Meals: *Side dishes are in ITALICS*	Ingredients:	Instructions:

Meal 1 — Classic Favorite

Spicy Jerk Chicken Tacos

	Prep	Cook	Total
	20m	10m	30m

Nutritional Information

	Main
Servings	6
Net Carbs (ea)	20

Ingredients:
1½ lb boneless, skinless chicken breasts
2 tsp extra virgin olive oil
1½ Tbsp Caribbean Jerk seasoning
¾ cup sour cream
3 Tbsp chopped green onions
1 Tbsp fresh lemon juice
12 stand-and-stuff taco shells
1 (16-oz) pkg tricolor coleslaw mix

Instructions:
Preheat grill (or grill pan) to medium-high heat. Pound chicken to an even thickness. Brush with oil, and sprinkle with 1 Tbsp Jerk seasoning. Grill chicken, covered with grill lid, 5 to 6 minutes per side or until done. Let stand 5 minutes; thinly slice. Stir together sour cream, green onions, lemon juice, and ½ Tbsp Jerk seasoning. Heat taco shells according to package directions, if desired. Serve chicken in shells with coleslaw and sour cream mixture. Serve 2 tacos per person.
Note: Chicken can also be cooked in a large skillet over medium-high heat 5 to 6 minutes per side or until done.

Meal 2 — On the Grill

Grilled Flank Steak with Nectarine Salsa

Sautéed Garlic Zucchini

	Prep	Cook	Total
	20m	10m	30m

Nutritional Information

	Main	Side	Total
Servings	6	6	
Net Carbs (ea)	9	2	11

Ingredients:
¼ cup fresh orange juice
2 Tbsp Southwest seasoning (or use Montreal steak seasoning)
1½ lb flank steak
4 nectarines, pitted and coarsely chopped (or use peaches)
2 Tbsp chopped fresh cilantro (or use more, if desired)
2 Tbsp olive oil
1 clove garlic, minced
¼ tsp salt
¼ tsp pepper

1½ cups chopped red onion
3 cloves garlic, minced
3 zucchini, sliced
½ tsp salt
¼ tsp pepper

Instructions:
Preheat grill to medium-high heat. Combine 2 Tbsp orange juice and seasoning; brush over steak. Grill, covered with grill lid, 5 minutes per side or to desired doneness. Let stand 5 minutes before thinly slicing across the grain. Stir together nectarines, cilantro, oil, 2 Tbsp orange juice, garlic, salt and pepper. Serve salsa over steak.
Note: Steak can also be cooked in hot oil in a large cast-iron skillet 4 to 5 minutes per side or to desired doneness.

Heat a large skillet coated with cooking spray over medium-high heat. Add onion; sauté 3 minutes. Add garlic, and sauté 30 seconds. Stir in zucchini, salt and pepper; sauté 5 to 6 minutes or until zucchini is tender.

Meal 3 — Marinate Overnight

Pomegranate-Chipotle Chicken Thighs

Citrus-Splashed Sugar Snaps, Carrots and Bell Pepper

	Prep	Cook	Total
	15m	25m	40m

Nutritional Information

	Main	Side	Total
Servings	6	6	
Net Carbs (ea)	8	7	15

Ingredients:
3 cloves garlic, minced
1 chipotle pepper in adobo sauce, minced
1 Tbsp adobo sauce
2 Tbsp fresh lime juice
1½ tsp ground cumin
2 lb boneless, skinless chicken thighs
½ tsp salt
⅛ tsp pepper
2 Tbsp olive oil
1 cup pomegranate juice
½ tsp cornstarch
1 Tbsp water
2 Tbsp balsamic vinegar

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1 orange, halved
½ lb carrots, cut diagonally into thin slices
1 (8-oz) pkg sugar snap peas, cut diagonally into 1-inch pieces
1 red bell pepper, halved and thinly sliced

Instructions:
Combine garlic, chipotle pepper, adobo sauce, lime juice and cumin; rub all over chicken. Place chicken in a large zip-top plastic freezer bag; chill overnight. Remove chicken from marinade; discard marinade. Sprinkle with salt and pepper. Cook, in batches, in hot oil in a large skillet over medium heat 5 minutes per side or until browned and done. Remove from pan; keep warm. Add pomegranate juice to pan; cook 3 minutes or until reduced to ⅔ cup. Combine cornstarch and water; add to juice, and boil 2 minutes or until thickened. Remove from heat, and stir in vinegar. Serve sauce over chicken.
Note: Get this started a day in advance because the chicken needs to marinate overnight.

Squeeze juice from orange. Steam carrots, sugar snap peas and bell pepper in a steamer basket over boiling water 5 minutes or until crisp-tender. Combine vegetables and orange juice in a large bowl. Season with salt and pepper to taste.

Meals: *Side dishes are in ITALICS*	Ingredients:	Instructions:
Meal 4 On the Grill **Grilled Pork-and-Pineapple Kabobs** *Garlicky Broccoli, Cauliflower and Bell Pepper*	1½ lb boneless pork loin fillet 2 red onions, cut into wedges 2 cups pineapple chunks 3 Tbsp olive oil 2 Tbsp honey 2 Tbsp balsamic vinegar 1 tsp dried rosemary, crushed 1 tsp salt ½ tsp freshly ground pepper *2 (12-oz) pkg broccoli and cauliflower florets* *1 red bell pepper, thinly sliced* *4 cloves garlic, minced* *¾ tsp salt* *¾ tsp pepper* *1 Tbsp olive oil*	Preheat grill to medium-high heat. Cut pork into 1½-inch pieces. Thread pork, onions, and pineapple alternately onto 12 (10-inch) metal skewers. Whisk together oil, honey, vinegar and rosemary; brush onto skewers. Sprinkle with salt and pepper. Grill kabobs, covered with grill lid, 6 to 8 minutes, turning occasionally, or until pork is done. **Note:** Kabobs can also be broiled for the same amount of time, if desired. *Sauté broccoli and cauliflower, bell pepper, garlic, salt and pepper in hot oil in a large nonstick skillet over medium-high heat 3 minutes or until browned. Cover, reduce heat, and cook 3 minutes or until crisp-tender.*
Meal 5 Chill Time **Cheese-Stuffed Mexican Chicken** *Mango-Strawberry Toss*	1½ lb boneless, skinless chicken breasts, cut in half crosswise 3 Tbsp fresh lime juice ½ cup salsa 6 Tbsp chopped fresh cilantro 6 (0.75-oz) sticks reduced-fat mozzarella string cheese ½ tsp ground cumin *2 cups cubed mango* *1 (16-oz) pkg strawberries, cut in half* *2 Tbsp fresh lime juice* *2 tsp sugar*	Preheat oven to 400°F. Place chicken in a large zip-top plastic freezer bag; pound to ¼-inch thickness using the heel of your hand or a small, heavy skillet. Drizzle chicken with lime juice, and top each piece with 1 Tbsp salsa, 1 Tbsp cilantro and 1 cheese stick. Roll up, and place, seam sides down, in a lightly greased 13- x 9-inch pan. Sprinkle with cumin, and top with 2 Tbsp salsa. Bake 20 to 25 minutes or until chicken is done. *Combine mango and strawberries in a large bowl, stir in lime juice and sugar. Cover and chill 30 minutes.* **Note:** Prepare the fruit first; it can chill while the chicken is in the oven.
Meal 6 Easy for Entertaining **Picadillo Bell Peppers** *Romaine Wedge Salad with Garlic-Lemon Dressing*	1 (10-oz) pkg cauliflower florets ¾ lb lean ground beef 1 onion, chopped 4 cloves garlic, minced 1 Tbsp chili powder 1 tsp ground cumin ¼ cup raisins ⅓ cup sliced pimiento-stuffed olives ¼ cup almond flour (or use 1 Tbsp all-purpose flour) 1½ cups tomato sauce 6 large bell peppers (any color) *3 romaine lettuce hearts* *3 Tbsp fresh lemon juice* *3 Tbsp olive oil* *2 cloves garlic, minced* *½ tsp salt* *½ tsp pepper* *1½ cups chopped tomatoes*	Preheat oven to 350°F. Pulse florets in a food processor until rice-like consistency. Cook cauliflower, ground beef, onion, garlic, chili powder and cumin in a large nonstick skillet over medium-high heat 5 minutes or until beef is no longer pink, stirring to crumble. Transfer to a bowl; stir in raisins, olives, flour and tomato sauce. Cut tops off bell peppers; discard seeds and membranes. Stuff cauliflower mixture into bell peppers. Place in a large baking dish. Bake, uncovered, 30 minutes or until peppers are tender. **Note:** Serve with pepper top "lids" for a pretty presentation. *Cut each lettuce heart in half lengthwise. Whisk together lemon juice, oil, garlic, salt and pepper. Top romaine halves with tomatoes; drizzle with dressing.*

Meal 4 — Grilled Pork-and-Pineapple Kabobs

Prep	Cook	Total
20m	10m	30m

Nutritional Information

	Main	Side	Total
Servings	6	6	
Net Carbs (ea)	15	4	19

Meal 5 — Cheese-Stuffed Mexican Chicken

Prep	Cook	Total
20m	20m	40m

Nutritional Information

	Main	Side	Total
Servings	6	6	
Net Carbs (ea)	1	14	15

Meal 6 — Picadillo Bell Peppers

Prep	Cook	Total
20m	35m	55m

Nutritional Information

	Main	Side	Total
Servings	6	6	
Net Carbs (ea)	16	3	19

Meals: *Side dishes are in ITALICS*	Ingredients:	Instructions:
Meal 7 Kid-Friendly **Turkey Burger Chopped Salad with Bacon** *Garlic-and-Herb Sweet Potato Fries* 🕐	1 (20-oz) pkg ground turkey 1 tsp salt ½ tsp pepper 8 slices bacon 1 (10-oz) pkg chopped romaine lettuce 2 avocados, pitted and chopped 1 large tomato, chopped ½ red onion, chopped (optional) 1 (8-oz) block Cheddar cheese, shredded -------- *½ (20-oz) pkg frozen sweet potato fries* *1 tsp Italian seasoning* *1 clove garlic, pressed*	Mix together ground turkey, salt and pepper; shape into 5 large, thin patties. Cook over medium heat in a nonstick skillet 5 minutes per side or until no longer pink; cool and coarsely crumble. Cook bacon in skillet until crisp; drain and crumble. Combine lettuce, crumbled burger, bacon, avocados, tomato and, if desired, onion; toss. Sprinkle with cheese. *Bake sweet potato fries according to package directions. Toss with Italian seasoning and garlic while still hot.* **Note:** Freeze remaining sweet potato fries for future meals.

Prep: 20m   Cook: 15m   Total: 35m

Nutritional Information

	Main	Side	Total
Servings	6	6	
Net Carbs (ea)	7	11	18

Meal	✓	Grocery Items to Purchase
		Produce
1		1 (16-oz) pkg tricolor coleslaw mix
1		2 green onions
1,6		3 lemons
2		4 nectarines
2		3 zucchini
2,3		2 oranges
2,4,7		4 red onions
2,5		½ bunch fresh cilantro
3		1 (8-oz) pkg sugar snap peas
3		½ lb carrots
3,4,6		8 bell peppers
3,5		4 limes
4		2 (12-oz) pkg broccoli and cauliflower florets
4		½ (16-oz) container peeled pineapple
5		1 (16-oz) pkg strawberries
5		2 mangos
6		1 onion
6		1 (10-oz) pkg cauliflower florets
6		1 (3-count) pkg romaine lettuce hearts
6,7		3 tomatoes
7		1 (10-oz) pkg chopped romaine lettuce
7		2 avocados
		Meat & Seafood
1,5		3 lb boneless, skinless chicken breasts
2		1½ lb flank steak
3		2 lb boneless, skinless chicken thighs
4		1½ lb boneless pork loin fillet
6		¾ lb lean ground beef
7		1 (20-oz) pkg ground turkey
7		1 (12-oz) pkg sliced bacon
		Refrigerated
1		1 (8-oz) carton sour cream
5		½ (12-count) pkg reduced-fat mozzarella string cheese
7		1 (8-oz) block Cheddar cheese
		Frozen
7		½ (20-oz) pkg frozen sweet potato fries
		Canned & Packaged
1		12 stand-and-stuff taco shells
3		½ (16-oz) bottle pomegranate juice
3		½ (7-oz) can chipotle peppers in adobo sauce
5		½ (16-oz) jar salsa
6		1 (15-oz) can tomato sauce
6		½ (10-oz) jar pimiento-stuffed olives

Necessary Staples

Meal 1

2 tsp extra virgin olive oil
1½ Tbsp Caribbean Jerk seasoning

Meal 2

4 cloves garlic
2 Tbsp Southwest seasoning
2 Tbsp olive oil

Meal 3

3 cloves garlic
Large zip-top plastic freezer bag
2 Tbsp olive oil
½ tsp cornstarch
1½ tsp ground cumin
2 Tbsp balsamic vinegar

Meal 4

2 Tbsp balsamic vinegar
2 Tbsp honey
1 tsp dried rosemary
Metal skewers
4 Tbsp olive oil
4 cloves garlic

Meal 5

Large zip-top plastic freezer bag
½ tsp ground cumin
2 tsp sugar

Meal 6

6 cloves garlic
¼ cup raisins
3 Tbsp olive oil
¼ cup almond flour
1 tsp ground cumin
1 Tbsp chili powder

Meal 7

1 clove garlic
1 tsp Italian seasoning