



Devine Nutrition On the Go Meal Plan

June Week 3:

Sensational Sirloin Kabobs
Greek Chicken
Black Bean and Couscous Salad
Parmesan Roasted Corn on the Cob

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:

Two of the recipes call for marinating the night before

Meal 1: Sensational Sirloin Kabobs

Ingredients

- 1/4 cup soy sauce
- 3 tablespoons light brown sugar
- 3 tablespoons distilled white vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon garlic pepper seasoning
- 4 fluid ounces lemon-lime flavored carbonated beverage
- 2 pounds beef sirloin steak, cut into 1 1/2 inch cubes
- 2 green bell peppers, cut into 2 inch pieces
- skewers
- 1/2 pound fresh mushrooms, stems removed
- 1 pint cherry tomatoes
- 1 fresh pineapple - peeled, cored and cubed

Directions

1. In a medium bowl, mix soy sauce, light brown sugar, distilled white vinegar, garlic powder, seasoned salt, garlic pepper seasoning, and lemon-lime flavored carbonated beverage. Reserve about 1/2 cup of this marinade for basting. Place steak in a large resealable plastic bag. Cover with the remaining marinade, and seal. Refrigerate for 8 hours, or overnight.
2. Preheat grill for high heat. Thread steak, green peppers, mushrooms, tomatoes, and pineapple onto skewers in an alternating fashion. Discard marinade and the bag.
3. Lightly oil the grill grate. Cook kabobs on the prepared grill for 10 minutes, or to desired doneness. Baste frequently with reserved marinade during the last 5 minutes of cooking.

Meal 2: Greek Chicken

Ingredients

- 1/2 cup olive oil
- 3 cloves garlic, chopped
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh oregano
- 2 lemons, juiced
- 1 (4 pound) chicken, cut into pieces

Directions

1. In a glass dish, mix the olive oil, garlic, rosemary, thyme, oregano, and lemon juice. Place the chicken pieces in the mixture, cover, and marinate in the refrigerator 8 hours or overnight.
2. Preheat grill for high heat.
3. Lightly oil the grill grate. Place chicken on the grill, and discard the marinade. Cook chicken pieces up to 15 minutes per side, until juices run clear. Smaller pieces will not take as long.

Meal 3: Black Bean and Couscous Salad

Ingredients:

- 1 cup uncooked couscous
- 1 1/4 cups chicken broth
- 3 tablespoons extra virgin olive oil
- 2 tablespoons fresh lime juice
- 1 teaspoon red wine vinegar
- 1/2 teaspoon ground cumin
- 8 green onions, chopped
- 1 red bell pepper, seeded and chopped
- 1/4 cup chopped fresh cilantro
- 1 cup frozen corn kernels, thawed
- 2 (15 ounce) cans black beans, drained
- salt and pepper to taste

Directions

1. Bring chicken broth to a boil in a 2 quart or larger sauce pan and stir in the couscous. Cover the pot and remove from heat. Let stand for 5 minutes.
2. In a large bowl, whisk together the olive oil, lime juice, vinegar and cumin. Add green onions, red pepper, cilantro, corn and beans and toss to coat.
3. Fluff the couscous well, breaking up any chunks. Add to the bowl with the vegetables and mix well. Season with salt and pepper to taste and serve at once or refrigerate until ready to serve.

Great to pair with grilled chicken or even by itself for a quick meal!

Meal 4: Parmesan Roasted Corn on the Cob

Ingredients

- 1/2 cup mayonnaise, light
- 5 ears corn, husk and silk removed
- 1 cup shredded Parmesan cheese
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Directions

1. Preheat an outdoor grill for medium-high heat and lightly oil grate.
2. Brush a thin layer of mayonnaise on each ear of corn. Sprinkle the corn with the Parmesan cheese, chili powder, salt, and pepper. Wrap each ear with aluminum foil and place on the grill.
3. Grill, turning occasionally, until the kernels begin to brown, about 10 minutes.

Week 1 Grocery List

Produce	Bread/Pasta/Misc.	Dairy/Refrigerated
Onion	1 cup uncooked couscous	12 slices American cheese
1 pint cherry tomatoes		1 cup shredded Parmesan cheese
5 ears fresh corn, kernels cut off (or canned)		
Green pepper		
1/2 pound fresh mushrooms, stems removed		
1 fresh pineapple - peeled, cored and cubed		
2 lemons		
8 green onions, chopped		
1 red bell pepper, seeded and chopped		
1/4 cup chopped fresh cilantro		
Bakery	Condiments / Sauces	Meat/Dairy/Seafood
	6 tablespoons light mayo	2 pounds beef sirloin steak, cut into 1 1/2 inch cubes
	1/4 cup soy sauce	1 (4 pound) chicken, cut into pieces
	3 tablespoons distilled white vinegar	
Snacks	Canned foods	Baking
	4 fluid ounces lemon-lime flavored carbonated beverage	Brown sugar
	1 1/4 cups chicken broth	
	Wine vinegar	
	2 tablespoons fresh lime juice	
	2 (15 ounce) cans black beans, drained	
Frozen	Spices & herbs	Beverages
1 cup frozen corn kernels, thawed	Garlic powder	
	Salt	
	1/2 teaspoon garlic pepper seasoning	
	Thyme	
	Rosemary	
	Oregano	
	Cumin	