

MONDAY

Active cook time: 20 mins

PRO TIPS: Cook 3 lbs ground beef and reserve 1 lb cooked ground beef for Wednesdays meal. Cut up all broccoli and reserve extra for Wednesdays meal. Use the 4 left over buns to make the fresh breadcrumbs needed for later in the week, you will need about 2 1/2 cups.

SLOPPY JOES

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| 1 tbsp oil | 1/2 tsp salt |
| 2 lb lean ground beef | 1/2 tsp dry mustard |
| 1 1/2 cups chopped onions | 1/2 tsp chili powder |
| 1 1/4 cups ketchup | 1/4 tsp ground allspice |
| 1/2 cup water | 1/8 tsp cayenne pepper |
| 1 tbsp apple cider vinegar | 1/8 tsp garlic powder |
| 1 tbsp packed brown sugar | 8 whole wheat kaiser buns, halved |

DIRECTIONS

1. Heat oil in a Dutch oven over medium heat.
2. Add beef and onions. Cook, stirring to break up beef, until browned, about 7 - 10 minutes.
3. Drain off excess fat.
4. Stir in next 10 ingredients (ketchup through garlic powder). Bring to a boil. Reduce heat and simmer, covered, for 7 - 10 minutes or until slightly thickened.
5. Spoon about 1/2 cup of beef mixture onto bottom half of each bun. Cover with top halves of buns.

CREAMY BROCCOLI SALAD

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| 5 cups broccoli florets | 1/2 tsp celery salt |
| 1/2 cup plain yogurt | 1 cup halved seedless red grapes |
| 1/4 cup mayonnaise | 1/2 cup crumbled cooked bacon |
| 1/4 cup fresh orange juice | 1/2 cup slivered almonds, toasted |
| 2 tbsp malt vinegar | 1/2 cup finely chopped red onion |
| 1 tsp celery seed | |

DIRECTIONS

1. Cook broccoli in boiling salted water for 2 minutes; drain. Cool immediately in ice water; drain. Pat broccoli dry with paper towels.
2. To prepare dressing, whisk together yogurt, mayonnaise, orange juice, vinegar, celery seed and celery salt until blended.
3. Combine broccoli, grapes, bacon, almonds and onion in a bowl. Add dressing and toss to combine.

TUESDAY

Active cook time: 35 mins

PRO TIPS: Cut up extra veggies for Wednesdays meal.

TOSSED AND BAKED BREADED WINGS

¾ cup fine dry bread crumbs	¾ tsp freshly ground pepper
2 tbsp cornmeal	½ tsp garlic powder
1 tbsp cornstarch	½ tsp celery seeds
1½ tsp chili powder	½ tsp onion powder
1½ tsp packed golden brown sugar	2½ lb chicken wings and drumettes (1.125 kg)
1 tsp salt	Louisiana-style hot sauce, optional*

DIRECTIONS

1. Preheat oven to 425°F.
2. Pulse all ingredients except chicken wings and hot sauce in a mini food processor until blended.
3. Transfer breadcrumb mixture to a large heavy zip-lock plastic bag. Add chicken to bag.
4. Seal bag and shake to coat. Place wings on an ungreased baking sheet.
5. Bake, flipping wings halfway through the cooking time, until cooked through, about 30 – 35 minutes. Serve with hot sauce.

GREEN GODDESS YOGURT DRESSING

1 cup plain yogurt	1 tbsp mayonnaise
½ cup sour cream	1 tsp dry mustard
¼ cup thinly sliced green onion	1 tsp tarragon leaves, crumbled
¼ cup chopped fresh parsley	¼ tsp salt
1 tbsp finely chopped anchovies, optional	1/8 tsp freshly ground pepper
1 tbsp fresh lemon juice	1 clove garlic, finely chopped
1 tbsp white wine vinegar	

DIRECTIONS:

1. Place all ingredients in a food processor, process until smooth. Refrigerate for at least 2 hours or up to 2 days. Stir before using.

WEDNESDAY

Active cook time: 50 mins

PRO TIPS: Use reserved cooked ground beef from Monday. Use reserved cut up vegetables from Tuesday to dip

MAC AND CHILI

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| 1 tbsp oil | 1 can (14 oz / 398 mL) kidney beans, rinsed and drained |
| 1 lb (0.5 kg) lean ground beef | 1 can (7 1/2 oz / 213 mL) tomato sauce |
| 1 cup chopped onion | 2 cups frozen kernel corn |
| 1/2 cup chopped green bell pepper | 1/2 tsp salt |
| 2 cloves garlic, finely chopped | 1/4 tsp freshly ground pepper |
| 1 tbsp chili powder | 1 cup elbow macaroni, cooked and drained |
| 1 tsp ground cumin | 1 1/2 cups shredded cheddar cheese |
| 1 can (14 oz / 398 mL) diced tomatoes | Shredded cheddar cheese, optional |

DIRECTIONS

1. Heat oil in a Dutch oven over medium heat. Add beef, onion, green pepper and garlic. Cook, stirring to break up beef, until browned, about 7 - 10 minutes.
2. Drain off excess fat. Add chili powder and cumin; cook, stirring, for 1 minute.
3. Stir in tomatoes, beans, tomato sauce, corn, salt and pepper. Bring to a boil. Reduce heat and simmer, covered, stirring occasionally, for 20 minutes.
4. Stir in cooked macaroni and cook, covered, for 5 minutes. Remove from heat and stir in 1 1/2 cups cheese. Cover and let stand until cheese is melted.
5. Serve topped with additional cheese.

LEMON DILL DIP

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| 1/2 cup sour cream | 1/8 tsp dried dill weed |
| 2 tbsp thinly sliced green onion | 1/8 tsp salt |
| 1 tbsp fresh lemon juice | 1/8 tsp freshly ground pepper |
| 1 tsp grated lemon peel | |

DIRECTIONS

1. Combine all ingredients until blended. Refrigerate until serving.

THURSDAY

Active cook time: 25 mins

PRO TIPS: We suggest that you make plain mashed potatoes or cooked rice with this meal.

MAPLE ROSEMARY PORK CHOPS

4 bone-in pork loin chops, ¾ inch thick
½ tsp salt
½ tsp freshly ground pepper
1/3 cup Dijon mustard
1/3 cup pure maple syrup

1 tbsp apple cider vinegar
2 cloves garlic, finely chopped
½ tsp dried rosemary, crumbled
1 tbsp canola oil

DIRECTIONS:

1. Preheat oven to 400°F.
2. Pat pork chops dry with paper towels. Sprinkle both sides with salt and pepper.
3. Whisk together mustard, maple syrup, vinegar, garlic and rosemary in a small bowl. Set aside.
4. Heat oil in a large frypan over high heat. Sear pork chops until browned on both sides, about 2 –3 minutes per side. Place pork chops on a parchment paper-lined baking sheet.
5. Brush both sides of pork chops with mustard mixture. Pour any remaining mustard over pork chops.
6. Bake pork chops until a meat thermometer registers 160°F, about 8 – 10 minutes.
7. Allow pork chops to rest for 10 minutes before serving.

QUICK GLAZED CARROTS

4 cups baby carrots
1 tbsp packed brown sugar
1 tsp cornstarch
1/4 tsp ground ginger

1/8 tsp salt
1/4 cup orange juice
2 tbsp butter

DIRECTIONS

1. Cook carrots in boiling salted water until tender, about 7 - 10 minutes. Meanwhile, combine brown sugar, cornstarch, ginger and salt in a small saucepan.
2. Gradually stir in orange juice until blended. Bring to a boil over medium heat.
3. Cook, stirring, for 2 minutes or until thickened. Remove from heat and stir in butter until melted.
4. Drain carrots; add orange juice mixture to carrots and toss to coat.

FRIDAY

Active cook time: 30 mins

PRO TIPS: We suggest that you add the Creamy Coleslaw dressing as desired. Reserve any leftover coleslaw salad for Sunday.

CRISPY CHEESE TOPPED FISH

1 lb (0.5 kg) white fish fillets	1/2 cup shredded cheddar cheese
Salt and freshly ground pepper	2 tbsp chopped fresh parsley
3 tbsp salted butter	1/2 tsp dry mustard
1 small onion, chopped	1/2 tsp Worcestershire sauce
1 1/2 cups fresh breadcrumbs	

DIRECTIONS

1. Preheat oven to 350°F.
2. Arrange fish in a shallow greased casserole. Season with salt and pepper.
3. Melt butter in saucepan; add onion and cook until tender, about 2-3 minutes. Add remaining ingredients and mix well.
4. Spread topping over fillets.
5. Bake until fish flakes easily with a fork, about for 20 - 25 minutes.
6. Place under broiler until golden brown, about 2 – 3 minutes.

CREAMY COLESLAW

1 cup mayonnaise	1 tbsp water
2 tbsp pure white vinegar	1 tsp Worcestershire sauce
1 tbsp fresh lemon juice	1 tbsp granulated sugar
1 tbsp canola oil	8 cups coleslaw mix

DIRECTIONS:

1. To prepare dressing, combine mayonnaise, vinegar, lemon juice, oil, water, Worcestershire and sugar. Can be refrigerated for up to 24 hours.
2. Toss coleslaw mix with dressing just before serving.

SATURDAY

Active cook time: 10 mins

PRO TIPS: Use up any leftover meats and vegetables from the week as toppings

PERFECT PIZZA DOUGH

3/4 cup warm water (100°F/38°C)
1 tbsp granulated sugar
1 pkg instant yeast
2 tbsp extra-virgin olive oil

1 3/4 cups all-purpose flour
1 tsp salt
All-purpose flour, optional

DIRECTIONS

1. Combine warm water and sugar, stirring to dissolve. Sprinkle yeast on top. Let stand until foamy, about 5 minutes.
2. Stir yeast mixture. Drizzle in oil and stir to combine.
3. Place 1 3/4 cups flour and salt in a food processor fitted with a dough blade; process to combine.
4. Add yeast mixture and process just until dough comes together and forms a ball, about 1 minute. Dough will be soft.
5. If dough is too sticky, add additional flour, 1 tbsp at a time, and process until dough comes together and forms a ball.
6. Using greased hands, shape dough into a ball.
7. Let stand for 5 minutes.
8. On a lightly floured surface, flatten dough and roll out to fit a greased 14 inch (35 cm) pizza pan sprinkled with cornmeal. Transfer dough to prepared pan and pat onto pan. Spread pizza sauce evenly over dough. Top with toppings. Sprinkle with cheese. Bake at 500°F (260°C) for 9 – 10 minutes or until cheese is melted, pizza is heated through and crust is golden brown. Slice and serve.

PIZZA SAUCE

1 can (28 oz/796 mL) whole tomatoes
1/3 cup olive oil
10 basil leaves

4 cloves garlic
1 tbsp fresh oregano
Salt and pepper to taste*

DIRECTIONS

1. Place all ingredients in a blender; blend to combine.
2. Adjust seasoning with salt and pepper to taste.
3. Sauce can be refrigerated up to 3 days or may be frozen for up to 1 month.

GREENS WITH LIGHT CREAMY CAESAR DRESSING

1 cup light mayonnaise
1/4 cup freshly grated Parmesan cheese
3 tbsp milk
1 tbsp lemon juice
1/2 - 1 tsp anchovy paste

1 glove garlic, crushed
1/4 tsp pepper
Torn romaine lettuce
Croutons
Freshly grated Parmesan cheese

DIRECTIONS

1. Combine first 7 ingredients, mayonnaise through pepper in a blender or food processor.
2. Serve with lettuce, croutons and additional Parmesan cheese.
3. Dressing may be refrigerated for up to 48 hours.

SUNDAY

Active cook time: 1 hr 30 mins

PRO TIPS: Use up Creamy Coleslaw salad from Friday.

SPICY OVEN BARBECUED CHICKEN

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| 1 1/3 cups firmly packed brown sugar | 1/3 cup Dijon mustard |
| 1 can (14 oz/398 mL) tomato sauce | 1 tbsp thyme, crumbled |
| 1 cup apple cider vinegar | 1 tsp salt |
| 1 large onion, finely chopped | 1/2 tsp cayenne pepper |
| 2 cloves garlic, crushed | 12 boneless skinless chicken thighs |

DIRECTIONS

1. Combine all ingredients except chicken in a medium saucepan. Bring to a boil. Reduce heat and simmer for 15 minutes. Sauce may be prepared and refrigerated for up to 2 days.
2. Preheat oven to 375°F.
3. Arrange chicken in a single layer in a large non-reactive baking pan. Do not overcrowd pan. Pour sauce over chicken. Bake, basting occasionally, until chicken is cooked through, about 1 1/4 hours.

CORNBREAD MINIS

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| 2/3 cup all-purpose flour | 1/4 cup thinly sliced green onion |
| 1/2 cup cornmeal | 1 can (10 oz/284 mL) cream-style corn |
| 1 tbsp granulated sugar | 1 large egg |
| 1 1/2 tsp baking powder | 1/3 cup light sour cream |
| 1/4 tsp salt | 1/8 tsp hot pepper sauce |
| 1/2 cup shredded cheddar cheese | |

DIRECTIONS

1. Preheat oven to 375°F.
2. Combine flour, cornmeal, sugar, baking powder and salt in a bowl. Stir in cheese and green onion.
3. Whisk together corn, egg, sour cream and hot pepper sauce.
4. Add corn mixture to flour mixture and stir just until combined.
5. Spoon batter into greased mini muffin cups.
6. Bake at 375°F until a cake tester inserted in centres come out clean, about 13 - 15 minutes. Cool cornbread minis in pans for 2 minutes. Remove from pans and cool on racks.

SNICKERDOODLES

2 3/4 cups all-purpose flour
2 tsp cream of tartar
1 tsp baking soda
1/2 tsp salt
3 tbsp granulated sugar

2 tbsp cinnamon
1 cup salted butter, softened
1 1/2 cups granulated sugar
2 large eggs
1 tsp vanilla

DIRECTIONS

1. Combine flour, cream of tartar, baking soda and salt in a bowl; set aside.
2. Combine 3 tbsp sugar and cinnamon in a bowl; set aside.
3. Using medium speed of an electric mixer, beat together butter and 1 1/2 cups sugar until fluffy. Beat in eggs, one at a time, until blended. Beat in vanilla. Stir in flour mixture until combined. Cover and refrigerate for up to 1 hour or until firm enough to handle.
4. Meanwhile, preheat oven to 400°F.
5. Shape dough into 1 inch balls. Roll balls in cinnamon mixture. Place balls 2 inches apart on greased cookie sheets.
6. Bake until tops of cookies are cracked, 8 - 10 minutes.
7. Let cookies stand for 5 minutes on cookie sheets. Remove from cookie sheets and cool on racks. Store in an airtight container in a cool dry place for up to 1 week. May be frozen.