





























# 7 Day Meal Plan

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	 <i>Cold Cereal of Choice Blueberries</i>	 <i>Ham and Cheese Pinwheels</i>	 <i>Strawberry Applesauce</i>	 <i>Zesty Grilled Italian Chicken Green Salad</i>
<b>Tuesday</b>	 <i>Toad in the Hole Cantaloupe</i>	 <i>Pasta Salad with Leftover Chicken</i>	 <i>Sweet Bell Peppers Hummus</i>	 <i>Vegetable Lo Mein</i>
<b>Wednesday</b>	 <i>Oatmeal with Peaches and Vanilla</i>	 <i>Bean Cheese-tada</i>	 <i>Carrot Sticks and Laughing Cow Cheese</i>	 <i>Perfect Summer Pasta</i>
<b>Thursday</b>	 <i>Mango Peach Smoothie</i>	 <i>Simple Black Bean Tacos</i>	 <i>Pumpkin Seeds and Dried Strawberries</i>	 <i>Lemon Chicken sautéed with Carrots and Broccoli</i>
<b>Friday</b>	 <i>Banana Oatmeal Pancakes</i>	 <i>BLT Wrap Apple Slices</i>	 <i>Watermelon</i>	 <i>Sweet and Sassy Salmon Rice and Grilled Green Beans</i>
<b>Saturday</b>	 <i>Whole Wheat Blueberry Muffin</i>	 <i>Tuna Sandwich Pear Slices</i>	 <i>Chips and Fresh Salsa</i>	 <i>Homemade Grilled Pizza Grapes</i>
<b>Sunday</b>	 <i>Boiled Eggs Slices on Whole Wheat Toast Salsa</i>	 <i>Leftover Pizza, salad, and finish off veggies from the week.</i>	 <i>Sliced Cucumbers and Cottage Cheese on mini bagel</i>	 <i>Empanadas</i>

# Breakfast

## Toad in the Hole

Recipe type: Breakfast Author: My Healthy Meal Plans Prep time: 5 mins Cook time: 5 mins  
Total time: 10 mins Serves: 1

### Ingredients

- 1 slice whole wheat bread
- 1 egg
- Circle cutter (or drinking glass)
- Spray butter or butter spread

### Instructions

- Spray (or spread butter lightly) on both sides of bread.
- Cut a hole in the middle with circle cookie cutter, or top of a glass.
- Heat a pan on medium-high on the stove.
- Place bread with hole and the circle piece of the bread in the pan.
- Crack egg in the hole. When the egg is set, flip the entire thing over.
- Cook to desired doneness of egg. Dip circle bread into the egg

Serving size: 1 each Calories: 143 Fat: 6g Carbohydrates: 13gr Fiber: 2g Protein: 9g

Recipe by My Healthy Meal Plans at <http://myhealthymealplans.com/2011/12/toad-in-the-hole/>



## Banana Oatmeal Pancakes

### Ingredients

- 1 cup uncooked rolled oats
- 1 cup whole wheat flour
- 3/4 cup all-purpose flour
- 1/4 cup brown sugar
- 2 Tbsp dry milk powder
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 egg
- 2 cups low-fat milk
- 2 tablespoons canola oil
- 1 tsp vanilla extract
- 1 banana, mashed

### Instructions

- Place the rolled oats into the jar of a blender and blend until the texture resembles coarse flour. Whisk together the blended oats, whole wheat flour, all-purpose flour, brown sugar, dry milk powder, baking powder, baking soda, and salt in a bowl; set aside.
- Whisk together the egg, milk, vegetable oil, and vanilla. Stir in the mashed banana. Pour the egg mixture into the flour mixture and stir just until moistened. Let the batter stand for 5 minutes.
- Heat a griddle over medium-high heat. Spray with cooking spray. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry, about 2 minutes. Flip, and cook until browned on the other side. Repeat with remaining batter. Freeze any leftover pancakes.

### Notes

Calories: 333; Fat: 8.5g; Carbs: 54g; Fiber: 5g; Protein: 11g

Prep Time: 15 minutes  
Cook Time: 15 minutes  
Total Time: 30 minutes

Yield: 6 Servings

<http://myhealthymealplans.com/2012/07/banana-oatmeal-pancakes/>



## Peaches and Cream Oatmeal

### Ingredients

- 3-4 sm. fresh peaches, cut into small pieces (can use frozen)
- 4 cups water
- 2 cups quick cooking oats
- 1/8 tsp. salt
- 2 tsp. vanilla
- 1/4 cup vanilla flavored low-fat yogurt

### Instructions

- Pour water, salt and vanilla in a small pan. Turn heat to high. Just before it boils, add peaches. When it comes to a boil, add oats and stir. Reduce heat to low and stir occasionally. Cook until desired thickness.
- Add yogurt at the end or in individual bowls to serve; stir to incorporate.

### Notes

Calories: 202; Fat: 3g; Carbs: 37g; Fiber: 6g; Protein: 8g

Prep Time: 5 minutes  
Cook Time: 10 minutes  
Total Time: 15 minutes

Yield: 4 Servings

<http://myhealthymealplans.com/2012/04/peaches-and-cream-oatmeal/>



## Mango Peach Smoothie

### Ingredients

- 2 peaches, sliced
- 2 mangoes, peeled and diced
- 1 cup low-fat milk
- 1 cup orange juice
- Big handful of ice

### Instructions

- Place the peaches, mangoes, milk, orange juice and ice into a blender.
- Puree until smooth.

### Notes

Calories: 105; Fat: 1g; Carbs: 22g; Fiber: 2g; Protein: 2.5g

Prep Time: 10 minutes  
Total Time: 10 minutes

Yield: 4 Servings

<http://myhealthymealplans.com/2012/07/mango-peach-smoothie/>



## Whole Wheat Blueberry Maple Muffin

Recipe type: Breakfast Author: My Healthy Meal Plans Prep time: 15 mins Cook time: 20 mins  
Total time: 35 mins Serves: 12

### Ingredients

- 1/4 cup whole flaxseeds
- 1 cup whole-wheat flour
- 3/4 cup plus 2 tablespoons all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs
- 1/2 cup pure maple syrup
- 1 cup nonfat buttermilk
- 1/4 cup canola oil
- 2 teaspoons freshly grated orange zest
- 1 tablespoon orange juice
- 1 teaspoon vanilla extract
- 1 1/2 cups fresh blueberries
- 1 tablespoon sugar

### Instructions

- Preheat oven to 400°F. Spray 12 muffin cups with cooking spray.
- Grind flaxseeds in a spice mill or dry blender. Transfer to a large bowl. Add whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda and salt; whisk to blend. Whisk eggs and maple syrup in a medium bowl until smooth. Add buttermilk, oil, orange zest, orange juice and vanilla; whisk until blended.
- Make a well in the dry ingredients and stir in the wet ingredients with a rubber spatula just until moistened. Fold in blueberries. Scoop the batter into the prepared muffin cups. Sprinkle the tops with sugar.
- Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly.

Serving size: 1 muffin Calories: 208 Fat: 8g Carbohydrates: 31g Fiber: 3g Protein: 6g

### Notes

To Freeze: Make recipe as directed. After baked and cooled, place muffins in a freezer safe container. Freeze up to 3 months.

Recipe by My Healthy Meal Plans at <http://myhealthymealplans.com/2012/01/whole-wheat-blueberry-muffin/>



## Perfect Hard Boiled Egg

Recipe type: Breakfast Author: My Healthy Meal Plans Cook time: 12 mins Total time: 12 mins  
Serves: 4

### Ingredients

- 4 eggs
- 1 teaspoon baking soda

### Instructions

- Cover any amount of eggs with about 1/4 inch of fresh tap water. Add 1 teaspoon baking soda. Place this on stove and bring to a boil.
- Once boiling set an egg timer for 12 minutes exactly
- When your timer dings, take from stove and immediately move to cold water. Chill in fridge until eggs are cool to the touch.
- Voila! Perfectly peeling eggs.
- Optional: Using food coloring of your choice, squeeze some onto a plate. With a paintbrush, let your kids paint the shell of the egg!

Serving size: 1 egg Calories: 78 Fat: 5g #bCarbs#: 1gr Fiber: 0g Protein: 6g

### Notes

You can make more than 4 at a time and store in your fridge for 1 week.

Recipe by My Healthy Meal Plans at <http://myhealthymealplans.com/2012/01/perfect-hard-boiled-egg/>





# Lunch

## Ham and Cheese Pinwheels

### Ingredients

- 4 whole wheat tortillas
- 8 ounces of thin sliced deli ham
- 4 Tbsp cream cheese, room temperature
- 4 tsp yellow mustard
- 1 cup baby spinach leaves, chopped
- 1 tomato, chopped
- 

### Instructions

1. In a small bowl, mix cream cheese and mustard.
2. Spread cream cheese/mustard mixture on each tortilla.
3. Layer ham and spinach leaves and tomatoes on top.
4. Roll tortilla and cut into slices.

### Notes

Calories: 246; Fat: 8g; Carbs: 27g; Fiber: 2g; Protein: 16g

Prep Time: 10 minutes  
Total Time: 10 minutes

Yield: 4 Servings  
<http://myhealthymealplans.com/2012/07/ham-and-cheese-pinwheels/>



## Simple Black Bean Tacos

### Ingredients

- 4 white corn tortillas
- 1-15 oz can black beans
- 4 ounces shredded cheese
- Juice of one lime
- 1 avocado, diced
- Salsa and Greek Yogurt to top, optional

### Instructions

1. Assemble ingredients onto tortillas.
2. You can heat in the microwave if desired to melt cheese.
3. Add avocado after you have heated.
4. Serve with your favorite salsa and a dollop of Greek yogurt.

### Notes

Calories: 353; Fat: 19g; Carbs: 33g; Fiber: 9g; Protein: 15g

Prep Time: 15 minutes  
Total Time: 15 minutes

Yield: 4 Servings  
<http://myhealthymealplans.com/2012/07/simple-black-bean-tacos/>



## Summer Pasta Salad

### Ingredients

- 6 ounces Bowtie Pasta
- 1 Tbsp Olive Oil
- 1 Lemon
- salt and pepper to taste
- 2 small Zucchini, diced
- 2 cups grape tomatoes, cut in half
- 1/4 cup Minced Fresh Parsley
- 1/2 cup Feta cheese, crumbled

### Instructions

1. Cook pasta until done. Drain and rinse in cold water until completely cool.
2. Add olive oil and lemon juice, then add salt and pepper to taste. Toss to combine.
3. Add zucchini, tomatoes, parsley, and feta, and toss to combine.
4. If it seems to dry, Squeeze in a little more lemon juice/drizzle more olive oil.
5. Cover in plastic wrap for at least a couple of hours. If you don't have time to do this before you eat, it isn't a big deal. It will still taste delicious - the flavors just marinate together the longer it sits in the fridge.

### Notes

Calories: 181; Fat: 6g; Carbs: 27g; Fiber: 2g; Protein: 7g

Prep Time: 15 minutes  
Cook Time: 10 minutes  
Total Time: 25 minutes

Yield: 6 Servings  
<http://myhealthymealplans.com/2012/06/summer-pasta-salad/>



## BLT Wrap

Recipe type: Lunch Author: My Healthy Meal Plans Prep time: 10 mins Total time: 10 mins  
Serves: 4

### Ingredients

- 4 oz Cream Cheese, softened
- 8 slices bacon, cooked and crumbled
- 1/2 cup chopped tomatoes
- 4 whole wheat tortillas
- 1 cup chopped romaine lettuce

### Instructions

1. Mix cream cheese, bacon and tomatoes in a bowl; stir gently.
2. Spread onto tortillas; top with lettuce. Roll up tightly.
3. Cut each in half.

Calories: 200 Fat: 16g #lbCarbs#: 25gr Fiber: 1g Protein: 12g

Recipe by **My Healthy Meal Plans** at <http://myhealthymealplans.com/2012/03/blt-rollers/>



## Tuna Sandwich

Recipe type: Lunch Author: My Healthy Meal Plans Prep time: 10 mins Total time: 10 mins  
Serves: 4

### Ingredients

- 1 (6 ounce) can water-packed tuna, drained and flaked
- 2/3 cup chopped seeded peeled cucumber
- 1/2 cup shredded carrot
- 1/4 cup fat-free mayonnaise
- 1/4 cup Dijon mustard
- pepper to taste
- 8 slices whole wheat bread
- 4 lettuce leaves

### Instructions

1. In a bowl, combine the filling ingredients.
2. Spread on four slices of bread; top with lettuce and remaining bread.

Calories: 237 Fat: 4g #lbCarbs#: 35gr Fiber: 5g Protein: 18g

Recipe by **My Healthy Meal Plans** at <http://myhealthymealplans.com/2012/03/garden-tuna-sandwich/>



## Beany Cheese-tada

### Ingredients

- 4 medium (6-inch) corn tortillas
- 1 cup mashed pinto beans, heated (drain if using canned)
- 4 oz. grated Monterey Jack cheese
- 1 cup shredded Romaine lettuce
- 1 cup grape tomatoes, cut in halves

### Instructions

1. Toast tortilla shells to desired crispiness.
2. Spread heated mashed beans equally on top of the tortillas.
3. Spread half of lettuce, cheese, tomatoes and salsa on each.

### Notes

Calories: 226; Fat: 10g; Carbs: 23g; Fiber: 4g; Protein: 12g;

Prep Time: 15 minutes  
Total Time: 15 minutes

Yield: 4 Servings  
<http://myhealthymealplans.com/2012/07/beany-cheese-tada/>



# Snack

## Strawberry Applesauce

### Ingredients

- 4 cups apples, peeled, seeded and sliced, any variety
- 1-½ to 2 cups strawberries, hulled

### Instructions

1. Place fruit in a saucepan with a couple of tablespoons of water to keep it from sticking.
2. Let it cook over medium heat until the apples soften and the berries start to break apart, about 15 minutes.
3. Use an immersion blender or regular blender to puree the fruit.
4. If you like your applesauce a little more chunky, don't blend very long.
5. Let cool and enjoy!



### Notes

Calories: 82; Fat: 1g; Carbs: 21g; Fiber: 3g; Protein: 1g;

Prep Time: 10 minutes  
Cook Time: 15 minutes  
Total Time: 25 minutes

Yield: 4 Servings  
<http://myhealthymealplans.com/2012/07/strawberry-applesauce/>

## Hummus Dip

### Ingredients

- 1 15oz can garbanzo beans (chickpeas) drained and rinsed
- 1 clove garlic, chopped
- 1/2 cup plain yogurt
- 2 TBL lemon juice
- 1 TBL olive oil
- salt and pepper to taste

### Instructions

1. Blend all ingredients in food processor. Serve chilled.

### Notes

Calories: 178; Fat: 6g; Carbs: 26g; Fiber: 5g; Protein: 6g

Prep Time: 10 minutes  
<http://myhealthymealplans.com/2012/05/hummus-dip/>

Yield: 4 servings



## Carrot Sticks with Laughing Cow Cheese

Recipe type: Snack Author: My Healthy Meal Plans Prep time: 5 mins Total time: 5 mins Serves: 4

### Ingredients

- 4 Carrots
- 4 squares laughing cow cheese

### Instructions

1. Peel carrots and cut into sticks.
2. Let your kids open and spread the laughing cow cheese on their carrots.

Calories: 67 Fat: 1.5g #lbCarbs#: 8g Fiber: 2g Protein: 1g

Recipe by **My Healthy Meal Plans** at <http://myhealthymealplans.com/2012/04/carrot-sticks-with-laughing-cow-cheese/>



## Fresh Salsa

### Ingredients

- 4 ripe tomatoes, chopped
- 1 Tbsp chopped onions
- 2 cloves garlic, crushed
- 1/2 green bell pepper, chopped
- Juice of 1 lime
- Pinch of sugar

### Instructions

1. Mix all the salsa ingredients together and season with salt, pepper and a pinch of sugar.

### Notes

Calories: 38; Fat: trace; Carbs: 9g; Fiber: trace; Protein: 1g;

Prep Time: 15 minutes  
Total Time: 15 minutes

Yield: 4 Servings  
<http://myhealthymealplans.com/2012/07/fresh-salsa/>





# Dinner 1

## Zesty Grilled Italian Chicken

### Ingredients

- 1/2 cup Zesty Italian Dressing
- 4 Chicken breasts, boneless skinless (~1 lb)

### Instructions

1. Heat grill to medium-high heat.
2. Pour dressing over chicken in shallow dish; turn to coat both sides of each breast. Refrigerate 5 min.
3. Remove chicken from dressing; discard dressing.
4. Grill chicken 5 min. on each side or until done through the thickest part of the chicken.

### Notes

Calories: 140; Fat: 3.5g; Carbs: 1g; Fiber: 0g; Protein: 24g

Prep Time: 5 minutes  
Cook Time: 10 minutes  
Total Time: 15 minutes

Yield: 4 Servings  
<http://myhealthymealplans.com/2012/07/zesty-grilled-italian-chicken/>



My Healthy Meal Plans

## Basic Green Salad

Recipe type: Side Author: My Healthy Meal Plans Prep time: 5 mins Total time: 5 mins

Choose greens according to list and season. Choose toppings according to what you have on hand and what is seasonal.

### Ingredients

- Romaine lettuce
- Iceberg lettuce
- Green leaf lettuce
- Spinach
- Kale
- Swiss Chard
- Arugula
- Watercress
- Vegetables like Carrots, Tomatoes, Cucumbers
- Beans like chickpeas, black beans, pinto beans, kidney beans
- Eggs, Hard boiled
- Nuts and seeds
- Fruits such as Mandarin Oranges, Strawberries, blueberries
- Cheeses, such as feta, Parmesan, or shredded yellow cheeses
- Dressings of choice

### Instructions

1. Chop, wash and cut vegetables. Assemble with items you have on hand.

Recipe by My Healthy Meal Plans at <http://myhealthymealplans.com/2012/03/basic-green-salad/>



## Veggie and Chicken Lo Mein

Recipe type: Dinner Author: My Healthy Meal Plans Prep time: 10 mins Cook time: 10 mins  
Total time: 20 mins Serves: 6

### Ingredients

- 1 pkg lo mein noodles (can be found in the Asian section at the grocery store)
- 2 cups chopped veggies (can use anything!) Options: onions, broccoli, asparagus, carrots, snap peas, edamame.
- 2 Tbsp low sodium soy sauce
- 2 Tbsp rice vinegar
- 1/2 tsp red pepper flakes
- 1 Tbsp brown sugar
- 1 Tbsp sesame oil
- 1 tsp fresh grated ginger
- 3/4 cup chicken broth

### Instructions

1. Cook lo mein noodles according to package directions
2. Chop all veggies.
3. Add vegetables to a skillet and stir fry until vegetables are tender.
4. In a separate bowl, combine the soy sauce, rice vinegar, red pepper flakes, brown sugar, sesame oil, grated ginger and chicken broth.
5. Add the cooked lo mein noodles to the skillet with the vegetables. Then add sauce over entire dish. Warm it all through.

Calories: 310 Fat: 3g #bCarbs#: 64gr Fiber: 2g Protein: 8g

Recipe by My Healthy Meal Plans at <http://myhealthymealplans.com/2012/02/veggie-lo-mein/>



## Perfect Summer Pasta

### Ingredients

- 16 oz. cherry tomatoes, rinsed
- 2 cloves of garlic, minced
- 3 Tbsp Olive Oil
- 1 pound pasta
- Baby Spinach
- Mozzarella cheese

### Instructions

1. Heat the oven to 350. Combine minced garlic and cherry tomatoes in a glass baking dish. Drizzle with enough olive oil to toss and coat tomatoes. Cook for 1 hour on your oven's middle rack.
2. Meanwhile, boil water for your pasta and cook according to the package's directions.
3. Shred or cube desired amount of mozzarella cheese.
4. Rinse and dry about two handfuls of baby spinach to be tossed with each pasta serving.
5. Add the drained pasta to your bowls. Top with your spinach, mozzarella, and roasted tomatoes. Divide the remaining olive oil and garlic in the baking dish among the bowls and drizzle on top.
6. And eat it up!

### Notes

Calories: 367; Fat: 14g; Carbs: 49g; Fiber: 3g; Protein: 13g;

Prep Time: 10 minutes  
Cook Time: 10 minutes  
Total Time: 20 minutes

Yield: 4 Servings  
<http://myhealthymealplans.com/2012/07/perfect-summer-pasta/>



## Lemon Chicken Sauteed with Carrots and Broccoli

### Ingredients

- 2 Garlic Cloves, finely chopped
- 2 Tbsp Lemon Juice
- 3 Tbsp Olive Oil
- 2 1/2 tsp Rosemary, minced
- 3 Large Boneless, Skinless, Chicken Breasts
- 1 broccoli crown, cut into bite size pieces
- 4-5 carrots, peeled and julienned

### Sauce:

- 1 clove garlic, peeled
- 1/4 teaspoon salt
- 1/2 cup chopped fresh parsley leaves
- 1/3 cup chopped fresh mint leaves
- 1 1/2 teaspoons freshly ground black pepper
- 1 lemon, zested and juiced
- 1/4 cup olive oil

### Instructions

1. Whisk first 4 ingredients in a small oven proof dish.
2. Cut chicken into bite size pieces.
3. Coat the chicken breast in the lemon herb mixture.
4. Heat a skillet over medium-high heat. Saute the chicken until golden brown.
5. Add broccoli and carrots. Saute until crisp tender.

### For the sauce:

6. Smash the garlic clove, sprinkle with the salt, and with the side of a large knife, mash and smear the mixture to a coarse paste. Transfer to a blender with the parsley, mint, pepper, lemon zest, and juice. Pulse until coarsely chopped and then slowly drizzle in the olive oil. Pour into a saucepan, and heat through. Serve over chicken.

### Notes

Calories: 318; Fat: 25g; Carbs: 12g; Fiber: 4g; Protein: 14g

Prep Time: 15 minutes  
Cook Time: 15 minutes  
Total Time: 30 minutes

Yield: 4 Servings  
<http://myhealthymealplans.com/2012/07/lemon-chicken-sauteed-with-carrots-and-broccoli/>



# Dinner 2

## Sweet and Sassy Salmon

Recipe type: Dinner Author: My Healthy Meal Plans Prep time: 5 mins Cook time: 30 mins  
Total time: 35 mins Serves: 6

### Ingredients

- 2 lbs salmon
- 1/2 cup teriyaki sauce
- 1/2 cup brown sugar

### Instructions

1. Put salmon in a ziplock bag with the teriyaki sauce and marinate in refrigerator for 1-2 hours.
2. Lightly spray 9 by 13 pan with pam or other cooking oil.
3. Lay salmon in pan and sprinkle brown sugar all over the top. Use more or less according to how sweet you would like it.
4. Cook in oven at 375 for about 30 minutes or until salmon flakes with a fork. Cooking time will vary based on how thick the salmon fillets are.

Calories: 370 Fat: 8g #blCarbs#: 24gr Fiber: 0 Protein: 30g

Recipe by **My Healthy Meal Plans** at <http://myhealthymealplans.com/2012/02/sweet-and-sassy-salmon/>



## Grilled Green Beans

### Ingredients

- 2 lbs green beans
- 1 -2 tablespoon olive oil (or just enough to lightly coat beans)
- 1 teaspoon kosher salt or garlic salt
- 1/2 teaspoon fresh ground pepper

### Instructions

1. Put green beans on a sheet of aluminum foil large enough to fold and seal. You may need to fold two sheets together.
2. Drizzle olive oil over the beans. Add salt and pepper to taste.
3. Toss green beans with tongs until well coated.
4. Fold aluminum foil together at the top and pinch the sides closed.
5. Grill, covered, over medium heat for 18-22 minutes or until beans are tender, turning packets over once. Open foil carefully to allow steam to escape.

### Notes

Calories: 92; Fat: 4g; Carbs: 14g; Fat: 7g; Protein: 4g;

Prep Time: 5 minutes  
Cook Time: 18 minutes  
Total Time: 23 minutes

Yield: 4 Servings  
<http://myhealthymealplans.com/2012/07/grilled-green-beans/>

## Homemade Grilled Pizza

This makes 16 servings. (2 pizzas with 8 slices each) You can cut the recipe in half and just make one pizza if you want.

### Ingredients

- 1 (.25 ounce) package active dry yeast
- 1 cup warm water
- 1 pinch white sugar
- 2 teaspoons kosher salt
- 1 tablespoon olive oil
- 2 1/3 cups all-purpose flour
- 1 cup whole wheat flour
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh basil
- 1/2 cup olive oil
- 1 teaspoon minced garlic
- 1/4 cup tomato sauce
- 1 cup chopped tomatoes
- 1/4 cup sliced black olives
- 1/2 cup sweet bell peppers
- 2 cups shredded mozzarella cheese
- 4 tablespoons chopped fresh basil

### Instructions

1. In a bowl, dissolve yeast in warm water, and mix in sugar. Let it sit for ten minutes, or until frothy. Mix in the salt, olive oil, and flour until dough pulls away from the sides of the bowl. Turn onto a lightly floured surface. Knead until smooth, about 8 minutes. Place dough in a well oiled bowl, and cover with a damp cloth. Set aside to rise until doubled, about 1 hour. Punch down, and knead in garlic and basil. Set aside to rise for 1 more hour, or until doubled again.
2. Preheat grill for high heat. Heat olive oil with garlic for 30 seconds in the microwave. Set aside. Punch down dough, and divide in half. Form each half into an oblong shape 3/8 to 1/2 inch thick.
3. Brush grill grate with garlic flavored olive oil. Carefully place one piece of dough on hot grill. The dough will begin to puff almost immediately. When the bottom crust has lightly browned, turn the dough over using two spatulas. Working quickly, brush oil over crust, and then brush with 2 tablespoons tomato sauce.
4. Arrange 1/2 cup chopped tomatoes, 1/8 cup sliced black olives, and 1/4 cup bell peppers over crust. Sprinkle with 1 cup cheese and 2 tablespoons basil. Close the lid, and cook until the cheese melts. Remove from grill, and set aside to cool for a few minutes while you prepare the second pizza. Repeat with remaining ingredients. Serve.

### Notes

Calories: 212; Fat: 11g; Carbs: 21g; Fiber: 2g; Protein: 6g

Prep Time: 2 hours, 10 minutes  
Cook Time: 10 minutes  
Total Time: 2 hours, 20 minutes

Yield: 16 Servings  
<http://myhealthymealplans.com/2012/07/homemade-grilled-pizza/>



## Crockpot Empanadas

### Ingredients

#### Dough

- 3 Tablespoons butter
- 1 Tablespoon olive oil
- 1 TBL white vinegar
- 1/2 cup water
- 1/2 tsp. salt
- 1 cup whole wheat flour
- 1 cup white flour

#### Filling

- 2 chicken breasts
- 1 cup frozen corn
- 1 cup frozen peas
- 3 ounces light cream cheese
- 1 tsp. salt
- 1/2 tsp. cumin

### Instructions

1. Take butter, olive oil, white vinegar, water and salt and put in sauce pan to boil. Remove from heat and stir in flours.
2. Put dough in fridge until it has cooled.
3. Once dough is cooled, roll out and cut circles or squares out of dough. Fill with desired filling. Fold over and crease. Bake at 375 for 20 minutes, or until bread dough is browning and cooked through.
4. For Filling: Place all ingredients into crockpot on low for 4-5 hours. Stir to combine.

### Notes

Calories: 378; Fat: 14g; Carbs: 49g; Fiber: 6g; Protein: 17g

Prep Time: 20 minutes  
Cook Time: 4 hours, 20 minutes

<http://myhealthymealplans.com/2012/07/empanadas/>







\*B=Breakfast, L=Lunch, S=Snack, D=Dinner

Grains	Amount	B	L	S	D
<input type="checkbox"/> Whole Wheat Bread	20 slices	8	8		
<input type="checkbox"/> Oats	3 cups	x			
<input type="checkbox"/> Whole Wheat Tortillas	8 each		8		
<input type="checkbox"/> Bowtie Pasta	6 ounces		x		
<input type="checkbox"/> White Corn Tortillas	8 each		8		
<input type="checkbox"/> Lo Mein Noodles	1 pkg				x
<input type="checkbox"/> Pasta	1 pound				x
<input type="checkbox"/> Cold Cereal	1 box	x			
<input type="checkbox"/> Brown Rice	1 1/2 cups				x
<input type="checkbox"/> Mini Bagels	4 each			x	
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					

Sauces/Condiments	Amount	B	L	S	D
<input type="checkbox"/> Yellow Mustard	4 tsp		x		
<input type="checkbox"/> Mayonnaise, low-fat	1/4 cup		x		
<input type="checkbox"/> Dijon Mustard	1/4 cup		x		
<input type="checkbox"/> Zesty Italian Dressing	1/2 cup				x
<input type="checkbox"/> Soy Sauce, low-sodium	2 Tbsp				x
<input type="checkbox"/> Rice Vinegar	2 Tbsp				x
<input type="checkbox"/> Sesame Oil	1 Tbsp				x
<input type="checkbox"/> Teriyaki Sauce	1/2 cup				x
<input type="checkbox"/> White Vinegar	1 Tbsp				x
<input type="checkbox"/>					
<input type="checkbox"/>					

Canned	Amount	B	L	S	D
<input type="checkbox"/> Pinto Beans	1-15oz can		x		
<input type="checkbox"/> Black Beans	1-15oz can		x		
<input type="checkbox"/> Salsa (or you can make your own)	1 Jar	x	x		
<input type="checkbox"/> Tuna	1-6oz can		x		
<input type="checkbox"/> Garbanzo Beans	1-15oz can			x	
<input type="checkbox"/> Chicken Broth	3/4 cup				x
<input type="checkbox"/> Tomato Sauce	1/4 cup				x
<input type="checkbox"/> Black Olives, sliced	1/4 cup				x
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					

Other Items	Amount	B	L	S	D
<input type="checkbox"/> Orange Juice	1 cup	x			
<input type="checkbox"/> Pure Maple Syrup	1/2 cup	x			
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/> Veggies for Lo Mein: <i>Onions, Broccoli, Asparagus, Carrots, Snap Peas, Edamame</i>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					

Nuts/Dried Fruit	Amount	B	L	S	D
<input type="checkbox"/> Flaxseeds	1/4 cup	x			
<input type="checkbox"/> Pumpkin Seeds	1 cup			x	
<input type="checkbox"/> Dried Strawberries	1 cup			x	
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					

- Basic Green Salad Ideas:**  
 *Greens: Romaine, Green leaf, Kale, Spinach, Arugula, Watercress*  
 *Veggies: Carrots, Cucumber, Tomatoes*  
 *Beans: Chickpea, Black Bean, Kidney Bean*  
 *Hard Boiled Eggs*  
 *Nuts and Seeds*  
 *Fruits: Mandarin Oranges, Berries*  
 *Cheese: Feta, Parmesan, Bleu, Cheddar*  
 Dressing of Choice



Get more meal plans like these at  
[www.superhealthykids.com/subscribe.php](http://www.superhealthykids.com/subscribe.php)