

## A Week's Worth of Dinners

### **Words of Wisdom:**

The biggest problem that families have is not preparing a weekly menu in advance. Failing to plan is planning to fail. So it is essential to shop in advance for everything you will need for the week. If necessary, buy new Tupperware containers and make sure that the produce that you buy is kept fresh. I always start off the week by making a turkey loaf on a Sunday night, and basting with BBQ sauce on Monday before heating it up. In our busy lives, people get home late and if they are totally unprepared they will have no option but to order in food that will not be nutritious, will have much more calories and sodium. Ordering in does not allow for the necessary allotments of vegetables, carbs and protein. Eating at home, whilst you are trying to lose or maintain weight, is a better option. In our social society it is impossible to avoid out and as I have always said. If you are going out to dinner and are hungry, eat something ahead of time. This will prevent you from demolishing the bread basket.

**Grocery List for the week** (The items on this list are suggestions. Please check each menu to ensure that that you the right ingredients)

### **Fresh Produce:**

- Brussel Sprouts
- Asparagus
- Corn
- Spinach
- Sweet Potatoes / Regular Potatoes
- Squash
- Zucchini
- Field Greens and Butter Lettuce
- Lemons
- Onions
- Tomatoes
- Cucumber
- Portobello Mushrooms
- Small white mushrooms
- Red, Green, and yellow peppers (mini-peppers can also be used, remove to cut in ½ and remove seeds)
- Fennel and Leeks if you are going to make the parchment / foil Salmon

**REMEMBER YOUR VEGETTI: PERFECT DELICIOUS PASTA WITHOUT THE CARBS**

### **Meat Options:**

- Chicken Thighs
- Turkey Meat
- Pork Tenderloin
- Salmon
- Tilapia

**Condiments and Other Ingredients:** Bulger Wheat, Ketchup, Lipton Onion Soup Mix, TJ BBQ Rub, I enjoy the Sweet Chili Sauce from Trader Joes. If you desire more exotic spices go to Penzie's Spices, next to Trader Joes. They will allow you to taste

## **Turkey Meatloaf**

- 2 packets of raw ground turkey (1 white meat and 1 dark meat/ or if preferable both darkmeat)
- 1 packet of Lipton Onion Soup Mix
- Ketchup / BBQ sauce

### **Method:**

- 1.) Wet your hands
- 2.) In a large bowl mix 2 packets of turkey and 1 packet of the dry onion soup mix
- 3.) Spray a loaf pan with olive oil / Pam spray
- 4.) Add turkey mixture to the loaf pan and place in your preheated oven
- 5.) Cook at 350 degrees for 40 min.
- 6.) Remove from the oven and drain drippings
- 7.) Then, baste it with your choice of Ketchup or BBQ sauce.  
(If you desire you may add red pepper flakes)
- 8.) Place back into oven for 10 min. or until meatloaf is cooked all the way through

### **Vegetable Side: Brussel Sprouts**

- Place Brussel sprouts into water and bring to a boil
- Allow Brussel sprouts to boil and additional 10 min.
- Strain Water
- In a heated wok, put a little EVOO and olive oil spray. Add Brussel sprouts.
- Start on a high heat and add 3 tablespoons of Balsamic Vinegar, Garlic salt, and white pepper
- Continue to stir until they are tender to the touch, do not over cook

### **Potato**

- Pierce potato several times with a fork
- Cover with a paper towel
- Microwave a regular or sweet potato according to the size you're allotted  
\*Sweet Potatoes cook faster\*

You may choose to top with a small amount of fat-free sour cream, cinnamon, a small bit of butter, or *I can't believe it's not Butter* Spray.

### **Salad**

- Field Greens, TJ fat free balsamic or Boathouse (Publix: produce section) fat free dressing of choice

**\*Always allocated amounts\***

## **Boneless Chicken Thighs**

- Buy according to the amount that is needed
- Rub chicken with TJ's BBQ Rub: Coffee & Garlic
- I use a the La Creuset square skillet grill pan, or anything that is strong and has lines
- Heat up pan with a bit of EVOO and olive oil spray (you can always add more olive oil spray)
- Place chicken into the pan when it is hot and starts to sizzle and cook
- Then, adjust to a medium temperature
- Turn chicken over and you should see grill marks
  - \*Adjust temperature higher if needed\*
- When chicken starts to sizzle, lower the temperature as you do not want it to burn
- Repeat process until chicken is thoroughly cooked
  - \*If you wish, you can baste sweet chili sauce on top\*

## **Asparagus**

- Cut the ends of the asparagus (you may wish to dress it up by using a veg. peeler to create a contrast of color)
- Heat Oven to 375 degrees
- Line a cookie sheet with foil or parchment paper: spray well with olive oil spray
- Spread out onto cookie sheet
- You may choose to season with garlic salt, black pepper, or lemon
- Watch carefully as asparagus cooks very quickly (12-15 min)
- It is best to eat this vegetable al dente

## **Vegetable 2**

To create a nice color plate,

- Cut lengthwise red, yellow, and orange peppers
- Place onto cookie sheet and cook the same way as your asparagus

## **Vegetable 3**

Corn on the cob with *I can't believe it's not butter* Spray

## **Salmon & Vegetable (either cook in parchment paper or silver foil pouch)**

- parchment paper or silver foil pouches
- 4 cups thinly sliced vegetables (i.e. carrots, zucchini, fennel, leeks, red peppers sliced, scallions, Butter lettuce
- 4 oz salmon fillet
- 4 tsp of Italian herb blend
- Zest and juice of 1 lemon
- Salt and pepper to taste

### **Method:**

- Preheat oven to 400 degrees. In each parchment bag, place vegetables and 1 salmon fillet. Sprinkle fillet with herbs and lemon juice and zest. Close parchment bag tightly by folding over the edges 2-3 times.
- Place bags on a baking sheet in middle rack of oven. Bake for 20 minutes. Remove baking sheet from oven and allow to sit for 5 minutes. Cut open each bag and serve. Enjoy.

### **Frozen Rice from Trader Joes**

- (Jasmine, Brown, and Organic Brown): It is not worth making your own rice. This is the best rice you can have. Just make sure that your allotment of starch will include the rice.

## California Fish Tacos

- 2 Tbsp olive oil (additional olive oil spray as needed)
- 2 Tbsp lemon juice
- 4 Tbsp sweet red chili sauce (available in Asian section of grocery)
- 1 medium onion chopped
- 12 oz tilapia
- 1 hard or soft shell (1 taco= 1 starch)

\*If you are making this for your family, you will need multiple taco shells.

### Garnishes:

- Shredded green and purple cabbage
- Cilantro, chopped
- Yogurt, plain
- Salsa
- Chopped onion, tomato, and cucumber
- Lime slices
- Light sour cream
- 2% shredded cheese (1/2 cup)

### Method:

Pour oil in pan with additional cooking spray if necessary. Add fish filets to medium-high heat and cook 4 minutes on each side or until fish flakes. Combine chili sauce and lemon. After fish is cooked, brush with the sauce. Serve in tortilla with desired garnishes.

### Side Salad

- Field greens
- Tomatoes
- Cucumber

## **Vegetarian Dinner**

### **Portobello Mushroom Stacks**

- 6 large Portobello mushrooms (depends on size of family) rinsed and dried well, then spray with olive oil spray, then drizzle 1 tbsp. of EVOO and 1 tbsp. of good (expensive) balsamic vinegar over the mushrooms.

\*The best well price balsamic is at Trader Joes. Cheap balsamic vinegar tastes awful.\*

In a separate pan, using a potato peeler, cut the following vegetables into strips: yellow squash, zucchini, and one medium red onion cut into thin slices. Spray non-stick skillet with olive oil spray and cook each vegetable separately. Al dente. Place mushrooms on a platter with stem up, and build up with layers of each vegetable and then sprinkle on a small portion of grated mozzarella, goat, or feta cheese. Repeat and build up another stack. Place back in the oven 5-10 minutes until bubbly. Very Yummy!

### **Vegetarian Chili**

- 1 large onion
- White chopped mushrooms
- 1 packet of chili mix
- 2 cans of diced tomatoes
- 2 garlic cloves
- Chopped green pepper
- Salt and pepper to taste
- ½ a cup of bulger wheat covered in warm H2O (It takes a few hours to absorb the water.)

### **Method:**

Sauté pepper, mushrooms, onions and canned tomatoes. Then add in chili mix. Lastly, add in bulger wheat that has been absorbed in water. Simmer until done.

\*If you wish to have starch this meal really goes a very long way.\*

## **Pork Tenderloin**

- 1 tsp sea salt, or to taste
- 1/2 tsp freshly ground black pepper
- 1 tsp Italian Seasoning
- 1 tsp garlic powder
- 1 tsp ground coriander
- 2 tbsp. oil
- 1 Pork Tenderloin

### **Method:**

- Preheat oven to 400°F with the rack in the middle. Trim tenderloin of fat and any silver skin and pat dry with a paper towel. Pierce pork loin all over with a fork and rub with 1 tbsp. of oil. Combine your seasonings and sprinkle onto the tenderloin then use your hands to rub the spices into the tenderloin until evenly coated.
- Heat 1 Tbsp. of oil over med-high heat in a large oven-safe pan. Once the oil is hot, add pork and brown on all sides (6 minutes total). Place in the oven and bake uncovered at 400°F for 13-15 minutes, flipping the tenderloin over halfway through baking. Bake until center of pork registers 150°F then transfer to a cutting board and let meat rest 5-10 min. Slice into rings and serve. It doesn't need a sauce, but can be served with A1 or BBQ sauce.

### **Light Creamed Spinach**

- 2 bags baby spinach
- 2 shallots
- 1 garlic clove
- ½ cup reduced fat sour cream
- Salt and pepper to taste

Wilt spinach on stove or microwave. Drain in colander to remove all water. Sauté finely chopped shallots and garlic in olive oil spray. Add to spinach. Add sour cream and season with salt and pepper. Serve with salmon and sliced lemon wedges.

### **Sweet Potato Cups**

#### **Ingredients:**

- 2 oranges
- 1 large sweet potato
- 1 tablespoon cinnamon
- Splenda brown sugar
- 1 cup skim milk

Cut oranges in half, remove the insides, and then set aside. Peel and bowl sweet potatoes until soft. Cool and mash potatoes. Add skim milk, cinnamon, and brown sugar. Stir well. Brush rims of orange halves with orange juice. Then, fill each orange half with sweet potato mixture. Place on baking sheet and cook on 350 for approximately 20 minutes. Put 5 mini marshmallows on top until lightly browned. Enjoy!