



Devine Nutrition On the Go Meal Plan

December Week 3:

Ravioli
Sesame Chicken
Flat Out Pizza
Slow cooker 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.
- Use leftover veggies in fridge for your pizzas.

Meal 1: Ravioli, broccoli and garlic bread

Store brand frozen cheese or beef ravioli

Heat according to directions. Serve with homemade pasta sauce (recipe here: <http://www.kellydevinenutrition.com/wp-content/uploads/2015/12/Pasta-Sauce.doc>)

Serve with:

- Barilla® Mushroom Pasta Sauce
- Steamed Broccoli
- Seedless Navel Oranges
- Homemade garlic bread using whole grain toast

Calories: 440

Fat: 12g

Carbohydrate: 65g

Fiber: 6g

Protein: 17g

Meal 2: Sesame Chicken

1 Pound boneless skinless chicken breasts

Sesame Oil 2 tbsp

2 tsp chopped garlic

Asian style frozen veggies

1. Chop 1 pound boneless, skinless chicken breasts into 2-inch chunks.
2. Heat 2 tablespoons sesame oil over medium-high heat. Add 2 teaspoons chopped garlic and cook for one minute.
3. Add chicken chunks and cook until internal temperature reaches 165°

Serve with:

Birds Eye® Steam Fresh® Protein Blends Asian Style

Meal 3: Flatout Sausage and pepper Pizza (MY FAV!)

1 Flatout® Flatbread Artisan Thin Pizza Crust (or try their spicy Italian if you like a kick!)

1/2 cup cooked sausage, crumbled (or substitute cooked chicken or pepperoni)

1/3 cup pesto sauce

1/4 cup feta, crumbled

8 Kalamata olives, pitted and sliced

3 oz. sliced red peppers, sliced

Place flatbread on a cookie sheet. Bake at 375 degrees for two minutes. Remove from oven.

Spread pesto sauce on the flatbread. Top with feta, olives, sausage and sliced peppers.

Return to oven and bake 4 more minutes or until cheese melts.

Grilling method: Preheat grill to 375 degrees. Pre-bake the flatbread on the grill for 1-2 minutes. Remove flatbread from grill. Spread pesto sauce on the flatbread. Top with feta, olives, sausage and sliced peppers. Return flatbread to grill. Close Lid. Grill for 4 more minutes or until cheese melts.

Meal 4: Slow Cooker Tuscan Beef Stew

Serves 8

- 2 pounds beef stew meat, cut into 1 1/2-inch cubes
 - 4 carrots, cut into 1-inch chunks
 - 2 cans (14 1/2 ounces each) diced tomatoes, undrained
 - 1 medium onion, cut into wedges
 - 1 package McCormick® Slow Cookers Hearty Beef Stew Seasoning
 - 1/2 cup water
 - 1/2 cup dry red wine
 - 1 teaspoon McCormick® Rosemary Leaves, crushed
 - 8 slices Italian bread, toasted
1. Place beef, carrots, tomatoes and onion in slow cooker.
 2. Mix Seasoning Mix, water, wine and rosemary until blended. Pour over beef and vegetables; toss to coat well. Cover.
 3. Cook 8 hours on LOW or 4 hours on HIGH. Stir before serving. To serve, place 1 slice of bread in each bowl. Spoon stew over bread.