

Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:																	
<p>Meal 1 <span style="float: right;">Super Fast</span></p> <h3>Spicy Jerk Chicken Tacos</h3> <p><i>Citrus Cucumbers and Avocado</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">10m</td> <td style="padding: 2px;">25m</td> </tr> </table> </div> <p style="margin-top: 10px;"><b>Nutritional Information</b></p> <table border="1" style="border-collapse: collapse; text-align: center; width: 100%;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>2</td> <td>2</td> <td></td> </tr> <tr> <td>Net Carbs (ea)</td> <td>16</td> <td>4</td> <td>20</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	10m	25m		Main	Side	Total	Servings	2	2		Net Carbs (ea)	16	4	20	<p> <math>\frac{3}{4}</math> lb boneless, skinless chicken breasts            1 tsp olive oil            3 tsp Caribbean Jerk seasoning  <math>\frac{1}{2}</math> cup sour cream            1 Tbsp chopped fresh parsley  <math>\frac{1}{2}</math> Tbsp fresh lime juice            4 stand-and-stuff taco shells            2 cups tricolor coleslaw mix         </p> <hr style="border: 0.5px dashed #000;"/> <p> <i>1 cucumber, chopped</i>  <i>1 small avocado, peeled and cubed</i>  <i>1 lime</i>  <i><math>\frac{1}{4}</math> tsp salt</i>  <i><math>\frac{1}{8}</math> tsp crushed red pepper</i> </p>	<p>Preheat grill (or grill pan) to medium-high heat. Pound chicken to an even thickness. Brush with oil, and sprinkle with 2 tsp Jerk seasoning. Grill chicken, covered with grill lid, 5 to 6 minutes per side or until done. Let stand 5 minutes; thinly slice. Stir together sour cream, parsley, lime juice, and 1 tsp Jerk seasoning. Heat taco shells according to package directions. Serve chicken in shells with coleslaw and sour cream mixture.</p> <p><b>Note:</b> Chicken can also be cooked on the stovetop in a large skillet over medium-high heat 5 to 6 minutes per side or until done.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Combine cucumber and avocado in a bowl. Squeeze lime juice over mixture. Sprinkle with salt and red pepper; toss.</i></p>
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<p>Meal 2 <span style="float: right;">Marinate Overnight</span></p> <h3>Pomegranate-Chipotle Chicken Thighs</h3> <p><i>Mixed Greens with Feta Cheese</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">30m</td> <td style="padding: 2px;">45m</td> </tr> </table> </div> <p style="margin-top: 10px;"><b>Nutritional Information</b></p> <table border="1" style="border-collapse: collapse; text-align: center; width: 100%;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>2</td> <td>2</td> <td></td> </tr> <tr> <td>Net Carbs (ea)</td> <td>13</td> <td>4</td> <td>17</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	30m	45m		Main	Side	Total	Servings	2	2		Net Carbs (ea)	13	4	17	<p>           3 cloves garlic, minced            1 chipotle pepper in adobo sauce, minced            1 Tbsp adobo sauce            1 Tbsp fresh lime juice            1 tsp ground cumin            1 lb bone-in, skin-on chicken thighs, skinned  <math>\frac{1}{4}</math> tsp salt  <math>\frac{1}{8}</math> tsp pepper  <math>\frac{1}{2}</math> Tbsp olive oil  <math>\frac{1}{2}</math> cup pomegranate juice  <math>\frac{1}{4}</math> tsp cornstarch  <math>\frac{1}{2}</math> Tbsp water            1 Tbsp balsamic vinegar         </p> <hr style="border: 0.5px dashed #000;"/> <p> <i><math>\frac{1}{2}</math> (5-oz) pkg spring mix</i>  <i><math>\frac{1}{4}</math> cup thinly sliced red onion</i>  <i>2 Tbsp olive oil</i>  <i>1<math>\frac{1}{2}</math> tsp white wine vinegar</i>  <i>1 tsp Dijon mustard</i>  <i><math>\frac{1}{2}</math> tsp honey</i>  <i><math>\frac{1}{4}</math> tsp salt</i>  <i><math>\frac{1}{4}</math> tsp pepper</i>  <i><math>\frac{1}{2}</math> cup crumbled feta cheese</i> </p>	<p>Combine garlic, chipotle pepper, adobo sauce, lime juice and cumin; rub over chicken. Place chicken in a large zip-top plastic freezer bag; chill overnight. Remove chicken from marinade, discarding marinade; sprinkle with salt and pepper. Cook in hot oil in a large skillet over medium heat 25 to 30 minutes, turning occasionally, or until browned and done. Remove from pan; keep warm. Add pomegranate juice to skillet; cook 3 minutes or until reduced to <math>\frac{1}{3}</math> cup. Combine cornstarch and water; add to juice, and boil 2 minutes or until thickened. Remove from heat, and stir in vinegar. Serve sauce over chicken.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Combine greens and onion in a serving bowl. Whisk together oil, vinegar, mustard, honey, salt, and pepper; drizzle over salad, and toss to coat. Sprinkle with cheese.</i></p>
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<p>Meal 3 <span style="float: right;">Super Fast</span></p> <p><b>Grilled Flank Steak with Nectarine-Jalapeño Salsa</b></p> <p><i>Sautéed Garlic Zucchini</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div> <p style="margin-top: 10px;"><b>Nutritional Information</b></p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td style="text-align: left;">Servings</td> <td>2</td> <td>2</td> <td></td> </tr> <tr> <td style="text-align: left;">Net Carbs (ea)</td> <td>15</td> <td>2</td> <td>17</td> </tr> </tbody> </table>	Prep	Cook	Total	20m	10m	30m		Main	Side	Total	Servings	2	2		Net Carbs (ea)	15	2	17	<p>3 Tbsp fresh orange juice            1 Tbsp Southwest seasoning            ¾ lb flank steak            2 nectarines, pitted and coarsely chopped            1 Tbsp minced jalapeño pepper            1 Tbsp chopped fresh cilantro (or use parsley)            1 Tbsp extra virgin olive oil            1 clove garlic, minced</p> <hr/> <p>½ cup chopped red onion            1 clove garlic, minced            1 zucchini, sliced            ⅛ tsp salt            ⅛ tsp pepper</p>	<p>Preheat grill to medium-high heat. Combine 2 Tbsp orange juice and seasoning; brush over steak. Grill steak, covered with grill lid, 5 minutes per side or to desired doneness. Let stand 10 minutes before thinly slicing across the grain. Stir together nectarines, jalapeño, cilantro, oil, 1 Tbsp orange juice, and garlic. Season with salt and pepper to taste. Serve fruit salsa over steak.</p> <p><b>Note:</b> Steak can also be broiled 3 to 5 minutes per side or seared in hot oil in a large cast-iron skillet 4 to 5 minutes per side or to desired doneness.</p> <hr/> <p><i>Heat a nonstick skillet coated with cooking spray over medium-high heat. Add onion; sauté 3 minutes. Add garlic, and sauté 15 seconds. Stir in zucchini, salt and pepper; sauté 3 to 4 minutes or until zucchini is tender.</i></p>
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<p>Meal 4 <span style="float: right;">Crowd-Pleaser</span></p> <p><b>Creamy Baked Chicken Florentine</b></p> <p><i>Romaine Salad with Black Pepper Dressing</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">45m</td> <td style="padding: 2px 5px;">1h</td> </tr> </table> </div> <p style="margin-top: 10px;"><b>Nutritional Information</b></p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td style="text-align: left;">Servings</td> <td>2</td> <td>2</td> <td></td> </tr> <tr> <td style="text-align: left;">Net Carbs (ea)</td> <td>12</td> <td>12</td> <td>24</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	45m	1h		Main	Side	Total	Servings	2	2		Net Carbs (ea)	12	12	24	<p>¾ lb boneless, skinless chicken breasts            2 tsp olive oil            ⅓ cup mayonnaise            ⅓ cup sour cream            ¼ tsp garlic powder            ¼ cup freshly grated Parmesan cheese            ¼ cup shredded mozzarella cheese            1 (9-oz) pkg frozen chopped spinach, thawed and squeezed dry</p> <hr/> <p>2 tsp fresh lemon juice            2 tsp olive oil            ¼ tsp Dijon mustard            ¼ tsp salt            ¼ tsp pepper            1 clove garlic, minced            2 cups chopped romaine lettuce</p>	<p>Preheat oven to 350°F. Pound chicken to ¼-inch thickness. Brown chicken in hot oil in a skillet 3 minutes per side or until done; chop. Combine mayonnaise, sour cream, garlic powder, Parmesan and mozzarella cheeses in a bowl. Toss together chicken, spinach, and one-third of mayonnaise mixture. Spread in a small baking dish coated with cooking spray. Top with remaining mayonnaise mixture, spreading to edges. Bake 40 minutes or until bubbly and golden brown.</p> <hr/> <p><i>Whisk together all ingredients except lettuce in a large bowl. Add lettuce; toss.</i></p>
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<p>Meal 5 <span style="float: right;">Super Fast</span></p> <p><b>Beef and Mushroom Skillet Toss</b></p> <p><i>Garlic Mashed Cauliflower and Sliced Tomatoes</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">25m</td> </tr> </table> </div> <p style="margin-top: 10px;"><b>Nutritional Information</b></p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td style="text-align: left;">Servings</td> <td>2</td> <td>2</td> <td></td> </tr> <tr> <td style="text-align: left;">Net Carbs (ea)</td> <td>0</td> <td>5</td> <td>5</td> </tr> </tbody> </table>	Prep	Cook	Total	15m	10m	25m		Main	Side	Total	Servings	2	2		Net Carbs (ea)	0	5	5	<p>1 Tbsp soy sauce            1 Tbsp Worcestershire sauce            8 oz top round beef steak, cut into thin strips            2 tsp sesame oil            1 (8-oz) pkg mushrooms, quartered            2 Tbsp chopped fresh parsley</p> <hr/> <p>1 (10-oz) pkg cauliflower florets            1½ Tbsp extra virgin olive oil            1 clove garlic, minced            ¼ tsp salt            ¼ tsp pepper            2 Roma tomatoes, sliced</p>	<p>Combine soy sauce and Worcestershire sauce in a bowl. Cook beef in 1 tsp hot oil in a skillet over medium-high heat 2 to 3 minutes or just until beef begins to brown. Remove from skillet, and keep warm. Heat 1 tsp oil in skillet; add mushrooms, and cook 4 to 5 minutes or until tender. Add beef and soy sauce mixture; cook 30 seconds to thicken slightly. Sprinkle with parsley.</p> <hr/> <p><i>Cook cauliflower in boiling water to cover in a saucepan 8 minutes or until tender; drain well. Return cauliflower to pot over low heat. Stir in oil, garlic, salt and pepper. Mash with a potato masher until smooth. Serve cauliflower and tomatoes alongside beef.</i></p>
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<p>Meal 6 <span style="float: right;">Classic Favorite</span></p> <p style="text-align: center;"><b>Turkey Burgers with Tzatziki Sauce</b></p> <p style="text-align: center;"><i>Spring Mix Salad with Toasted Almonds</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div> <p style="text-align: center; margin-top: 10px;"><b>Nutritional Information</b></p> <table border="1" style="border-collapse: collapse; text-align: center; width: 100%;"> <tr> <td style="width: 15%;"></td> <td style="width: 20%;">Main</td> <td style="width: 20%;">Side</td> <td style="width: 20%;">Total</td> </tr> <tr> <td>Servings</td> <td>2</td> <td>2</td> <td></td> </tr> <tr> <td>Net Carbs (ea)</td> <td>3</td> <td>4</td> <td>7</td> </tr> </table>	Prep	Cook	Total	20m	10m	30m		Main	Side	Total	Servings	2	2		Net Carbs (ea)	3	4	7	<p>           ¼ cup sour cream            ¼ cup peeled and finely chopped cucumber            ½ tsp fresh lemon juice            1 small clove garlic, minced            ¾ lb ground turkey            ¼ cup crumbled feta cheese            ½ tsp dried oregano            ¼ tsp grated lemon rind            ⅛ tsp salt            1 Roma tomato, sliced         </p> <hr style="border: 0.5px dashed #000;"/> <p>           ½ (5-oz) pkg spring mix            ¼ cup thinly sliced red onion            ¼ cup sliced almonds, toasted            2 Tbsp balsamic vinaigrette         </p>	<p>Stir together sour cream, cucumber, lemon juice and garlic in a bowl. Combine turkey, cheese, oregano, lemon rind and salt; mix until well blended. Shape into 2 (½-inch-thick) patties. Cook patties in a lightly greased grill pan or nonstick skillet over medium-high heat 4 to 5 minutes per side or until done. Top patties with tomato slices and sour cream mixture.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Toss together all ingredients in a bowl.</i></p>
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<p>Meal 7 <span style="float: right;">Super Fast</span></p> <p style="text-align: center;"><b>Fish with Buttery Almond Topping</b></p> <p style="text-align: center;"><i>Grill Pan Asparagus and Fresh Strawberries</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">25m</td> </tr> </table> </div> <p style="text-align: center; margin-top: 10px;"><b>Nutritional Information</b></p> <table border="1" style="border-collapse: collapse; text-align: center; width: 100%;"> <tr> <td style="width: 15%;"></td> <td style="width: 20%;">Main</td> <td style="width: 20%;">Side</td> <td style="width: 20%;">Total</td> </tr> <tr> <td>Servings</td> <td>2</td> <td>2</td> <td></td> </tr> <tr> <td>Net Carbs (ea)</td> <td>2</td> <td>8</td> <td>10</td> </tr> </table>	Prep	Cook	Total	15m	10m	25m		Main	Side	Total	Servings	2	2		Net Carbs (ea)	2	8	10	<p>           ¼ cup slivered almonds, toasted            2 tsp butter            ½ tsp Worcestershire sauce            ¼ tsp grated lemon rind            ¼ tsp salt            2 cod fillets, patted dry (or other lean white fish, such as flounder, tilapia and orange roughy)            ⅛ tsp smoked paprika (or use regular paprika)            ½ lemon, cut into wedges         </p> <hr style="border: 0.5px dashed #000;"/> <p>           ½ lb asparagus, trimmed            ½ (16-oz) pkg strawberries, sliced         </p>	<p>Cook almonds in a nonstick skillet over medium-high heat 2 minutes or until toasted, stirring often. Remove from heat; stir in butter, Worcestershire sauce, lemon rind and ⅛ tsp salt. Remove from pan. Coat both sides of fish with cooking spray; sprinkle with paprika and ⅛ tsp salt. Cook fish in skillet over medium heat 3 minutes per side or until fish flakes with a fork. Top with almond mixture. Serve with lemon wedges.</p> <hr style="border: 0.5px dashed #000;"/> <p style="text-align: center;"><i>Coat asparagus with cooking spray. Cook in a grill pan or skillet over medium-high heat 4 minutes or until crisp-tender, turning occasionally. Season with salt and pepper to taste. Serve with strawberries.</i></p>
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Meal	✓	Grocery Items to Purchase
		<b>Produce</b>
1		1 avocado
1		½ (16-oz) pkg tricolor coleslaw mix
1,2		3 limes
1,5		½ bunch fresh parsley
1,6		2 cucumbers
2,3,6		1 red onion
2,6		1 (5-oz) pkg spring mix
3		2 nectarines
3		1 orange
3		1 jalapeño pepper
3		½ bunch fresh cilantro
3		1 zucchini
4		½ head romaine lettuce
4,6,7		2 lemons
5		1 (10-oz) pkg cauliflower florets
5		1 (8-oz) pkg mushrooms
5,6		3 Roma tomatoes
7		½ lb asparagus
7		½ (16-oz) pkg strawberries
		<b>Meat &amp; Seafood</b>
1,4		1½ lb boneless, skinless chicken breasts
2		1 lb bone-in, skin-on chicken thighs
3		¾ lb flank steak
5		8 oz top round beef steak
6		¾ lb ground turkey
7		2 cod fillets
		<b>Refrigerated</b>
1,4,6		1 (16-oz) carton sour cream
2,6		1 (4-oz) pkg crumbled feta cheese
4		½ (8-oz) block mozzarella cheese
4		½ (5-oz) pkg freshly shredded Parmesan cheese
		<b>Frozen</b>
4		1 (9-oz) pkg frozen chopped spinach
		<b>Canned &amp; Packaged</b>
1		4 stand-and-stuff taco shells
2		½ (7-oz) can chipotle peppers in adobo sauce
2		½ (16-oz) bottle pomegranate juice
6,7		1 (4-oz) pkg sliced almonds

Necessary Staples
<b>Meal 1</b>
¼ tsp crushed red pepper
1 tsp olive oil
3 tsp Caribbean Jerk seasoning
<b>Meal 2</b>
¼ tsp cornstarch
1 Tbsp balsamic vinegar
2½ Tbsp olive oil
1½ tsp white wine vinegar
1 tsp ground cumin
1 tsp Dijon mustard
½ tsp honey
3 cloves garlic
Zip-top plastic freezer bag
<b>Meal 3</b>
1 Tbsp extra virgin olive oil
1 Tbsp Southwest seasoning
2 cloves garlic
<b>Meal 4</b>
¼ tsp Dijon mustard
¼ tsp garlic powder
4 tsp olive oil
½ cup mayonnaise
1 clove garlic
<b>Meal 5</b>
2 tsp sesame oil
1 Tbsp soy sauce
1 clove garlic
1 Tbsp Worcestershire sauce
1½ Tbsp extra virgin olive oil
<b>Meal 6</b>
½ tsp dried oregano
2 Tbsp balsamic vinaigrette
1 clove garlic
<b>Meal 7</b>
½ tsp Worcestershire sauce
2 tsp butter
¼ tsp smoked paprika
Cooking spray