



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Greek Salad with Chicken	White Chicken Chili	Chicken Broccoli Casserole	Pot Roast and Carrots	Southwest Marinated Chicken Mexican Side Salad	Chicken Curry Skillet with Mushrooms

# Grocery List:

\*meals serve 3-4 people

	Protein	Seasonings/Oils	Produce	Canned Goods/Misc
	4 1/2 lbs boneless, skinless chicken breast	salt & pepper	1 large cucumber	1/2 Greek or black or green olives
	1 1/2 lbs boneless chicken thighs	oregano	1 each lime and lemon	1 can Great White Northern beans
	1 1/2 lbs boneless chicken tenderloins	cumin	1 large yellow onion, 1 red onion	2 cartons 32 ounces chicken broth (low sodium)
	2 lbs beef bottom roast	chili powder	2 green bell peppers	1 can beef broth (low sodium)
	low fat feta cheese crumbles	curry powder	2 jalapeño (optional)	6 oz tomato paste
	2% cheddar cheese, shredded	1 bay leaf (optional)	1 bulb fresh garlic	butter spray
	8 oz fat-free plain Greek yogurt	olive oil	3 tomatoes	1 can fat-free cream of celery soup
			4 cups sliced mushrooms	grated Parmesan cheese
			1 small bag baby carrots	low sodium soy sauce
			1 bunch each green onions and cilantro	salsa of choice
			head of romaine lettuce	
			1 large yellow squash	
			fresh mint (optional)	
			10 oz frozen broccoli	

\*pkg = package



## Greek Salad with Chicken

- 1 cucumber, chopped
- 1 green bell pepper, chopped
- 1 cup red onion, chopped
- 2 tomatoes, cored and diced
- 1/2 cup whole Greek olives
- 3/4 cup low fat feta cheese
- 1 tbsp. olive oil
- 2 tsp lemon juice
- 2 cups chicken breast, cooked & chopped (about 1 1/2 lbs)

1. Prepare chicken. *Time saving tip: put chicken in a slow cooker with 1/2 cup chicken broth for high 3 hours or low 7 hours.*
2. In a medium bowl toss all the veggies together. Top with chicken.
3. In a separate dressing mixer (i.e. Measure Mix N Pour) combine olive oil and lemon juice. Add a tsp each salt and pepper. Drizzle on salad and toss.



## **White Chicken Chili**

- **1 1/2** lb. boneless skinless chicken thighs
- **14** oz Great White Northern beans, drained and rinsed
- **4** cups chicken broth
- **2** tbsp. tomato paste
- **1** green bell pepper, chopped
- **1** yellow onion, diced
- **3** cloves fresh garlic, pressed
- **1** jalapeño pepper, diced
- **1** tbsp. oregano
- **3** tsp cumin

- 1. Rinse chicken and pat dry. Place beans in the slow cooker, add tomato paste and stir well.**
- 2. Add chicken, bell pepper, onion, garlic, jalapeño, oregano and cumin. Cook on high for 7 hours. Optional: serve with fat-free Plain Greek yogurt (tastes like sour cream)**



## **Chicken Broccoli & Cheese Casserole**

- **1 1/2** lbs boneless skinless chicken breast, cut into cubes
- **1/8** tsp salt
- **1/8** tsp pepper
- **10** oz frozen broccoli florets
- butter spray
- **1** cup mushrooms, sliced
- **8** oz fat-free cream of celery soup
- **1/2** cup grated parmesan cheese

- 1. Preheat oven to 375F. Spray a 13x9 baking dish with cooking spray.**
- 2. Sprinkle the chicken with salt & pepper and place in the baking dish. Bake the chicken for 15 minutes or cooked through. While chicken is cooking, thaw and drain the broccoli.**
- 3. Add broccoli to baking dish when chicken is finished cooking. In a nonstick skillet, add mushrooms and spray 5-6 times with butter spray. Sauté about 6 minutes or until soft and add to chicken mixture.**
- 4. Add fat-free cream of mushrooms soup to the casserole dish and using a rubber spatula, combine chicken mixture well and spread throughout the dish. Spread parmesan cheese evenly over the top.**
- 5. Bake for 10 minutes or until the sides start to bubble and the top looks slightly browned.**



## **Beef Pot Roast**

- **2** lbs beef bottom round roast, trimmed of fat
- **1/2** cup beef broth
- **1/2** cup water
- **3-4** garlic cloves, pressed
- **1** bay leaf (optional), \*remove before serving
- **1** tsp salt
- **1** jalapeño pepper, diced, \*optional
- **1/2** lb. baby carrots
- **1** tsp olive oil

- 1. Place the beef, broth, water, garlic, bay leaf, salt and jalapeños in a baking dish. Marinate the beef for for a least 15 minutes.**
- 2. In a 3 or 4 quart heavy bottomed pan, place the oil over medium high heat. When the oil is hot, place the beef in the pot and sear/brown the sides. Once each side has been browned, add the rest of the marinade to the pot and reduce heat to low. Add carrots.**
- 3. Cover with tight fighting lid and cook for 1 1/2 hours OR put in slow cooker for 4 hours on low.**



## Southwestern Marinated Chicken Breast

- 2 tbsp. lime juice
  - 1/4 cup soy sauce (low sodium)
  - 1 1/2 tsp chili powder
  - 1 1/2 tsp cumin
  - 2 tbsp. green onion, finely chopped
  - 1-3 garlic clove, pressed
  - 3 tbsp. cilantro, chopped
  - 1 lb. chicken breasts tenderloin (or chicken breast cut in half)
  - 1/4 cup salsa of choice
1. **In a medium mixing bowl, mix mix together the lime juice, soy sauce, oil, oregano, chili powder, cumin, green onion and garlic. Place the chicken in the bowl and cover. Refrigerate and let marinade 15-30 minutes. An hour if able.**
  2. **Preheat the oven to 375 F. Coat a baking dish with cooking spray; not if using a baking stone.**
  3. **Spray a medium skillet with cooking spray and heat to medium high. Place the chicken in the ban and brown one side. Move to baking dish browned side up. Cover the dish with foil (not if using baking stone).**
  4. **Bake for 15 minutes or until thickest portion of chicken reads 165 F. Garnish with chopped cilantro. Goes great with Mexican Side Salad.**

## Mexican Side Salad

- 1 head romaine lettuce, torn
- 1/2 cup salsa of choice
- 1/3 cup 2% sharp cheddar cheese, shredded
- 1 dollop fat-free Greek yogurt
- 1 tomatoes, wedged or diced

Layer all ingredients and serve!



## Chicken Curry Skillet

- **1/4** cup curry powder
- **1 1/4** cup, dived chicken broth
- **1** tsp olive oil
- **1 1/2** lbs chicken breast, cubed
- **1** onion, sliced
- **2** cups mushrooms, sliced
- **1/2** cup fat-free plain Greek yogurt
- **2** tbsp. cilantro, chopped
- **1** tbsp. mint leaves, chopped (optional)

- 1. In a small bowl, mix the curry powder with 1 cup chicken broth.**
- 2. Spray a large skillet with cooking spray and heat 1 tsp olive oil over medium-high heat.**
- 3. Add the chicken and sautéed 12 to 15 minutes until beginning to brown. Add onions and mushrooms and cook 4 more minutes. Add the curry "paste" and 1/4 cup broth and stir. Add garlic and stir. Reduce heat to simmer.**
- 4. Cover skillet and continue simmering for 5 minutes until chicken is done. SLOWly add the yogurt and stir in to incorporate. Add cilantro and mint; mix well. Simmer a few minutes more and garnish with cilantro when serving.**

## Roasted Yellow Squash

- **1** large yellow squash,
  - **1** tsp olive oil
  - **1/8** tsp each salt & pepper
- 1. Toss ingredients together and put on a baking sheet or baking stone.**
  - 2. Put in cold oven and set to heat up to 400 degrees. When it reaches temp, should be perfectly roasted! If not, leave in until desired doneness.**

