



Week of	Meal 1	Meal 2	Meal 3
01/04/21 (Week 1)	Honey Mustard Salmon with Brown Rice and Asparagus	Greek Chicken with Barley, Olives, Tomatoes, Cucumber	Pulled Turkey Chili
01/11/21 (Week 2)	Lean Ground Pork, Cabbage Egg Roll in a Bowl with Rice	Garlic Chicken Pasta With Tomatoes and Spinach	Steak Fajitas with Peppers, Onions and Mexican Rice
01/18/21 (Week 3)	Tilapia Tacos with Coleslaw and Tortillas	Blackened Chicken with Red Beans, Rice, Tomatoes, Onions and Mango Salsa	Ground Turkey Meatloaf with Carrots, Broccoli and Mash Potatoes
01/25/21 (Week 4)	Mongolian Beef with Scallions, Rice and Broccoli	Chicken Curry with Root Vegetables and Basmati Rice	Pork Loin, Baked Apples and Grilled Asparagus



Week of	Meal 1	Meal 2	Meal 3
02/01/21 (Week 5)	Cilantro Lime Shrimp, with Pineapple Salsa and Rice	Chicken Stir Fry with Peanut Sauce and Quinoa	Beef Taco Bowl with Fire Roasted Salsa
02/08/21 (Week 6)	Philly Cheese Steak with Peppers, Onions and Flat Bread	Pork Pot Roast With the Fixins	Mango Salsa Salmon, Farro and Blacked Cauliflower
02/15/21 (Week 7)	Shrimp Pad Thai with Snap Peas, Carrots, Bean Sprouts	Ground Turkey Poblano Bowl	Chopped Chicken W/Coconut + Coleslaw and Butternut Squash
02/22/21 (Week 8)	Chicken Pesto With Spinach, Tomatoes and Cavatappi Noodles	Shepherds Pie	Gumbo with Sausage, Chicken, Peppers, Onions and Rice



Week of	Meal 1	Meal 2	Meal 3
03/01/21 (Week 9)	Beef Quesadillas With Onions, Tomatoes, Spinach and Cheese	Garlic Parmesan Tilapia with Asparagus and Wild Rice	Roasted Chicken Thighs with Potatoes, Peppers and Squash
03/08/21 (Week 10)	Shrimp Fried Cauliflower Rice including Carrots, Snap Peas, and Rice	Meatballs in Marinara, with Zoodles and a Garlic Breadstick	Roasted Turkey, Green Beans and Sweet Potato Mash
03/15/21 (Week 11)	Turkey Meatballs in Gravy with Spring Vegetables over Egg Noodles	Cashew Chicken Broccoli, Peppers and Rice	Chipotle Flank Steak with Sautéed Mushrooms and Quinoa
03/22/21 (Week 12)	Chicken Parmesan with Whole Wheat Pasta and Spinach	Teriyaki Chicken, Rice, Black Beans, Broccoli and Pineapple	Pork Carnitas, Corn Salad and Pico De Gallo



Week of	Meal 1	Meal 2	Meal 3
03/29/21 (Week 13)	Shrimp Scampi with Whole Wheat Pasta and Zucchini	Steak with Red Wine Shallot Sauce, Green Beans and Roasted Potato	Ranch Pork Chops with Risotto and Mixed Vegetables



## Ingredient List:

### Week 1

#### Honey Mustard Salmon with Brown Rice and Asparagus

4 oz, Salmon  
.5 cup Brown Rice  
1/2 Cup, Asparagus  
2 TBSP, Honey Mustard  
1/2 tsp olive oil  
1/2 TSP, Kosher Salt

#### Greek Chicken with Barley, Olives, Tomatoes, Cucumber

4 oz, Cooked Chicken Breast  
1/2 Cup, Cooked Barley Wheat  
1 TBSP, Black Olives  
2 oz, Chopped Tomatoes  
2 oz, Diced Cucumbers  
1 Tbsp Olive Oil  
1/2 clove Garlic, raw  
1 TBSP, Greek Vinaigrette

#### Pulled Turkey Chili

4 oz, Pulled Turkey  
3 oz, Kidney Beans  
3 oz, Chopped Tomatoes, Canned  
2 oz, Chopped Celery  
2 oz, Chopped Onion  
2 oz, Chopped Carrots  
1 TSP, Chopped Herbs  
1 TBSP, Chopped Garlic  
1 cup, Chicken Broth, low sodium  
1 tsp Olive Oil



## Week 2

### Lean Ground Pork, Cabbage Egg Roll in a Bowl with Rice

4 oz, Cooked Ground Pork  
3 oz, Shredded Cabbage  
1 TSP, Chopped Ginger or Dried Ginger  
.5 TBSP, Chopped Garlic  
2 oz, Matchstick Carrots  
1 oz, Sliced Scallions  
1 TSP, Sriracha  
1 TSP, Sesame Seeds  
½ Cup White Rice

### Garlic Chicken Pasta With Tomatoes and Spinach

4 oz, Cooked Chicken Breast  
3 oz, Cooked Whole Wheat Pasta, Penne or Linguine  
½ Cup Roasted Tomatoes  
2 oz, Cooked Spinach  
1 TSP, Roasted Garlic  
1 tsp Olive Oil

### Steak Fajitas with Peppers, Onions and Mexican Rice

4 oz, Cooked Flank Steak  
2 oz, Julienne Peppers  
2 oz, Julienne Onions  
1 TSP, Mexican Spices  
1 tsp Olive Oil  
2 oz, Chopped Tomatoes, Canned  
½ Cup, White Rice



### Week 3

#### Tilapia Tacos with Coleslaw and Tortillas

3.75 1/2 Oz (100g) Chicken, thigh, lean, baked

1/2 Cup Steamed Green Beans

1 Tbsp Italian Dressing

1 tsp Olive Oil

13/100 Tbsp Lemon Garlic Seasoning

1/2 cup, mashed Rutabagas, cooked, boiled, drained, with salt

1/2 tsp Vinegar, cider

1 teaspoon Parsley, raw

#### Blackened Chicken with Red Beans, Rice, Tomatoes, Onions and Mango Salsa

1 1/2 Cup Turkey chili

1 muffin Cornbread, dry mix, prepared

13/100 cup, sliced Jalapeno Peppers, canned

13/100 cup, diced Cheese, cheddar

1/2 cup Brussels Sprouts, boiled with salt

#### Ground Turkey Meatloaf with Carrots, Broccoli and Mash Potatoes

4 oz Shrimp, cooked

1/2 cup Vegetables, mixed, frozen, cooked, boiled, drained, without salt

1/2 cup Quinoa, cooked

1/2 Tbsp Soy Sauce

1/2 tbsp Teriyaki Sauce



## Week 4

### Mongolian Beef with Scallions, Rice and Broccoli

1 tortilla small Flour Tortillas  
1/2 cup, chopped or strips Green Bell, cooked  
1/2 cup Onions, cooked  
4 oz lean ground beef  
1 oz Pico  
2 Tbsp Yogurt, Greek, plain, nonfat

### Chicken Curry with Root Vegetables and Basmati Rice

4 oz Chicken Breast Strips, Fully Cooked  
2 Tbsp BBQ Sauce  
1/2 cup 1/2" pieces Beans, snap, green  
1/2 cup Sweet Potato, cooked  
1/2 tsp Olive Oil  
1/2 tsp Parsley, dried  
1/2 tbsp Young Green Onions  
1/2 tsp Juice, lemon  
1 teaspoon Dijon Mustard  
1 tsp Garlic Powder

### Pork Loin, Baked Apples and Grilled Asparagus

4 oz Salmon, Atlantic, wild, cooked  
1 Tbsp Dill Lemon Butter  
1/2 Cup Zucchini, green skin, boiled  
1/4 cup Farro, uncooked  
1/2 Tbsp Garlic Herb Butter



## Week 5

### Cilantro Lime Shrimp, with Pineapple Salsa and Rice

4 oz ground turkey, cooked  
1/2 cup Marinara Sauce  
1/2 Cup Zucchini, green skin, boiled  
1/2 cup, seedless Grapes, red or green, seedless, raw

### Chicken Stir Fry with Peanut Sauce and Quinoa

4 oz Tofu  
1/2 cup Thai Coconut Curry Sauce  
1/2 cup Vegetables, mixed, frozen, cooked  
3.5 oz Cauliflower Rice

### Beef Taco Bowl with Fire Roasted Salsa

3 39/100 1/2 Oz Beef, topside roast, untrimmed, roasted  
1/2 cup sliced Carrots  
2 tbsp chopped Onions, cooked  
2 tbsp Celery, raw  
4 oz Potatoes, boiled, cooked  
1/2 cup Beef Broth



## Week 6

### Philly Cheese Steak with Peppers, Onions and Flat Bread

4 oz Shredded Chicken  
1 1/2 tbsp Cream Cheese  
3/50 Ranch Seasoning  
1/4 cup slices Cucumber, with peel, raw  
1/4 cup Cherry Tomatoes  
1/2 cup, halves Strawberries, raw  
2 Tbsp(s) Italian Dressing

### Pork Pot Roast With the Fixins

3.75 oz Pork Tenderloin, lean and fat, roasted  
1 Tbsp BBQ Sauce  
1/4 cup, chunks Pineapple, canned  
1/4 cup Blueberries, raw  
1/4 Strawberries raw  
1 Cup Roasted Garlic Broccoli

### Mango Salsa Salmon, Farro and Blacked Cauliflower

4 oz Tilapia, cooked  
2 tbsp Parmesan Cheese, grated  
1/10 cup Panko Bread Crumbs  
1 1/4 tsp Olive Oil  
1/2 cup, cubes Squash, winter, butternut, cooked  
1/2 cup Green Beans, snap, boiled



## Week 7

### Shrimp Pad Thai with Snap Peas, Carrots, Bean Sprouts

3.5 oz Shrimp, cooked  
1/4 tsp Creole Seasoning  
1/2 cup Corn Grits, instant, plain, prepared with water  
1 ounce Tillamook Medium Cheddar Cheese  
1/2 cup seasoned collard greens  
1 tsp(s) Olive Oil

### Ground Turkey Poblano Bowl

4 oz Ground Turkey  
1/4 cup shredded carrots  
1/4 cup, chopped Cabbage, raw  
1 tablespoon salad dressing, sesame seed dressing  
1 tbsp Teriyaki Sauce  
1/2 cup Tangerines, (mandarin oranges), canned  
1/8 cup, chopped Green Bell, raw  
1/8 cup sliced jicama, raw

### Chopped Chicken W/Coconut + Coleslaw and Butternut Squash

2 Tbsp Greek Dressing  
2 Tbsp Black Olives, sliced and drained  
2 slices Cucumber  
1/4 cup Cherry Tomatoes  
1 pita, small (4" dia) Whole-Wheat Pita Bread  
3.5 oz Chicken Breast  
1/2 cup, chopped Kale, raw  
1/4 Tbsp Garlic Olive Oil



## Week 8

### Chicken Pesto With Spinach, Tomatoes and Cavatappi Noodles

4 oz Seasoned Shredded Pork  
1/4 cup, chopped or strips Green Bell Peppers  
1/4 cup Onions  
1/4 cup, chopped Cabbage, raw  
2 tbsp Salsa  
2 Small Flour Tortillas

### Shepherds Pie

4 oz Beef Flank, lean and fat, broiled  
8 spears Asparagus, boiled with salt  
1 tsp Garlic Powder  
1 tsp Olive Oil  
1/2 cup Mashed Potatoes

### Gumbo with Sausage, Chicken, Peppers, Onions and Rice

3.5 oz Chicken, thigh, lean, baked  
1 g Garlic Lemon Seasoning  
1 serving Artichoke Hearts in Water  
1/2 cup sliced Carrots, boiled  
1/2 cup Quinoa, cooked



## Week 9

### Beef Quesadillas With Onions, Tomatoes, Spinach and Cheese

1 Whole Wheat Hamburger Bun  
1 slice Tomato, common, raw  
1 slice, thin Red Onion, raw  
1 small Apple  
1.3 oz Feta Cheese  
4 oz Turkey Burger Patty

### Garlic Parmesan Tilapia with Asparagus and Wild Rice

1 Chicken Sausage Link  
3.5 oz Zucchini, green skin, boiled  
1/2 oz Green Bell, cooked, boiled  
1/2 cup Rice, brown, long-grain, cooked  
1 tsp Olive Oil  
1 tbsp Garlic Powder

### Roasted Chicken Thighs with Potatoes, Peppers and Squash

4 oz Pork, loin chop, separable lean  
1 tsp Honey  
1/2 tsp Garlic Powder  
1 tsp Olive Oil  
1/2 cup, chunks Pineapple, canned  
1/2 cup, chopped Broccoli, cooked



## Week 10

### Shrimp Fried Cauliflower Rice including Carrots, Snap Peas, and Rice

1/2 tbsp Maple Syrup  
1/2 Tbsp Dijon Mustard  
4 oz Salmon, cooked  
8 spears Asparagus, cooked  
1/2 cup Rice, brown, long-grain, cooked  
1 tsp Olive Oil  
1 tsp Garlic Powder

### Meatballs in Marinara, with Zoodles and a Garlic Breadstick

4 oz ground turkey, raw  
1 tsp taco seasoning  
1/2 cup Black Beans  
1/2 Cup Zucchini, green skin, boiled  
1/4 cup, shredded Cheese, cheddar  
1/2 tsp Olive Oil  
2 tbsp Salsa

### Roasted Turkey, Green Beans and Sweet Potato Mash

1 Tbsp Vinaigrette  
4 oz Tofu, fried  
1/4 cup, couscous, cooked  
1/2 cup Vegetables, mixed, frozen  
1/2 tsp Olive Oil



## Week 11

### Turkey Meatballs in Gravy with Spring Vegetables over Egg Noodles

3.75 Chicken, breast, lean, grilled  
1-2 Fresh Basil leaves  
1 tbsp Vinegar, balsamic  
1 oz Mozzarella Cheese  
2 large Strawberries, raw  
1/2 cup Spinach, raw  
1 roll (1 oz) Wheat Dinner Roll

### Cashew Chicken Broccoli, Peppers and Rice

3 oz Cauliflower Rice  
1/2 cup Peas and carrots, frozen  
1 jumbo Egg  
3.5 oz Shrimp, raw  
1 tbsp Green Onions  
1/2 tbsp Soy Sauce  
1/4 tbsp Ginger  
1/2 tbsp Hoisin Sauce  
1 tsp Olive Oil

### Chipotle Flank Steak with Sautéed Mushrooms and Quinoa

3.75 oz Beef, short loin, porterhouse steak, separable lean and fat, cooked  
1 1/2 oz Mushroom, common, raw  
1/4 cup Onions, cooked, boiled  
1/4 cup, chopped or strips Green Bell, cooked  
3 oz Potatoes, boiled



## Week 12

### Chicken Parmesan with Whole Wheat Pasta and Spinach

3.5 Oz Tilapia, steamed  
1 Tablespoon Pesto Sauce  
1/4 cup Beets, raw  
1/4 fruit Grapefruit, raw  
1/4 tbsp Maple Syrup  
1/2 tsp Olive Oil  
1/4 teaspoon Vinegar, white wine  
1/2 cup Broccoli, frozen, cooked  
1 g lemon garlic seasoning  
1 Tablespoons Pistachios

### Teriyaki Chicken, Rice, Black Beans, Broccoli and Pineapple

3.75 oz Pork Tenderloin, roasted  
1/2 cup sliced Peaches, raw  
1 tsp Honey  
1 tsp Olive Oil  
3.5 oz Asparagus, boiled  
1/10 cup sliced almonds

### Pork Carnitas, Corn Salad and Pico De Gallo

3.5 oz Chicken, breast, lean, grilled  
2 Tbsp BBQ Sauce  
4 Tbsp Corn, yellow  
1/2 oz Pico  
3.5 oz Cauliflower Rice  
1 tsp Butter, salted  
1/4 tsp Garlic Powder  
1/4 tbsp Cream Cheese  
1/8 Cup Sharp Cheddar Shredded Cheese



## Week 13

### Shrimp Scampi with Whole Wheat Pasta and Zucchini

3.75 oz Tilapia, cooked  
1/2 cup spinach, cooked  
1/2 tsp Olive Oil  
1/2 tsp Garlic, raw  
1/2 cup Wild rice, cooked  
1 Tbsp Mango Chutney

### Steak with Red Wine Shallot Sauce, Green Beans and Roasted Potato

3.5 oz lean ground beef  
1/2 tbsp chopped Onions, raw  
1/2 Tablespoon Bread crumbs, dry  
1/4 tbsp Ketchup  
1/2 tsp unpacked Brown Sugar  
1/2 tsp Mustard, yellow  
1/2 cup Sweet Potato, raw, unprepared  
1 cup chopped Broccoli, raw  
1/2 tsp(s) Olive Oil  
1/4 jumbo Egg, raw  
1/8 cup Reduced Fat Milk, 2%  
1 tbsp Parmesan Cheese, grated

### Ranch Pork Chops with Risotto and Mixed Vegetables

3.5 oz Chicken, breast, lean, grilled  
1 1/2 tbsp Caesar Dressing  
1 cup, chopped Kale, raw  
1/2 tsp Olive Oil  
1 tsp Garlic, raw  
1/2 cup Barilla Whole Grain Penne Pasta