

## **Quick, Tasty Meals!**

For dinner options, the easiest thing you can do is to choose one type of meat and cook enough for the four-five days of the week.

An example would be chicken breast: purchase 5 chicken breasts and two marinades. Before you cook your chicken, butterfly the breast: slice breast in half, horizontal to the cutting board. You may choose to marinate overnight and then cook (you only need a couple of tablespoons of marinade, anything more is a waste...it doesn't need to swim).. Or you can broil them and then cut them into strips. Add to two different containers containing 2-3 T of marinade (you don't need that much). Vary your marinade choices each time you visit the store...the flavors will add variety and 'spice' to your meal choices.

Here is a shopping list for six different easy to prepare meals.

### **Shopping List:**

- 5 chicken breasts (precook, butterfly before cooking)
- 1 package marinated frozen salmon fillets (2 per pack)
- Organic mixed salad greens, small bag or tub
- Raspberries
- 1 Can mandarin oranges (Dole has least amount of sugar added)
- Red bell pepper
- Small bag of baby carrots
- Cucumber (Carrots and Cuc: are to cut up on top of salad. Choose any two veg. you like)
- Sweet potato (precook: see recipe below)
- Lowfat salad dressing (Trader Joe's Sesame Ginger dressing)
- 2-3 marinades
- Whole wheat pita or Whole wheat tortilla wraps
- Whole wheat pasta (precook)
- Low fat sour cream
- Parmesan Cheese (get aged cheese, so has strong flavor)
- Monterey jack cheese
- Spaghetti Sauce
- Sliced raw almonds
- dry chili pepper or 'Southwest' seasoning
- Salsa
- Toasted sesame seeds

**All these meals will be done in 10-15 minutes**

**Meal 1: Asian Chicken Salad:** chicken breast sliced over mixed salad greens and garnish with a few tablespoons of almonds, ¼ cup of raspberries or oranges and a few tablespoons of salad dressing and sprinkling of sesame seeds.

**Meal 2: Southwest Chicken Wrap:** chicken breast sliced and mixed in 2 T low fat sour cream and wrapped in pita or tortilla. Add salsa, dried chili pepper or spices to taste. Sprinkle the top with 2 T grated Monterey jack cheese. (you can broil this for a couple of minutes to melt the cheese on top...make sure to put it on the second from the top rail so it doesn't burn.)

**Meal 3: Chicken and Quinoa:** Chicken breast sliced with quinoa salad (recipe attached).

**Meal 4: Chicken over Pasta with Sweet Potato Side:** chicken breast sliced over 1 cup cooked whole wheat pasta (precook this...if you haven't eaten whole wheat pasta before it will be firmer than white pasta and this is normal) with a few tablespoons of low fat dressing (try Trader Joe's Sesame Ginger dressing) and add cut up raw veggies, and top with sprinkling of parmesan cheese. **Sweet potato:** precook, cut into medallions and heat 2 T extra virgin olive oil over medium high heat in skillet. Place medallions in single layer and then flip over so they are coated slightly with oil. Season with sea salt and pepper. They will take a few minutes on each side to cook and they store very well. You will be able to pierce these with a fork when they are cooked through.

**Meal 5: Spaghetti and salad:** 1 chicken breast sliced over, 1 cup whole wheat pasta (cooked), ½ cup marinara sauce, 2 T parmesan cheese. 1 Cup salad mix, ½ cup cut up raw carrots/ cucumbers (other veg if you chose differently).

**Meal 6: Salmon and Stir Fry Vegetables:** Take salmon fillet out in the AM or the evening before and place on a plate in the refrigerator. When ready to prepare, remove from packaging and gently pat dry. Broil on second level in oven. While cooking take 2 cups frozen stir-fry vegetables and heat in microwave per package instructions. Drain. Add 2 T lowfat salad dressing (Trader Joe's Sesame Ginger dressing) and toss. Remove salmon after about 5 mins...just until flaky.