

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 that you the right ingredients)

Fresh Produce:

- Green beans
- Romaine lettuce mix
- Field green lettuce mix
- Onions
- Cauliflower rice
- Tomatoes
- Cucumber
- Mango
- Broccoli
- Limes
- Carrots
- Red, Green, and yellow peppers (mini-peppers can also be used, remove to cut in ½ and remove seeds)

Meat Options:

- Boneless, skinless chicken breasts
- Tilapia
- Tuna packed in water

Other Ingredients:

- Diced tomatoes with chiles
- Taco seasoning mix
- Light Cheddar cheese slices
- Flatout bread
- Tomato sauce
- Light shredded mozzarella cheese

Condiments and Pantry staples:

- Olive oil
- Low-sodium soy sauce
- Minced garlic
- Salsa
- Chili sauce
- Honey
- Minced ginger or ginger paste
- Rice vinegar

Sweet and Spicy Citrus Tilapia**Ingredients**

4 (6-ounce) tilapia fillets
Cooking spray
1/2 cup fresh orange juice (about 1 orange)
3 tablespoons fresh lime juice
1 tablespoon brown sugar
1 tablespoon extra-virgin olive oil
2 teaspoons lower-sodium soy sauce
1/2 teaspoon salt
1/2 teaspoon ground cumin
1/4 teaspoon black pepper
1/4 teaspoon ground red pepper
2 garlic cloves, crushed
1/2 teaspoon paprika

Instructions:

- Arrange fish in a single layer in a shallow roasting pan coated with cooking spray. Combine orange juice and next 9 ingredients (through garlic); pour over fish. Let stand 15 minutes.
- Preheat broiler.
- Sprinkle fish with paprika; broil 15 minutes or until desired degree of doneness. Drizzle sauce over fish.

Serves 4

Vegetable Side: Spicy Sichuan Style Green Beans

Ingredients:

1 lb. fresh green beans (buy a bag or 2 that are already cleaned and trimmed)
2 T soy sauce (low-sodium preferred)
1 T rice vinegar
2 tsp. sugar
1/4 - 1/2 tsp. red pepper flakes (I used 1/4 tsp. and the beans were fairly hot)
1/4 tsp. pepper
1 T vegetable oil (I used grapeseed oil)
2 T minced garlic
2 T minced ginger root

Instructions:

- Mix together soy sauce, rice vinegar, sugar, red pepper flakes, and pepper.
- Use a large frying pan with a tight-fitting lid and heat over high heat. When the pan is hot, add the beans and 1/4 cup water; cover and cook on medium-high heat for 3-5 minutes or until the beans are bright green and starting to get tender.
- Remove the lid and continue to cook until the water is all evaporated.
- Add the oil and minced garlic and ginger and cook about 2 minutes, stirring several times so the garlic and ginger don't burn.
- Add the soy sauce mixture, let it come to a boil and cook about 2 minutes more, until the sauce thickens and coats the beans and beans are tender-crisp.

Slow Cooker Salsa Chicken

Ingredients:

2 lbs. boneless skinless chicken breasts
2 Tbsp taco seasoning mix
1 cup diced tomatoes with chiles (such as RO*TEL®)
1 cup chopped onion
1 cup shredded carrot
1 cup salsa
1/4 cup water

Instructions:

- Put chicken into the crock of a slow cooker. Sprinkle taco seasoning over the chicken. Layer diced tomatoes with habaneros, onion, celery, and carrot over the chicken, respectively; top with salsa. Pour water over the entire mixture.
- Cook on Low until the chicken is easily shreddable, 6 to 8 hours. An instant-read thermometer should read 165 degrees F (74 degrees C).
- Shred the chicken with 2 forks and stir with the salsa mixture.

Serves 4

** You can serve salsa chicken over a salad or use large butter lettuce leaves as a “taco shell”

Salad

- Romaine Lettuce mix, free vegetables, and salsa as salad dressing

Optional Starch side: ½ cup corn or black beans

Tomato Tuna Melt

Ingredients:

1 can (5 oz.) solid white tuna in water, slightly drained
2 tbsp. light mayo
3 tbsp. finely chopped celery
1 tbsp. finely chopped red onion
1 tsp red wine vinegar
2 ripe tomatoes, halved
3 slices light Cheddar cheese (2 1/2 oz. total)

Instructions:

- Preheat the broiler to high.
- Arrange the tomatoes on a baking tray, season with salt and pepper.
- Combine the tuna salad ingredients in a small bowl. Top each with 1/4 cup tuna salad and a slice of cheese.
- Broil the tomatoes until the cheese is melted, about 1 to 2 minutes. Remove from the oven and eat immediately.

Vegetable side: The Best Broccoli of Your Life

- Preheat oven to 425.
- Take 4 to 5 pounds of broccoli, cut into florets (but relatively big ones.) Here’s the key, dry them THOROUGHLY.
- Put the broccoli on a cookie sheet. Toss with olive oil, salt and pepper. Now add 4 garlic cloves that are peeled and sliced and toss them in too.
- Roast in the oven 20 to 25 minutes, until “crisp-tender and the tips of some of the florets are browned.”
- When it’s done, take it out of the oven and zest a lemon over the broccoli, squeeze the lemon juice over the broccoli, add 1.5 Tbs more olive oil, 3 Tbs toasted pine nuts (optional), 1/3 cup of freshly grated Parmesan cheese

Chili Lime Mango Marinated Chicken Bowls

Ingredients:

2lbs skinless chicken breast
1 mango (peeled) and extra for bowls if desired 2 tbsp chili sauce or sriracha
1 tbsp lime juice 1/4 cup honey 1/4 tsp salt
1/4 tsp black pepper
1/2 tsp to 1tsp minced garlic 1/4 cup chopped
red onion
1/4 cup white wine (Pinot grigio) 1/4 cup olive oil
1/4 cup orange or pineapple juice Cauliflower rice, prepared (Trader Joes)

Instructions:

- Peel and cube your mango.
- Blend everything together in a blender. It should be a nice orange or tropical color.
- Place chicken in dish or ziplock bag. Pour marinade over chicken and let it marinade in fridge for at little as 2 hrs or up to 24 hrs.
- Remove marinated chicken from fridge.
- Preheat oven to 425F or Grill at medium high.
- Place chicken in baking dish and add extra marinade on top.
- Bake for 20 -30 minutes then broil the last minute to make it a little crispy.
- If grilling, place in foil and add marinade on top. Grill for about 20 minutes or until chicken is no longer pink.
- Remove and serve sliced. In serving in the bowl, add 1 cup cauliflower rice.

Vegetable side: Cauliflower Rice

- Place cauliflower rice into a microwave-safe dish.
- Add a teaspoon of water. This helps to steam the cauliflower. ...
- Cover the dish with cling film or a lid.
- Cook for about 3 minutes if fresh, 4 minutes if frozen
- Leave your cauliflower rice covered, to stand for a further 2-3 minutes. ...
- Add seasoning to taste and serve.

Flatout Pizza

Ingredients:

1 Flatout flat bread

2 Tbsp tomato sauce

1 tsp pesto

½ cup shredded part-skim mozzarella cheese

Toppings: choose your favorite free veggies (spinach, bell peppers, onions, tomatoes, mushrooms, etc.)

Instructions

- Pre-bake flatbread for 2 minutes on 375 degrees.
- Remove from oven and top flatbread with sauce, cheese and toppings.
- Cook until cheese melts.

Vegetable side: Green Salad

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

Vegetable side: The Best Broccoli of Your Life

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- Roast in the oven 20 to 25 minutes, until "crisp-tender and the tips of some of the florets are browned."

When it's done, take it out of the oven and zest a lemon over the broccoli, squeeze the lemon juice over the broccoli, add 1½ Tbs more olive oil, 3 Tbs toasted pine nuts (optional), 1/3 cup of freshly grated Parmesan cheese