

<h2>Sample Week</h2>	
<u>Day 1</u> Cheesy Black Beans & Rice pg 23 strawberries	<u>Day 2</u> Calzones pg 20 side salad
<u>Day 3</u> Rotel Spaghetti Bake pg 46 apple slices banana	<u>Day 4</u> Crock Pot Stuffed Bell Peppers pg 29 mashed potatoes cantaloupe

Grocery List for Sample Week

Day 1 – Cheesy Black Beans & Rice

½ Tbsp olive oil
 ½ cup onion, chopped
 ½ Tbsp garlic, minced
 1 can black beans
 1 cup shredded cheddar cheese
 1 lb ground beef
 2 Tbsp sour cream
 2 cups instant brown rice
 ½ cup milk
 strawberries

Day 2 – Calzones

4 frozen Texas-size white dinner rolls
 ½ cup sweet red pepper
 ½ cup fresh mushrooms
 ½ cup broccoli
 2 Tbsp onion, chopped
 2 clove minced garlic
 ½ lb ground turkey
 1 Tbsp olive oil
 1 cup shredded mozzarella cheese
 2 Tbsp parsley
 ¼ cup prepared Italian salad dressing
 romaine lettuce for a side salad
 favorite salad dressing

Day 3 – Rotel Spaghetti Bake

2 cups cooked chicken

1 can cream of mushroom soup (Campbell's Healthy Request)
 1 ½ cup Velveeta shreds
 8 oz angel hair pasta
 1 can Rotel
 apples
 bananas
Day 4 – Crock Pot Stuffed Bell Peppers
 4 Bell Peppers
 1 lb ground beef or 1 can red beans
 1 large egg
 1 ½ cups instant brown rice
 1 cup onion, chopped
 1 (15 oz) can tomato sauce, no salt added
 1 tsp garlic powder
 ½ cup shredded cheddar cheese
 ingredients to make mashed potatoes
 cantaloupe

Recipes for Sample Week

Cheesy Black Beans and Rice

- ½ Tbsp olive oil
- ½ cup onion, chopped
- salt & pepper to taste
- ½ Tbsp garlic, minced
- 1 can black beans, drained and rinsed
- 1 cup shredded cheddar cheese
- 1 lb ground beef
- 2 Tbsp sour cream
- 2 cups instant brown rice, cooked
- ½ cup milk

In a large skillet, heat oil over medium heat. Add onion, salt and pepper. Cook until onions are soft. Add garlic and cook for 1-2 minutes. If you are making it with ground beef, do not use the olive oil and brown the beef with the onions until it is no longer pink. Drain and then add garlic. Add black beans and cheese and cook until heated through. Remove from heat and stir in sour cream. Serve over cooked brown rice.

Servings: 4

Nutrition Facts	Nutrition Facts with Meat
Serving size: 1/6 of a recipe (6.4 ounces).	Serving size: 1/6 of a recipe (8.2 ounces).
Carb Choices 2	Carb Choices 2
Amount Per Serving	Amount Per Serving
Calories 216.38	Calories 334.78
Calories From Fat (18%) 38.3	Calories From Fat (29%) 95.57
% Daily Value	% Daily Value
Total Fat 4.39g 7%	Total Fat 10.73g 17%
Saturated Fat 1.84g 9%	Saturated Fat 4.38g 22%
Cholesterol 6.54mg 2%	Cholesterol 53.03mg 18%
Sodium 315.01mg 13%	Sodium 356.12mg 15%
Potassium 334.65mg 10%	Potassium 550.52mg 16%
Total Carbohydrates 32.16g 11%	Total Carbohydrates 31.98g 11%
Fiber 6.44g 26%	Fiber 6.44g 26%
Sugar 0.68g	Sugar 1.71g
Protein 12.32g 25%	Protein 26.79g 54%
MyPoints 4 MyPoints Plus 5	MyPoints 7 MyPoints Plus 8

Calzones

- 4 frozen Texas-size white dinner rolls
- ½ cup sweet red pepper, chopped
- ½ cup fresh mushrooms, chopped
- ½ cup broccoli, chopped
- 2 Tbsp onion, chopped
- 2 clove minced garlic
- ½ lb ground turkey
- 1 Tbsp olive oil
- 1 cup shredded mozzarella cheese
- 2 Tbsp parsley
- ¼ cup prepared Italian salad dressing

Let rolls rise until doubled in size, following package directions. Meanwhile brown turkey until no longer pink and drain. In another skillet sauté the red pepper, mushrooms, broccoli, onion and garlic in 2 teaspoons of olive oil for 2 – 3 minutes or until crisp and tender. Stir cheese, parsley & turkey in with the vegetables. Roll out each dinner roll into a 7 inch circle on a lightly floured surface. Brush with salad dressing. Spoon veggie mixture onto roll, spreading within 1 inch of the edges. Fold dough over filling and pinch edges to seal the Calzone. Place each Calzone on an ungreased baking sheet. Brush with remaining oil and bake at 350°F for 15 – 20 minutes or until golden brown.

Servings: 4

Nutrition Facts	Nutrition Facts with Meat
Serving size: 1/4 of a recipe (4.6 ounces).	Serving size: 1/4 of a recipe (6.6 ounces).
Carb Choices 2	Carb Choices 2
Amount Per Serving	Amount Per Serving
Calories 276.92	Calories 384.93
Calories From Fat (37%) 103.61	Calories From Fat (42%) 160.48
% Daily Value	% Daily Value
Total Fat 11.8g 18%	Total Fat 18.14g 28%
Saturated Fat 3.82g 19%	Saturated Fat 5.29g 26%
Cholesterol 21.18mg 7%	Cholesterol 64.11mg 21%
Sodium 418.9mg 17%	Sodium 467.89mg 19%
Potassium 128.06mg 4%	Potassium 256.67mg 7%
Total Carbohydrates 31.43g 10%	Total Carbohydrates 32.13g 11%
Fiber 0.48g 2%	Fiber 0.51g 2%
Sugar 4.28g	Sugar 4.93g
Protein 12.84g 26%	Protein 24.22g 48%
MyPoints 6 MyPoints Plus 8	MyPoints 9 MyPoints Plus 10

Rotel Spaghetti Bake

- 2 cups cooked chicken
- 1 can cream of mushroom soup (Campbell's Healthy Request)
- 1 ½ cup Velveeta shreds
- 8 oz angel hair pasta
- 1 can Rotel (you can use less if you don't like a lot of spice)

Cook pasta according to directions on package. Place cooked pasta in a 9 x 9 inch pan that has been sprayed with cooking spray. Place chicken on pasta. Mix remaining ingredients together and pour on top. Bake at 350°F for 30 minutes.

Servings: 6

Nutrition Facts		Nutrition Facts with Meat	
Serving size: 1/6 of a recipe (6.9 ounces).		Serving size: 1/6 of a recipe (7.4 ounces).	
Carb Choices 2.5		Carb Choices 2.5	
Amount Per Serving		Amount Per Serving	
Calories	283.62	Calories	357.53
Calories From Fat (26%)	74.89	Calories From Fat (29%)	103.68
% Daily Value		% Daily Value	
Total Fat 7.96g	12%	Total Fat 11.29g	17%
Saturated Fat 4.42g	22%	Saturated Fat 5.26g	26%
Cholesterol 28.31mg	9%	Cholesterol 64.67mg	22%
Sodium 835.43mg	35%	Sodium 884.53mg	37%
Potassium 392.03mg	11%	Potassium 262.78mg	8%
Total Carbohydrates 39.6g	13%	Total Carbohydrates 36.36g	12%
Fiber 1.57g	6%	Fiber 0.91g	4%
Sugar 2.33g		Sugar 1.74g	
Protein 11.48g	23%	Protein 25.45g	51%
MyPoints 6 MyPoints Plus 7		MyPoints 8 MyPoints Plus 9	

Crock Pot Stuffed Bell Peppers

- 4 Bell Peppers
- 1 lb ground beef or 1 can red beans
- 1 large egg
- 1 ½ cups instant brown rice
- 1 cup onion, chopped
- 1 (15 oz) can tomato sauce, no salt added
- ½ tsp pepper
- 1 tsp garlic powder
- ½ cup water
- ½ cup shredded cheddar cheese

Cut bell pepper in half and clean out seeds. Mix together ground beef or beans, egg, rice, onion, pepper, garlic powder, and 1 cup tomato sauce. Spoon mixture into the 8 bell pepper halves. Pour ½ cup tomato sauce and ½ cup water in the bottom of the crock pot. Add stuffed bell peppers and pour the remaining tomato sauce over the peppers. Cover and cook on low 6 hours or on high for 3 – 4 hours. Sprinkle 1 Tbsp of cheese on each bell pepper half and replace lid until cheese melts. (This can also be made in the oven. Place peppers in a 9x13 inch pan. Pour the tomato sauce and water in the bottom of the pan and cover. Cook at 350°F for 30 minutes or until filling is cooked and set. Uncover, sprinkle with cheese and return to the oven for 5-10 additional minutes or until cheese melts.)

Servings: 4

Nutrition Facts		Nutrition Facts with Meat	
Serving size: 1/4 of a recipe (19.8 ounces).		Serving size: 1/4 of a recipe (18.1 ounces).	
Carb Choices 4		Carb Choices 2.5	
Amount Per Serving		Amount Per Serving	
Calories	327.63	Calories	400.57
Calories From Fat (10%)	33.41	Calories From Fat (28%)	113.29
% Daily Value		% Daily Value	
Total Fat 3.83g	6%	Total Fat 12.65g	19%
Saturated Fat 1.37g	7%	Saturated Fat 4.92g	25%
Cholesterol 55.84mg	19%	Cholesterol 124.37mg	41%
Sodium 445.16mg	19%	Sodium 192.23mg	8%
Potassium 1177.58mg	34%	Potassium 1193.55mg	34%
Total Carbohydrates 58.6g	20%	Total Carbohydrates 39.33g	13%
Fiber 13.13g	53%	Fiber 6.43g	26%
Sugar 13g		Sugar 10.69g	
Protein 16.65g	33%	Protein 32.04g	64%
MyPoints 6 MyPoints Plus 8		MyPoints 8 MyPoints Plus 10	