



Devine Nutrition On the Go Meal Plan

February Week 2:

Steak Tacos

One-Pot Cheesy Italian Pasta and Chicken

Grilled Cheese with Tomato Soup

Flatout Pizza

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 your steak leftovers for a salad topping or lunch the next day

Meal 1: Carne Asada (Steak Tacos)

Ingredients:

2 pounds skirt steak
1 lime, juiced
2 teaspoons cumin
1 teaspoon paprika
7 cloves garlic, minced
¼ cup fresh cilantro, rough chopped
2 teaspoons Mexican oregano, dried
1½ teaspoons salt
½ teaspoon pepper

Directions:

Cut skirt steak in half or in thirds so it can fit into slow cooker. Season with salt and pepper. Set aside.

In a small bowl, mix together lime juice, cumin, paprika, garlic, and oregano. Rub into the skirt steak.

Place skirt steak into a 6-quart slow cooker. Sprinkle cilantro on top.

Cook on low for 4 hours.

Remove pot from base and partially open lid. Allow to rest for 10 minutes. Slice and serve with tortillas.

Serve with corn or flour tortillas, rice and beans!

Meal 2: One-Pot Cheesy Italian Pasta and Chicken

Ingredients

SERVES 6 | ACTIVE TIME 20 Min | TOTAL TIME 30 Minutes

8 ounces baby spinach leaves, divided
1 cup sun-dried tomatoes packed in oil and Italian herbs, drained (about 7 ounces)
1 large yellow onion, sliced
1 pound uncooked boneless, skinless chicken breasts (cut into 1/2" bite size pieces)
6 garlic cloves, sliced
1 pound dry linguine
2 teaspoons dried Italian seasoning
2 teaspoons kosher salt
1 teaspoon fresh ground pepper
1 teaspoon crushed red pepper flakes
4 cups (32 ounces) reduced sodium chicken stock
1 cup (8 ounces) chardonnay wine
4 ounces fresh Parmesan cheese, shredded

Combine 1/2 of the spinach with the tomatoes, onion, chicken, garlic, linguine, Italian seasoning, salt, pepper and crushed red pepper in a 5-quart Dutch oven over medium-high heat. Pour chicken stock and wine over top. Cover and bring to a boil.

Cook 7-9 minutes until pasta is al dente (with a bite to it). Toss pasta with tongs occasionally to keep the pasta from sticking to the bottom of the pot. You will still have some liquid in the pan when the pasta is done cooking. This is going to make the base for our delicious cheese sauce.

Turn off the heat and add the cheese to the pasta. Toss pasta with tongs until the cheese melts into the pasta. Toss in remaining spinach. Serve and enjoy!

Tip:

This dish is just spicy enough to make your tongue tingle. For a very mild sauce, reduce the red pepper flakes to 1/2 teaspoon.

The Slow Roasted Italian

Meal 3: Grilled Cheese with Tomato Soup

Favorite easy meal!

Ingredients

Whole grain bread. (LOVE Today's Temptation bread)
Brummel and Brown butter
Sargento Colby Jack and Cheddar Cheese Thin Slices
Tomato Slices
Garlic Powder
Amy's Tomato Soup

Instructions 1. Butter bread on one side, sprinkle with garlic powder, place butter side down on the skillet. 2. Place 2-3 slices cheese on top, slices of tomato and top with 1 slice buttered bread, butter side up. 3. Flip after 3 minutes to desired doneness. 4. Serve with Amy's tomato soup and viola! Dinner in 10!

Meal 4: Flatout Pizza

Here's one of my fav pizza recipes!
Flatout Spicy Italian Pizza Crust- a bit spicy so buy a different flavor if needed!
Part Skim Mozzarella Cheese
Spinach
Grape Tomatoes sliced
(Or really any type of pizza toppings)
Pizza sauce

Bake in oven according to directions. Feeds 1-2 people so make a few for family.
Pair with soup or salad!

Grocery List

Produce	Bread/Pasta/Misc.	Dairy/Refrigerated
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Cilantro	1 pound dry linguine	Sargento Thin slices Colby Jack
8 ounces baby spinach	Whole grain bread	Brummel and Brown butter
Onion	Flat Out Pizza Crusts	Parmesan cheese
Tomato		
Grape Tomato		
Sun dried tomato packed in oil		
Bakery	Condiments / Sauces	
	Pizza sauce	1 pound uncooked boneless, skinless chicken breasts
		2 pounds skirt steak
Snacks	Canned foods	
	Amy's tomato soup	
	4 cups (32 ounces) reduced sodium chicken stock	
Frozen	Spices & herbs	Beverages
	Cumin Paprika Mexican Oregano Garlic gloves Italian seasoning Red Pepper Flakes	chardonnay wine