



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Chicken Skillet Ratatouille	Enchilada Meatloaf Tossed Mexican Salad	Red Pepper & Almond Steaks Tossed Salad	Chicken Basil Queso and Tomatoes	Garlic Steak & Onions with Broccoli	Chicken Cordon Bleu <i>Made Over</i> Roasted Broccoli

# Grocery List:

\*meals serve 3-4 people

	Protein		Seasonings/Oils		Produce		Canned Goods/Misc
	1 1/2 lbs chicken breast tenderloins		salt & pepper		1 yellow bell pepper		28 oz can whole tomatoes
	3 lbs boneless skinless chicken breast		olive oil		2 red bell pepper		grated parmesan cheese (the kind in the can!)
	2 lbs lean steaks (i.e. sirloin or flank)		balsamic vinegar		2 large zucchini		salsa of choice
	1 lb lean ground beef		chili powder		1 large yellow onion		1 can black beans
	1 egg (if only you could buy just 1!)		light Italian dressing		1 small red onion		1 cup chopped almonds
	canadian bacon		sun-dried tomato vinaigrette (Kraft)		1 cucumber		dijon mustard
	3 cup mozzarella cheese		white wine vinegar		1 bulb garlic		
	Plain fat-free Greek yogurt (1 small cup okay)				1 head romaine lettuce		
	2% cheddar cheese				4 Roma tomatoes		
					1 pint cherry tomatoes		
					2 heads broccoli		
					1 pint white mushrooms		



## Chicken Skillet Ratatouille

- 1 1/2 lbs. chicken breast tenderloins
- salt & pepper
- 1 tbsp. olive oil
- 1 yellow bell pepper, stemmed, seeded, cut into 1/2 inch pieces
- 2 large zucchini, trimmed, and cut into 1/2 inch thick pieces
- 1 medium yellow onion, chopped
- 1 (28 oz) can whole peeled tomatoes, drained & chopped
- grated parmesan cheese, for serving

1. **Season chicken with salt & pepper. Heat a large skillet to medium high and add 2 tsp olive oil. Add chicken and cook for about 5 minutes per side or until done. Transfer to a plate.**
2. **Add another tsp of olive oil to the skillet, then bell pepper and onion. Cook about 2 minutes, add zucchini. Stir in tomatoes then add chicken in the mixture. Cover and bring to a simmer until veggies are soft.**
3. **Serve chicken and veggie mixture with grated cheese.**



## Enchilada Meatloaf

- 1 egg, lightly beaten
  - 1 medium yellow onion, chopped
  - 1/4 cup salsa
  - 2 tbsp. chili powder
  - 3 cloves garlic, minced
  - 1/2 tsp salt
  - 1 lb ground beef, 90% lean or better
  - 2 oz 2% cheddar cheese, sliced or shredded
1. **Preheat oven to 350 F. In a large bowl, combine egg, onion, 1/4 cup salsa, chili powder, garlic and salt. Add ground beef and mix well. Shape into a loaf and add to loaf pan.**
  2. **Bake about 30 minutes or until internal temperature reads 160F. Remove from oven. Add cheese to top and cover loosely. Let stand 10 minutes before serving. Serve with extra salsa if desired.**
  3. **Add green beans and toss on occasion- sautéing until looking slightly crispy. Sprinkle with salt and pepper and lemon juice.**

## Mexican Side Salad

- 1/2 head romaine lettuce, torn
- 1/2 can (14 oz) black beans, drained and rinsed
- 1/2 cup salsa of choice
- 1/3 cup 2% sharp cheddar cheese, shredded
- 1 dollop fat-free Greek yogurt
- 1-2 Roma tomatoes, wedged

1. Layer all ingredients and serve!



## Red Pepper & Almond Steaks

- **2** red bell pepper, chopped cooking spray
- **1/4** cup olive oil
- **1/2** cup chopped almonds
- **2** tbsp. balsamic vinegar
- **2** garlic cloves, chopped
- **1 lb** lean steak (sirloin, flank, etc)

1. **Spray a skillet with cooking spray and cook peppers for about 5 minutes.**
2. **Mix peppers in a bowl with olive oil and remaining ingredients for topping.**
3. **Grill steaks if able (the best) OR cook steaks in the skillet for about 4 minutes per side.**
4. **Top steaks with relish and serve.**

## Tossed Salad

- **1/2** head romaine lettuce, torn
- **1/3** cup 2% sharp cheddar cheese, shredded
- **2** Roma tomatoes, wedged
- **1/2** cucumber, sliced
- **1/3** red onion, sliced
- **light dressing of choice**

1. Layer all ingredients and serve!



## Chicken Basil Queso & Cherry Tomatoes

- **2** tablespoons Zesty Italian Dressing
- **1/2** cup Chopped Onions
- **3** cups Cherry Tomatoes
- **1** tablespoon Chopped Garlic
- **3** cups Shredded Low Fat Mozzarella Cheese
- **1 lb** Thin Boneless, Skinless Chicken Breast

- 1. Heat large skillet to medium high heat. Add dressing, onions, garlic, tomatoes and heat for 8-10 minutes.**
- 2. Add cheese and stir until melted. Remove mixture and cover to keep warm.**
- 3. Spray skillet with cooking spray and cook chicken breast on both sides until cooked through. Add cheese mixture on top and serve.**

Optional: serve with raw veggies and light dressing



## Garlic Steak & Onions

- 1 lb. boneless beef sirloin steaks
- 1/2 tsp pepper
- 1 onion, sliced
- 2 tsp minced garlic
- 1/4 cup Sun-Dried Tomato Vinaigrette (Kraft)
- 2 tbsp. grated parmesan cheese
- 3 cups broccoli florets, steamed

1. **Heat large nonstick skillet sprayed with cooking spray on medium heat. Add steak; sprinkle with pepper. Cook steak 5 to 6 minutes on each side or until medium doneness (160 F). Remove from skillet and place on cutting board- top with foil.**
2. **Add the onion and garlic to skillet. Stir in dressing; cover with lid. Cook 5 minutes; stir. Cook uncovered an additional 5 minutes. Meanwhile cut steak across the grain into thin slices. Place on serving platter or plate.**
3. **Top steak with onion mixture, sprinkle with cheese and serve with broccoli.**



## Chicken Cordon Bleu, Made Over

- **1 1/2** lbs. boneless skinless chicken breast, cut in half or pounded thin
- **2** tbsp. dijon mustard
- **1** tbsp. white wine vinegar
- **1** tbsp. olive oil
- **10** oz white mushrooms, thinly sliced salt & pepper
- **8** slices canadian bacon
- **1** large tomato, sliced

- 1. In a bowl toss chicken with mustard, vinegar and 1 tsp of olive oil.**
- 2. Heat a medium skillet over high. Add remaining 2 tsp olive oil and the mushrooms and cook, stirring occasionally, until mushrooms are browned. Season with salt & pepper. Set aside but keep warm.**
- 3. Grill (or return to skillet) chicken about 5 minutes each side or until internal temp reach 165 F. Meanwhile, add Canadian bacon to grill or pan and cook a couple minutes per side. Place cheese on chicken breast to slightly melt, remove and top with mushrooms, tomato slices and Canadian bacon.**

## Chili Roasted Broccoli

- **1** head, **chopped** broccoli
- **2** **tbps** chili powder
- **1/2** chopped almonds

- 1. Heat a skillet to medium-high heat and spray with cooking spray.**
- 2. Add chopped broccoli and spread out to an even layer.**
- 3. Sprinkle chili powder and stir to coat florets. Add pistachios. Stir occasionally until broccoli looks soft but slightly toasted.**

