

- 01 *GRILLED FLANK STEAK, TOMATO ORZO & SPINACH SALAD*
- 02 *LEMON BASIL SPINACH SALAD*
- 03 *GRILLED FLANK STEAK SANDWICH*
- 04 *SUNDRIED TOMATO ORZO BOWL*
- 05 *CONFETTI CHICKEN SALAD*

GROCERY LIST

1 LB. FLANK STEAK
1.7-2 LBS. OF CHICKEN BREAST
1 BOTTLE OF ITALIAN DRESSING
1/2 CUP OF DRY ORZO
1 MEDIUM SHALLOT
32 OZ. BOX OF LOW SODIUM CHICKEN BROTH
1 PINT OF CHERRY TOMATOES
3 OZ. BAG OF SUN DRIED TOMATOES
4 OZ. GRATED PARMESAN
1 BUNCH OF FRESH DILL
1 BUNCH OF FRESH TARRAGON
2 MEDIUM LEMONS
1 BAG OF SPINACH/ARUGULA MIX
1 CROWN OF BROCCOLI
1 MEDIUM ORANGE BELL PEPPER
2 EGGS
1 CAN OF CHICKPEAS
1 BOX OF BUTTON MUSHROOMS
4 OZ. CONTAINER OF FETA CHEESE
1 SMALL LOAF OF CIABATTA BREAD
1 MEDIUM WHITE ONION
1 LARGE PORTOBELLO MUSHROOM

1 RED BELL PEPPER
4 OZ. SMOKED GOUDA CHEESE
16 OZ. NON FAT PLAIN YOGURT
1 CONTAINER OF OLIVE OIL MAYO
8 OZ. BOTTLE OF ORANGE JUICE
1/4 CUP OF DRIED CHERRIES
1 BAG OF CELERY

PANTRY STAPLES (ALREADY HAVE)

MINCED GARLIC

OLIVE OIL

BALSAMIC VINEGAR

SALT

PEPPER

HONEY

OPTIONAL

BASIL INFUSED OLIVE OIL

LEMON INFUSED OLIVE OIL

GRILLED FLANK STEAK

TOMATO ORZO & SPINACH SALAD

1 / 5

1 LB. FLANK STEAK

ITALIAN DRESSING | 1/2 CUP

DRY ORZO | 1/2 CUP

1 MEDIUM SHALLOT, DICED

OLIVE OIL | 1 TBSP.

LOW SODIUM CHICKEN BROTH | 1 CUP

CHERRY TOMATOES, HALVED | 1/4 CUP

SUN DRIED TOMATOES | 1/4 CUP

PARMESAN CHEESE | 1 1/2 TBSP.

FRESH DILL | 1 1/2 TSP.

LEMON JUICE | 2 TSP.

SALT | 1/8 TSP.

PEPPER | 1/4 TSP.

FRESH SPINACH MIX | 1 CUP

YELLOW PEPPER, DICED | 2 TBSP.

BALSAMIC VINEGAR | 1/4 TSP.

- 01 *The night before cooking add flank steak to a shallow baking dish along with 1/2 cup Italian dressing, making sure steak is fully coated in the dressing. Allow steak to marinate in the dressing.*
- 02 *When ready to cook, heat grill pan (medium heat) - the key to flank steak is marinating it to make it tender and grilling it "low & slow".*
- 03 *Once the grill is hot, add the flank steak and cook about 20 minutes for medium - rare. When steak is cooked to desired doneness, remove from the grill and allow to rest.*
- 04 *While the steak is cooking, heat 1 tablespoon olive oil in a medium saucepan over medium - high heat.*
- 05 *Add the shallot to the pan and cook until softened, about 4 minutes.*
- 06 *Add the orzo to the pan and "toast it", stirring for about 3 minutes.*
- 07 *Add the broth to the pan, bring to a boil over high heat, and then decrease the heat to medium-low, cover, and simmer until the orzo has softened and absorbed most of the liquid, 8 - 10 minutes.*
- 08 *Once the liquid is absorbed into the orzo, stir in the cherry tomatoes, sun dried tomatoes, Parmesan cheese, dill, lemon juice, salt and pepper.*
- 09 *While the tomatoes are cooking, assemble the spinach salad on your dinner plate by adding 1/2 cup fresh spinach leaves, the diced pepper, diced tomato, and finishing with the 1 teaspoon of olive oil and 1 teaspoon of balsamic vinegar drizzled over the top.*
- 10 *Slice steak against the grain and add about 3 - 4 ounces to the dinner plate.*
- 11 *Add 1/4 - 1/2 cup cooked Sun Dried Tomato Orzo to the plate and Enjoy!*

LEMON BASIL SPINACH SALAD

2 / 5

FRESH SPINACH ARGULA MIX | 3 CUPS

2 HARD BOILED EGGS

CHERRY TOMATOES, HALVED | 1/4 CUP

CHICKPEAS | 1/4 CUP

BUTTON MUSHROOMS, SLICED | 1/4 CUPS

FETA CHEESE | 1 TBSP.

OLIVE OIL | 2 TBSP.

LEMON | 1 TSP.

BASIL | 1/4 CUP.

01 *If using fresh basil & lemon juice, vs. the infused olive oils, combine regular olive oil, lemon juice, and chopped basil in a small bowl stirring to mix well and let sit while you assemble the rest of the salad.*

02 *Fill the bottom of a serving bowl with spinach and / or mixed greens.*

03 *Top greens with the hardboiled egg, tomatoes, chickpeas, mushrooms, and feta cheese.*

04 *If using the infused olive oils, drizzle the lemon olive oil and the basil olive oil (or drizzle the previously mixed olive oil, lemon juice, basil mix) over the salad and toss with salad tongs to combine all ingredients.*

05 *Drizzle the basil olive oil over the salad and toss with salad tongs again to combine all ingredients.*

06 *Serve with warm oven baked ciabatta bread or fresh fruit and enjoy!*

07

08

GRILLED FLANK STEAK SANDWICH

3 / 5

1 SMALL LOAF OF CIABATTA BREAD
REMAINDER OF FLANK STEAK, SLICED
ONIONS, SLICED | 1 CUP
1 PORTOBELLO MUSHROOM, SLICED 1/4" THICK
1 RED BELL PEPPER
SMOKED GOUDA CHEESE | 1/4 CUP
SPINACH MIX | 1/2 CUP
NONFAT PLAIN YOGURT | 1/2 CUP
OLIVE OIL MAYO | 2 TBSP
MINCED GARLIC | 1/8 TSP.
CHOPPED DILL | 1 TSP.
LEMON JUICE | 1/2 TSP.

- 01 *Preheat the oven to 500 degrees F.*
- 02 *Make the Lemon Dill Aioli by combining yogurt, mayo, lemon juice, minced garlic and dill in a small mixing bowl and whisk well with a wire whisk or from to combine. Set this mixture aside.*
- 03 *Place your bell pepper, whole, in the oven and roast for about 30 minutes until the pepper has charred and softened. Once pepper is done, remove from oven and cover in foil to keep warm.*
- 04 *Meanwhile, slice bread in half lengthwise, creating a top and a bottom. Scoop out most of the "bread filling" so that the sturdy bottom and tops remain.*
- 05 *Once charred and cooled, remove the pepper from the foil and remove the skin (should peel right off with ease). Once peeled, remove the core with seeds and cut pepper into thin slices.*
- 06 *Preheat a medium skillet on medium heat. Once hot, add the onions and cook until soft and caramelized (turned dark and caramel colored), stirring occasionally, about 15 minutes.*
- 07 *Next, add the mushrooms to the skillet. Cook stirring occasionally they become soft, about 10 more minutes.*
- 08 *In an oven, broil the bread for about 5 minutes, until starts to turn golden brown. Make sure the inside is facing the broiler (the part you hollowed out).*
- 09 *Now it's time to assemble the sandwiches!*
1) Spread 1 1/2 - 2 tablespoons of the Aioli onto top slice of bread. 2) Add slices of flank steak to the bottom bread slice. 3) Add the onion, followed by the mushrooms, followed by the grated cheese, followed by the bell peppers, followed by the arugula. 4) Top the sandwich with the top piece of bread and press down and slice in half.

SUNDRIED TOMATO ORZO BOWL

4 / 5

1 CUP OF LEFTOVER SUNDRIED TOMATO ORZO

BUTTON MUSHROOMS, QUARTED | 1/2 CUP

SPINACH ARUGULA MIX | 1 CUP

OLIVE OIL | 1 TSP.

LOW SODIUM CHICKEN BROTH | 1/4 CUP

- 01 *Heat olive oil in a medium skillet over medium heat.*
- 02 *Add spinach-arugula mix and mushrooms to the skillet and cook for about 5 to 8 minutes until mushrooms have softened and spinach has wilted.*
- 03 *Meanwhile reheat the Orzo in a microwave - safe bowl or in a small pot over the stove (may want to add a little chicken broth to add moisture, if needed).*
- 04 *Once mushroom and spinach-arugula mix are done, add to the orzo and stir well to combine.*
- 05 *Serve Orzo in a regular serving bowl and enjoy!*
- 06 *May top with extra flank steak, chickpeas, or chicken if you have it.*

CONFETTI CHICKEN SALAD

5 / 5

ROASTED CHICKEN BREAST | 3 CUPS

OLIVE OIL | 2 TSP.

SALT | 1/4 TSP.

PEPPER | 1/8 TSP.

NONFAT YOGURT | 3/4 CUP

HONEY | 2 TBSP.

ORANGE JUICE | 2 TBSP.

FRESH TARRAGON | 2 TBSP.

DRIED CHERRIES, CHOPPED | 1/4 CUP

ORANGE BELL PEPPER | 1/2 CUP

CELERY | 1/2 CUP

01 *Preheat oven to 375 degrees F.*

02 *Drizzle the chicken with 2 teaspoons olive oil, sprinkle with 1/8 teaspoon salt and about 1/8 teaspoon pepper and bake for 30 to 40 minutes until no longer pink inside, juices run clear, and the chicken has an internal temperature of 165 degrees F.*

03 *While the chicken cooks, combine the yogurt, honey, orange juice, tarragon, and remaining 1/8 teaspoon salt in a medium bowl. Store the dressing in the refrigerator to keep cold.*

04 *Once the chicken is cooked, chop and place in a large bowl to cool.*

05 *Once chicken has cooled, add the dressing to the chicken and mix well to combine.*

06 *Add the celery, peppers, and cherries, and mix well again to combine throughout.*

07 *Cover salad and store in the refrigerator to chill.*

08 *Enjoy!*