



Mission DIY preview: *dinners-for-a-week*

Where do these dinner ideas come from?

These dinner ideas are pulled from the Summer 2018 Mission DIY meal plan written by Melissa Gallagher Landry - founder of Mission Nutrition and Registered Dietitian. The free Mission DIY subscription comes with a full meal plan, mobile tracking tools, eating out and snacking tips, plus motivational messages to help you stick with your healthy eating goals.

If you'd like to try the full version of Mission DIY, [you can sign up here](#).

Here's what you will find in this dinners-for-a-week plan:

1. A waste-preventing grocery list matched to the plan.
2. Sequenced prep steps that help make the most use of time and ingredients.
3. Five nutritionally balanced, tasty recipes for you to follow on busy weeknights:

Monday	Tuesday	Wednesday	Thursday	Friday
Pesto Chicken Pasta	Zucchini Boats + Corn	Fish Tacos	Gazpacho + Pesto Chicken	Portobello Bake

Want more support? [Book a free 15 minute strategy session](#).

[Mission Nutrition](#) offers three tiered packages for you to choose from:

Mission DIY Free	Meal Planning Subscription \$59/month	Coaching Subscription \$99/month
<ul style="list-style-type: none">• Full seasonal meal plan (breakfast, lunch, and dinner) updated quarterly• Snacking and eating out guidelines• Mobile tracking tools• Preferred access to group webinars	<ul style="list-style-type: none">• Custom meal plan based on nutrition assessment• Tracking tools with expert feedback using a mobile app• Mobile chat with Melissa to help you reach your health goals	<ul style="list-style-type: none">• Goals and Vision Design• Biweekly check-ins for accountability and problem solving support• Plus, all features of the Meal Planning Subscription



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Before you start...

1. **Go food shopping using the grocery list on this page.**
2. **Make sure you have [covered containers](#).** Some dinners may offer leftovers for you to freeze or enjoy for lunch the next day.
3. **Set aside 30 minutes for daily meal prep:** This routine starts the day **before** the plan begins.
4. **Get into learning mode.** This plan doesn't know who you are, but you do. Use the plan as a guide to get started. At the end of the week, answer the reflection questions to help you adjust the plan. **If you find yourself stuck, your DIY package can be upgraded at any time** for additional accountability and tailoring from Melissa - Registered Dietitian and Health Coach. Visit missionnutritionboston.com to book a free strategy session.

The Grocery List

This grocery list is all about no-waste. Amounts listed are minimums required to follow this plan. With the exception of produce, chicken, and fish most ingredients will keep well in the fridge or freezer for 2+ weeks after purchasing. Repeating the plan next week allows you to save money by using the same ingredients.

Fresh: Produce, Meat, and Fish

Produce

- ☐ 1 avocado
- ☐ 4 roma tomatoes
- ☐ 1 cucumber
- ☐ 1, 5 ounce boxes baby Arugula
- ☐ 4 zucchinis
- ☐ 1 ear of corn
- ☐ 4 portabella mushroom heads
- ☐ 1 yellow bell pepper
- ☐ 1 onion
- ☐ 1 jalapeno
- ☐ 1 large bunch of basil
- ☐ Cilantro (fresh, dried, or paste)
- ☐ Lime juice

Meat and Fish

- ☐ 1 lb. chicken breast
- ☐ ¾ lb. tilapia

Dried spices:

- ☐ Paprika, oregano, garlic powder, cumin, parsley

Products: Refrigerator and Aisles

Dairy and Cheese Refrigerator

- ☐ 3 ounces feta cheese
- ☐ Reduced fat sour cream
- ☐ 8 ounces shredded part-skim mozzarella
- ☐ Packaged tabbouleh salad (often near the hummus)

Assorted Aisles

- ☐ 1 box of pasta
- ☐ 1 bottle of olive oil
- ☐ 1 can non-stick cooking spray
- ☐ 1 bottle of red wine vinegar
- ☐ 1 package corn tortilla
- ☐ 1, 15-ounce can of crushed tomatoes
- ☐ Grated parmesan cheese
- ☐ Brown sugar



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Follow these steps the weekend before you start your plan:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
x	x	x	x	x	Read plan	Shop + prep

Sunday Ingredients

- 1 bunch of basil
- Olive oil
- Red wine vinegar
- Grated parmesan cheese
- 1 lb. chicken breast

Sunday Tools

- Cutting board and chef's knife
- Measuring cups
- Measuring spoons
- 1 medium bowl
- 1 baking sheet with foil - or- 1 glass pan, lightly coated with cooking spray
- 1 small leftover container for pesto
- 1 medium leftover container for chicken

Sunday Prep Steps

Make Pesto Chicken for the week, 25-30 minutes

- ☐ Preheat oven to 400° F.
- ☐ Rinse, pat dry, and de-stem a large bunch of basil. Coarsely chop the entire bunch.
- ☐ To make pesto, mix chopped basil with ¼ cup olive oil, 2 Tablespoons cup vinegar, and 2 Tablespoons grated cheese.
- ☐ Toss ½ of the pesto in 1 lb. of chicken breast. Freeze the remainder of the pesto.
- ☐ Place chicken on a prepared baking sheet or glass pan.
- ☐ Once oven is 400° F, bake chicken for 20 minutes or until it is no longer pink in the center.
- ☐ Allow the chicken to cool and place in a covered container in the fridge for later this week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Monday Ingredients

- Premade **Pesto Chicken**
- 2 zucchini
- Pasta
- Grated cheese
- Olive oil

Monday Tools

- Cutting board
- Chef's knife
- Frying pan coated in cooking spray
- Pot
- 1 medium leftover container



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Monday Prep Steps

Dinner | Pesto Chicken + Pasta, 30 minutes

Serves Two

- ❑ Place a pot of water on medium-high heat and bring to a boil.
- ❑ Meanwhile, remove the ends of two zucchinis and cut them lengthwise. Then slice the zucchini into discs.
- ❑ Place a frying pan coated with cooking spray on medium heat. Add zucchini discs and cook for about 10 minutes, flipping occasionally.
- ❑ While the zucchini cooks, add pasta to the boiling water and cook according to package instructions.
- ❑ While the zucchini and pasta cook, take ½ of the cooked **Pesto Chicken** out of the fridge and cut it into 1" pieces. Return the remainder of the chicken to the fridge for dinner later this week.
- ❑ Turn the frying pan to low. Add the chicken to the pan with the zucchini, stirring occasionally, ~2 minutes or just until warm.
- ❑ Once the pasta is done cooking, drain and toss it with the zucchini/chicken mix. Serve with 2 Tablespoons of grated cheese and 1 Tablespoon of drizzled olive oil.
- ❑ This recipe serves 2. If cooking for 1, freeze half for a quick dinner next week, or, eat the remainder for lunch tomorrow.

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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Tuesday Ingredients

- 2 zucchinis
- Packaged tabbouleh
- Feta cheese
- 1 ear of corn
- Dried parsley
- Grated parmesan cheese
- Butter

Tuesday Tools

- Cutting board
- Chef's knife
- Glass baking dish coated with cooking spray
- Small mixing bowl
- Measuring cups
- Pot
- Measuring spoons

Tuesday Prep Steps

Dinner | Zucchini Boats + Corn, 30 minutes

Serves Two

- ☐ Preheat oven to 350° F.
- ☐ Cut the ends off two zucchinis. Cut each zucchini in half lengthwise. Scoop out center pulp. Place the zucchini "boats" in a glass baking dish coated with cooking spray.
- ☐ Mix 1 cup of packaged tabbouleh with ½ cup feta cheese
- ☐ Fill zucchini "boats" with entire tabbouleh/feta mixture.
- ☐ Bake the zucchini uncovered for 20-25 minutes or until tender.
- ☐ While the zucchini is baking, bring a pot of lightly salted water to a boil.
- ☐ Remove the husk from 1 ear of corn and break in half.
- ☐ Boil for the corn ~8 minutes and drain.
- ☐ Mix 1 tablespoon butter, 1 tablespoon dried parsley, and 1 tablespoon of grated cheese.
- ☐ Toss the corn in the parmesan butter. Serve ½ ear of corn with 2 zucchini boats each.



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Wednesday Ingredients

- Sour cream
- Cilantro
- Jalapeno pepper
- Lime juice
- Onion
- Paprika
- Brown sugar
- Oregano
- Garlic powder
- Salt
- Cumin
- 1 lb. Tilapia

- Olive oil
- 4 Corn tortillas
- Avocado
- Arugula

Wednesday Tools

- Measuring cups
- Measuring spoons
- Cutting board
- Chef's knife
- One small mixing bowl
- Frying pan
- 1 medium leftover container

Wednesday Prep Steps

Dinner | Fish Tacos, 20 minutes

Serves Two

- ❑ Mix ¼ cup sour cream, 1 tablespoon lime juice, 2 tablespoons cilantro and 1 chopped, deseeded jalapeno. Thinly slice ½ small onion and add to sour cream mixture. Save remaining onion.
- ❑ Combine 1½ teaspoon paprika, 1½ teaspoon brown sugar, 1 teaspoon oregano, ½ teaspoon garlic powder, ½ teaspoon cumin, ½ teaspoon of salt. Sprinkle evenly over the fish.
- ❑ Heat 1 Tablespoon oil over medium-high heat. Cook fish ~3-4 minutes each side.
- ❑ Cut an avocado into four equal parts. Serve ¼ avocado now. Top remainder of avocado with lime juice to prevent browning. Store remainder of avocado in the fridge for later this week.
- ❑ Warm two corn tortillas each according to package instructions. Add ½ of fish and ½ of onion mixture to the tortillas. Place the remaining fish and onion mixture in separate containers for later this week. Serve tacos with 1 cup arugula tossed in lime juice and ¼ avocado.



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Thursday

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Saturday

Sunday

Thursday Ingredients

- 4 roma tomatoes
- 1 yellow pepper
- Cucumber
- Olive oil
- Red wine vinegar
- Water
- Whole wheat bun
- Garlic powder
- Salt

- Pepper
- Premade **Pesto Chicken**
- Leftover avocado

Thursday Tools:

- Cutting board
- Chef's knife
- Blender
- 3 small leftover containers

Thursday Prep Steps

Dinner | Gazpacho + Pesto Chicken, 15 minutes, Serves Two

- ❑ Chop 4 roma tomatoes, $\frac{1}{4}$ yellow pepper, and leftover $\frac{1}{2}$ cucumber. Add all vegetables to a blender and blend until one consistency.
- ❑ Add 2 Tablespoons oil, 1 tablespoon red wine vinegar, $\frac{1}{2}$ cup water. Blend until one consistency.
- ❑ Add 1 slice of whole wheat bread, 1 teaspoon garlic powder and pinch of salt and pepper. Blend.
- ❑ Remove remaining **Pesto Chicken** from the fridge and reheat.
- ❑ Serve reheated chicken with the Gazpacho soup. Add $\frac{1}{4}$ an avocado to gazpacho as garnish.



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Sunday

Friday Ingredients

- 4 portabella mushroom caps
- 1, 15-ounce can crushed tomatoes
- Shredded mozzarella
- Chopped basil
- Packaged tabbouleh salad

Friday Tools

- Measuring cups
- Measuring spoons
- Blender
- Glass pyrex dish, coated in cooking spray

Friday Prep Steps

Dinner | Portabella Bake, 30 minutes

- ☐ Preheat oven to 350° F.
- ☐ Place four drained and rinsed portabella mushrooms (with stems removed) into a baking dish.
- ☐ Top with $\frac{1}{4}$ of a 15-ounce can of crushed tomatoes and $\frac{1}{4}$ cup shredded mozzarella cheese each.
- ☐ Bake for 20-25 minutes. Top with fresh basil.
- ☐ Serve with $\frac{1}{2}$ cup packaged Tabbouleh salad, each.

You made it!

That means you've learned something new. Here are a few questions to help summarize what you learned and adjust this plan so it works even better for you next week:

Favorite recipe: _____

Least favorite recipe: _____

What would make the recipe better? _____

I'm most pleased with: _____

I felt:

- ☐ Hungry! I need to adjust meal times or snacks.
- ☐ Just Fine.
- ☐ Too full! I'll adjust portions.

If you find yourself stuck, your DIY package can be upgraded at any time. For additional accountability and tailoring from Melissa, Registered Dietitian and Health Coach, send a message by chat or email to schedule a free, 15 minute strategy session.

