



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Egg Cups	Egg Cups	Cheese with berries	Cheese with berries	Boiled Egg & Turkey Bacon	Boiled Egg & Turkey Bacon	Egg Cups
Lunch	Deli meat and cheese rollups	Leftover sliced steak	Leftover Mediterranean Chicken	Leftover Egg Bake	Leftover Shrimp Burger	Leftover Stuffed Peppers	Go out to lunch! Ex: "unwich" from Jimmy Johns®
Snack	Cheese with berries	Protein bar	Beef jerky	Cheese stick	Protein Bar	Protein Bar	Cheese with berries
Dinner	Sliced Steak with Sautéed Mushrooms	Mediterranean Chicken with Sautéed Green Beans	Spinach, Pesto and Chicken Sausage Egg Bake	Shrimp Burgers and Grilled Salad	Stuffed Bell Peppers	Italian Meatloaf with Sautéed Green Beans	Leftovers!

Evening snack cravings? Try these to curb snacking...*add to your grocery list as you desire!*

Salty-

- pickle spears
- carrots with 2 tbsp hummus
- cucumber slices with salsa

Sweet-

- fat-free hot chocolate (20 calories)
- plain Greek yogurt with sugar-free strawberry preserves and Splenda
- chocolate protein shake
- Sugar-free gelatin
- Sugar-free popsicle

Protein Bar Options: Healthwise®, Robard®, Luna Protein®, Pure Protein®, PowerCrunch®, Quest Bar®

Grocery List:

Proteins -	Produce -	Pantry -
1 lb 93% lean ground beef 1 lb chicken sausage, Italian flavor if able (turkey okay too) 1 lb frozen precooked shrimp 4 oz 2% cottage cheese 2 dozen eggs 1 lb skinless/boneless chicken breast turkey pepperoni 1 lb part-skim mozzarella cheese 1 1/2 lbs flank steak 1 package turkey bacon The Laughing Cow® White Cheddar Deli meat of choice Low-fat string cheese Protein bars Beef jerky	1 lb sliced mushrooms 2 large yellow onion 1 large red onion fresh thyme fresh parsley 4 garlic cloves 2 lbs fresh green beans 2 lemons 6 oz fresh spinach 1 avocado 1 head of romaine lettuce 1 container grape tomatoes 3 red bell peppers 1 yellow or orange bell pepper Berries of choice	Cooking spray Salt & pepper Old Bay® seasoning Fat-free mayonnaise Distilled white vinegar Grated parmesan cheese Light balsamic vinaigrette Italian seasoning 8 oz beef broth 8 oz chicken broth 1 (14) oz can crushed tomatoes 16 oz marinara sauce

****Remember to boil eggs if you plan to use hardboiled eggs for breakfast this week! There should be 4 remaining eggs after this weeks recipes (10 for Egg cups and 10 for Egg bake)**

Breakfast Egg Cups with The Laughing Cow® Cheese

10 eggs

1 orange bell pepper, finely diced

6 strips turkey bacon, cooked and diced

8 wedges The Laughing Cow® White Cheddar Cheese Wedges

1. Preheat oven to 350F.

2. Crack eggs in a bowl and whisk. Add finely chopped bell pepper and turkey bacon crumbles. Pour into a greased 12 cup muffin pan (I used stoneware and sprayed lightly with oil).

3. Add hunks of The Laughing Cow Light White Cheddar Cheese to each muffin cup.

4. Bake for 30 minutes. Remove and serve or store and save for later!

Sliced Steak with Sautéed Mushrooms

- cooking spray
 - salt & pepper
 - 1 lb. sliced mushrooms
 - 3/4 cup yellow onion, finely chopped **save chopped onion for recipes later in the week*
 - 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.

Modified from Rachael Ray.

Mediterranean Chicken

- 1/3 lb. low-fat mozzarella cheese, cut into 1/4 inch cubes
 - 1/4 lb. turkey pepperoni, chopped
 - 3/4 cup small yellow onion, finely chopped **save remaining chopped onion for later in the week*
 - 1 cup fresh parsley, finely chopped
 - 2 cloves (or 1 tsp if jarred) chopped garlic, finely chopped
 - 4 skinless boneless chicken breast, butterflied (slit horizontally and opened like a book)
 - 1 can (14 oz) crushed tomatoes
 - 1/2 cup chicken stock
1. Preheat oven to 400. Combine the mozzarella, turkey pepperoni, onion, parsley and garlic.
 2. Pound the chicken slightly and season with salt and pepper. Arrange the cheese-pepperoni mixture over half of each chicken breast- fold the other half over top and secure with toothpicks.
 3. In a large skillet, spray well with cooking spray and add chicken. Cook on each side about 5 minutes, then transfer to a baking sheet and bake the rest of the way through; about 10 to 12 minutes.
 4. While chicken is baking, pour chicken broth into the skillet to deglaze the pan. Stir in the crushed tomatoes. Cover the skillet and simmer for 10 minutes. Serve sauce with chicken.

Sautéed Green Beans

- 1 lb. fresh green beans, ends removed
 - 1 tbsp. lemon juice
1. Blanch green beans- Plunge the green beans into boiling water. Let boil for at least 3 minutes. Depending on the size of the green beans this should be 3-5 minutes. Remove from boiling water and place in a bowl of cold water.
 2. Heat a skillet to medium-high heat. Spray with cooking spray. Add green beans and toss on occasion- sautéing until looking slightly crispy. Sprinkle with salt and pepper and lemon juice.

Spinach Pesto and Chicken Sausage Egg Bake

- 6 oz. fresh spinach
- 1/3 cup jarred pesto
- 2 cloves garlic, chopped
- 10 eggs
- 3/4 cup red onion, diced
- 1 lb. Italian chicken sausage
- 3/4 cup cottage cheese
- 2 cups part-skim mozzarella cheese, shredded

1. Preheat oven to 350 F.
2. In a skillet on medium high heat, spray with cooking spray and add onion, garlic and pesto. Toss until soft and add spinach. Heat until wilted, stirring it all together. Transfer to a 9x13 casserole dish sprayed with cooking spray.
1. Whisk eggs and cottage cheese in a mixing bowl and set aside. Brown chicken sausage and drain. Add sausage to baking dish and mix around with onion mixture.
2. Spread out mixture at the bottom of the casserole dish and pour in the egg mixture. Top with shredded cheese.
3. Bake in preheated oven for 30 minutes.

Shrimp Burgers

- 1 lb. thawed pre-cooked frozen shrimp, tails removed
 - 1/2 cup chopped red onion, some extra for topping
 - 1 egg
 - 1/2 tsp. Old Bay Seasoning
 - 1/3 cup fat-free mayo
 - 1 tsp. distilled white vinegar
 - cooking spray
 - 1/4 avocado, sliced
1. In a blender or food processor, add shrimp and pulse until coarsely chopped. Remove shrimp to a bowl and stir in red onion, egg, and Old Bay seasoning. Form into patties and put in refrigerator for 15 minutes while preparing the rest.
 2. Mix vinegar and fat-free mayo until well blended. Heat either a grill or a non-stick skillet and spray with cooking spray. Add shrimp burger patty to heat and cook for about 5 minutes per side.
 3. Lightly top shrimp burger with fat-free mayo mixture. Serve with avocado and red onions for toppings.

Crispy Grilled Salad

- 1 head romaine lettuce
 - 2/3 cup grated parmesan cheese
 - 1 tbsp. Italian seasoning
 - 1/3 cup grape tomatoes, sliced
 - 1/4 cup light balsamic vinaigrette
1. Cut romaine head in half lengthwise. Meanwhile, preheat grill. (You may consider putting foil down on your grill if it hasn't been cleaned lately...)
 2. Mix together parmesan cheese and Italian seasoning. Put the romaine lettuce cut side down on the grill. Leave for 2 minutes. Turn lettuce to there side and sprinkle cheese blend on each side. Grill another 2 minutes.
 3. Remove lettuce from grill. Top with cherry tomatoes and drizzle light dressing.

Stuffed Bell Peppers

- 3 red bell pepper, seeded and cut in half
 - 1 lb chicken sausage, flavored - ground or casings removed
 - 3/4 cup marinara sauce
 - 1/2 cup low-fat mozzarella cheese
1. Preheat oven to 350 F.
 2. Brown the chicken sausage on the stovetop and mix in marinara sauce.
 3. Scoop sausage mixture into the bell pepper halves. Add shredded cheese to each for toping.
 4. Bake 10 minutes or until bell pepper looks soft and cheese is melted.

Easy Parmesan Meatloaf

- 1 lb. lean ground beef
 - 1/2 cup spaghetti sauce, divided
 - 1/2 cup grated parmesan cheese
 - 1/4 cup plus 2 tbsp part-skim mozzarella cheese, shredded
 - 1/4 cup finely chopped onion
 - 1 egg, lightly beaten
 - 1/2 tsp. Italian seasoning
1. Preheat oven to 375°F. Mix meat, 1/4 cup of the spaghetti sauce, grated parmesan cheese, 1/4 cup of the shredded cheese, onion, egg and seasoning.
 2. Shape into loaf in 12x8-inch baking dish. Top with remaining 1/4 cup spaghetti sauce and remaining 2 Tbsp. cheese.
 3. Bake 40 to 45 minutes or until cooked through (160°F).

Sautéed Green Beans

- 1 lb. fresh green beans, ends removed
 - 1 tbsp. lemon juice
1. Blanch green beans- Plunge the green beans into boiling water. Let boil for at least 3 minutes. Depending on the size of the green beans this should be 3-5 minutes. Remove from boiling water and place in a bowl of cold water.
 2. Heat a skillet to medium-high heat. Spray with cooking spray.
 3. Add green beans and toss on occasion- sautéing until looking slightly crispy. Sprinkle with salt and pepper and lemon juice.