

Devine Nutrition On the Go Meal Plan

December Week 2:

English Muffin Pizzas

Pesto Chicken Pasta

Beef Wraps

Garlic Chicken

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.
- Save English muffin pizzas for the night you have the least amount of time.
- Use leftover veggies in fridge for your pizzas.

Meal 1: English Muffin Pizzas

Thomas LIGHT English Muffins

Pizza or marinara sauce

Desired cut up veggies

2% Mozzarella or Colby jack cheese

Protein: If desired, add leftover diced chicken or warmed up Tyson frozen chicken strips

Start broiler on oven.

Open up English Muffins. Place on tinfoil on a cookie sheet

Spoon a thin layer of sauce on each English muffin.

Add desired amount of cheese, veggies and/or meat.

Broil for 5 minutes or until cheese is browning on top.

Serve with a salad!

Meal 2: Pesto Chicken Pasta

Ingredients

- 8 oz. uncooked farfalle (bowtie) pasta (or preferred type of pasta)
- Pre-cooked sliced grilled chicken
- 2 cups cut-up fresh or frozen Michigan Asparagus (can omit if don't like)
- 1 cup halved cherry tomatoes
- 1/3 cup chopped red onion
- 1 (2.25oz.) can sliced ripe olives, well drained
- 3/4 cup prepared pesto sauce
- 3 tablespoons freshly shredded or grated romano cheese

Directions

1. Cook pasta according to package directions; rinse and drain.
2. Steam or microwave Michigan Asparagus until crisp-tender.
3. Drain and combine in a large bowl with cooked pasta.
4. Stir in chicken, tomatoes, onion, and olives.
5. Gently toss with pesto sauce.
6. Serve warm, garnished with cheese.

<http://www.michiganasparagus.org/recipes/2015/4/20/pesto-chicken-pasta>

Serve with crusty bread, and a salad if needed.

Meal 3: CHIMICHURRI STEAK WRAPS!

(Can omit sauce if time or picky eaters are an issue!)

INGREDIENTS

1. 12 ounces grilled beef steak, cut into slices
2. 3 cups fresh baby spinach
3. 1/2 large red bell pepper, cut into thin strips
4. 4 medium whole wheat tortillas (8 to 10-inch diameter)

Chimichurri Sauce:

1. 1 cup fresh parsley leaves
2. 2 cloves garlic
3. 3 tablespoons olive oil
4. 1 tablespoon red wine vinegar
5. 1/4 teaspoon salt

1. Place parsley and garlic in food processor or blender container. Cover; process until finely chopped. Add oil, vinegar and salt; process just until blended.
2. Spread each tortilla evenly with Chimichurri Sauce, leaving 1/4-inch border around edge. Top with equal amounts spinach, bell pepper slices and beef slices on top two-thirds of

tortilla. Fold bottom of tortilla up over filling. Fold right and left sides to center overlapping edges; secure with wooden picks; if desired

Meal 4: Garlic Chicken and Orzo

Ingredients

- 1 cup uncooked orzo pasta
- 2 tablespoons olive oil
- 2 cloves garlic
- 1/4 teaspoon crushed red pepper
- 2 skinless, boneless chicken breast halves - cut into bite-size pieces
- salt to taste
- 1 tablespoon chopped fresh parsley
- 2 cups fresh spinach leaves
- grated Parmesan cheese for topping

Directions

1. Bring a large pot of lightly salted water to a boil. Add orzo pasta, cook for 8 to 10 minutes, until al dente, and drain.
2. Heat the oil in a skillet over medium-high heat, and cook the garlic and red pepper 1 minute, until garlic is golden brown. Stir in chicken, season with salt, and cook 2 to 5 minutes, until lightly browned and juices run clear. Reduce heat to medium, and mix in the parsley and cooked orzo. Place spinach in the skillet. Continue cooking 5 minutes, stirring occasionally, until spinach is wilted. Serve topped with Parmesan cheese.