




Meals	Ingredients	Instructions
<p><b>Meal 4</b></p> <p><b>Steak Tacos</b></p>  <p><b>Spanish Rice</b></p> <p><b>Sauteed Zucchini</b></p>	<ul style="list-style-type: none"> <li>• 1 lb flank steak, thinly sliced</li> <li>• 2 cloves garlic, minced</li> <li>• 2/3 cup fresh cilantro leaves, roughly chopped</li> <li>• Juice from 2 limes</li> <li>• 1/2 cup olive oil, divided</li> <li>• 1/2 tsp salt</li> <li>• 1/4 tsp ground pepper</li> <li>• 1 jalapeno, seeded and chopped</li> <li>• 6 corn tortillas</li> <li>• Salsa, sour cream, avocados and cheese</li> <li>• 1 cup brown rice</li> <li>• 1 cup tomato sauce</li> <li>• 1 cup water</li> <li>• 2 zucchini, sliced</li> <li>• 1 tbsp olive oil</li> <li>• Salt and pepper</li> </ul>	<p><b>Steak Tacos:</b> Place steak in a medium glass bowl. In a small bowl, mix together garlic, cilantro, lime juice, 1/4 cup olive oil, salt and pepper. Marinate 4-8 hours. When ready to cook, warm up grill pan or skillet over medium-high heat, and cook 8 minutes a side, or until desired doneness.</p> <p>In a separate pan, heat 1/4 cup olive oil over medium-high heat. Place corn tortillas, one at a time, in the olive oil for 30 seconds a side, to lightly fry/soften. Stuff with steak meat and top with salsa, sour cream, avocados and cheese.</p> <p><b>Spanish Rice:</b> In a skillet, brown rice with a little bit of olive oil, over medium heat. Add in tomato sauce and water, and cover. Cook for 10 to 15 minutes, or until rice has absorbed all of the liquid. Season with salt and pepper.</p> <p><b>Sauteed Zucchini:</b> Warm 1 tbsp olive oil over medium heat. Sauté zucchini until soft and browned, about 10 minutes. Sprinkle with salt.</p>
<p><b>Meal 5</b></p> <p><b>Chicken Salad Sandwiches</b></p>  <p><b>Baked Veggie Chips</b></p>	<ul style="list-style-type: none"> <li>• 2 chicken breasts, cooked and shredded</li> <li>• 1/2 cup diced apple</li> <li>• 1/2 cup grapes, halved</li> <li>• 1/2 cup plain Greek yogurt</li> <li>• 1 tbsp fresh lemon juice</li> <li>• 1/2 tsp garlic powder</li> <li>• salt and pepper to taste</li> <li>• whole wheat bread or rolls, toasted</li> <li>• 1 head kale, washed and dried</li> <li>• 2 tbsp olive oil</li> <li>• salt to taste</li> </ul>	<p><b>Chicken Salad Sandwiches:</b> Place cooked chicken, apples, grapes, yogurt, lemon juice, garlic powder, salt and pepper in a medium bowl. Combine until well mixed. Spread out onto toasted whole wheat bread slices or rolls.</p> <p><b>Baked Kale Chips:</b> Preheat oven to 275 degrees. Remove the center ribs from the kale, and cut into 1" slices. In a small bowl, toss with olive oil and salt until well coated. Turn out onto a cookie sheet and bake until crisp, about 20 minutes, turning once.</p>
<p><b>Meal 6</b></p> <p><b>Cheesy Veggie Quesadillas</b></p>  <p><b>Roasted Corn and Bell Peppers</b></p>	<ul style="list-style-type: none"> <li>• 4 tbsp butter</li> <li>• 8 large whole wheat tortillas</li> <li>• 4 cups shredded monterey jack cheese</li> <li>• 1/2 cup diced mushrooms</li> <li>• 1/2 cup diced onions</li> <li>• 2 jalapenos, chopped (optional)</li> <li>• 4 cups corn kernels</li> <li>• 1 red bell pepper, stemmed and chopped</li> <li>• Optional condiments: salsa, sour cream fresh avocados or guacamole</li> </ul>	<p><b>Cheesy Veggie Quesadillas:</b> Melt 2 tbsp butter over medium heat in a large pan. Place one tortilla down, and sprinkle on 1/2 cup of cheese, 1/8 cup each of mushrooms and onions, and a fourth of the jalapenos. Top with another 1/2 cup cheese, followed by a tortilla. Brown on one side, then flip and brown on the other side, until cheese is melted. Repeat until all quesadillas are cooked.</p> <p><b>Roasted Corn and Bell Peppers:</b> Melt remaining 2 tbsp butter in a pan over medium heat. Add corn and bell peppers and sauté until slightly browned, about 5-10 minutes.</p>