



Dinner Menu "JJ"

Dinner menus are meant to make your life even easier. Print off the menu, grocery list and recipes to follow along for the week. Meals are estimated for 3-4 people but vary based on your postop portion sizes. The names of the menus are fun ways for them to be remembered. In this case, JJ = JJ Heller. One of my favorite female musicians :)

Meal:	Meal:	Meal:	Meal:	Meal:
Grilled Steak with Balsamic Roasted Tomatoes	Bruschetta Baked Pork Chops	No-Bun Cowboy Burger	Southwest Chicken Salad	Almond Dijon Chicken Bake

Vegetable sides have not been added in to leave room for your preference. I recommend frozen green beans, steamed carrots, a steamer bag of vegetables, mashed cauliflower or roasted vegetables. Add your choices in to your meal plans and grocery list. Recipes available on www.foodcoach.me

Grocery List:

Proteins -	Produce -	Pantry -
2 lbs boneless, skinless chicken breasts (for 2 recipes) 1 to 1 1/2 lbs 93% lean ground beef 1 lb boneless pork chops 1 lb lean steak (sirloin or flank) 1 cup fat-free Plain Greek Yogurt 8 oz block Reduced-fat Cheddar (2 meals) 1/2 cup part-skim mozzarella, shredded	1 large green bell pepper 1 large onion 4 Roma tomatoes 1 pt cherry tomatoes 1 tbsp fresh basil (optional) 3 cloves garlic 5 oz Arugala (or spinach)	1 cup Dijon Mustard 1/2 cup slivered almonds 1/2 cup black beans Fiesta Citrus Seasoning (McCormick's) 3 tbsp steak sauce 1 cup Grated parmesan cheese 2 tbsp Sun-Dried Tomato Vinaigrette 1 tbsp balsamic vinegar 1 1/2 tsp dried oregano



Grilled Steak with Balsamic Roasted Tomatoes

1 lb lean sirloin or flank steak
4 Roma tomatoes, cut into wedges or 1 pt grape tomatoes
3 cloves garlic, pressed
1 tbsp balsamic vinegar
1 1/2 tsp dried oregano
5 oz Arugula

1. Heat a skillet or grill pan to medium high heat. Spray with olive oil or cooking spray.
2. Season both sides of steak with salt & pepper. Cook about 4 minutes per side for medium-rare. Remove the steak from the skillet and add the tomatoes. Stir occasionally and cook 2-3 minutes. *If using grape tomatoes, cook until the skin looks like it's starting to blister.*
3. Add garlic, vinegar and oregano. Stir to combine and cook another two minutes. Remove from pan.
4. To your serving plates add a layer of arugula. Divide steaks amongst the plates and then the tomatoes. Drizzle extra balsamic vinegar over the plate and serve.

**For the grill. Add steaks to the grill. Meanwhile make a foil pack with tomato, garlic, vinegar and oregano mixture. Grill the foil pack alongside the steaks for about 8 minutes.



Bruschetta Baked Pork Chops

1 lb boneless pork chops
1 cup grated parmesan cheese
2 Roma tomatoes, seeded and diced
2 tbsp Sun-Dried Tomato vinaigrette
1/2 cup part-skim mozzarella cheese, shredded
1 tbsp chopped fresh basil (optional)

1. Preheat oven to 425 F.
2. Meanwhile, score the pork chop with a knife. Make diagonal slices about 1/16 of an inch on both sides of pork (this allows the parmesan cheese to adhere well). Coat both sides of chops with grated parmesan cheese, using your hand to press cheese into the meat.
3. Bake pork for 20 minutes. Meanwhile, combine tomatoes, dressing and mozzarella in a small bowl. Once pork is finished add tomato mixture to the top of the pork.
4. Put back in the oven another 4 minutes. Remove from oven, sprinkle fresh basil on top and serve.



No-Bun Cowboy Burger

1 large onion, cut into slices
3 tbsp steak sauce
1 to 1 1/2 lbs. 93% lean ground beef
salt & pepper
4 slices reduced-fat cheddar cheese
2 roma tomatoes

1. Heat a nonstick skillet to medium high heat. Add sliced onions and cook on high for about 5 minutes. Turn the heat to medium low for another 5 minutes. Add steak sauce and stir. Let simmer until ready to use.
2. Form the ground beef into 4 patties and season each side with salt and pepper. Preheat outdoor grill or grill pan on stovetop. Cook burgers about 5 minutes per side. Add cheese on the patties when there is one minute left to cook.
3. Top cheeseburger patties with onions and tomatoes.



Southwest Chicken Salad

1 lb. boneless skinless chicken breast
1/2 can black beans, rinsed
1 large green bell pepper, chopped
2 tbsp McCormick's Salt Free Fiesta Citrus Seasoning
1/3 cup reduced-fat shredded cheddar cheese

1. Heat outdoor grill. (Grill pan on the stovetop works too).
2. Blot chicken breasts with paper towel and coat all sides with seasoning. Add to grill turning once (about 6 minutes per side depending on thickness. Heat to internal temp of 165F)
3. Meanwhile chop bell pepper and rinse black beans. Add to a bowl and set aside.
4. Once chicken is cooked. Remove from grill and allow to cool until able to handle. Chop chicken (this is where the Pampered Chef Salad Choppers come in handy!)
5. Add chicken the bell pepper and black bean mixture. Sprinkle on more seasoning and toss together. Serve with shredded cheese. Plain Greek yogurt is also a great addition!



Almond Dijon Chicken Bake

4 boneless skinless chicken breast
1 cup plain fat-free Greek yogurt
1 cup dijon mustard
1/2 cup slivered almonds

1. Preheat oven to 375.
2. In a baking dish, add the chicken. Then add half the Greek yogurt and mustard. Sprinkling with salt and pepper would be a good idea too :) Using tongs, the back of a spoon, or bare hands if you are brave, coat the chicken with the yogurt and mustard.
3. Flip chicken over and add the rest of the yogurt & mustard. Coat this side too...and then add almonds. I used the back of a spoon to press the almonds down a bit.
4. Bake for 25 minutes or until internal temp reads 165F.