



Devine Nutrition On the Go Meal Plan

December Week 1:

Cranberry Mustard Pork Roast- Slow cooker

Pepper Steak

Baked Mostaccioli with chicken

Beef Stew

Note: The shopping list corresponds (mostly) to the main dish. Since the sides for each meal vary upon the household, please remember to write in your sides on your shopping list!

Prep Ahead Tips for the week:

- Try chopping all veggies for the week after your shopping trip to save time during the week.
- Can prep both crock pot recipes on weekend when you have time and freeze them until you need if making for later in the week.
- I prep the noodles and meat the night before when I am packing lunches for the pasta bake.

Meal 1: Cranberry-Mustard Pork Roast- Slow cooker

Note: You can freeze this meal if you are serving later in week. Add all ingredients in gallon baggie. Defrost the night before you add to crock pot.

2-3 pounds pork roast

2 cups fresh or frozen cranberries

½ cup orange juice concentrate

1 tablespoon brown or Dijon mustard

1 onion, diced

1 tablespoon salt

1 teaspoon black pepper

¼ teaspoon ground cinnamon, optional

Cook Time: 8 to 10 hours on low

Serve with: mashed potatoes and steamed green vegetables or side salad

Meal 2: Pepper Steak

Ingredients

- ½ of a full piece of round steak, cut into strips
- ½ onion
- 2 tbsp butter
- Garlic powder
- 1 16 oz can low sodium diced tomatoes
- 1 low sodium beef bouillon cube, dissolved in 1 cup hot water
- ½ to 1 green pepper, sliced
- 2 tbsp corn starch
- 3 tbsp low sodium soy sauce

Directions

1. Brown strips in butter, add onion and sprinkle meat with garlic powder. Add tomatoes and bouillon and cook for 20 minutes.
2. After 10 minutes, add green pepper.
3. Mix cornstarch with soy sauce in a small bowl. Add some juice from beef pan and blend it in bowl. Add to pot and stir until thickened.
4. Serve with rice.

Serve with crusty bread, and a salad if needed.

Meal 3: Baked Mostaccioli with chicken!

- 1 pound frozen chicken breast strips (Tyson is great). Note: You can sub chicken for cooked ground turkey or beef OR Italian turkey sausage
- 1 box whole wheat mostaccioli
- ½- 1 jar pasta sauce
- 1 bag 2% mozzarella cheese
- 1 Tbsp. Basil
- Tbsp. Oregano
- Garlic

Directions

Cook pasta according to package directions.

Spray 9X13 pan

Add pasta, chicken, sauce, ½ pkg. cheese and herbs. Mix well.

Top with rest of cheese

Bake in oven for 20-25 minutes.

Note: Can add a can of low sodium diced tomato and diced artichoke hearts to boost nutrition in this recipe!

Sides

Serve with a side salad or whole-wheat garlic toast

Meal 4: Beef Stew- Slow cooker

Ingredients:

- 2 pounds beef stew meat, cut into 1 inch cubes
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce
- 1 onion, chopped
- 1 1/2 cups beef broth
- 3 potatoes, diced
- 4 carrots, sliced
- 1 stalk celery, chopped

Directions

1. Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.
2. Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.