February Weekly Meal Menu

Impress your sweetheart with some fresh ideas for healthy meals. Try these suggestions, and find more great recipes and tips at usaflivingfit.com and Kay's Kitchen.

Monday: Side Dish -- Cucumber Salad
Tossed in cucumbers, tomatoes and sweet peppers, topped with feta cheese. Serve with pot roast or pork chop.
Dessert Tip: Banana slices topped with low-fat sour cream
Daily Snack Tip: Hard-Boiled Egg

Tuesday: Jambalaya Made Easy
Turkey sausage, shrimp, ham and vegetables all cooked with rice to create a delicious New Orleans combination. Serve with a fresh salad.
Dessert Tip: Lemon sorbet with blueberries
Daily Snack Tip: Almonds and Dark Chocolate

Wednesday: Seared Tuna with Scallion-Ginger Relish
Grilled tuna marinated with orange juice, soy sauce and ginger, tossed with fresh greens and scallion-ginger. You can substitute arugula or baby spinach for watercress. Serve with lightly steamed green beans and baked potato.
Dessert Tip: pineapple chunks (if using canned, choose unsweetened varieties)
Daily Snack Tip: Trail Mix

Thursday: Marmalade Chicken For Two
Orange marmalade and freshly grated orange zest layered on chicken make a delicious dinner for two. Serve with broccoli, brown rice, and a salad.
Dessert Tip: Baked Apple sprinkled with brown sugar
Daily Snack Tip: Low-Fat Yogurt

Friday: Tandoori-Style Tilapia and Red Quinoa
Greek yogurt layered on tilapia dipped in chicken broth. You can substitute brown rice for quinoa. Serve with tomato slices brushed lightly with olive oil and sprinkled with basil.
Dessert Tip: Grapes
Daily Snack Tip: Baby Carrots

Saturday: Chicken Fingers on a Stick with Mixed Greens Salad
Grilled chicken layered with barbecue sauce and topped with dried bread crumbs. Serve with the mixed greens salad for a fresh-tasting side dish.
Dessert Tip: Clementine oranges
Daily Snack Tip: Mixed Berries

Sunday: Sunday Brunch Frittata
Zucchini, rice, and seasonings are folded into eggs and baked to golden perfection for an easy, pleasing brunch or dinner. Serve with cabbage, pineapple, and raisin salad.
Dessert Tip: Orange slices sprinkled with sugar and cinnamon
Daily Snack Tip: Pretzels

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Sunday Brunch Frittata

Serves: 4

Calories: 302 (per serving)

Protein: 15 grams (per serving)

Key Ingredients:

Zucchini	**Eggs**
Rice	**Grated Mozzarella**

Ingredients:

- 2–3 medium zucchini, sliced
- ½ cup diced onion
- 1 clove fresh garlic, minced fine
- 1 cup cooked rice your choice (a good use for leftover rice)
- 4 eggs separated
- 2 tbsp. grated Parmesan cheese
- ½ cup grated mozzarella cheese
- 4–5 tbsp. extra virgin olive oil

Directions:

1. Preheat oven to 300°
2. Clean and slice the zucchini in half, lengthwise, then into 1/8" pieces.
3. Dice onion and mince garlic (use as much as you like). Sauté zucchini, onions, and garlic in 2 tbsp. olive oil until onions and zucchini are limp.
4. Mix rice, Parmesan, grated mozzarella, and eggs yolks in a bowl.
5. Stir in zucchini mixture, add rice mixture and salt/pepper to taste. Mix all ingredients well.
6. Whip egg whites until fluffy. Fold into the frittata mixture.
7. Spray a 9"x12" casserole dish with olive oil spray.
8. Bake until golden brown on the top. Let cool for 5 minutes.
9. Slice and serve.

Enjoy as a hot or cold appetizer sliced into 1" cubes or as an entrée if sliced larger.

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Monthly Ingredient Status Check: Replace the items below as needed.

Spices	Misc.
○ Salt ○ White pepper ○ Fresh ginger ○ Fresh garlic ○ Hot sauce ○ Freshly ground pepper ○ Oregano ○ Thyme ○ Ground black pepper ○ Cayenne pepper ○ Grated ginger ○ Curry powder ○ Nutmeg ○ Cumin ○ Basil	○ Cooking Spray ○ Reduced-sodium soy sauce ○ Sesame oil ○ Extra virgin olive oil ○ Barbecue sauce ○ Rice vinegar

Better Foods. Better Bodies: February Weekly Meal Menu Shopping List (for a family of 4)

Dairy	Meat and Eggs
○ Feta cheese ○ Butter ○ Greek yogurt ○ ½ cup grated mozzarella cheese ○ Low-fat sour cream ○ Grated parmesan cheese	○ 8 oz. turkey sausage Kielbasa style ○ 1 package of frozen cooked salad shrimp, thawed ○ 8 oz. of fully cooked fat-free ham ○ 8 oz. of tuna steaks ○ 12 oz. of tilapia fillets ○ 8 oz. chicken tenders (rib meat) ○ 2 lbs. boneless, skinless chicken breasts ○ Eggs

Canned Goods (Look for low-sodium)	**Produce**
○ 1 can of water chestnuts ○ 1 can of diced tomatoes ○ 2 cans Pineapple chunks, unsweetened	○ 2 large cucumbers ○ 1 bag of frozen bell pepper, onion ○ Fresh thyme leaves ○ 8 mini sweet peppers (or 1 red/1 yellow pepper) ○ Parsley ○ Scallions ○ Chopped garlic ○ 4 cups Watercress, arugula or spinach

	○ 1 lbs. of tomatoes ○ 1 lemon ○ Raisins ○ 2 stalks of celery ○ 1 onion ○ 2 garlic cloves ○ 2 bay leaves ○ 1 shallot ○ 2-3 medium zucchini ○ Lettuce ○ 1 small head of Cabbage ○ Broccoli ○ Potatoes ○ Green beans (can use frozen or canned) ○ Bananas ○ Blueberries ○ Apples ○ Grapes ○ Clementine oranges ○ Navel oranges ○ 1 avocado ○ cherry tomatoes (1 cup) ○ 4 cups arugula leaves

Misc.
○ 1 carton of chicken broth ○ 1 bag of brown rice ○ Orange juice ○ Mayonnaise ○ Red quinoa or brown rice ○ Orange marmalade ○ Cornstarch ○ Orange zest ○ Bread crumbs ○ Sesame seeds ○ Pine nuts ○ Lemon sorbet ○ 24 skewers