




Meals	Ingredients	Instructions
<h2 data-bbox="178 231 414 304">Meal 1</h2> <p data-bbox="113 357 470 430">Pineapple & Barbecue Glazed Meatballs</p>  <p data-bbox="113 525 470 661">Brown Rice cooked in chicken broth & Steamed Broccoli</p>	<ul data-bbox="552 231 925 735" style="list-style-type: none"> • 1 pound ground beef • 1 small yellow onion, finely diced • 2 cloves garlic minced • 1 egg, lightly beaten • 4 tbsp butter • 2 tbsp fresh parsley, diced • kosher salt, to taste • fresh ground pepper, to taste • 1 cup ketchup • ½ cup water • 2 tbsp apple cider vinegar • 2 tbsp unsalted butter • 1 tbsp Worcestershire sauce • 1 tbsp molasses • 1/4 cup pineapple tidbits • 1 cup brown rice • 1 cup chicken broth • 2.5 cups broccoli 	<p data-bbox="1031 231 1518 504">Meatballs: In a medium bowl, combine ground beef, onion, garlic, egg, salt and pepper. Shape into 20 meatballs. Warm 4 tbsp butter in a large pan over medium heat, and add meatballs in batches, careful not to crowd. Cook 10-12 minutes until browned on all sides. While meatballs are cooking, combine ketchup, water, ACV, butter, Worcestershire sauce, molasses and pineapple tidbits in a small pan. Warm over medium heat, stirring frequently, for 5 minutes. Pour barbecue sauce over meatballs, and continue cooking for 8 more minutes. Serve.</p> <p data-bbox="1031 535 1396 598">Brown Rice: Cook rice according to package directions, using chicken broth instead of water.</p> <p data-bbox="1031 630 1526 724">Steamed Broccoli: Bring 1-2" of water to boil in a small saucepan. Add in broccoli, reduce heat to low, and cover. Allow to steam for 10-15 minutes, until fork tender.</p>
<h2 data-bbox="170 777 430 850">Meal 2</h2> <p data-bbox="129 913 462 955">Balsamic Chicken</p>  <p data-bbox="113 1081 487 1165">Roasted Brussel Sprouts Baked Sweet Potatoes</p>	<ul data-bbox="552 787 885 1123" style="list-style-type: none"> • 2 or 3 chicken breasts, lightly pounded to tenderize • 2 tbsp balsamic vinegar • 7 tbsp olive oil, divided • 1 tsp garlic • Salt and pepper • 1 pound brussel sprouts • ½ tsp salt • ½ tsp ground pepper • 3 large sweet potatoes • Salt and pepper 	<p data-bbox="1031 777 1510 892">Balsamic Chicken: Place chicken breasts in a glass bowl. Drizzle with balsamic vinegar and 2 tbsp olive oil. Sprinkle on garlic and a pinch of salt and pepper. Stir until evenly coated. Allow to marinate 1 hour.</p> <p data-bbox="1031 924 1518 997">Warm 1 tbsp olive oil in a pan, over medium heat. Cook chicken until no longer pink and internal temperature has reached 165 degrees.</p> <p data-bbox="1031 1029 1518 1165">Roasted Brussel Sprouts: Preheat oven to 400 degrees. Cut off ends and any yellow leaves from the brussel sprouts. Add to a bowl and drizzle with 2 tbsp olive oil, 1/2 tsp salt and 1/2 tsp ground pepper. Spread out onto a baking sheet, and bake in preheated oven for 35-40 minutes, until crisp on the outside.</p> <p data-bbox="1031 1197 1510 1312">Baked Sweet Potatoes: Wash and peel the sweet potatoes. Chop into medium-sized pieces and toss with remaining 2 tbsp olive oil, a dash of salt and pepper. Pour onto another baking sheet and bake at 400 degrees for 50-60 minutes, or until tender.</p>
<h2 data-bbox="162 1375 430 1449">Meal 3</h2> <p data-bbox="121 1501 479 1543">Potato and Leek Soup</p>  <p data-bbox="129 1669 454 1753">Fresh Garden Salad Whole Wheat Rolls</p>	<ul data-bbox="552 1396 925 1806" style="list-style-type: none"> • 4 russet potatoes, peeled and cut into ½" chunks • 2 cups chopped leeks, white and light green parts • 1/8 cup olive oil • 1 tsp salt • 1 cup baby arugula • ¼ cup white wine • 3.5 cups chicken stock • ½ cup heavy cream • ½ cup sour cream • 1/8 cup grated parmesan cheese • 4 cups fresh salad greens • 4 whole wheat rolls 	<p data-bbox="1031 1417 1510 1533">Potato and Leek Soup: Preheat oven to 400 degrees. Toss potatoes and leeks with olive oil and salt. Roast in preheated oven for 40 minutes, turning occasionally, until tender. Add arugula and return to oven for 5 more minutes, until the arugula starts wilting.</p> <p data-bbox="1031 1564 1526 1680">Pour roasted veggies into a food processor, add wine and 2 cups broth and blend until smooth. Do this in batches if necessary. Pour pureed veggies into a large pot, and add remaining broth, heavy cream and sour cream, and warm over medium heat until warmed through. Add in parmesan cheese and serve.</p>