

## Dinner 1

### Curry Meatballs & Broccoli; Yellow Quinoa

#### Curry Meatballs & Broccoli (1a)

Active Time: 10 min.

Total Time: 30 min.

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| <ul style="list-style-type: none"> <li>• 1/2 lb. ground beef</li> <li>• 2 green onions, minced</li> <li>• 1/2 lemon, juiced</li> <li>• 5 sprigs fresh cilantro, minced</li> <li>• 2 garlic cloves, minced</li> <li>• salt &amp; black pepper</li> </ul> | <ul style="list-style-type: none"> <li>3 tbsp. Panko breadcrumbs</li> <li>1 small egg</li> <li>1 1/2 tbsp. garam masala spice</li> <li>1/2 head broccoli, cut into florets</li> <li>1 tbsp. olive oil</li> <li>1/2 cup plain Greek yogurt</li> </ul> |
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Preheat oven to 400°F. Combine first six ingredients plus 3/4 of the **cilantro** in a large bowl and mix until just combined. Moisten hands, and gently form mixture into 16 meatballs and place on one side of a baking sheet\*.

In a large bowl, combine the **broccoli florets**, **garam masala**, **garlic**, **olive oil** and **salt & pepper** (to taste). Toss the broccoli to coat evenly. Place the seasoned broccoli on the other side of the baking sheet.

Bake in the oven until the meatballs are no longer pink and are cooked through, about 15 minutes.

Meanwhile, mix together the remaining **cilantro**, the **lemon juice** and **yogurt**, and season with **salt**, as desired. Serve over Yellow Quinoa with the yogurt sauce.

*\*Meatballs can be made through this step up to 24 hours ahead and stored covered in the refrigerator; let them come to room temperature 10 minutes before baking.*



#### Yellow Quinoa (1b)

Active Time: 15 min.

Total Time: 15 min.

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| <ul style="list-style-type: none"> <li>• 1/2 tsp. turmeric</li> <li>• 1 pinch cinnamon</li> <li>• 1/2 tbsp. butter</li> <li>• 3/4 cup Quinoa</li> </ul> | <ul style="list-style-type: none"> <li>1/8 tsp. ground cumin</li> <li>1 1/2 cups chicken broth</li> <li>1/4 tsp. salt</li> <li>1 green onion, chopped</li> </ul> |
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In a medium saucepan, heat the **turmeric**, **cumin**, and **cinnamon** over low heat until fragrant, stirring, about 30 seconds. Add the **broth**, **salt**, and **butter** and bring to a boil. Add the **Quinoa** and stir well. Cover and reduce heat to a bare simmer. Cook, covered, without stirring until the liquid is absorbed and the Quinoa is tender, about 20 minutes.

Remove from the heat and let sit, covered, without stirring, for 10 minutes. Fluff with a fork, add **green onion**, and serve.

**Dinner 2***Mushroom & Potato Chowder; Roasted Kale Panzanella Salad***Mushroom and Potato Chowder (2a)****Active Time: 25 min****Total Time: 55 min**

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|----------------------------------|----------------------------------|
| • 1/2 med. onion, chopped        | 1/2 cup butter                   |
| • 1 tbsp. all-purpose flour      | 1/2 tsp. each salt & pepper      |
| • 2 tbsp. grated Parmesan cheese | 1 garlic clove, minced           |
| • 1 1/2 cups vegetable broth     | 1/2 lb. fresh mushrooms, sliced  |
| • 1 celery stalk, chopped        | 1 med. Yukon Gold potato, peeled |
| • 1 med. carrot, chopped         | 1/2 cup heavy cream              |
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In a large kettle, sauté the **onion** in **butter** until tender. Add the **garlic, flour, salt** and **pepper**; stir to make a smooth paste. Gradually add **broth**, stirring constantly. Bring to a boil; cook and stir for 1 minute. Add the **mushrooms, celery, potatoes** and **carrots**. Reduce heat; cover and simmer for 30 minutes or until vegetables are tender. Add **cream** and **Parmesan** cheese; heat through.

**Roasted Kale Panzanella Salad (2b)****Active Time: 10 min.****Total Time: 30 min.**

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|---|---|
| • 1 bunch kale, cleaned & chopped       | 1 tbsp. olive oil                           |
| • 1/4 loaf ciabatta bread, 1-inch cubes | 4 oz. sun-dried tomatoes, drained & chopped |
| • 1 1/2 tbsp. balsamic vinegar          | 3 tbsp. olive oil                           |
| • 1/2 tsp. salt                         | 1/4 tsp. black pepper                       |
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Preheat the oven to 400°F. Line a baking sheet with foil.

Place the chopped **kale** on the foil. Drizzle with **olive oil** and gently toss. Top the kale with another piece of foil and seal shut. Roast the kale until tender, about 20 minutes.

Place the **bread** cubes, **sun-dried tomatoes, vinegar, olive oil, salt,** and **pepper** in a large bowl. Gently toss. Add the roasted **kale** and toss to combine. Serve.

## Dinner 3

## Salmon l'Orange; Saffron-Coconut Rice; Steamed Broccoli

## Salmon l'Orange (3a)

*This one's going to rock your world! That microwave ain't just for warming coffee and popping popcorn...this super simple recipe is packed flavor; way healthy, and it's crazy easy to make!*

Active Time: 10 min.

Total Time: 18 min.

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|---|------------------------|
| • 2 (4-oz. each) salmon fillets, skinless | 1 tbsp. butter, melted |
| • 1/2 orange, juiced                      | 1/2 orange, sliced     |
| • 1 tsp. cornstarch                       | 1 pinch nutmeg         |
| • 2 pinches salt                          | 1 pinch white pepper   |
| • 4 tbsp. fresh cilantro, chopped         |                        |



Place **salmon** in 2 quart microwave safe baking dish. Combine the next **six ingredients** in small bowl and mix well. Pour over fish. Cover casserole with plastic wrap, venting one corner, and microwave on HIGH 3-6 minutes, or until fish flakes easily with a fork, rotating dish once during cooking time (unless your microwave plate rotates when activated). Let stand for 4 minutes before serving, and then sprinkle with **cilantro** and lean two **orange** slices alongside.

## Saffron Coconut Rice (3b)

Active Time: 5 min.

Total Time: 25 min.

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|-----------------------------------|--|
| • 1/2 cup jasmine rice            | 1/2 cup coconut milk                         |
| • 1/2 cup + 2 tbsp. chicken broth | 1 1/4 tsp. dry shredded coconut, unsweetened |
| • 1/2 tsp. turmeric               | 1/4 tsp. saffron threads                     |
| • 1 garlic clove, minced          | 1/2 tbsp. fish sauce                         |
| • 1/2 lime, juiced                | 1 green onion, chopped (for garnish)         |

Place **broth** in a pot and set over high heat. Add the **turmeric, saffron threads, garlic, fish sauce, and lime juice**. Stir well and bring to a boil. Add the **rice, shredded coconut, and coconut milk**. Stir while you bring liquid back to a gentle boil. Reduce heat to low, cover the pot with a lid and cook about 15 minutes.

Turn off heat, but leave the pot on the burner (covered) to steam for another 5-10 minutes, or until you're ready to eat.

Before serving, fluff rice with a fork. Garnish with the **green onion**, and serve.

## Simple Steamed Broccoli (3c)

Active Time: 5 min.

Total Time: 13 min.

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|---------------------------------------|----------------------------|
| • 1/2 head broccoli, cut into florets | 1/2 tsp. sugar             |
| • 1/4 tsp. salt                       | toasted sesame seeds (opt) |

Place the **sugar** in the bottom of your pan, insert steamer basket. Add enough **water** to come just below, but not touching, the bottom of the steamer basket. Bring to a boil. Reduce heat to medium. Add **broccoli** to basket and cover with a lid. Steam for 7-8 minutes, depending on your tenderness preference. Toss broccoli with **salt**, sprinkle with freshly **toasted sesame seeds**, and serve.

**Notes:** To toast sesame seeds, heat a dry skillet to medium and add un-toasted sesame seeds. Stir constantly until the seeds are golden brown and aromatic. Remove to a bowl, and use warm.

**Dinner 4***Easy Stromboli & Simple Caesar Salad***Easy Stromboli (4a)**

*There are several theories regarding the origin of the stromboli. Romano's Italian Restaurant & Pizzeria claims to have originated it in 1950 in Essington, Tincum Township, just outside of Philadelphia, by Nazzareno Romano. Others claim a stromboli sandwich with chili sauce was invented by Mike Aquino, Sr., in Spokane, Washington, named after the movie Stromboli starring Ingrid Bergman, in 1954. Mike's Burger Royal still sells stromboli.*

*Whatever...it's a pizza...it's a calzone...it's a sandwich...its awesome!*

**Active Time: 15 min.**

**Total Time: 35 min.**

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|--------------------------------|-------------------------------------|
| • 1/2 lb. ground beef          | 2 tbsp. marinara sauce              |
| • 1/2 cup shredded mozzarella  | 1/2 red bell pepper, chopped        |
| • 1/2 med. yellow onion, diced | 1 tsp. fresh Italian herbs, chopped |
| • salt & pepper, to taste      | 8 oz. pizza dough                   |



Heat oven to 400°F. Spray cookie sheet with nonstick cooking spray. Brown **ground beef** in medium skillet over medium-high heat until thoroughly cooked, stirring frequently. Drain. Set aside.

Unroll **pizza dough**; place on sprayed cookie sheet. Starting at center, press out dough with your hands to form 10x6-inch rectangle. Spread **sauce** over dough to within 2 inches of long sides and 1/2 inch of short sides. Place the cooked **ground beef** lengthwise down center, forming 3-inch-wide strip and to within 1/2 inch of short sides. Top with **cheese, bell pepper** and **Italian seasoning**.

Fold long sides of dough over filling; press edges to seal. Bake the Stromboli at 400°F for 15 to 20 minutes or until crust is golden brown.

**Simple Caesar Salad (4b)**

**Active Time: 5 min.**

**Total Time: 5 min.**

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|---------------------------|-------------------------|
| • 1/4 cup Caesar dressing | 2 tbsp. grated Parmesan |
| • 1 heart romaine lettuce | 1/2 cup garlic croutons |
| • black pepper            | 1/2 cup grape tomatoes  |

Tear **lettuce** and put in a large salad bowl. Add **dressing**, toss.

Add **Parmesan, croutons, tomatoes** and **pepper**, toss again.

Serve immediately



**Dinner 5***Peach Glazed Grilled Chicken; Grilled Zucchini Salad***Peach Glazed Grilled Chicken (5a)****Active Time: 10 min.****Total Time: 30 min.**

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|--------------------------------------|-------------------------------|
| • 1/2 cup peach preserves            | 2 garlic cloves, minced       |
| • 1 tbsp. olive oil                  | 2 tsp. soy sauce              |
| • 1 tsp. Dijon mustard               | salt & black pepper           |
| • 2 half chicken breasts (with skin) | 1 ripe peach, halved & pitted |
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Combine the **peach preserves**, **garlic**, **soy sauce** and **Dijon mustard** in a medium bowl and season with **salt & pepper** to taste. Reserve 1/2 of the peach glaze.

Preheat grill. Brush the **chicken** with **olive oil** and season with **salt & pepper** to taste. Place skin-side down and cook for 6 to 7 minutes, until golden brown. Turnover and continue cooking for 5 to 6 minutes. Brush both sides with the peach glaze and continue cooking an additional 4 to 5 minutes.

Place **peach** halves, cut side down on the grill and grill for 2 minutes. Turnover and brush with the reserved 1/2 cup of peach glaze, grill for 3 to 4 more minutes until peaches are soft.

**Grilled Zucchini Salad (5b)****Active Time: 15 min.****Total Time: 30 min.**

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|------------------------------|---|
| • 1 med. Zucchini            | olive oil                                       |
| • salt & black pepper        | 1/2 tbsp. Dijon mustard                         |
| • 1/2 lemon, zested & juiced | 1 garlic clove, minced                          |
| • honey, to taste            | 3 sprigs fresh flat-leaf parsley, minced        |
| • 1/4 cup olive oil          | 2 oz. wedge Pecorino Romano cheese, for shaving |
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Heat the grill to high heat. Slice the **zucchini** lengthwise into long, thin strips. Brush the zucchini on both sides with the **oil** and season with **salt & pepper**, to taste. Grill for just about 1 minute per side (just beginning to char & wilt), then remove them to a platter.

Whisk together the **Dijon mustard**, **lemon juice**, **lemon zest**, **garlic** and **honey**, to taste, and **salt & pepper**, to taste, and **parsley** in a small bowl. Slowly, whisk in the **olive oil** until emulsified.

Drizzle the vinaigrette over the and let it **zucchini** marinate for 15 minutes at room temperature. Top with shaved **cheese**, **pine nuts** and **mint leaves**.

**Dinner 6***Next Level Skillet Ham and Cheese Sandwich with Green Salad***Next Level Skillet Ham and Cheese Sandwich (6a)****Active Time: 10 min.****Total Time: 15 min.**

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|------------------------------|--------------------------|
| • 4 slices whole grain bread | 1 tsp. butter, softened  |
| • 2 tsp. Dijon mustard       | 2 tsp. honey             |
| • 4 thin slices ham          | 1oz. sliced Swiss cheese |



Place all of the **bread** slices on a flat work surface, and spread 1 side of each slice with some of the softened **butter**.

Combine the **honey** and **mustard**, mixing well, and spread evenly on the unbuttered side of half of the slices. For each sandwich, layer an equal number of **ham** slices on top of the honey/mustard spread, and top with the sliced **Swiss cheese**, and the remaining bread, buttered sides out.

Heat a large skillet over medium-high heat. Transfer the sandwiches to the skillet and cook until golden brown on the bottom, about 2 minutes. Turn and cook the other side of the sandwich until the cheese has melted and the second side is golden brown, about 1 1/2 to 2 minutes. Remove the sandwiches from the pan and serve immediately.

**Green Salad with Cilantro Lime Vinaigrette (6b)****Active Time: 5 min.****Total Time: 5 min**

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|---------------------------------|----------------------------------|
| • 1/2 head of romaine lettuce   | 8 grape tomatoes                 |
| • 3 green onions, sliced        | 8 sprigs fresh cilantro, chopped |
| • 1 tbsp. olive oil             | 1 lime, juiced                   |
| • 1/2 tbsp. apple cider vinegar |                                  |

Tear **lettuce** into bite sized pieces

In a salad bowl add all the **ingredients**, and toss.

## Dinner 7

## Meatballs with Pappardelle &amp; Simple Caesar Salad

## Meatballs with Pappardelle (7a)

*Pappardelle, from the verb "pappare" (to gobble up), are large, very broad fettuccine. This pasta shape is so popular that in Italy that a festival called the Sagra delle Pappardelle al cinghiale (Pappardelle with wild boar festival) in the city of Gemmano is held every August.*

Active Time: 30 min.

Total Time: 45 min.

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|-----------------------------|-----------------------------------|
| • 1/4 lb. ground beef       | 1 dash each salt & pepper         |
| • 3/4 tsp. olive oil        | 1/4 cup grated Parmesan cheese    |
| • 1/3 med onion, chopped    | 1 garlic clove, minced            |
| • 1 tbsp. Panko breadcrumbs | 2 sprigs fresh basil leaves, torn |
| • 1/4 lemon, juiced         | 3/4 tbsp. butter, melted          |
| • 1/4 lb. pappardelle pasta | 3/4 cup marinara sauce            |
| • 1 tsp. dried oregano      |                                   |
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Heat the **olive oil** in a large sauté pan over medium heat. Add the **onion** and **garlic**, season with **salt** and **pepper**, and reduce the heat. Cook gently for about 10 minutes, to soften the vegetables without browning them. Remove from the heat and set aside.

Add the onion and garlic, and **breadcrumbs** to the meat and mix gently to incorporate evenly; do not overwork the mixture. Divide the mixture into 1-inch balls. Bring a small pot of salted water to a boil.

Preheat the oven to 425 F. Put the meatballs on a rack (*on a baking sheet*) and bake for 10 to 12 minutes, until cooked through. Remove from the oven and let the meatballs rest for a few minutes before serving. Meanwhile, cook the **pappardelle**; drain and put in a large bowl. Toss with the **melted butter**, the remaining **parsley**, and the **lemon juice**. Add **marinara** to pasta, top with the meatballs, and toss to combine.

Divide evenly between bowls and garnish with **basil** and **parmigiano-reggiano cheese**.

## Italian Herb Salad (7b)

Active Time: 20 min.

Total Time: 20 min.

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|---|-----------------------------|
| • 1/2 lemon                               | 1/3 tsp. honey              |
| • 1/3 tsp. salt & black pepper            | 1 small handful fresh basil |
| • 1 tbsp. olive oil                       | 1/2 head romaine            |
| • 1 small handful fresh flat-leaf parsley |                             |
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Zest and juice the **lemon**. Coarsely chop the **romaine**. Halve and pit the **olives**. Coarsely chop the **parsley** and **basil**.

Blend the **lemon juice**, **lemon peel**, **honey**, **salt**, and **black pepper** in a blender. With the machine running, gradually blend in the **oil**.

Toss the **lettuce**, **olives**, **parsley**, and **basil** in a large bowl with enough dressing to coat. Season the salad with **pepper**, to taste, and serve.

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
Curry Meatballs & Broccoli (1a) Yellow Quinoa (1b)	Mushroom & Potato Chowder (2a) Roasted Kale Panzanella Salad (2b)	Salmon & Orange; (3a) Saffron-Coconut Rice (3b) Steamed Broccoli (3c)	Easy Stromboli (4a) Simple Caesar Salad (4b)	Peach Glazed Grilled Chicken (5a) Grilled Zucchini Salad (5b)	Next Level Skillet Ham and Cheese Sandwich (6a) Green Salad (6b)	Meatballs with Pappardelle (7a) Simple Caesar Salad (7b)

**Produce**

- Lemons, 2  
1/2 lemon .....1a  
1/2 lemon ..... 5b  
1/4 lemon .....7a  
1/2 lemon ..... 7b
- Limes, 2  
1/2 lime ..... 3b  
1 lime..... 6b
- Oranges, 1.....3a
- Peaches (ripe), 1.....5a
- Basil bunches, lg., 1  
2 sprigs fresh basil leaves .....7a  
1 small handful fresh basil ..... 7b
- Cilantro bunches, lg., 1  
5 sprigs fresh cilantro .....1a  
4 tbsp. fresh cilantro .....3a  
8 sprigs fresh cilantro ..... 6b
- Flat-leaf parsley bunches, 1  
3 sprigs fresh flat-leaf parsley ..... 5b  
1 sm. handful flat-leaf parsley ..... 7b
- Italian herbs, 1 tsp.....4a
- Broccoli heads, 1  
1/2 head broccoli .....1a  
1/2 head broccoli .....3c
- Carrots, med., 1 .....2a
- Celery stalks, 1 .....2a
- Kale bunches, 1 ..... 2b
- Romaine lettuce heads, 1  
1/2 head of romaine lettuce..... 6b  
1/2 head romaine ..... 7b
- Romaine lettuce heart, 1..... 4b
- Garlic cloves, 8
- Mushrooms, 1/2 lb. ....2a
- Green onions, 7  
2 green onions .....1a  
1 green onion..... 1b  
1 green onion..... 3b  
3 green onions ..... 6b
- Yellow onions, med., 2  
1/2 med. onion .....2a  
1/2 med. onion .....4a  
1/3 med. onion .....7a
- Red Bell peppers, 1/2 .....4a
- Yukon Gold potatoes, med., 1.....2a
- Zucchini squash, med., 1 ..... 5b

- Grape tomatoes, 1 cup  
1/2 cup grape tomatoes ..... 4b  
8 grape tomatoes ..... 6b

**Canned Goods**

- Chicken broth, 2 cups  
1 1/2 cups chicken broth ..... 1b  
1/2 cup + 2 tbsp. chicken broth ... 3b
- Vegetable broth, 1 1/2 cups .....2a
- Caesar dressing, 1/4 cup..... 4b
- Coconut milk, 1/2 cup ..... 3b
- Honey, 1 1/3+ tbsp.  
2 tsp. honey ..... 5b  
2 tsp. honey .....6a  
1/3 tsp. honey..... 7b
- Dijon mustard, 1/4 cup  
1 tsp. Dijon mustard.....5a  
1/2 tsp. Dijon mustard..... 5b  
2 tsp. Dijon mustard.....6a
- Olive oil, 3/4 cup
- Fish sauce, 1/2 tbsp..... 3b
- Marinara sauce, 1 cup  
2 tbsp. marinara sauce .....4a  
3/4 cup marinara sauce .....7a
- Peach preserves, 1/2 cup .....5a
- Soy sauce, 2 tsp.....5a
- Sun-dried tomatoes, 4 oz..... 2b
- Apple cider vinegar, 1/2 tbsp..... 6b
- Balsamic vinegar, 1 1/2 tbsp..... 2b

**Dry Goods**

- Bread slices (whole-grain), 4.....6a
- Ciabatta bread loaves, 1/4..... 2b
- Panko breadcrumbs, 1/2 cup  
3 tbsp. Panko breadcrumbs .....1a  
1 tbsp. Panko breadcrumbs .....7a
- Croutons (garlic), 1/2 cup ..... 4b
- Coconut, shredded, 1 1/4 tbsp. ... 3b (unsweetened)
- Cornstarch, 1 tsp.....3a
- All-purpose flour, 1 tbsp.....2a
- Sugar, 1/2 tsp.....3c
- Pappardelle pasta, 1/4 lb.....7a
- Quinoa, 3/4 cup ..... 1b
- Jasmine rice, 1/2 cup..... 3b

**Meat & Seafood**

- Ground beef, 1 1/4 lb.  
1/2 lb. ground beef .....1a  
1/2 lb. ground beef .....4a  
1/4 lb. ground beef .....7a
- 1/2 chicken breasts (w/ skin), 2 ...5a
- Ham slices (thin), 4.....6a
- Salmon fillets (4 oz. ea.), 2.....3a (skinless)

**Refrigerator**

- Butter, 8 tbsp.  
1/2 tbsp. butter..... 1b  
1/2 cup butter.....2a  
1 tbsp. butter .....3a  
1 tsp. butter .....6a  
3/4 tbsp. butter.....7a
- Mozzarella, shredded, 1/2 cup ....4a
- Parmesan cheese, grated, 1/2 cup  
2 tbsp. grated Parmesan cheese ...2a  
2 tbsp. grated Parmesan..... 4b  
1/4 cup grated Parmesan cheese..7a
- Pecorino Romano (wedge), 2 oz. . 5b
- Swiss cheese (sliced), 1 oz. ....6a
- Eggs, sm., 1 .....1a
- Heavy cream, 1/2 cup.....2a
- Greek yogurt, plain, 1/2 cup .....1a
- Pizza dough, 8 oz.....4a

**Spices**

- Black pepper
- Cinnamon, 1 pinch ..... 1b
- Garam masala spice, 1 1/2 tbsp....1a
- Ground cumin, 1/8 tsp. .... 1b
- Nutmeg, 1 pinch.....3a
- Oregano, 1 tsp.....7a
- Saffron threads, 1/4 tsp..... 3b
- Sesame seeds (opt.), 1/4 tsp.....3c (toasted)
- Salt
- Turmeric, 1 tsp.  
1/2 tsp. turmeric ..... 1b  
1/2 tsp. turmeric ..... 3b
- White pepper, 1 pinch.....3a