

## Jan 14 – 20

Sun 14	Mon 15	Tue 16	Wed 17	Thu 18	Fri 19	Sat 20
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Supper	Supper Healthy Tarragon and Almond Chicken Salad	Supper White Chicken Chili	Supper Garlicky Shrimp Alfredo Bake	Supper Chicken and Asparagus Lemon Stir Fry	Supper Tomato-Basil Crab Bisque	Supper
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks



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## Healthy Tarragon and Almond Chicken Salad

Planned for **Supper** on **Monday, January 15, 2018**

**Source:** [lbalanced.com](http://lbalanced.com)

**Yields** 5 servings originally 5 servings

**Serving:** 5

Who says you need a vat of mayo to make super creamy and delicious chicken salad? You won't be able to get enough of my healthy take on this Southern classic!



**Course:** Main Course

### Ingredients

- 1 **rotisserie chicken** (*cooled and shredded*)
- 1 large **ripe avocado**
- 2 cloves **garlic** (*peeled and roughly chopped*)
- 1 tablespoon **Dijon mustard**
- 1 teaspoon **onion powder**
- 1 tablespoon **raw honey**
- 2 tablespoons **mayo** (*I use Sir Kensingtons or Spectrum*)
- 2 tablespoons **freshly chopped tarragon** (*sub 1 teaspoon dried*)
- 2 tablespoons **fresh lemon juice**
- 1 teaspoon **sea salt**
- **fresh black pepper** (*to taste*)
- **Water as needed**
- $\frac{1}{2}$  cup **slivered almonds**
- 2 **stalks celery** (*sliced into 1/4 inch thick pieces*)

### Directions

Place shredded chicken in a large bowl.

Combine avocado, garlic, mustard, onion powder, honey, mayo, tarragon, lemon juice, sea salt and pepper in a high-speed blender and puree until smooth, adding water to achieve the texture of a thick sauce.

Pour sauce over chicken and stir to incorporate evenly. Add celery and sliced almonds. Refrigerate, covered, for at least 1 hour for best taste.

## White Chicken Chili

Planned for **Supper** on **Tuesday, January 16, 2018**

**Source:** [thesecretingredientblog.com](http://thesecretingredientblog.com)

**Serving:** 1

100 Days of Real Food

### Ingredients

- 1 tablespoon **olive oil**
- $\frac{1}{2}$  **onion** *diced*
- $\frac{1}{2}$  **jalapeño** *minced*
- 1 pound **boneless, skinless chicken breasts** *cut into 1-inch pieces*
- 1 **garlic clove** *minced*
- 1 teaspoon **chili powder**
- 1 teaspoon **ground cumin**
- 1  $\frac{1}{4}$  teaspoons **salt**
- $\frac{1}{4}$  teaspoon **cayenne pepper**
- $\frac{1}{2}$  cup **frozen corn kernels** *(no need to thaw)*
- 2 **15-ounce cans white beans** *(such as Great Northern or cannellini) drained and rinsed*
- 1  $\frac{3}{4}$  cups **chicken broth** *store bought or homemade*
- $\frac{1}{4}$  cup **heavy cream**

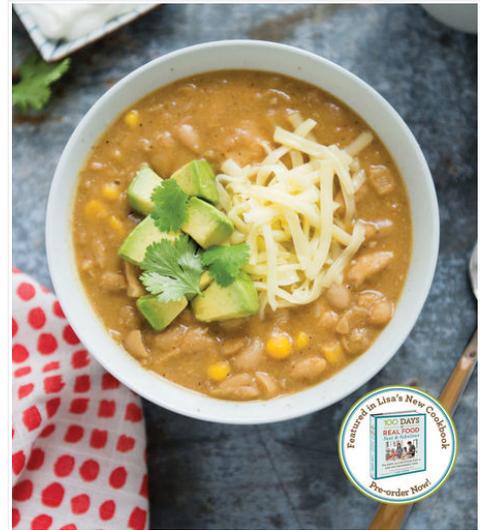
### Directions

In a medium soup pot, heat the olive oil over medium heat. Add the onion and jalapeño and cook, stirring, until the onion has softened, 2 to 3 minutes.

Add the chicken and cook, stirring occasionally, until it is lightly browned on the outside and no longer pink on the inside (add more olive oil if the pot starts to dry out), 4 to 5 minutes.

Toss the minced garlic and spices into the pot and turn a few times to coat the chicken evenly. Add the corn, beans, and chicken broth and bring to a boil. Reduce the heat to low and simmer, about 20 minutes.

Break up some of the beans with the back of a wooden spoon to help thicken the chili. Stir in the cream, garnish with the desired toppings, and serve!



**Course:** Main Course

**Main Ingredient:** Chicken

## Garlicky Shrimp Alfredo Bake

Planned for **Supper** on **Wednesday, January 17, 2018**

**Source:** [www.delish.com](http://www.delish.com)

**Prep** 15 min

**Cook** 10 min

**Total** 25 min

**Yields** Serves: 4 originally Serves: 4

**Serving:** 4

### Ingredients

- 10 oz. **penne**
- 3 tbsp. **butter**
- 3 cloves **garlic** *minced*
- 1 lb. medium or large **shrimp** *peeled and deveined*
- 3 tbsp. **chopped fresh parsley**
- 2 tbsp. **all-purpose flour**
- $\frac{3}{4}$  c. **milk**
- $\frac{1}{4}$  c. **low-sodium chicken broth**
- 1 c. **shredded mozzarella**
- $\frac{1}{4}$  c. **plus 2 tablespoons shredded Parmesan**
- **Freshly ground black pepper**
- 2 large **tomatoes** *chopped (about 1 cup)*

### Directions

Preheat oven to 350 degrees F. In a large pot of salted boiling water, cook penne according to package directions until al dente. Drain and return to pot.

Meanwhile, in a large ovenproof skillet over medium heat, melt 1 tablespoon butter. Add garlic, shrimp, and 2 tablespoons parsley. Season with salt. Cook until shrimp is pink and no longer opaque, 2 minutes per side. Transfer shrimp to a plate. (Keep juices in skillet.)

Add remaining 2 tablespoons butter to skillet to let melt, then add flour and whisk until golden, 1 to 2 minutes. Add milk and chicken broth and bring to a simmer. Stir in  $\frac{3}{4}$  cup mozzarella and  $\frac{1}{4}$  cup Parmesan until creamy. Season with salt and pepper.

Return shrimp to skillet. Add tomatoes and cooked penne and toss until combined. (Add more milk if mixture is too thick.)

Sprinkle with remaining  $\frac{1}{4}$  cup mozzarella and 2 tablespoons Parm and bake until melty, 5 to 7 minutes. Broil 2 to 3 more minutes until top is golden (watch it carefully so it doesn't burn!).

Garnish with remaining tablespoon parsley and serve.



**Course:** Main Course

## Chicken and Asparagus Lemon Stir Fry

Planned for Supper on Thursday, January 18, 2018

Source: [www.skinnytaste.com](http://www.skinnytaste.com)

Serving: 4

### Ingredients

- 1 ½ pounds **skinless chicken breast** *cut into 1-inch cubes*
- **Kosher salt** *to taste*
- ½ cup **reduced-sodium chicken broth**
- 2 tablespoons **reduced-sodium shoyu** *or soy sauce, (or Tamari for GF)*
- 2 teaspoons **cornstarch**
- 2 tablespoons **water**
- 1 tbsp **canola** *or grapeseed oil, divided*
- 1 bunch **asparagus** *ends trimmed, cut into 2-inch pieces*
- 6 cloves **garlic** *chopped*
- 1 tbsp **fresh ginger**
- 3 tablespoons **fresh lemon juice**
- **fresh black pepper** *to taste*

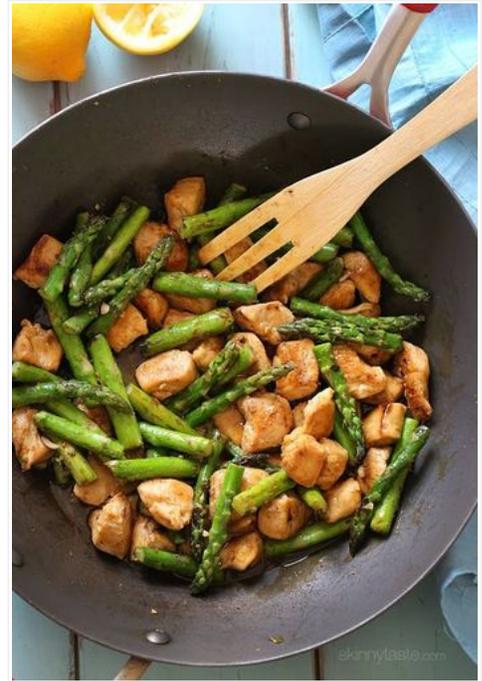
### Directions

Lightly season the chicken with salt. In a small bowl, combine chicken broth and soy sauce. In a second small bowl combine the cornstarch and water and mix well to combine.

Heat a large non-stick wok over medium-high heat, when hot add 1 teaspoon of the oil, then add the asparagus and cook until tender-crisp, about 3 to 4 minutes. Add the garlic and ginger and cook until golden, about 1 minute. Set aside.

Increase the heat to high, then add 1 teaspoon of oil and half of the chicken and cook until browned and cooked through, about 4 minutes on each side. Remove and set aside and repeat with the remaining oil and chicken. Set aside.

Add the soy sauce mixture; bring to a boil and cook about 1-1/2 minutes. Add lemon juice and cornstarch mixture and stir well, when it simmers return the chicken and asparagus to the wok and mix well, remove from heat and serve.



Course: Main Course

### Amount Per Serving

Nutritional Score (generic): 6

Calories: 268

Fat: 268 g

Sodium: 437 mg

Sugar: 268 g

Carbohydrate: 268 g

Fiber: 268 g

Protein: 268 g

## Tomato-Basil Crab Bisque

Planned for **Supper** on **Friday, January 19, 2018**

**Source:** [www.pepperplate.com](http://www.pepperplate.com)

**Prep** 20 min

**Cook** 20 min

**Total** 40 min

**Serving:** 4

### Ingredients

- 2 tablespoons **unsalted butter**
- 2 teaspoons **garlic** *minced*
- $\frac{1}{2}$ -1 lb **crab meat**
- 1 **14.5-ounce can diced tomatoes with basil** *drained*
- $\frac{1}{4}$  cup **fresh basil** *chopped, plus more for garnish*
- $\frac{1}{2}$  cup **all purpose flour**
- 1 cup **heavy whipping cream**
- 1  $\frac{1}{2}$  cups **clamato juice** *(can sub tomato juice)*
- $\frac{1}{4}$  cup **ketchup**
- 2 teaspoons **Old Bay seasoning**
- 1 dash **hot sauce**
- $\frac{3}{4}$  cup **water** *or clam juice*
- **coarse salt and freshly ground pepper** *to taste*

### Directions

Melt the butter in a large stockpot over medium-high heat. Add the garlic and sauté for a minute or two. Add the crab meat, tomatoes, basil and sauté for 2 more minutes.

Whisk in the flour and stir for 2 minutes. Add the whipping cream, clamato juice, ketchup, Old Bay seasoning, and a dash of hot sauce.

Reduce heat to low and simmer until slightly thickened, about 10 minutes. Cool the soup slightly.

Stir in the water and bring to a simmer. Season with salt and pepper and garnish with extra basil.



**Course:** Soup

**Cuisine:** Seafood

**Main Ingredient:** Fish