



| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
|--|--|------------------------------|--------------------------------|--|---|
| Shredded Chicken Roast & Carrots | Garlic Lemon Stuffed Chicken Green Beans | Slow Cooker Chicken Chili | Pesto Chicken Lettuce Wraps | Pepperoni Parmesan Meatballs Roasted Yellow Squash | Sliced Steak with Mushrooms Steamed Carrots |

Grocery List:

*meals serve 3-4 people

| Protein | Seasonings/Oils | Produce | Canned Goods/Misc |
|---|--|--------------------------------------|------------------------------------|
| 3.5 lbs boneless skinless chicken breast | salt & pepper! | 2 bags baby carrots (or 1 large bag) | 16 oz chicken broth |
| 1.5 lbs boneless chicken thighs | hot sauce (optional- see shredded chicken roast) | celery | grated parmesan cheese |
| 1.5 lbs flank or sirloin steak | 2 tbsp chili powder | 3 yellow or white onions | 1 bag frozen green beans |
| 1 lb lean ground beef | oregano | 1 bulb garlic | 2 (15 oz) cans red kidney beans |
| turkey pepperoni | | 1 lemon | 1 jar fire roasted salsa |
| Fat-free plain Greek yogurt | | 1 tomato | 15 oz tomato sauce |
| Eggs (2 to be exact, but you can't buy just 2!) | | 1 head romaine | 1/4 cup pesto |
| Fat-free cream cheese | | 2 yellow squash | marinara of choice (for meatballs) |
| Smaller block of 2% cheddar | | 1 lb sliced mushrooms | 1 cup beef broth |
| | | fresh thyme | butter spray |
| | | | |
| | | | |



Shredded Chicken Roast and Carrots

- **1.5** lbs. boneless, skinless chicken breast
- **1** bag baby carrots
- **2** celery ribs
- **1** onion, quartered
- **2** garlic cloves
- **1 1/2** cups chicken broth
- salt & pepper
- hot sauce *optional

- 1. Add chicken breast, garlic, celery, carrots and chicken broth to a slow cooker. Season with salt and pepper.**
- 2. Cook on high for 4 hours or low for 8 hours.**
- 3. Shred the chicken with two forks. Serve with chicken and carrots (not the large celery pieces) with a slotted spoon. Add hot sauce as desired.**



Garlic & Lemon Stuffed Chicken

- 4 boneless skinless chicken breast
- 4 ounces fat free cream cheese
- 4 ounces 2% cheddar cheese, cut into 1/2 inch slices
- 1 cup grated parmesan cheese
- 2-3 garlic cloves, pressed
- juice of 1 lemon
- 1 egg

1. **Preheat oven to 350F. Butterfly chicken breast (cut in half horizontally but not all the way through...think of an open book).**
2. **Place 1 ounce of fat-free cream cheese and 1 ounce of 2% cheddar inside each chicken breast. Bring the top over to close and secure with a toothpick.**
3. **Crack and whisk egg in a shallow bowl. Add grated parmesan cheese to another shallow bowl. Cover each chicken breast with egg mixture, then with cheese. Add to a baking pan (sprayed with cooking spray).**
4. **Once all chicken pieces are put in the dish, press garlic over the chicken. Then squirt lemon juice all over. Bake for 25 minutes or until internal temperature reads 165F.**

*Prepare bag of frozen green beans per package instructions; season with salt and pepper.



Slow Cooker Chicken Chili

- 2 cans (15 oz) Red Kidney Beans, rinsed
- 1 jar (16 oz) Fire-Roasted Salsa
- 1 can (15 oz) Tomato Sauce
- 2 tbsp. Chili Powder
- 1 1/2 lbs. Boneless, Chicken Thighs cut into bite size pieces
- 1 Onion, chopped (reserve 1/4 cup onion for pepperoni meatballs)
- **for topping** 2% Shredded Cheddar Cheese

1. **Combine beans, salsa, tomato sauce and chili powder in your slow cooker. Top with chicken and onions but don't stir! Cover with lid.**
2. **Cook on low for 6 to 8 hours (or high 4 to 5 hours)**
3. **Stir it up, serve in a bowl and top with cheese!**



Pesto Chicken Lettuce Wraps

- **1/4** cup pesto (homemade preferred, store bought okay)
- **1/4** cup fat-free plain Greek yogurt
- **2** cups cooked & chopped/shredded chicken **1 lb chicken breast on your grocery list is dedicated to this recipe
- **3** slices low-fat cheddar cheese
- **1** tomato, sliced
- **6** romaine lettuce leaves

- 1. **Start by cooking chicken. I used my Pampered Chef Deep Covered baker, rubbed the chicken in a little of the pesto and microwaved. You can also bake, stovetop or use your slow cooker for chicken prep. Precooked or rotisserie chicken okay too.**
- 2. Combine pesto sauce and Greek yogurt. Stir in chicken.**
- 3. Tear cheese slice in half and lay inside lettuce leaf. Scoop chicken mixture on top and tomato if desired.**



Turkey Pepperoni Parmesan Meatballs

- 2 garlic clove, pressed
- 1 egg
- salt & pepper
- oregano
- tomato paste
- 1/4 cup onion, minced
- 1/2 cup grated parmesan cheese
- 1/4 cup (1 oz) diced turkey pepperoni
- 1 lb. lean ground beef
- marinara sauce, for topping

1. **Preheat oven to 350 F.**
2. **Whisk egg in a large bowl. Add all other ingredients until combined well (but don't over mix)**
3. **Roll out meatballs to about 1 inch in diameter. You should get 12. (I love using my Pampered Chef Medium Scoop for this.)**
4. **Lay meatballs out flat on a baking sheet. Bake 20-25 minutes and serve with your favorite marinara sauce.**

Roasted Yellow Squash

- 1-2 yellow squash, sliced into rounds
 - olive oil cooking spray
 - 1 tbsp. grill seasoning of choice *or 1 tsp each salt and pepper*
1. **Set oven to 425F. Toss yellow squash with cooking spray, salt and pepper or grill seasoning.**
 2. **Layer baking sheet with foil and spread yellow squash to a single layer.**
 3. **Bake for 10 minutes or until desired level of roasted!**



Sliced Steak with Sautéed Mushrooms

- cooking spray
- salt & pepper
- 1 lb. sliced mushrooms
- 1 yellow onion, finely chopped
- 1 tbsp. fresh thyme leaves
- 1 cup beef broth
- 1 1/2 lbs. flank steak

1. Heat a skillet to medium-high heat. Spray well with cooking spray and add mushrooms. Sprinkle with salt and pepper and cook for about 10 minutes or until soft.
2. Stir in onion and thyme and cook for about 2 minutes. Add beef broth and reduce heat to simmer for 5 minutes.
3. Using a grill or grill pan, cook the steak for about 12 minutes- turning once. Or until desired doneness. Remove from heat, let rest for a few minutes. Thinly slice the meat against the grain.
4. Spread sliced steak on a plate, top with mushroom sauce and serve.

Steam bag of baby carrots either with steamer basket on the stovetop or in the microwave. Spray with butters spray and season with salt and pepper.

