

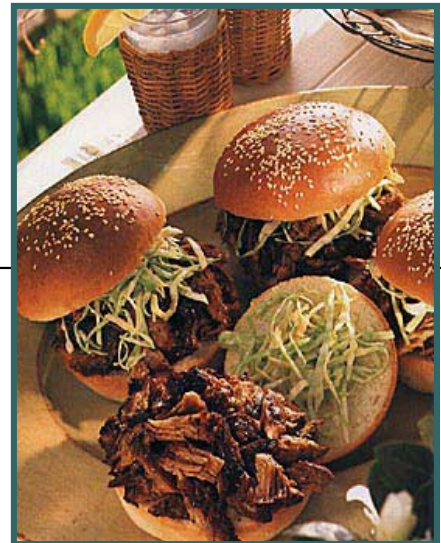
Nutriti



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4-Day Cycle Menu: Week 1

- Day 1:
Shredded Pork Sandwiches & Coleslaw
- Day 2
Easy Chicken & Dumplings
- Day 3
Red Beans & Quinoa served with Cornbread
- Day 4
Chili Chicken Soup served with Cornbread



Day 1 Shredded Pork Sandwiches Serves 4

Ingredients:

2 lbs pork tenderloin, fat removed
4 cloves garlic, crushed
1 orange, zested
½ cup orange juice
1 Tb. canola oil
4 hamburger buns

Directions:

Cut pork tenderloin into 3 inch pieces. In a skillet, brown meat on all sides. Place pork, garlic, orange zest, juice, and oil into a crock pot. Fill with water, just enough to cover meat. Turn on low and allow to simmer for 6-8 hours on low or 4 hours on high. Serve on buns with coleslaw.

Zesty Coleslaw

Ingredients

1 bag coleslaw (shredded cabbage and carrot)
2 ts. cumin
½ cup mayo
1-2 Tb. lime juice
2 green onions, diced
1 jalapeno, minced (remove seeds to reduce heat)
½ ts. salt
¼ ts. black pepper

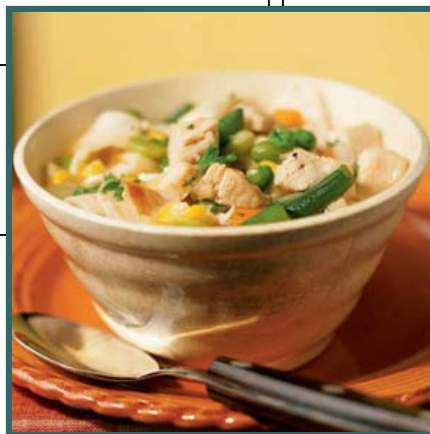
Directions:

Mix all ingredients together and serve over pork.

Day 2: Easy Chicken & Dumplings Serves 4

Ingredients:

5 chicken breasts, skinless & boneless
1 onion, chopped
2 cans reduced fat cream of chicken soup
4 carrots, thick sliced
2 celery stalks, thick sliced
2 cups frozen green beans or peas
1 can of biscuits, quarter each biscuit



Directions:

Cut chicken into 3 inch chunks. Place chicken, onion, soup, celery, green beans or peas, and carrots into crock pot. Fill with enough water to cover. Cook on low for 6-8 hours. 30 minutes prior to serving add in biscuit pieces. Cook for 30 minutes and serve. While waiting on the biscuits enjoy cut up vegetables and hummus.

Day 3:
Red Beans & Quinoa
Serves 4

Ingredients:

2 Skinless, boneless chicken breasts, cubed
1 turkey sausage kielbasa, reduced fat, sliced
1 onion, chopped
1 bell pepper, chopped
1 celery, chopped
1 bay leaf
2 cloves garlic, sliced
1 large can diced tomatoes
2 cans kidney beans, drained and rinsed
1 ts. Cajun/Creole seasoning
2 cups quinoa
Cornbread

Directions:

In a skillet, brown chicken breasts and kielbasa. Add onion, bell pepper, and celery for 4 minutes. Place mixture into crock pot and add bay leaf, garlic, tomatoes, kidney beans, and Creole seasoning. Cook mixture for 4 hours on high or 6-8 hours on low. Add water if needed.

20 minutes prior to serving cook quinoa according to directions. Prepare cornbread according to package instructions.

Serve red bean mixture over quinoa.



Quinoa, pronounced “Keen-Wah,” is a grain that is packed with both protein and fiber.

Try quinoa next time a recipe calls for brown rice. It cooks in only 15 minutes in comparison to the 45 minutes it takes for brown rice. Plus, there is more than 3 times the amount of fiber found in quinoa than brown rice!

Day 4:
Chili Chicken & Vegetable Soup
Serves 4

Ingredients:

2 Tb. Canola oil
1 onion, chopped
1 Tb. chili powder
2 baking potatoes, chopped and rinsed
4 cps. Chicken broth, low sodium
1 bag, frozen fiesta style corn kernels
3 skinless, boneless chicken breasts, cubed
1 bag, frozen green beans
Low-fat sour cream for serving
Cornbread

Directions:

In a skillet, brown chicken. Add onion for 2 minutes. Place chicken and onion mixture in crock pot. Add potatoes, chicken broth, chili powder, corn, and green beans. Cook on high for 4 hours or low for 6 hours.

Serve with a dollop of low-fat sour cream and cornbread.

