



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Mexican Roast and Carrots *slow cooker	Buttermilk Chicken Dinner Salad	Cheesy Garden & Chicken "Stoup"	Spinach & Feta Stuffed Chicken Breast Fresh Green Beans	Pork Chops with Apples and Red Onions	Turkey & Bell Pepper Scrambler Grapes (or fruit of choice)

Grocery List:

*Meals serve 3-4 people

*Read through each evenings meals, some will have optional sides which will need to be added to your grocery list if desired.

Protein/Dairy	Seasonings/Oils	Produce	Canned Goods/Frozen/Misc
3 1/2 to 4 lbs boneless chicken breast	olive oil	2 lemons	16 oz chicken broth
1 1/2 lbs boneless chicken thighs	chili powder (2 tsp)	2 lbs baby carrots	evaporated milk (6 oz)
4 pork loin chops	salt & pepper	10 cloves garlic (or 1 large bulb)	10 oz frozen spinach
deli turkey meat	cooking spray	1 pkg fresh thyme	sweetener (2 packets)
eggs	cinnamon	1 large head of Romaine	
2/3 cup low-fat buttermilk		1 cucumber	
unsweet, unflavored almond milk		1 red onion, 1 yellow onion	
2% cheddar cheese		1 bunch red grapes	
low-fat feta cheese		1 lb broccoli, fresh	
reduced-fat cream cheese		1 head of celery	
		2 apples of choice	
		2 sweet bell peppers (red, orange or yellow)	
		green onions	

*pkg = package



Mexican Roast & Carrots

- 2 tbsp. olive oil
- 1 lemon, juiced
- 2 tsp chili powder
- salt & pepper
- 1 1/2 lbs baby carrots (save remaining carrots for Cheesy Chicken Garden Soup)
- 3 garlic cloves, pressed (or chopped)
- 1 1/2 lbs boneless skinless chicken breast

1. In a small bowl combine olive oil, lemon juice, 1/2 tsp chili powder and salt.
2. In a slow cooker, toss the carrots and garlic with lemon-chili mixture.
3. Rub chicken with salt, pepper and remaining chili powder (or desired amount). Place chicken on top of carrots.
4. Cook on high for 4 hours or low for 8 hours.



Buttermilk Chicken Chopped Salad

- **2/3 c** low-fat buttermilk
- **1** tbsp. fresh thyme
- **1** lemon juiced
- salt & pepper
- **1 1/2** lbs. boneless skinless chicken thighs, cut into 1/2 inch pieces
- **1** head romaine OR bibb lettuce
- **1** cucumber, chopped
- **1/2** cup red onion, chopped (save remaining onion for Pork Chops with Sweet Apples)
- **1** cup red grapes, halved

- 1. Preheat a grill pan to medium high heat.**
- 2. In a small bowl mix together buttermilk, thyme, zest and juice of 1 lemon and sprinkle with salt and pepper. Toss the chicken with half of the buttermilk mixture.**
- 3. Grill chicken, turning once halfway, until cooked through. About 15 minutes.**
- 4. In a large bowl, toss together romaine, cucumber, onion and grapes. Drizzle with the remaining buttermilk mixture; season. Serve the salad with the kebabs.**



Cheesy Garden & Chicken Soup

- 1 lbs chicken breast, cut in cubes
- 1 lb broccoli, chopped
- 1 cup carrots, diced (chop remaining carrots from Mexican Roast Chicken)
- 1 onion, diced
- 3 celery stalks, diced
- 3 garlic cloves, pressed
- 2 cups chicken or vegetable broth
- 6 oz fat-free evaporated milk
- 1/2 cup unsweet, unflavored almond milk
- salt & pepper to taste
- 4 oz 2% cheddar cheese, shredded

1. **Heat a large dutch oven to medium-high heat and spray with cooking spray. Add chicken cubes and cook about 1 minutes.**
2. **Add onion and garlic and cook 2 minutes, stirring on occasion. Add carrots, celery, broccoli, and chicken broth. Turn to low and cover to cook about 5 minutes.**
3. **Add 6 oz fat-free evaporated milk and unsweet/unflavored almond milk. Stir well. Cover and let cook another 5 minutes.**
4. **Shred cheese and add to the pot. Stir well until melted. Season with salt & pepper and serve.**



Spinach & Feta Stuffed Chicken

- **3/4** cup low fat feta cheese
- **1/2** cup thawed frozen chopped spinach, squeezed dry
- **3** tbsp. reduced fat cream cheese
- **2** garlic cloves, pressed
- salt & pepper
- olive oil spray
- **4** boneless skinless chicken breast

- 1. Preheat oven to 450.**
- 2. In a bowl mix first 5 ingredients. Cut a lengthwise pocket into each chicken breast; season with salt and pepper.**
- 3. Stuff the pocket with spinach mixture. In an oven proof skillet, heat olive oil spray over medium high heat and cook chicken until golden. Transfer to the oven and bake 5 to 7 minutes.**

Prepare frozen green beans per package instructions. Sprinkle with salt, pepper and lemon juice if desired. Serve with chicken.



Pork Chops with Sweet Apples

- 4 pork loin chops
 - olive oil spray
 - 2 apples (Gala, Pink Lady, etc), cored and sliced
 - 1 red onion, cut in wedges (leftover onion from Buttermilk Chicken Chopped Salad)
 - 2 garlic cloves, minced or pressed
 - 2 tbsp. Splenda
 - 1 tbsp. cinnamon
 - 2 tbsp. water
 - 2 tsp fresh thyme (dried if needed) (leftover from Buttermilk Chicken Chopped Salad)
1. **Heat a large skillet to medium high heat, spray with olive oil and add pork chops. *Season with salt and pepper. Cook 4 to 6 minutes per side. Remove from skillet and cover with foil to keep warm.**
 2. **Re-spray skillet and add onions, apples and garlic. Sauté together about 4-5 minutes, stirring occasionally.**
 3. **Meanwhile, combine sweetener, cinnamon, thyme and water together. Add to apple mixture. Stir to combine and let cook 2 minutes longer.**
 4. **Top pork with apple mixture and serve.**

If desired, serve with spinach side salad.

Fresh spinach leaves, sunflower seeds, low-fat feta cheese, sliced strawberries and balsamic vinaigrette. - Add these items to your grocery list!



Turkey & Bell Pepper Scrambler

- **1/2** cup sweet bell peppers, chopped (yellow, red or orange)
 - **2** green onions, chopped
 - **2** oz turkey deli meat, chopped or torn
 - **6** eggs
 - **1/4** cup 2% cheddar cheese, shredded
- 1. Heat a non-stick skillet to medium high heat. Add chopped peppers and green onions and sauté a couple minutes.**
 - 2. Add deli turkey and continue to cook a few minutes. Meanwhile, in a separate bowl whisk eggs together. Add to skillet.**
 - 3. Using a rubber spatula, stir and fold egg mixture occasionally until looking mostly done- yet slightly wet (eggs will continue to cook off heat). Remove from heat.**
 - 4. Remove from skillet to plate to prevent over cooking. Serve with hot sauce, salsa or eat as is!**

Serve with grapes or fruit of choice!

