



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Beer Marinated Pork Chops	Turkey Zucchini Burgers	Grilled Bruschetta Chicken	Warm Tomato Relish with Chicken Breast	Ground Beef Taco Salad	Slow Cooker Pork Chops with Apples & Carrots
Balsamic Roasted Carrots	Chili Garlic Roasted Broccoli *2 batches	Leftover Broccoli	Brussel Sprout Salad		

Grocery List:

Protein	Seasonings/Oils	Produce	Canned Goods/Misc
1.25 lbs 93% lean ground turkey	1 tsp chili powder	large bulb of garlic	Cooking Spray
4 halves Boneless, skinless chicken breast	1 tbsp grill seasoning	1 head broccoli	1/4 cup grated parmesan cheese
turkey bacon	salt & pepper	1 small zucchini	dijon mustard
8 boneless, skinless pork chops	1 oz taco seasoning	1 small red onion	fat free mayo
1 lb 93% lean ground beef	1 oz ranch seasoning	1 small lemons	salsa
2 c. 2% shredded cheddar cheese	balsamic vinegar	brussels sprouts	rosemary- fresh if able, dried okay
2 c. 2% shredded mozzarella cheese	Sun Dried Tomato Vinaigrette	cherry tomatoes- pint	1/4 c kalamata olives
	olive oil	2 lbs baby carrots	cinnamon
		2 granny smith apples	splenda
		2 tomatoes	
		lettuce (of choice for taco salad)	
		green onion	
		fresh basil	



Dijon Marinated Pork Chops

- 1 tsp. each salt & pepper
 - 4 pork chops, boneless
 - 1/4 cup fat-free mayo
 - 1 tbsp. dijon mustard
 - 1 clove garlic, chopped
 - 1/2 tsp dried rosemary
1. Mix beer, water and salt until dissolved. Pour over pork in a shallow dish and turn to coat. Refrigerate an hour.
 2. Mix remaining ingredients (mayo, mustard, garlic & rosemary)
 3. Heat grill to medium-high. Remove pork from marinade. Grill chops 5-6 minutes on each side, occasionally brushing with mayo mixture.

Balsamic Roasted Carrots Sticks

- 1 lbs baby carrots (adjust amount as needed)
- 2 tbsp olive oil
- 1/4 tsp salt
- 2 tbsp balsamic vinegar

1. Preheat oven to 375 degrees F.
2. Toss carrots with olive oil and salt in a shallow roasting pan (1 inch deep).
3. Roast carrots in the middle of the oven, stirring occasionally, until golden and tender (25-30 minutes).
4. Drizzle vinegar over carrots and shake pan a few times. Roast carrots until most of the vinegar is evaporated (2 min).

Turkey Zucchini Burgers (adapted from skinnytaste.com)

- 1.25 lbs 93% lean ground turkey
- 1 small zucchini, grated
- 1/4 cup grated Parmesan cheese (substituting out the breadcrumbs)
- 1 clove garlic, grated
- 1 tbsp red onion, grated
- salt & pepper
- oil spray

1. In a large bowl, combine ground turkey, zucchini, parm cheese, garlic, onion, salt & pepper. Make 5 equal patties
2. Heat a large skillet on high heat. When hot, lightly spray with oil spray. Add burgers to the pan and reduce the heat to low. Cook one side until completely browned, then flip. Flip over a few times to prevent burning and to make sure the burgers are cooked through.
3. If grilling, clean grill well and spray with oil spray to prevent sticking.

Chili Garlic Roasted Broccoli

- Cooking spray
- 6 garlic cloves
- 1 tbsp chili powder
- 1 tbsp grill seasoning
- 1 large head broccoli, cut into thin, long spears

1. Heat oven to 425F.
2. Place garlic, chili powder, and grill seasoning in the bottom of a large bowl and add broccoli. Spray with cooking spray and toss to coat broccoli evenly.
3. Transfer to a large non-stick baking sheet (cover in foil for easy cleanup!)
4. Roast broccoli until ends are crisp and brown and stalks are tender. About 15-20 minutes.



Grilled Bruschetta Chicken (Courtesy of Kraft Foods)

- 4 small boneless skinless chicken breast halves (1 lb)
- 1/4 cup Sun Dried Tomato Vinaigrette Dressing, divided
- 1 tomato, finely chopped
- 1/2 cup 2% shredded mozzarella cheese
- 1/4 cup chopped fresh basil

1. Heat grill (or grill pan) to medium.
2. Place chicken in a large resealable plastic bag. Add 2 tbsp dressing; seal bag. Turn bag over several times to evenly coat chicken with dressing. Refrigerate 10 minutes. Remove from bag; discard bag and dressing.
3. If using grill- cover half the grill with sheet of heavy duty foil. Place chicken on uncovered side of grill grate; grill 6 minutes. If using grill pan- spray with cooking spray and add chicken to heated pan. Meanwhile, combine remaining dressing, tomatoes, cheese and basil.
4. Turn chicken over. Top with tomato mixture. Grill 8 minutes or until chicken is done.



Warm Tomato Relish with Chicken Breast

- 1 tsp. grated lemon zest
- 2 garlic cloves, minced
- 1/2 tsp. fresh rosemary, minced
- 1 pint cherry tomatoes, halved
- 1/4 cup Kalamata olives, pitted, chopped coarse
- 1 tablespoon olive oil
- salt & pepper

1. Put a large skillet on medium-high heat and spray with cooking spray. Cook chicken breast on each side for about 8 minutes (depending on thickness) or until done. Remove chicken from pan and cover to keep warm.
2. Add lemon zest, garlic and rosemary to the still heated pan and saut é for about 30 seconds.
3. Add tomatoes and olives and cooking, scraping up any browned bites, until tomatoes are hot, about 4 minutes.
4. Stir in olive oil and salt & pepper to taste. Put on top of chicken breast and serve.

Saut é ed Brussels Sprout Salad

- shredded brussels sprouts
- olive oil
- turkey bacon, diced
- salt
- pepper

1. Shred brussels sprouts and put aside.
2. Heat a skillet to medium-high heat and spray with cooking spray.
3. Add diced turkey bacon pieces and saut é for a couple minutes. Add garlic and saut é another 2 minutes.
4. Add shredded brussels sprouts and a very small amount of olive oil. Sprinkle in salt and pepper.
5. Continue to stir occasionally, allowing mixture to brown and crisp. About 8 minutes. Remove and serve!



Ground Beef Taco Salad

- 1 lb 93% lean ground beef
- 1 ounce taco seasoning mix
- 1 ounce ranch seasoning mix
- 2 cups 2% shredded cheese
- chopped tomato
- chopped lettuce
- chopped green onion
- salsa of choice

1. Place ground beef in a large, deep skillet. Cook over medium-high heat, stirring to crumble until well done; drain. Stir in taco seasoning and ranch seasoning mix. Set aside to cool.
2. Combine seasoned meat with cheese, tomatoes, lettuce, and green onions. Top with favorite salsa and toss to coat.



Slow Cooker Pork with Apples and Carrots

- 4 boneless pork chops
- 2 granny smith apples, cored and sliced
- 1 lb baby carrots
- cinnamon
- Splenda

1. Place baby carrots and apple slices in the bottom of a slow cooker.
2. Top with boneless pork chops.
3. Sprinkle with cinnamon and splenda generously, per your preference.
4. Cook on low for 4-5 hours; or more depending on the thickness of the pork.

