on medium heat for five minutes. Remove from heat. Take spinach out of the refrigerator and drain. Beat egg whites lightly in a medium bowl. Add mushroom mixture, spinach, ricotta cheese and half each of the mozzarella cheese and parmesan cheese, and mix well. Drain manicotti noodles and rinse in cold water. Stuff each shell with mixture and place in a baking dish sprayed with cooking spray. Cover with spaghetti sauce and bake in the oven for 25 minutes. Top with remaining mozzarella and parmesan cheese and cook for 5 more minutes. Serve with spinach salad and favorite low-fat dressing.

Wednesday:

Preheat oven to 375 degrees. Mix the meat, stuffing mix, 1 ¼ cup of the water and the onions until well blended. Shape into 6 oval patties and place in a baking pan. Bake for 25 minutes. Meanwhile, open 2 cans of green beans and drain. Add one can fat free beef broth and enough water to cover beans in a medium saucepan and cook on medium heat until warmed. Next, spray a large nonstick skillet with cooking spray and add mushrooms. Cook for 5 minutes on high. Add BBQ sauce and remaining ¼ cup water. Reduce heat to low and simmer 1 to 2 minutes. Reserve sauce to pour over the patties. Take out your bag of baby carrots and place in a microwave steam bag and cook as directed on the box. Serve carrots, green beans, along with country Salisbury steaks with mushrooms sauce poured over the top.

Thursday:

Brown meat in a large skillet over medium high heat. Pour meat into a colander and rinse with hot water until water runs clear. Return to pot. Stir in macaroni, cheese sauce mix, tomatoes, peas and milk and bring to boil. Reduce heat to medium-low and cover. Simmer for 12 minutes until macaroni is done, then serve with remaining spinach salad and favorite low fat dressing.

Friday:

Preheat oven to 375 degrees. Cut up and peel sweet potatoes and one onion into bite size chunks and place in the microwave for 5 minutes. While potatoes and onion are cooking, mix together stuffing mix and water and place into the center of a casserole dish. Take potatoes and onions when through and place on outside of stuffing mix. Take each pork tenderloin and slice diagonally into thirds and place on top of stuffing. Put dish into oven and bake for 45 minutes. *(sorry it takes a little longer than 30 minutes)*. Add whole wheat rolls to oven the last 12 minutes. When done remove and serve pork dish with rolls!