



## **Devine Nutrition On the Go Meal Plan**

**Happy Thanksgiving Week!**

**November Week 3:**

**Grilled Pesto Chicken Packs**

**Southwest Turkey soup**

**One pot beef/pasta dish (Pastitsio)**

**Turkey Sausage and Mac n cheese**

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 leftover turkey meat for the day after soup recipe.
- You can boil the noodles and brown meat the night before you cook the one pot beef pasta to speed up dinner time during the week.

### **Meal 1: Grilled Pesto Chicken Packs**

**Grilled Pesto Chicken Packs:** ( I am giving recipe for each foil packet, I use 1 per person in my house)

Per tin foil:

½ lb chicken breast or 3 oz chicken breast

2 sliced roma tomatoes (or deseeded cherry tomatoes)

Slice ½ small zucchini

Add to one side of tinfoil (about 18 X 12 inches)

Add to 2 tbsp pesto over top of chicken and veggie mix

Fold tinfoil over sealing all edges and leaving room for chicken to steam (i.e. no fold over too tight).

Cook 20-25 minutes on heated grill or in oven (at about 350 degrees).

## **Meal 2: Southwest Turkey Soup (great for leftover turkey!)**

### Ingredients

- 1 1/2 cups shredded cooked turkey
- 4 cups vegetable or chicken broth- low sodium
- 1 (28 ounce) can whole peeled tomatoes
- 1 (4 ounce) can chopped green chile peppers
- 2 roma (plum) tomatoes, chopped
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tablespoon lime juice
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- salt and pepper to taste
- 1 avocado - peeled, pitted and diced
- 1/2 teaspoon dried cilantro
- 1 cup shredded Monterey Jack cheese

### Directions

1. In a large pot over medium heat, combine turkey, broth, canned tomatoes, green chiles, fresh tomatoes, onion, garlic, and lime juice. Season with cayenne, cumin, salt, and pepper. Bring to a boil, then reduce heat, and simmer 15 to 20 minutes.
2. Stir in avocado and cilantro, and simmer 15 to 20 minutes, until slightly thickened. Spoon into serving bowls, and top with shredded cheese.

## **Meal 3: Easy One Pot Beef/Pasta (enough for leftovers!)**

Serves: 6

- 1 pound of ground sirloin
- 1 tablespoon olive oil
- 2 tablespoon chopped garlic
- 1 ½ cup onion, diced
- 5 garlic cloves minced
- 1 tbsp flour
- 2 cups skim milk
- 8 oz. dry whole wheat penne
- 1 can diced tomatoes, low sodium
- 4 oz 1/3 less fat cream cheese
- 3 oz package fat free cream cheese
- 3 oz (3/4 c) shredded Mozzarella Cheese

1. Cook pasta according to directions, set aside.
2. Heat a small amount of olive oil in a 5 quart pot or skillet over medium-high heat and cook beef. Set aside beef.
3. Heat a small amount of olive oil in a 5 quart pot, add onion, sauté for 4 minutes. Add garlic and cook for 3 more. Add beef and sprinkle in a dash of salt. Add flour, cook 1 minute.

4. Add milk, tomatoes and cream cheeses stirring until smooth. Bring to a simmer. Cook 2 minutes. Add Pasta. (I added mozzarella cheese and served with a salad.)
5. IF you want, you can add pasta to a 13 X 9 pan, sprinkle with cheese and broil for 4 minutes until golden on top. (I skipped this step for time).

Serve with salad, whole grain garlic toast to complete the meal!

### **Meal 4: Turkey sausage and mac and cheese!**

Save this quick meal for the night before Thanksgiving. Quick and Easy!

1-2 packages Hormel turkey sausage (comes in the u-shaped large link)

Annie's Home Grown or Horizon organic mac and cheese (or soup)

½ onion

Frozen veggie

1. Make mac and cheese according to directions.
2. While mac and cheese is cooking, Slice up the sausage into thin slices and dice onion into large chunks. Add to pan and cook through. (Meat is precooked so only takes about 5-7 minutes!)
3. Add veggie to microwave.

Dinner in 10!