

Week Three

Day 1 Parmesan Tilapia → 2 1/2 lbs tilapia filets
Brown Rice 2-4 tsp butter, softened
Mixed Vegetables 2 tsp fresh lemon juice
Sauce: 1 cup mayonnaise
2 tbs. lemon juice
1/2 cup parmesan
Garnish: 2 lemons, sliced
fresh parsley

Rinse filets in cold water + drain. Top w/ butter + lemon juice ~ broil about 4 in. from heat for 5-6 min. or until fish flakes. Top each portion w/ 1-2 tbs. sauce, broil 2-3 min. or until sauce puffs + turns golden brown. Garnish + serve.

Day 2 Grilled Peanut Shrimp → 2 tbs. natural peanut butter
Sesame Snow Peas 2 tbs. canned lt. coconut milk
2 tsp. fresh lime juice
Pinch of cayenne pepper
2 tsp. honey
1/2 tsp. soy sauce
1/2 cup water
2 garlic cloves, peeled
20 medium uncooked shrimp, peeled + deveined

Prepare grill. Place all ingredients for peanut sauce (except shrimp)

Day 3

Chili →

Cornbread **

12 oz lean ground beef

1 cup chopped onion

1/2 cup chopped green pepper

2 cloves garlic, minced

1 15oz can kidney beans, rinsed

1 14 1/2 oz can diced tomatoes (undrained)

1 8oz can tomato sauce

2-3 tsp. chili powder

1/2 tsp. dried basil, crushed

On a large saucepan cook beef, onion, bell pepper & garlic until meat is brown & onion is tender; drain fat. Stir in kidney beans, undrained tomatoes, tomato sauce, chili powder, basil and 1/4 tsp. black pepper. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes.

** For cornbread:

3/4 cup cornmeal

1 cup flour

2-3 tbs. sugar

2 1/2 tsp. baking powder

3/4 tsp salt

1 tbs. butter

2 beaten eggs

1 cup milk

1/4 cup cooking oil

Mix together dry ingredients; set aside.

Add 1 tbs. butter to a 10 in cast iron skillet or 9 x 1 1/2 in round baking pan. Place in a 400° oven about 3 min or until butter melts.

Remove pan from oven; swirl butter in pan to coat bottom & sides of pan. Meanwhile combine eggs, milk & oil. Add mixture at once to flour mix. Stir just until moistened. Pour batter into hot skillet or pan. Bake for 15-20 min or until center tests done.

Day 4 Angel Hair Pasta w/ Chicken → 2 Tbsp. olive oil, divided
Garlic bread 2 skinless breasts
(cut into 1 in. cubes)
1 carrot sliced in 1/4 in. pieces
1 10oz pkg. frozen broccoli florets, thawed
2 cloves garlic, minced
12 oz angel hair pasta
2/3 cup chicken broth
1 tsp. dried basil
1/4 cup grated parmesan

Heat oil in skillet; add chicken. Cook, stirring, until chicken is cooked through, about 5 min. Remove from skillet & drain on paper towels. Heat remaining oil in same skillet. Begin heating water for pasta. Add carrot to skillet - cook for 4 min. Add broccoli & garlic to skillet, cook, stirring 2 min. Longer. Cook pasta according to package directions. While pasta is cooking, add chicken broth, basil & parmesan to skillet.

Stir to combine. Return chicken to skillet.
Reduce heat & simmer for 4 min. Drain
pasta. Place in large serving bowl. Top
w/ chicken & vegetable mix & serve immediately.

Day 5 Mexican Casserole → 1½ lbs. ground beef
Salad 1 onion, chopped
½ bell pepper, chopped
Longhorn cheese, grated
Season w/ salt, pepper,
garlic powder + chili powder

Brown first 3 ingredients. Add 2 - 8oz cans
tomato sauce. Cut up 1 pkg. of corn
tortillas into 1" strips. Fry tortillas in oil
until soft. In casserole dish, put a layer of
tortillas, then a layer of meat mixture,
and then layer w/ cheese - continue on
until cheese is the last ingredient added.
Bake @ 350° for 25 min.

Week Three Grocery List

Halibut filets

Brown Rice

Frozen mixed vegetables

Butter

Lemons

Parmesan cheese

Parsley

Peanut butter

Coconut milk

Limes

Cayenne pepper

Honey

Soy Sauce

Garlic

Shrimp

Ground Beef

Onions

Green Peppers

Kidney beans

Diced tomatoes

Tomato sauce

Chili Powder

Dried basil

Cornmeal

Flour

Sugar

Baking Powder

Eggs

Milk

Cooking Oil

Olive Oil

Chicken breasts

Carrots

Frozen broccoli

Angel Hair Pasta

Chicken broth

Longhorn Cheese