



Meal One: Spinach, Rice and Cheddar pie

3 tablespoons extra-virgin olive oil
1 small onion, finely chopped
3 cloves garlic, minced
1 10-ounce package frozen chopped spinach, thawed and squeezed dry
3 cups cooked instant or quick-cooking brown rice
1 cup diced extra-sharp Cheddar cheese
1/2 teaspoon freshly ground pepper
1/4 teaspoon salt
4 large eggs
1/4 cup nonfat milk
1 teaspoon salt & pepper

Meal Two: Taco night

4-6 tortillas
1 pkg turkey or beef meat
1 pkg taco seasoning
1/2c sour cream
1 can refried beans
1 bag tortilla chips
1-2 avocados
guacamole mix, optional
1c cheddar cheese shredded
1 tomato
1 pkg shredded lettuce
2 green onions
1/2c cilantro

Meal Three: BBQ Chicken Quesadillas

Whole Grain Brown Rice
6 Whole Grain Tortillas (10-inch)
1 can Red beans or kidney beans
3 cups shredded cheddar cheese
3 cups Precooked diced chicken breast
1 cup barbecue sauce

Meal Four: Four Cheese Baked Penne

1 pound whole-wheat penne
1 1/2 cups small-curd low-fat cottage cheese
1 cup part-skim ricotta cheese
1 1/4 cups shredded part-skim mozzarella cheese, divided
3 tablespoons chopped parsley
2 teaspoons olive oil
1 medium onion, chopped
4 cloves garlic, finely chopped
1 (15-ounce) can low-sodium crushed tomatoes
1 (8-ounce) can low-sodium tomato sauce
1 teaspoon dried oregano
1 teaspoon dried rosemary
1/2 teaspoon chili flakes
3/4 teaspoon salt
1/4 teaspoon pepper
Cooking spray
1/4 cup grated Parmesan (3/4 ounces)

Meal Five: Salmon Cakes and Mashed Potatoes

6 slices whole-wheat bread
2 (15-ounce) cans boneless salmon, drained
2 eggs, lightly beaten
5 scallions (green onions)
1/2 cup finely chopped canned water chestnuts
1/4 cup finely chopped fresh cilantro leaves
1/2 teaspoon freshly ground black pepper
3 teaspoons olive oil
Potatoes for mashing or store bought instant

Additional Items Needed: