

6 Dinners Menu (Week 11)

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Herb-Marinated Grilled Chicken with Charred Vegetables

Ingredients:

- 1.5 lbs boneless, skinless chicken breasts (about 3 large breasts)
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 2 tablespoons fresh lemon juice
- 1 tablespoon dried oregano
- 1 teaspoon dried thyme
- 1 zucchini, sliced lengthwise
- 1 bell pepper (red), quartered
- 1 red onion, cut into wedges
- Salt and pepper to taste
- OPTIONAL: 1.5 cup white/brown rice

Directions:

1. If making rice, cook in rice cooker or on stove per package instructions
2. In a large bowl, combine olive oil, garlic, lemon juice, oregano, thyme, salt, and pepper.
3. Add chicken breasts, coat thoroughly, and marinate for at least 30 minutes (up to 4 hours in the refrigerator). If breasts are very thick, butterfly cut them (like a hamburger bun) into two pieces each.
4. Toss vegetables with 1 tablespoon olive oil, salt, and pepper.
5. Preheat grill to medium-high heat (about 400°F).
6. Grill chicken 6-7 minutes per side until internal temperature reaches 165°F.
7. Grill vegetables 3-4 minutes per side until tender with nice grill marks.
8. Slice chicken before serving alongside vegetables.

Nutrition per serving:

- Calories: 275
- Protein: 35g
- Carbs: 8g
- Fat: 12g

Grilled Lime-Garlic Shrimp Skewers with Grilled Corn

Ingredients:

- 1 lb large shrimp, peeled and deveined
- 4 ears corn, husked
- 3 tablespoons olive oil, divided
- 3 cloves garlic, minced
- 2 limes (1 juiced, 1 cut into wedges)
- 1/4 cup fresh cilantro, chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon red pepper flakes (optional)
- 8 wooden skewers, soaked in water
- Salt and pepper to taste

Directions:

1. Soak wooden skewers in water for at least 30 minutes.
2. In a bowl, mix 2 tablespoons olive oil, garlic, lime juice, half the cilantro, cumin, red pepper flakes, salt, and pepper.
3. Add shrimp, toss to coat, and marinate for 15 minutes.
4. Brush corn with remaining olive oil and season with salt and pepper.
5. Preheat grill to medium-high heat (about 400°F).
6. Thread shrimp onto skewers.
7. Grill shrimp for 2-3 minutes per side until pink and opaque.
8. Grill corn, turning occasionally, for 8-10 minutes until lightly charred.
9. Garnish shrimp with remaining cilantro and serve with lime wedges and grilled corn.

Nutrition per serving:

- Calories: 260
- Protein: 24g
- Carbs: 18g
- Fat: 12g

Grilled Vegetable and Black Bean Foil Packets (Vegetarian)

Ingredients:

- 2 (15 oz) cans black beans, drained and rinsed
- 2 zucchini, diced
- 1 yellow squash, diced
- 1 bell pepper (yellow), diced
- 1 red onion, diced
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1 lemon, juiced
- 1/4 cup fresh cilantro, chopped
- OPTIONAL: 1 box couscous
- Salt and pepper to taste
- Heavy-duty aluminum foil

Directions:

1. Preheat grill to medium heat (about 350°F).
2. If making the couscous prepare according to package directions
3. In a large bowl, combine black beans, zucchini, yellow squash, bell pepper, and red onion.
4. In a small bowl, whisk together olive oil, garlic, oregano, cumin, lemon juice, salt, and pepper.
5. Pour dressing over vegetables and beans, tossing to coat.
6. Create four 12x12 inch foil squares. Divide mixture evenly among foil squares.
7. Fold foil over to create sealed packets.
8. Grill packets for 12-15 minutes until vegetables are tender.
9. Carefully open packets (watch for steam) and sprinkle with fresh cilantro before serving.

Nutrition per serving:

- Calories: 320
- Protein: 14g
- Carbs: 42g
- Fat: 12g

Grilled Chuck Steak and Vegetable Salad with Herb Vinaigrette

Ingredients:

- 1.5 lbs chuck steak (about 1-inch thick) (you can of course splurge on a better cut of beef if you so desire)
- 8 cups mixed salad greens
- 1 zucchini, sliced lengthwise
- 1 bell pepper (red), quartered
- 1/2 red onion, sliced into rings
- OPTIONAL: Avocado, Feta/Goat Cheese, Croutons

For herb vinaigrette:

- 1/3 cup olive oil
- 2 tablespoons red wine vinegar
- 1/4 cup fresh parsley, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- Salt and pepper to taste

Directions:

1. Tenderize chuck steak by piercing all over with a fork. Season generously with salt and pepper.
2. Brush vegetables with 1 tablespoon olive oil, season with salt and pepper.
3. Preheat grill to medium-high heat (about 425°F).
4. Grill steak 5-6 minutes per side for medium-rare to medium. Let rest 10 minutes before slicing thinly against the grain.
5. Meanwhile, grill vegetables 2-3 minutes per side until tender with grill marks.
6. For vinaigrette: combine olive oil, vinegar, parsley, garlic, oregano, salt, and pepper.
7. Arrange salad greens on plates, top with sliced grilled vegetables and steak.
8. Drizzle with herb vinaigrette and serve.

Nutrition per serving:

- Calories: 390
- Protein: 28g
- Carbs: 8g
- Fat: 27g

Grilled Honey-Soy Chicken with Grilled Asparagus

Ingredients:

- 1.5 lbs boneless, skinless chicken breasts
- 1 bunch asparagus, woody ends trimmed
- 3 tablespoons olive oil, divided
- 3 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon rice vinegar (or apple cider vinegar)
- 1 teaspoon ginger, grated (or 1/2 tsp ground ginger)
- Salt and pepper to taste

Directions:

1. In a bowl, combine 2 tablespoons olive oil, garlic, soy sauce, honey, vinegar, ginger, and pepper.
2. Place chicken in a zip-top bag, add marinade, seal, and refrigerate for at least 1 hour.
3. Toss asparagus with remaining olive oil, salt, and pepper.
4. Preheat grill to medium-high heat (about 400°F).
5. Grill chicken for 6-7 minutes per side until internal temperature reaches 165°F.
6. During the last 5 minutes, grill asparagus for 3-4 minutes, turning occasionally, until tender-crisp.
7. Let chicken rest for 5 minutes before slicing.
8. Serve sliced chicken with grilled asparagus.

Nutrition per serving:

- Calories: 290
- Protein: 35g
- Carbs: 8g
- Fat: 13g

Spicy Grilled Shrimp and Beef Kebabs with Sweet Potato Rounds

Ingredients:

- 1/2 lb large shrimp, peeled and deveined
- 1/2 lb chuck steak, cut into 1-inch cubes
- 2 large sweet potatoes, sliced into 1/2-inch rounds and par cooked in microwave (3 minutes)
- 1 bell pepper (green), cut into 1-inch pieces
- 1 red onion, cut into 1-inch pieces
- 2 zucchini, cut into 1-inch pieces
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon paprika
- 1 teaspoon cumin
- 1/2 teaspoon cayenne pepper (optional)
- 8 wooden skewers, soaked in water
- Salt and pepper to taste

Directions:

1. Soak wooden skewers in water for at least 30 minutes.
2. Toss sweet potato rounds with 1 tablespoon olive oil, salt, and pepper.
3. In a bowl, mix remaining olive oil, garlic, paprika, cumin, cayenne (if using), salt, and pepper.
4. In separate bowls, toss shrimp and beef with the marinade mixture.
5. Thread shrimp, beef, bell pepper, red onion, and zucchini onto skewers, alternating items.
6. Preheat grill to medium-high heat (about 400°F).
7. Grill sweet potato rounds for 4-5 minutes per side until tender.
8. Grill kebabs for 2-3 minutes per side, about 8-10 minutes total, until shrimp is pink and beef reaches desired doneness.
9. Serve kebabs with grilled sweet potato rounds.

Nutrition per serving:

- Calories: 340
- Protein: 26g
- Carbs: 24g
- Fat: 17g