

## 6 Dinners Menu (Week 20)

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# Greek Chicken Souvlaki with Lemon Rice & Tzatziki

## Ingredients:

- 1.5 lb boneless chicken thighs, cubed
- 2 tbsp olive oil
- 2 tbsp lemon juice, divided
- 2 cloves garlic, minced
- 1 tsp oregano, salt & pepper
- 1 cup jasmine rice
- 1 tbsp butter
- Zest of 1 lemon
- 1 cucumber, grated
- 1 cup plain Greek yogurt
- 1 clove garlic, minced
- 1 tbsp chopped parsley
- 2 tomatoes, chopped

## Directions:

1. Marinate chicken in olive oil, lemon juice, garlic, oregano, salt, and pepper for at least 30 mins.
2. Cook jasmine rice per package. Stir in butter, lemon zest, and salt.
3. Skewer and grill 5–6 minutes per side until internal temp hits 165°F.
4. Mix yogurt, cucumber, garlic, lemon juice, parsley, salt for tzatziki.
5. Serve skewers over rice with chopped tomatoes and tzatziki.

# **Creamy Tuscan Sausage Pasta**

## **Ingredients:**

- 1 lb Italian sausage (casings removed)
- 16 oz pasta
- 2 zucchini, sliced
- 1 cup baby spinach
- 2 cloves garlic, minced
- 1/2 cup grated Parmesan
- 1 tbsp olive oil
- 1/2 cup whole milk or 1/4 cup cream + water
- 1 tbsp butter
- Salt, pepper, red pepper flakes

## **Directions:**

1. Cook pasta per package, reserve 1/2 cup pasta water.
2. In skillet, cook sausage over medium high heat until browned. Remove and set aside.
3. Sauté garlic and zucchini in olive oil and butter 3–4 mins.
4. Add spinach, sausage, pasta, Parmesan, milk, and pasta water. Simmer 3–5 mins.
5. Season with salt, pepper, red pepper flakes.

**Nutrition per serving: Calories: 610, Protein: 26g, Carbs: 54g, Fat: 32g**

# Blackened Fish Tacos with Pineapple Slaw

## Ingredients:

- 1 lb white fish (cod or tilapia)
- 6 small flour tortillas
- 1/2 tsp each: cumin, paprika, garlic powder, chili powder, salt
- 1/4 cup flour
- Juice of 1 lime
- 1 cup coleslaw mix
- 1/2 cup pineapple, chopped
- 1/4 cup sour cream
- 1 tbsp chopped cilantro
- 1 tbsp olive oil

## Directions:

1. Coat fish in flour and spice mix. Pan-sear in oil 3–4 mins per side.
2. Mix slaw, pineapple, sour cream, lime juice, cilantro, salt.
3. Warm tortillas. Fill with fish and slaw. Serve with lime wedges.

**Nutrition per serving:**Calories: 480, Protein: 30g, Carbs: 38g, Fat: 22g

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# Chickpea & Sweet Potato Curry with Rice

## Ingredients:

- 2 large sweet potatoes, peeled & cubed
- 2 cans chickpeas, drained
- 1 (14 oz) can diced tomatoes
- 1 can coconut milk
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 tsp grated ginger
- 1 tbsp curry powder
- 1/2 tsp turmeric
- 1 cup jasmine rice
- Salt & pepper

## Directions:

1. Start rice per package directions
2. Sauté onion, garlic, ginger in oil for 5 mins.
3. Add spices, then chickpeas and sweet potatoes.
4. Add tomatoes and coconut milk. Simmer 20–25 mins until potatoes soften.
5. Serve curry over rice.

**Nutrition per serving: Calories: 510, Protein: 14g, Carbs: 60g, Fat: 24g**

# Beef Stir Fry with Snap Peas & Jasmine Rice

## Ingredients:

- 1 lb flank steak, thinly sliced
- 8 oz snap peas
- 2 green onions, sliced
- 2 cloves garlic, minced
- 1 tbsp grated ginger
- 2 tbsp soy sauce
- 1 tbsp hoisin or teriyaki sauce
- 1 tbsp olive oil
- 1.5 cups cooked jasmine rice

## Directions:

1. Make rice per package instructions or use leftover rice
2. Stir-fry beef in oil over high heat for 3–4 mins. Remove.
3. Sauté garlic, ginger, peas, and green onions 2–3 mins.
4. Return beef, add sauces. Cook 2 more mins.
5. Serve over hot rice.

## Nutrition per serving:

- Calories: 550, Protein: 35g, Carbs: 45g, Fat: 25g

# **Stuffed Bell Peppers with Ground Turkey & Quinoa**

## **Ingredients:**

- 3 bell peppers, halved & seeded
- 1 lb ground turkey
- 1.5 cups cooked quinoa
- 1/2 red onion, diced
- 2 cloves garlic, minced
- 1/2 cup shredded mozzarella
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- Salt & pepper

## **Directions:**

1. Preheat oven to 375°F.
2. Sauté turkey, onion, and garlic in oil until browned and internal temp reaches 165°F. Add spices, quinoa.
3. Stuff mixture into peppers. Top with cheese.
4. Bake in dish with 1/4 cup water for 25–30 mins until peppers are soft.

## **Nutrition per serving:**

- Calories: 490, Protein: 34g, Carbs: 32g, Fat: 22g