

Jax Mom's Blog Meals - Week 1

Day	Meal Type	Meal Plan + Source	Links	# Served	Ingredients	Side Items + Megan's Notes
1	Poultry	Marinated Chicken Breasts Food Network	http://t.co/t3Wds96WlK	4	1 to 2 tablespoons vinegar, like cider, balsamic, or red wine 2 to 3 teaspoons dried herbs, like thyme, oregano, rosemary, or crumbled bay leaf 1 to 2 tablespoons mustard, whole grain or Dijon 1 to 2 teaspoon garlic or onion powder, optional 1/4 cup extra-virgin olive oil Kosher salt and freshly ground black pepper 4 boneless, skinless chicken breast, each about 6 ounces	<i>Bake time in this recipe seems too short. Will make extra chicken for future meals and lunches.</i> <i>Serve with mashed potatoes plus veggie. Make extra mashed potatoes for Shepherds Pie later in the week</i>
2	Sandwich	Goddess Chicken Salad Poor Girl Eats Well	http://t.co/rHeo0cHMuF	4	2 c cooked chicken (breasts or thighs, your choice), chopped 1/2 c celery, chopped 1/2 sweet white onion, chopped 1 mango, chopped 1/4 c dried apricots, chopped 3/4 c Goddess dressing Small handful of cilantro, finely chopped 1/4 c chopped almonds Fresh ground pepper	<i>Plus simple side salad.</i> <i>Leftovers for kids.</i>
3	Beef	Spicy Beef and Sweet Potato Tacos Poor Girl Eats Well	http://t.co/9OEEp7LwAk	4 to 6	1 small sweet potato, cut into 1/2" cubes (about 1 1/2 cups) 1 clove of garlic, finely chopped 1/2 c chopped yellow onion 1 T cooking oil 1 lb ground beef 2 T tomato paste 1/4 † ground cumin 1/4 † ground cayenne 1/4 † smoked paprika (regular paprika works just fine) Salt & pepper to taste 8-12 small (4") corn tortillas Chopped onion & cilantro for garnish Salsa or pico de gallo (optional)	<i>Plus black beans and rice</i> <i>Hotdogs will be on hand in case of total rejection by the kids.</i>
4	Leftovers					
5	Cassarole	Turkey Shepherd's Pie Poor Girl Eats Well	http://t.co/dzCJGyOxfL	4 to 6	2 c leftover turkey, shredded 2 c frozen mixed veggies, thawed 1/2 c diced onion 1 c chopped celery 1/2 c leftover turkey gravy 1/2 † dried thyme Salt & pepper to taste (optional) 1 1/2 c leftover mashed potatoes	<i>Will serve with a Salad</i> <i>Half of this will go into the FREEZER for later!</i>

6	Fancy Date Night Meal + Kid Meal	Lobster Ravioli Carrabba's Italian Grill Copycat Recipes	http://t.co/X96lyVaBtF	4?	<p>1 lb. lobster meat lasagna noodles 1/4 lb. fresh mushrooms 2-1/2 teaspoons butter 1 teaspoon shallots 2 cups light cream 2-1/2 teaspoons flour 2 or 3 teaspoons quality light sherry salt & ground pepper to taste</p> <p>Sauce 2 cups light cream 2 teaspoons butter 2 teaspoons flour 1/2 oz. brandy 1/4 teaspoon paprika salt & pepper to taste</p>	<p><i>I haven't tried this recipe yet and didn't see any comments that attest to its success. Fingers crossed for great date-night-at-home meal.</i></p> <p><i>Kids will eat hotdogs or something else super easy.</i></p>
7	Pork	Roast Pork & Caramelized Balsamic Onions Simple Bites	http://t.co/gBQaaYSTB9	6	<p>2.5 lb boneless pork loin, trimmed and tied salt & pepper 2 large sweet onions, such as Vidalia 2 tablespoons olive oil 250ml/1 cup balsamic vinegar (optional: 3-5 bacon strips)</p>	<p><i>Plus rice and a veggie</i></p>

Jax Mom's Blog Meals - Week 2

Day	Meal Type	Meal Plan + Source	Links	# Served	Ingredients	Side Items + Megan's Notes
1	Veggie	Creamy Shells with Tomatoes and White Beans Rachael Ray Mag	http://t.co/N2Rhnf3Z7g	6	1 pound jumbo pasta shells 6 tablespoons butter 1 onion, finely chopped 6 cloves garlic, smashed and peeled 1 cup heavy cream 2 1/2 pounds tomatoes, finely chopped 1 16 ounce can navy beans or other small white beans, rinsed 1/2 cup grated parmesan cheese, plus more for serving 1/2 cup snipped chives Salt and pepper	<i>Side Salad (I will be looking for ways to lighten up this recipe when I cook it)</i>
2	Leftovers					
3	Poultry	Orange Chicken Fingers Food Network	http://t.co/ue3TsYq6mE	6	For the chicken fingers: Cooking spray 1 tablespoon sesame seeds 4 cups (3 1/2 ounces) crispy rice cereal 1/2 teaspoon grated orange zest Kosher salt and freshly ground black pepper 2 egg whites 1 tablespoon low-sodium teriyaki sauce 1 1/2 pounds boneless skinless chicken breast, cut into tenders 4 by 1 1/2-inches, about 18 pieces For the sauce: 1/2 cup low-sugar orange marmalade 1 tablespoon low-sodium teriyaki sauce 1 teaspoon grated ginger 1 tablespoon freshly squeezed lemon juice	<i>Plus rice and a veggie</i>
4	Soup + Kid Meal	Chicken and Lentil Soup Skinnytaste	http://t.co/0k45b5DsVM	9	1 lb dried lentils 12 oz (3) boneless skinless chicken thighs, all fat trimmed 8 cups water 1 tbsp chicken Better than Bouillon 1 small onion 2 scallions 1/4 cup chopped cilantro 3 cloves garlic 1 medium ripe tomato 1 tsp garlic powder 1 tsp cumin 1/4 tsp oregano 1/4 tsp ground annato (or Spanish paprika, or even Sazon) salt, to taste	<i>Kids - Leftovers</i>

5	Burger	Double Mushroom Burger Poor Girl Eats Well	http://t.co/PZdOt1RL AL	4 to 6	1 lb ground beef 1 8 oz package of mushrooms 1/4 c + 1 T finely chopped red onion 1 clove of garlic, minced 1 T soy sauce Salt & freshly ground black pepper 1 1/2 T light cooking oil (canola, etc.) 4-6 slices of cheese (optional) Burger buns Lettuce, tomatoes, onions, mayo, and other fixings	Plus Fries/Sweet Potato Fries and a veggie (I might make this with turkey instead of beef)
6	Leftovers					
7	Beef	Swedish Meatballs Martha Stewart	http://t.co/rm9QOaop 8c	8	1 pound ground beef chuck 1 pound ground pork 3 cups panko (Japanese breadcrumbs) 1 1/2 cups whole milk 2 large eggs, lightly beaten 2 garlic cloves, minced Coarse salt and ground pepper 1/4 teaspoon ground allspice 3 tablespoons butter 1/3 cup all-purpose flour 3 cups canned reduced-sodium beef broth Grape or red-current jelly, cooked egg noodles, chopped parsley, for serving (optional)	Plus veggie (This recipe has been a big hit in my house so I might double the meatballs. All leftover meatballs go in the freezer for later meals)

Jax Mom's Blog Meals - Week 3

Day	Meal Type	Meal Plan + Source	Links	# Served	Ingredients	Side Items + Megan's Notes
1	Poultry	Skillet Chicken and Zucchini Parmesan Simple Bites	http://t.co/ECpz4J6js0	4 to 6	1/4 cup extra virgin olive oil 3 to 5 large cloves of garlic, peeled 1 28-oz cans tomatoes, diced or whole 4 boneless, skinless chicken breasts Salt, Pepper, and Dried Italian Seasoning, to taste 2 – 3 teaspoons Olive Oil 1/3 cup Fresh Parmesan Cheese, grated 1 medium sized zucchini, sliced about 1/3 of an inch thick 8 Fresh Mozzarella Cheese Slices Chopped Fresh Parsley and/or Fresh Basil , for garnish Pasta for serving, if desired	Plus noodles and a veggie
2	Leftovers					
3	Veggie	Lasagna Rolls with a Pomodoro Sauce The Picky Eater	http://t.co/VRUccFLQZg	4	8 uncooked whole wheat lasagna noodles 4 cloves garlic 1 tsp olive oil 1/8-1/4 tsp crushed red pepper salt & pepper to taste 1/2 tsp dried oregano 10 oz bag frozen chopped spinach 1 red pepper 1 red onion 1 cup low fat ricotta cheese 1 cup shredded mozzarella cheese or a 3 cheese blend 2 jars marinara sauce	Plus Side Salad Leftover again for the kids
4	Breakfast	English-Muffin Breakfast Pizza and Roasted Asparagus Food Network	http://t.co/JmxQrTEwuY	1	1 whole-wheat English muffin, split 1 small tomato, seeded and diced 1 teaspoon extra-virgin olive oil 1 thin slice (1/2 ounce) Canadian bacon, diced 1/4 cup shredded part-skim mozzarella cheese Chopped fresh basil, for garnish	Will will serve with roasted asparagus http://t.co/XnBAdWpUae

5	Poultry	Hawaiian Chicken Kabobs Food.com	http://t.co/6H1pzGwZEz	6	1 large green pepper, 1 inch pieces 12 medium mushrooms 18 cherry tomatoes 1 1/2 lbs boneless chicken breasts, cut into 1 inch cubes 1 (15 1/4 ounce) can unsweetened pineapple chunks 1/2 cup soy sauce 1/4 cup vegetable oil 1 tablespoon brown sugar 1 teaspoon garlic powder 2 teaspoons ground ginger 1 teaspoon dry mustard 1/4 teaspoon fresh ground pepper hot cooked rice	Yum, Yum Make extra rice for tomorrow
6	Fish	Almond Encrusted Fish with (an easy) Beurre Blanc Sauce 100 Days of Real Food	http://t.co/BNpCPiurBi	4	1/4 cup dry white wine 2 tablespoons heavy cream 4 tablespoons butter, plus 2 or 3 more tablespoons for cooking the fish 1 pound white fish (cod, tilapia, grouper...) 1 egg, beaten 1 cup sliced almonds, chopped into small bits or crushed in food processor 1 cup whole-wheat breadcrumbs 1/4 cup grated parmesan cheese Salt and pepper to taste	Plus salad and leftover rice Leftovers will be on-hand in case the kids won't eat this.
7	Pork	Panko Breaded Pork with Lime over Black Beans & Rice Broke & Healthy	http://t.co/BQ4c6ywlit	1	1 Thin pork chop Panko bread crumbs 1 Serving rice 1/2 Cup black beans Lime Salsa: http://www.brokeandhealthy.com/pico-de-gallo-11	(Not called out in this recipe... I dip my pork chops in scrambled egg or egg white first. I also add salt and garlic powder to my bread crumbs.)

Jax Mom's Blog Meals - Week 4

Day	Meal Type	Meal Plan + Source	Links	# Served	Ingredients	Side Items + Megan's Notes
1	Leftovers					
2	Salad Meal + Kid Meal	Turkey Santa Fe Lettuce Wraps Skinny Taste	http://t.co/0uAZCXeeiK	4	1 tsp olive oil 1/4 cup minced red bell peppers 1/4 cup minced scallions 12 oz leftover turkey breast, diced small 2/3 cup frozen corn 1/2 cup canned black beans, rinsed and drained 1/2 cup frozen spinach, thawed and drained 2 tbsp diced jarred jalapeno peppers 1 teaspoon cumin 1 teaspoon chili powder 1/2 teaspoon kosher salt 1 cup reduced fat shredded Mexican cheese blend 8 large Iceberg lettuce leaves 12 tbsp Avocado Cilantro Ranch Dressing http://www.skinnytaste.com/2012/04/zesty-avocado-cilantro-buttermilk.html	<i>I will use leftover chicken instead of turkey. Kids will eat Chicken, Black Beans, and Rice</i>
3	Beef	Spaghetti with Sausage	n/a		Spaghetti Noodles Spaghetti Sauce Sausage	<i>Could substitute turkey sausage. Will serve with a veggie and garlic bread.</i>
4	Leftovers					
5	Poultry	Slow Cooker Black Bean Tacos with Red Cabbage Slaw Skinny Taste	http://t.co/YQuhjRiX9t	4	12 oz raw skinless chicken tenders or breast 15 oz can low sodium black beans, drained and rinsed (Goya) 10 oz can tomatoes with mild green chiles (I used Rotel) 1 1/8 tsp chili powder 3/4 tsp plus 1/8th tsp ground cumin 1/4 tsp garlic powder 1/4 tsp oregano 1 medium scallion, diced 1 tbsp chopped cilantro (optional) For the Slaw: 1 1/3 cups shredded red cabbage 1 tsp red wine vinegar (or lime juice) salt and black pepper, to taste For the Taco: 12 crisp corn taco shells Optional toppings: pico de gallo 1 medium haas avocado, sliced (+ add 2 pts per serving)	Plus rice. <i>(I will separate some chicken for the kids after it cooks, and before it is shredded into the beans/tomatoes.)</i>

6	Pizza	Homemade Pizza Fleischmann 's Pizza Crust Yeast	http://t.co/IBxQHXXCTG	Makes 1 12-inch pizza	<p>1-3/4 to 2-1/4 cups all-purpose flour 1 envelope Fleischmann's® Pizza Crust Yeast 1-1/2 teaspoons sugar 3/4 teaspoon salt 2/3 cup very warm water (120 to 130°F)* 3 tablespoons oil 1/2 to 1 cup pizza sauce Other toppings as desired 1 to 2 cups (4 to 8 ounces or 125 to 250g) shredded mozzarella cheese</p>	<i>Plus veggie</i>
7	Leftovers					