

Weekly Meal Planner

Items on Hand	Day	Dinner	Items Needed
Ground beef (frozen)	Sunday	Half veggie burgers with roasted cauliflower	Three cups lentils Red bell pepper Lemon Cauliflower Hamburger buns
Salmon (frozen)	Monday	Baked salmon with quinoa and black bean salad and steamed broccoli	Onion Can of corn Can of black beans 2 cups instant quinoa Head of broccoli Fresh cilantro
Chicken breast (frozen)	Tuesday	Chicken tortellini soup with fruit salad	Chick broth (two) Canned diced tomatoes 10 oz. frozen spinach 1 package tortellini
Pork chops (frozen)	Wednesday	Raspberry pork chops with green bean salad	Tomato Raspberry jam Frozen green beans Cucumber
	Thursday	Leftovers + green salad	Lettuce Cucumber – leftover Tomato - leftover
Sweet potatoes	Friday	Sweet potato black bean burritos with arugula salad	Bag of arugula Cherry tomatoes Tortillas Jar of salsa Can of black beans

			Cheddar cheese
	Saturday	Dinner out with friends	
Items on Hand	Day	Dinner	Items Needed
	Sunday		
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		

Sample Grocery List

Lentils	Canned diced tomatoes
Red bell pepper	Tortellini
Hamburger buns	Frozen green beans
Cauliflower	Raspberry jam
Lemon	Tomato
Onion	Cucumber
Fresh cilantro	Bag of lettuce
Can of corn	Bag of arugula
Can of low sodium black beans	Tortillas
Instant quinoa	Shredded cheddar cheese
Broccoli	Salsa
Two container of chicken broth	Cherry tomatoes
10 oz. frozen spinach	

Half Veggie Burgers

This recipe is great because it combines the meaty flavor of beef with the lean protein and low cost of lentils.

Ingredients:

3 cups lentils or other beans, cooked
1 cup bell pepper, finely chopped
1 lb. lean ground beef (or other ground meat)
1 egg
8 whole grain hamburger buns
Salt and pepper to taste

Directions:

1. Roughly mash the lentils in a large bowl
2. Mix in the peppers and ground meat
3. Add in egg and stir until fully mixed
4. Form into 8 patties
5. Cook on the grill or in a skillet until internal temperature reaches 165 degrees.
6. Patties can be wrapped in plastic and kept for 2-3 days in the fridge or up to 2 weeks in the freezer.

Makes: 8 servings

Nutritional Information:

Per Serving (includes full bun): 365 Calories, 8 gm Total Fat, 277 mg Sodium, 45 gm Carbohydrate, 26 gm Protein

Parmesan Roasted Cauliflower

A delicious, easy-to-make side that goes with everything!

Ingredients:

1 head cauliflower (can also use frozen, pre-cut)
1 tablespoon olive oil
1/4 teaspoon salt
1/4 teaspoon pepper
1 lemon, juiced
1/2 cup parmesan cheese, grated

Directions:

1. Pre-heat oven to 425 F.
2. Cut cauliflower into small florets.
3. Toss cauliflower olive oil, salt, and pepper together and place on a sheet pan.
4. Place in pre-heated oven for 25-30 minutes, stirring every 10 minutes.
5. After 20 minutes (or when cauliflower is golden brown), stir in Parmesan cheese and roast for 5-10 more minutes.
6. Remove and squeeze the juice of 1 lemon over top of the cauliflower. Watch out for the seeds!

Makes: 4 servings

Nutritional Information:

Per Serving: 139 Calories, 7 gm Total Fat, 256 mg Sodium, 13 gm Carbohydrate, 9 gm Protein

Foil Baked Salmon

This can be a main dish served with vegetables and a grain, such as brown rice or quinoa.

Ingredients:

1 cup onion, finely chopped
1 tablespoon canola oil
1 cup low-sodium chicken broth
2 garlic cloves, minced
¼ cup low fat sour cream
3 tablespoons whole grain Dijon mustard
2 tablespoons fresh chives, chopped
1 tablespoons fresh tarragon, chopped
6 salmon fillets

Directions:

1. Heat 1 tablespoon of oil in a large skillet over medium-high heat.
2. Add onion and sauté until onion turns golden, stirring frequently (about 5 minutes).
3. Stir in broth, mustard, and garlic.
4. Boil mixture to blend flavors. Reduce heat and whisk in sour cream. Then, stir in chopped chives and tarragon. Season with salt and pepper.
5. Season salmon fillet with mixture and on a foil-lined baking sheet, cooking in oven at 425F for 15 minutes or until just cooked through. Internal temperature of fish should be 145F.

Makes: 6 servings

Nutritional Information:

Per Serving: 246 Calories, 15 gm Total Fat, 144 mg Sodium, 3 gm Carbohydrate, 24 gm Protein

Chicken Tortellini Soup

Ingredients:

8 cups low sodium chicken broth
1 can (14.5 oz.) diced tomatoes
1 10 oz. package frozen chopped spinach
1/4 cup parmesan cheese, grated
1/2 teaspoon pepper
1 package (9 oz.) fresh cheese tortellini
2 1/2 cups cooked diced chicken

Directions:

1. In a Dutch oven (or large pot) over medium heat, combine stock, tomatoes, spinach, cheese, salt and pepper. Bring to a boil. Reduce heat, simmer 10 minutes
2. Add pasta and chicken. Bring to a boil, reduce heat and simmer covered until heated through, about 5 minutes.

NOTE: Additional frozen vegetables (cook's choice as to what kind) may be added in step 1 if desired.

Makes: 6 servings

Nutritional Information:

Per Serving: 287 Calories, 6 gm Total Fat, 498 mg Sodium, 26 gm Carbohydrate, 30 gm Protein

Raspberry Pork Chops

Recipe By: Robin Seidel, printed from allrecipes.com

Succulent herbed boneless pork loin chops paired with a tangy raspberry sauce ... heaven on a plate! This is a special family dish or perfect for company.

Ingredients:

1/2 teaspoon dried thyme, crushed
1/2 teaspoon dried sage, crushed
4 (4 ounce) boneless pork loin chops
1 tablespoon butter
1 tablespoon olive oil
1/4 cup seedless raspberry jam
2 tablespoons orange juice
2 tablespoons white wine vinegar
4 sprigs fresh thyme (optional)

Directions:

1. Preheat oven to 200 degrees F. In a small bowl, combine crushed thyme and sage. Rub evenly over pork chops.
2. Melt butter and olive oil in a nonstick skillet. Cook pork chops for 4 to 5 minutes on each side, turning once. Remove from skillet and keep warm in preheated oven.
3. In the skillet, combine raspberry jam, orange juice, and vinegar. Bring to a boil, and cook for 2 to 3 minutes, or until sauce is reduced to desired consistency (sauce will thicken as it cools). Spoon sauce in a pool onto a serving plate, and top with pork chops. Garnish with sprigs of thyme. Ensure pork chops are 145 degrees using meat thermometer.

Makes: 4 servings

Nutritional Information:

Per Serving: 167 Calories, 7 gm Total Fat, 234 mg Sodium, 14 gm Carbohydrate, 9 gm Protein

Green Bean Salad

A beautiful and nutritious salad that's great for any occasion!

Ingredients:

1 (12 oz.) streamer bag green beans
1/4-1/2 medium red onion, thinly sliced or chopped
1 medium tomato, seeded and chopped
1 medium cucumber, peeled, seeded, and chopped
1 cup (4 oz.) reduced fat feta cheese
5 Kalamata olives, chopped

Dressing:

3 tablespoons white or red wine vinegar
3 tablespoons extra virgin olive oil
1 garlic clove, minced
1/4 teaspoon freshly ground pepper

Directions:

1. Prepare green beans per package directions until crisp-tender. Chill under cold running water. Drain well.
2. In a large bowl, combine beans, onions, tomato, and cucumber.
3. In a small jar, combine vinegar, olive oil, garlic, and pepper. Shake well.
4. When ready to serve, add dressing to bean mixture and gently stir until well combined.

Tip: There are a variety of seasoned feta cheeses available. This recipe is excellent with the Mediterranean flavor which is a blend of basil and sundried tomatoes.

Makes: 8 servings

Nutritional Information:

Per Serving: 73 Calories, 5 gm Total Fat, 78 mg Sodium, 6 gm Carbohydrate, 1 gm Protein

Sweet Potato Black Bean Quesadilla

A great light and easy-to-make lunch or side that's even better the next day!

Ingredients:

1 medium-to-large sweet potato, peeled
1 tablespoon olive oil
1 teaspoon chili powder
½ teaspoon ground cumin
Dash salt (optional)
4 whole grain tortillas (about 8" in diameter)
1 cup grated cheddar or Monterey Jack cheese
1 cup cooked black beans (from one 15-ounce can), rinsed and drained
2/3 cup prepared or homemade salsa

Directions:

1. Slice your sweet potatoes into ¼ inch cubes. In a large skillet, warm the olive oil over medium heat. Add the chopped sweet potatoes and toss to coat, then add the chili powder, cumin and a pinch salt. Stir to combine. Once the pan is sizzling, add ¼ cup water, then cover the pan and reduce heat to low to avoid burning the contents. Cook, stirring occasionally, until the sweet potato is tender and cooked through, about 10 minutes.
2. Make the quesadillas: Heat a 10-inch skillet over medium heat. Warm one tortilla for about 30 seconds, flipping halfway. Flip once more, and sprinkle one-half of the tortilla with ¼th of the cooked sweet potatoes, ¼ cup beans and 2 tablespoons prepared salsa. Sprinkle about ¼ cup cheese over the fillings and fold over the empty side of the tortilla to enclose the fillings.
3. Cook for about 3-4 minutes on each side.
4. Slice each quesadilla into three even wedges using a sharp pizza cutter or chef's knife. Serve immediately.

Topping suggestions: chopped avocado, plain Greek yogurt, additional salsa or hot sauce, chopped fresh cilantro or chopped fresh tomatoes.

Makes: 4 servings

Nutritional Information:

Per Serving: 336 Calories, 17 gm Total Fat, 639 mg Sodium, 36 gm Carbohydrate, 13 gm Protein

Arugula Salad

Recipe By: KELLID26, printed from allrecipes.com

Ingredients:

4 cups young arugula leaves, rinsed and dried
1 cup cherry tomatoes, halved
1/4 cup pine nuts
2 tablespoons grapeseed oil or olive oil
1 tablespoon rice vinegar
Salt to taste
Freshly ground black pepper to taste
1/4 cup grated Parmesan cheese
1 large avocado - peeled, pitted and sliced

Directions:

In a large plastic bowl with a lid, combine arugula, cherry tomatoes, pine nuts, oil, vinegar, and Parmesan cheese. Season with salt and pepper to taste. Cover, and shake to mix. Divide salad onto plates, and top with slices of avocado.

Makes: 4 servings

Nutritional Information:

Per Serving: 257 Calories, 23 gm Total Fat, 381 mg Sodium, 10 gm Carbohydrate, 6 gm Protein