



Dinner Menu "Rudy"

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, Rudy = my parents dachshund.

Meal:	Meal:	Meal:	Meal:	Meal:
Pizza Chicken with Turkey Pepperoni	Garlic Lemon Stuffed Chicken Breasts	Barbecue Meatloaf	Fajita Burgers	Easy Slow Cooker Pulled Pork

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 1 lb. lean ground beef 1 lb. lean ground turkey 1 lb. lean pork tenderloin 1 cup shredded mozzarella cheese 4 oz 2% cheddar cheese 20 pieces turkey pepperoni 3 eggs	3 cloves garlic 1 lemon 3 yellow onions 1 green bell pepper 1 red bell pepper	8 oz can tomato sauce salt & pepper 3 cups grated parmesan cheese (canned) liquid smoke grill seasoning of choice 1 packet taco seasoning 1 can beef broth barbecue sauce (lowest sugar available)



Pizza Chicken with Turkey Pepperoni

3 cups tomato sauce

1 lb. boneless skinless chicken breast

Salt & pepper

1 cup parmesan cheese, grated

1 cup 2% shredded mozzarella cheese

20 pieces turkey pepperoni

1. Place oven rack to middle of the oven and heat oven to 400 F. Pour tomato sauce in the bottom of a 13×9 baking pan.
2. Pat chicken breast with a paper towel to dry. Season both sides with salt & pepper. Coat each side with grated parmesan cheese, pressing into the chicken for it to adhere.
3. Place chicken in tomato sauce and bake in oven for 10-15 minutes (depending upon thickness of chicken).
4. Pull chicken out of the oven and divide shredded cheese evening between chicken breast; spreading on the top of each. Place 5 turkey pepperoni on each chicken breast. Turn oven up to 425 and place back in oven.
5. Bake for 7 minutes for cheese to melt. Let cool slightly and serve.



Garlic and Lemon Stuffed Chicken Breasts

4 boneless skinless chicken breasts
4 ounces fat free cream cheese
4 ounces 2% cheddar cheese, cut into 1/2 inch slices
1 cup grated parmesan cheese
2-3 garlic cloves, pressed
Juice of 1 lemon
1 egg

1. Preheat oven to 350F. Butterfly chicken breast (cut in half horizontally, not all the way through. Think of an open book.)
2. Place 1 ounce of fat-free cream cheese and 1 ounce of 2% cheddar inside each chicken breast. Bring the top over to close and secure with a toothpick.
3. Crack and whisk egg in a shallow bowl. Add grated parmesan cheese to another shallow bowl. Cover each chicken breast with egg mixture, then with cheese. Add to a baking pan (sprayed with cooking spray).
4. Once all chicken pieces are put in the dish, press garlic over the chicken. Then squirt lemon juice all over. Bake for 25 minutes or until internal temperature reads 165F.



Grilled Barbecue Meatloaf

1 lb. lean ground beef
½ cup grated parmesan cheese
½ cup barbecue sauce
1 egg, beaten
½ cup chopped onion
Liquid smoke
Grill seasoning, optional

**If you don't have a grill safe pan, this recipe can be baked. Meatloaf Grill Pan available for purchase online.*

1. If baking meatloaf; Preheat oven to 375
2. If grilling, heat grill to medium high heat.
3. Mix all ingredients together- using only half of the barbecue sauce. Form into a loaf.
4. If baking- place in a loaf pan and place in oven for 45 minutes or until internal temp reaches 160F. Let stand 5 minutes and top with remaining 1/4 cup sauce.
5. If grilling- place in a grilling loaf pan (or grill basket) and put in center of grill. Close lid for 30 minutes or until internal temp reaches 160F. I recommend using a meat thermometer. Using a good oven mit, remove from grill and let stand 5 minutes. Top with remaining 1/4 cup sauce.



Fajita Turkey Burger

1 lb. lean ground turkey
1 egg white
1/2 cup grated parmesan cheese
1/2 tsp each salt & pepper
2 tbsp. taco seasoning
1 medium onion, sliced
1 green bell pepper, sliced
1 red bell pepper, sliced

1. Mix together ground turkey, grated parmesan cheese, egg white, salt & pepper and 1 tbsp. taco seasoning.
2. Heat the grill- and meanwhile, form the mixture into patties. Grill for about 4-5 minutes per side or until internal temperature reads 165 F.
3. Meanwhile, add sliced onions and bell peppers to a skillet over medium high heat. Sprinkle another tbsp. of taco seasoning to the mixture. Cook for about 5 minutes.
4. Once burgers are cooked- remove from grill and top with bell peppers and onions. Serve with salsa or other toppings as desired.



Easy Slow Cooker Pulled Pork

1 lb. Pork Tenderloin

1 can Beef Broth

1 whole sliced Onion

½ cup, Barbecue Sauce (plus some for dipping)

1. Place pork tenderloin in the bottom of a slow cooker.
2. Mix barbecue sauce and beef broth together and then pour over pork tenderloin.
3. Let cook on Low for 6-8 hours. Shred with 2 forks and serve. Goes great with steamed carrots.