

WEEKLY MEAL MENU

• *BBQ Grill* •

SIDES

Foil Packet Lemon Herb Potatoes



ENTREES

Caprese Chicken with Balsamic Glaze



ENTREES

Bacon + Jalapeño Chicken Roll Ups



ENTREES

Hawaiian Style Chicken Kabobs



ENTREES

BBQ Ranch Chicken Bowl



Foil Packet Lemon Herb Potatoes



Recipe makes 2 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 2 large Yukon Gold potatoes, very thinly sliced
- 2 tbsp olive oil, +1 tsp
- 1 ½ tbsp lemon juice
- 1 tbsp fresh parsley, chopped (or 1 tsp dried)
- 1 tbsp fresh dill, chopped (or 1 tsp dried)
- ½ tsp pepper
- ½ tsp sea salt
- 2 tbsp shredded cheddar cheese
- 2 cooked bacon strips, crumbled

INSTRUCTIONS

1. Preheat grill to medium-high heat, or oven to 350 degrees.
2. Toss potatoes with 2 tbsp oil, lemon juice, herbs, salt and pepper in a bowl.
3. Grease heavy duty aluminum foil with remaining olive oil.
4. Place potatoes in foil, and wrap tightly.
5. Cook until potatoes are fork tender, ~25-30 minutes. (If grilling, flip package halfway through.)
6. Gently open package, and top with cheese and bacon. Cook until cheese is melted, about 5-7 minutes.

ENTREES

Caprese Chicken with Balsamic Glaze



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 4 boneless chicken breasts
- ¼ cup balsamic vinegar
- 1 tbsp organic honey
- 4 large basil leaves
- 4 slices beefsteak tomatoes
- 4 slices fresh mozzarella cheese

INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Heat the balsamic vinegar and honey in a small saucepan on the grill. Cook until warm and reduced by half, about 5-7 mins (or you may use a store-bought balsamic glaze).
3. Place breasts on the grill and cook for 8 mins, flip and cook for an additional 6 mins.
4. Top with basil, tomatoes and mozzarella.
5. Cook until cheese is melted and chicken registers 165 degrees with a meat thermometer. Drizzle glaze on top.

Bacon + Jalapeño Chicken Roll Ups



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 4 oz. spreadable cream cheese
- ½ cup shredded sharp cheddar cheese
- 2 jalapeños, halved, seeded and deveined
- 4 thinly sliced chicken filets
- 8 slices bacon
- ¼ cup natural barbecue sauce

INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Mix the cheeses together in a medium bowl.
3. Divide mixture between jalapeños.
4. Wrap chicken around the jalapeños. Then, wrap 2 slices bacon around each bundle.
5. Grill over indirect heat. When bacon is browned but not quite crisp, divide barbecue sauce between bundles. Cook for a total of 20-25 minutes, or until bacon is browned and chicken registers 165 degrees with a meat thermometer.

ENTREES

Hawaiian Style Chicken Kabobs



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- ½ cup natural barbecue sauce
- ¼ cup dark brown sugar
- 3 tbsp olive oil, divided
- 1 tbsp soy sauce
- 1 ½ lbs. boneless chicken breasts, cut into 1-inch pieces
- 2 cups diced pineapple
- 1 ½ yellow, red, or orange bell peppers cut into 1-inch slices
- 1 large white or red onion, cut into 1-inch pieces

INSTRUCTIONS

1. Combine the barbecue sauce, sugar, 1 ½ tablespoons olive oil, and all of soy sauce in a medium bowl.
2. Place the chicken in a large, resealable plastic bag. Pour half the BBQ mixture over the chicken (reserve the remaining BBQ mixture for later use).
3. Work the bag well with your hands and refrigerate chicken for 1 hour.
4. Preheat grill to medium-high heat.
5. Remove chicken from the bag and discard marinade.
6. Toss pineapple and vegetables in a medium bowl with remaining olive oil.
7. Alternate chicken with pineapple, peppers and onion on metal skewers.
8. Grill for 5 minutes, and brush kebabs with half of the reserved marinade. Flip. Grill for an additional 5-6 minutes, and brush with remaining marinade. Cook until chicken registers 165 degrees with a meat thermometer.

ENTREES

BBQ Ranch Chicken Bowl



Recipe makes 2 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 cup homemade ranch dressing (recipe below)
- ½ cup natural barbecue sauce
- 2 boneless chicken breasts
- 1 zucchini, cut into ½-inch slices
- 1 red, orange, or yellow bell pepper, sliced into ½-inch pieces
- 1 tbsp olive oil
- ½ tsp sea salt
- ½ tsp pepper
- 1 cup canned corn, drained
- 1 avocado, diced

RANCH DRESSING INGREDIENTS

- 1/4 cup plain, nonfat Greek yogurt
- 1/4 tsp dried parsley
- 1/4 tsp dried dill
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp sea salt
- 1/4 tsp pepper

1. Combine and mix.

INSTRUCTIONS

1. Whisk the homemade ranch dressing and BBQ sauce together in a medium bowl.
2. Place chicken in a large, resealable plastic bag. Pour half the BBQ mixture over the chicken (reserve remaining mixture).
3. Refrigerate chicken for 30 minutes.
4. Preheat grill to medium-high heat.
5. Remove chicken from bag and discard marinade.
6. Place chicken on grill, and cook for 5-7 minutes. Flip, and cook for 5 minutes more, or until chicken registers 165 degrees with a meat thermometer. Let chicken rest for 5 minutes.
7. Toss zucchini and bell pepper with olive oil. Season with salt and pepper.
8. Place them in a grill basket, and cook until softened and cooked through, about 5-7 minutes.
9. Thinly slice chicken.
10. Toss the grilled vegetables with the corn in a large bowl. Top with chicken and diced avocado. Drizzle on remaining barbecue ranch sauce.