

## 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. 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.

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

### **Fresh Produce:**

- Broccoli
- Baby red potatoes
- Parsley
- Yellow onion
- Field green lettuce mix
- Cherry tomatoes
- Cucumber
- Stirfry veggie mix (such as broccoli, sugar snap peas, and bell peppers)
- Bell peppers or spicy pepper (such as jalapeno)
- Zucchini
- Portabello Mushrooms
- French Green beans
- Cilantro

### **Meat Options:**

- Boneless, skinless chicken breasts
- Boneless, skinless chicken breasts cut into 1-inch pieces or 32 large shrimp
- Ground turkey

### **Other Ingredients:**

- Tomato paste
- Crushed tomatoes
- Canned black beans
- Frozen corn
- Rice
- Tomato sauce
- Light provolone cheese
- Part-skim Ricotta cheese

**Condiments and Pantry staples:**

- Olive oil
- Low-sodium soy sauce
- Minced garlic
- Honey
- Minced ginger or ginger paste
- Dijon Mustard

**Dinner #1: One Pan Honey Garlic Chicken and Veggies****Ingredients:**

- 3 tablespoons olive oil
- 2 tablespoons honey
- 2 tablespoons brown sugar
- 1 tablespoon Dijon mustard
- 3 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Kosher salt and freshly ground black pepper, to taste
- 16 ounces baby red potatoes, halved
- 4 boneless, skinless chicken breasts (about 1 lb)
- 5 cups broccoli florets
- 2 tablespoons chopped fresh parsley leaves

**Instructions:**

1. Preheat oven to 400 degrees. Lightly coat baking sheet with nonstickspray.
2. In a small bowl, whisk together 2 tablespoons olive oil, honey, brown sugar, Dijon, garlic, oregano and basil; season with salt and pepper, to taste. Set aside.
3. Place potatoes in a single layer onto the prepared baking sheet. Drizzle with remaining 1 tablespoon olive oil and season with salt and pepper, to taste. Add chicken in a single layer and brush each chicken breast with honey mixture.
4. Place into oven and roast until the chicken is completely cooked through (about 25-30 minutes).
5. Stir in broccoli during the last 10 minutes of cooking time. Then broil for 2-3 minutes, or until caramelized and slightly charred. Serve immediately.

Serves 4

## **Dinner #2: Crockpot Turkey Chili**

### **Ingredients:**

- 2 lbs ground turkey breast
- 1 large yellow onion diced
- 2 garlic cloves finely chopped
- 1 tablespoon olive oil
- 3 cups water
- 1 6 oz. can tomato paste
- 1 28 oz. can crushed tomatoes
- 1 15 oz. can diced tomatoes
- 2 15 oz. cans black beans, rinsed
- 1 cup frozen corn
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons chili powder
- 2 teaspoons cumin

### **Instructions:**

1. Add olive oil, onion and garlic to a large skillet and saute 3 to 4 minutes until slightly tender. Add ground turkey and cook until done, crumbly and brown. It should not be necessary to drain.
2. Add the meat mixture to the crockpot. Add the remaining ingredients starting with the water. Stir until blended.
3. Cover and cook on high for 3 to 4 hours, or 6 to 8 hours on low.

### **Vegetable side: Green Salad**

- Field greens
- Tomatoes
- Cucumber
- 2 Tbsp of your favorite lite dressing or oil and vinegar combination

## Dinner #3: Weeknight Strifry

### Ingredients:

- 1 pound boneless skinless raw chicken breast, cut into 1-inch pieces OR 32 large shrimp
- 2 garlic cloves, minced
- 2 teaspoons ginger, minced
- 1 cup chicken broth
- 3 tablespoons soy sauce
- 2 teaspoons sugar
- 2 cups stirfry veggies (such as broccoli, sugar snap peas, & bell peppers)
- 2 teaspoons cornstarch
- 2 cups rice, cooked

### Instructions:

1. Spray skillet with cooking spray; heat over medium-high heat. Add chicken/shrimp, garlic and ginger. Sauté 5 to 6 minutes or until chicken/shrimp is brown.
2. Add 3/4 cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes, stirring twice. Add vegetables.
3. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink (or shrimp is cooked thoroughly) in center and veggies are crisp-tender. Mix cornstarch with remaining 1/4 cup broth and then pour and stir into chicken mixture. Cook while stirring frequently, until sauce is thickened.
4. Serve on top of 1/2 cup rice.

Serves 4

## **Dinner #4 Southwest Grilled Turkey Burgers**

### **Ingredients:**

- 1 pound ground turkey
- 1/2 cup fresh chopped peppers hot or mild or both
- 1/2 cup finely chopped sweet onion
- 1 large clove of garlic chopped
- 1 teaspoon chili powder
- 1/2 teaspoon oregano
- 1/2 teaspoon cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon chopped cilantro

### **Instructions:**

1. Heat grill on high.
2. Combine all ingredients and pat out four burgers
3. Grill on high heat for about 5 minutes on each side.
4. (Optional) Serve on a light bun with lettuce and tomato.

Serves 4

## **Vegetable Side: Baked Zucchini Fries**

### **Ingredients:**

- 4 zucchini, quartered lengthwise
- 1/2 cup freshly grated Parmesan
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic powder
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh parsley leaves

### **Instructions:**

1. Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
2. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.
3. Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until crisp and golden brown.
4. Serve immediately, garnished with parsley, if desired

## **Dinner #5: Portabello Stuffed Pizza**

### **Ingredients:**

- 4 large fresh portobello mushrooms
- 12 oz part- skim ricotta cheese
- 8 oz tomato sauce
- 4 slices light provolone cheese
- 3 oz cherry tomatoes, sliced
- Fresh parsley, chopped
- Crushed black pepper

### **Instructions:**

1. Preheat your oven to 375 degrees F.
2. Place a cooling wire rack on top of a cookie baking pan and set aside. This will allow for the portobello juices to drip down to the pan without making your mushrooms soggy.
3. Divide the tomato sauce between the portobello mushrooms and spread with a spoon as best as you can. Place one slice of provolone cheese over each mushroom followed by the ricotta cheese. Arrange a few cherry tomatoes, crushed black pepper and parsley over each mushroom. Bake for 20-25 minutes.

Serves 4

## **Vegetable Side: Lemon Pepper Green Beans**

### **Ingredients:**

- 1 lb French green beans (hericot vert)
- 2 Tbsp olive oil
- 1 tsp lemon pepper seasoning
- 1 tsp garlic
- ½ tsp salt

### **Instructions:**

1. Preheat oven to 425 degrees F and spray baking sheet with nonstick cooking spray.
2. In a large bowl, mix green beans, olive oil, and seasonings.
3. Spread green bean evenly on baking sheet and cook for 25 minutes or until green beans are slightly crispy.