

6 Dinners Menu (Week 13)

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Lemon Herb Baked Cod with Roasted Vegetables and Rice

Ingredients:

- 4 (6 oz) cod fillets
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried herbs (Italian seasoning)
- 2 medium carrots, sliced
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 cup white rice
- 2 cups water or chicken broth
- Salt and pepper to taste

Directions:

1. Preheat oven to 400°F. Line a sheet pan with parchment paper.
2. Start rice: Combine rice and water/broth in a pot, bring to boil, reduce heat, cover and simmer for 15-18 minutes until tender.
3. Toss vegetables with 1 tablespoon olive oil, salt, and pepper. Arrange on pan.
4. In a small bowl, mix remaining olive oil, lemon juice, garlic, and herbs.
5. Place cod fillets on the pan with vegetables and brush with lemon herb mixture.
6. Bake for 15-18 minutes until fish flakes easily and vegetables are tender.
7. Serve cod and vegetables over cooked rice.

Nutrition per serving:

- Calories: 380
- Protein: 34g
- Carbs: 40g
- Fat: 12g

Sheet Pan Honey Garlic Chicken with Broccoli and Sweet Potatoes

Ingredients:

- 4 lbs boneless, skinless chicken breast (use 1.5 lbs for this recipe, reserve 1 for Recipe 5 & 1.5 for recipe 6)
- 3 tablespoons olive oil
- 4 tablespoons honey
- 4 cloves garlic, minced
- 2 tablespoons soy sauce
- 2 heads broccoli, cut into florets
- 2 large sweet potatoes, cubed
- 1 red onion, sliced (save half for Recipe 5)
- Salt and pepper to taste

Directions:

1. Preheat oven to 425°F. Line a sheet pan with parchment paper.
2. Portion chicken for Recipes 5 & 6 and refrigerate.
3. Cut remaining 1.5 lbs chicken breast into chunks.
4. In a bowl, mix 2 tablespoons olive oil, honey, half the garlic, and soy sauce.
5. Toss chicken chunks with half the honey mixture.
6. Toss broccoli, sweet potatoes, and red onion with remaining olive oil, salt, and pepper.
7. Arrange chicken and vegetables on sheet pan.
8. Bake for 20-22 minutes, brushing with remaining sauce halfway through.

Nutrition per serving:

- Calories: 420
- Protein: 40g
- Carbs: 35g
- Fat: 14g

Asian Beef Lettuce Wraps with Rice Noodles

Ingredients:

- 1 lb ground beef (85% lean)
- 8 oz rice noodles
- 1 head butter lettuce, leaves separated
- 1 carrot, julienned
- 1/2 cucumber, julienned
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 green onions, sliced
- 1/4 cup chopped peanuts (optional)

Directions:

1. Cook rice noodles according to package directions. Drain and set aside.
2. Heat 1 tablespoon oil in a skillet over medium-high heat.
3. Add ground beef and cook until browned, breaking into small pieces, about 5-7 minutes.
4. Drain excess fat if necessary.
5. Add garlic and ginger, cook for 30 seconds.
6. Stir in soy sauce, honey, and rice vinegar. Simmer for 2 minutes until slightly thickened.
7. Serve beef mixture in lettuce cups with rice noodles, topped with carrot, cucumber, green onions, and peanuts.

Nutrition per serving:

- Calories: 380
- Protein: 25g
- Carbs: 45g
- Fat: 16g

Simple Vegetarian Stuffed Peppers

Ingredients:

- 4 large bell peppers, any color
- 1 cup rice
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (14.5 oz) diced tomatoes
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1 cup shredded cheddar cheese
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions:

1. Preheat oven to 375°F.
2. Cook rice according to package directions.
3. Cut tops off peppers and remove seeds. Blanch in boiling water for 5 minutes.
4. Heat olive oil in a pan. Sauté onion until soft, about 5 minutes.
5. Add garlic, cook for 30 seconds.
6. Stir in black beans, diced tomatoes, and cumin. Simmer for 5 minutes.
7. Combine with cooked rice, season with salt and pepper.
8. Fill peppers with mixture and top with cheese.
9. Bake for 25-30 minutes until peppers are tender and cheese is melted.

Nutrition per serving:

- Calories: 380
- Protein: 15g
- Carbs: 48g
- Fat: 16g

Mediterranean Chicken Pasta

Ingredients:

- 1 lb reserved raw chicken breast from Recipe 2, cut into strips
- 12 oz pasta (any shape)
- Remaining half red onion from Recipe 2, diced
- 1 pint cherry tomatoes, halved
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 2/3 cup feta cheese, crumbled
- 1/4 cup fresh parsley, chopped
- 1 lemon, juiced
- 1/2 teaspoon dried oregano
- Salt and pepper to taste

Directions:

1. Cook pasta according to package directions. Drain.
2. Heat 2 tablespoons olive oil in a large skillet over medium heat.
3. Cook chicken strips until golden and cooked through, about 6-8 minutes.
4. Add red onion and garlic, cook for 2 minutes.
5. Add cherry tomatoes, cook for 2 more minutes until slightly softened.
6. Toss with pasta, remaining olive oil, lemon juice, oregano, parsley, and feta cheese.
7. Season with salt and pepper to taste.

Nutrition per serving:

- Calories: 480
- Protein: 35g
- Carbs: 52g
- Fat: 18g

BBQ Chicken with Roasted Potatoes

Ingredients:

- 1.5 lb reserved raw chicken breast from Recipe 2
- 2/3 cup BBQ sauce
- 2.5 lbs potatoes, cubed
- 3 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Remaining broccoli from Recipe 2
- Salt and pepper to taste

Directions:

1. Preheat oven to 425°F. Line a sheet pan with parchment paper.
2. Toss potatoes with olive oil, garlic powder, paprika, salt, and pepper.
3. Spread on sheet pan and roast for 15 minutes.
4. Brush chicken with 1/3 cup BBQ sauce and add to pan.
5. Roast for 15-20 minutes until chicken reaches 165°F.
6. During the last 5 minutes, brush chicken with remaining BBQ sauce.
7. Meanwhile, steam remaining broccoli until crisp-tender.
8. Serve chicken and potatoes with steamed broccoli.

Nutrition per serving:

- Calories: 440
- Protein: 30g
- Carbs: 55g
- Fat: 15g