



Meals: Side dishes are in ITALICS	Ingredients:	Instructions:
Meal 1 Kid-Friendly Tuscan Flank Steak with Roasted Red Pepper Sauce Sautéed Squash and Onion	2 Tbsp Italian seasoning 2 tsp pepper 1 tsp garlic salt ½ tsp paprika 1½ lb flank steak 1 (12-oz) jar organic roasted red peppers, drained ½ cup reduced-sodium chicken broth	Combine Italian seasoning, pepper, garlic salt and paprika. Rub mixture over flank steak, and transfer to a greased broiler pan. Let stand 10 minutes. Combine roasted peppers, broth, vinegar, basil and salt in a blender or food processor; process until smooth. Transfer mixture to a small saucepan; cook over medium heat 5 minutes or until thickened. Preheat broiler. Broil steak 10 minutes, turning once, or to desired degree of doneness. Let stand 10 minutes before slicing thinly across the grain. Spoon sauce over steak.
Prep Cook Total 20m 15m 35m	1 Tbsp balsamic vinegar 3 Tbsp chopped fresh basil ½ tsp salt	
	2 zucchini, sliced 2 yellow squash, sliced 1 red onion, chopped ½ tsp salt, ½ tsp pepper	Heat oil in a large nonstick skillet over medium-high heat; add zucchini, yellow squash, onion, salt and pepper. Sauté 10 minutes or until vegetables are tender.
Pork Scallopine Garlicky Swiss Chard and Angel Hair Pasta with Basil Prep Cook Total 15m 15m 30m	2 lb boneless pork loin, cut into 6 pieces ½ cup whole-wheat Panko breadcrumbs 1 Tbsp dried Italian seasoning 2 Tbsp lemon juice ½ tsp salt, ¼ tsp pepper 3 Tbsp olive oil 1 cup reduced-sodium chicken broth ½ cup dry white wine (or use broth) 2 Tbsp capers 3 Tbsp butter 12 oz whole-wheat angel hair pasta 3 Tbsp chopped fresh basil 3 Tbsp olive oil 2 cloves garlic, minced	Place pork pieces between sheets of plastic wrap; pound to ¼-inch thickness. Combine panko and Italian seasoning; brush pork with lemon juice, and sprinkle with salt and pepper. Dredge pork in panko mixture. Heat oil in a greased large nonstick skillet over medium-high heat. Cook pork, in batches, 2 to 3 minutes per side or until done. Remove from skillet, and keep warm. Add broth, wine, capers and butter to skillet. Cook briefly, just until butter melts. Spoon sauce over pork. Cook pasta according to package directions; drain and stir in basil. Season with salt and pepper to taste. Meanwhile, heat oil in a large
	2 lb organic Swiss chard, trimmed and coarsely chopped ½ tsp salt, ½ tsp pepper ½ cup reduced-sodium chicken broth 1 Tbsp lemon juice	Dutch oven over medium heat; add garlic and Swiss chard. Cook 3 minutes or until wilted; add salt, pepper, and broth. Cook 5 minutes longer or until chard is tender. Stir in lemon juice before serving.
Meal 3 Creole Chicken Thighs	2 Tbsp olive oil 3 lb chicken thighs* ½ tsp salt, ½ tsp pepper 1 tsp Creole seasoning 2 cloves garlic, minced	Heat oil in a large, deep skillet over mediumhigh heat. Sprinkle chicken thighs with salt, pepper, and Creole seasoning. Brown chicken 3 minutes per side; remove from skillet. Add garlic, celery, onion, bell pepper and tomatoes
Creamed Corn Prep Cook Total 15m 20m 35m	2 stalks organic celery, chopped	to skillet; sauté 3 minutes or until tender and slightly thickened. Add chicken to skillet; cover and simmer 15 to 20 minutes or until chicken is done. Note: *If desired, use a paper towel to grip chicken skin and remove it from thighs.
		Cut off tips of corn into a wide shallow bowl. Cut off kernels; use back of knife to scrape pulp from corn cobs into bowl. Combine corn, broth, butter, salt, and pepper in a saucepan; bring to a boil. Reduce heat and simmer 10 to 12 minutes or until corn is tender and thickened, stirring often.



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Meals: Side dishes are in ITALICS	Ingredients:	Instructions:
White Cheddar- Mushroom Mac 'n Cheese Italian Broccoli Prep Cook Total 30m 20m 50m	½ cup butter, divided 2 (8-oz) pkgs sliced fresh mushrooms 1 shallot, minced ½ tsp salt, ¼ tsp pepper ¼ cup whole-wheat flour ¼ cup chopped fresh parsley 1 tsp dried thyme (or use 1 Tbsp fresh) 3 cups reduced-fat 2% milk 3 cups shredded white Cheddar cheese 1 (16-oz) pkg whole-wheat elbow pasta 1 cup whole-wheat Panko breadcrumbs 1 large head of broccoli, cut into florets 2 Tbsp olive oil 1 clove garlic, minced 1 tsp dried Italian seasoning	Preheat oven to 400°F. Melt 2 Tbsp butter in a large skillet over medium-high heat. Add mushrooms and shallot; cook 10 minutes or until tender, stirring once. Stir in salt and pepper; remove from heat. Melt ¼ cup butter in a saucepan over medium heat; whisk in flour, and cook, whisking constantly, 2 minutes. Whisk in parsley and thyme. Gradually add milk, whisking until smooth; bring to a simmer; cook, whisking constantly, until thickened. Stir in cheese. Cook pasta 2 minutes less than package directs. Drain and add pasta to cheese sauce. Stir in mushroom mixture; spoon into a greased 13- x 9-inch baking dish. Melt remaining 2 Tbsp butter in a small bowl; add panko, tossing to coat. Sprinkle over mac and cheese. Bake 20 minutes. Place broccoli in a steamer basket over simmering water; cook 5 to 7 minutes or until
		crisp-tender. Heat oil in a large skillet over medium heat; add garlic. Sauté 1 minute. Add broccoli and Italian seasoning; sauté 3 minutes or until broccoli is tender.
Meal 5 Super Fast	1½ lb peeled and deveined wild-caught cooked large shrimp	Coarsely chop shrimp. Combine shrimp, mayonnaise, yogurt, lemon juice, celery,
Shrimp Salad Rolls Pear Waldorf Salad	1/3 cup olive oil mayonnaise 1/4 cup plain Greek yogurt 2 Tbsp lemon juice 1/2 cup chopped organic celery 3 Tbsp chopped fresh parsley 1/2 tsp smoked paprika (or use paprika) 1/2 tsp salt, 1/2 tsp pepper 6 whole-wheat hoagie rolls 3 Tbsp butter, softened 2 cups organic baby spinach (optional)	parsley, paprika, salt and pepper in a medium bowl; refrigerate until ready to serve. Cut a slit into the center of each hoagie roll; brush cut sides with butter. Heat a large skillet over medium-high heat; add hoagie rolls, cut sides down, to skillet. Cook 2 minutes or until hoagie rolls are toasted. Fill each hoagie roll with shrimp salad; top with spinach, if desired. Whisk together yogurt, mayonnaise, lemon
Prep Cook Total 15m 15m 30m		
	1/4 cup plain Greek yogurt 1 Tbsp olive oil mayonnaise 2 Tbsp lemon juice 1 Tbsp honey 4 ripe pears, coarsely chopped 2 stalks organic celery, chopped 1/2 cup walnut pieces, toasted	juice, and honey. Stir in pears, celery, and walnuts. Serve immediately, or cover and chill 2 hours.



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Meals: Side dishes are in ITALICS	Ingredients:	Instructions:	
Chicken Sausage Bread Loaf Pizzas Chopped Salad with Blue Cheese Dressing Prep Cook Total 20m 25m 45m	3 Tbsp olive oil, divided 1 lb all-natural, uncured chicken sausage, sliced 2 cloves garlic, minced 1 (28-oz) can BPA-free San Marzano tomatoes, undrained and chopped 1 (16-oz) whole-wheat baguette, cut in half lengthwise 1 organic green bell pepper, sliced 1 (8-oz) pkg sliced fresh mushrooms 1½ cups shredded part-skim mozzarella cheese	Preheat oven to 400°F. Heat 2 Tbsp oil in a saucepan over medium heat; add sausage. Sauté 2 minutes or until browned. Remove from pan. Add garlic, and sauté 2 minutes or until tender. Add tomatoes; cook 10 to 15 minutes, stirring occasionally, until sauce is thickened. Brush remaining 1 Tbsp oil on cut sides of bread; bake 5 minutes or until toasted. Top bread with desired amount of tomato sauce; top with bell pepper, mushrooms, sausage and cheese. Bake 10 to 12 minutes or until cheese is melted.	
	1/4 cup crumbled blue cheese 2 Tbsp reduced-fat sour cream 2 Tbsp olive oil mayonnaise 1/4 cup reduced-fat 2% milk 1 Tbsp white vinegar 1/4 tsp salt, 1/4 tsp pepper 12 cups chopped romaine lettuce 2 carrots, peeled and finely chopped 1 organic English cucumber, chopped	Whisk together cheese, sour cream, mayonnaise, milk, vinegar, salt and pepper in a large serving bowl; add lettuce, carrots, and cucumber. Toss to coat.	
Meal 7 Meatless Meal Spinach Salad with Goat Cheese, Walnuts and Berries	1/4 cup olive oil 3 Tbsp balsamic vinegar 2 tsp Dijon mustard 1 clove garlic, minced 1/4 tsp salt, 1/4 tsp pepper 2 (10-oz) containers organic baby spinach	Combine oil, vinegar, mustard, garlic, salt and pepper in a large bowl; stir with a whisk until blended. Add spinach to bowl; toss well to coat. Sprinkle salad with walnuts, goat cheese, blueberries and red onion.	
Crunchy Baked Chickpeas Prep Cook Total	1 cup walnut pieces, toasted 1 (4-oz) log goat cheese, crumbled 1 (6-oz) container blueberries 1/4 cup thinly sliced red onion	Preheat oven to 400°F. Combine chickpeas, olive oil, cumin, smoked paprika and salt on a rimmed baking sheet lined with parchment paper. Bake 35 to 40 minutes or until chickpeas	
10m 35m 45m	2 (15.5-oz) cans BPA-free chickpeas, drained and rinsed 2 Tbsp olive oil 2 tsp ground cumin 1 tsp smoked paprika (or use paprika) ½ tsp salt	are browned and crisp, stirring occasionally; remove from oven, and let cool.	



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Meal	√	Grocery Items to Purchase
		Produce
1		2 yellow squash
1		2 zucchini
1,2		1 (1-oz) pkg fresh basil, need 6 Tbsp chopped
1,3,7		2 red onions AND 1 yellow onion
2		2 lb organic Swiss chard
2,3,4,6,7		1 head garlic, need 8 cloves
2,5		2 lemons, need 7 Tbsp juice
3		3 large tomatoes
3		6 ears fresh corn
3,5		5 stalks organic celery (use leftovers from last week)
3,6		2 organic green bell peppers
4		1 large head of broccoli
4		1 shallot
4,5		1 bunch fresh parsley, need 7 Tbsp chopped
4,6		3 (8-oz) pkgs sliced fresh mushrooms
5		4 ripe pears
5,7		1 (5-oz) pkg AND 2 (10-oz) pkgs organic baby spinach
6		1 lb carrots, need 2
6		1 organic English cucumber
6		2 heads romaine lettuce, need 12 cups chopped
7		1 (6-oz) container blueberries
		Meat & Seafood
1		1½ lb flank steak
2		2 lb boneless pork loin
3		3 lb chicken thighs
5		11/2 lb peeled and deveined wild-caught cooked large shrimp
6		1 lb all-natural, uncured chicken sausage
		Refrigerated
4		1 (16-oz) block white Cheddar cheese, need 12 oz
4,6		1 quart reduced-fat 2% milk, need 31/4 cups
5		1 (5.3-oz) carton plain Greek yogurt, need ½ cup
6		1 (8-oz) block part-skim mozzarella cheese, need 1½ cups shredded
6		2 Tbsp reduced-fat sour cream (use leftovers from last week)
		Canned & Packaged
1		1 (12-oz) jar organic roasted red peppers
1,2,3		2 (14.5-oz) cans reduced-sodium chicken broth, need 3 cups
2		1 (16-oz) pkg whole-wheat angel hair pasta, need 12 oz
2,4		1 (9-oz) pkg whole-wheat Panko breadcrumbs, need 1½ cups
4		1 (16-oz) pkg whole-wheat elbow pasta
5,7		1 (8-oz) pkg walnuts pieces, need 1½ cups
6		1 (28-oz) can BPA-free San Marzano tomatoes
7		2 (15.5-oz) cans BPA-free chickpeas
		Bakery & Deli
5		1 pkg whole-wheat hoagie rolls, need 6
6		3 oz blue cheese, need ¼ cup crumbled
6		1 (16-oz) whole-wheat baguette
7		1 (4-oz) log goat cheese

Necessary Staples
Meal 1
Olive oil cooking spray 2 Tbsp Italian seasoning 1 Tbsp balsamic vinegar ½ tsp paprika 1 tsp garlic salt 2 Tbsp olive oil
Meal 2

Plastic wrap

- 6 Tbsp olive oil
- 1 Tbsp dried Italian seasoning
- 2 Tbsp capers
- ½ cup dry white wine (or use broth)
- 3 Tbsp butter

Meal 3

- 2 Tbsp olive oil
- 1 tsp Creole seasoning
- 2 Tbsp butter

Meal 4

Olive oil cooking spray

- 2 Tbsp olive oil
- ½ cup butter
- 1/4 cup whole-wheat flour
- 1 tsp dried thyme (or 1 Tbsp fresh)
- 1 tsp dried Italian seasoning

Meal 5

- ⅓ cup plus 1 Tbsp olive oil mayonnaise
- ½ tsp smoked paprika (or use paprika)
- 3 Tbsp butter
- 1 Tbsp honey

Meal 6

- 3 Tbsp olive oil
- 1 Tbsp white vinegar
- 2 Tbsp olive oil mayonnaise

Meal 7

Parchment paper

- 6 Tbsp olive oil
- 3 Tbsp balsamic vinegar
- 2 tsp Dijon mustard
- 1 tsp smoked paprika (or use paprika)
- 2 tsp ground cumin