

PapayaHead.com

eating well—having fun!

Sample Weekly Dinner Plan

Features of PapayaHead Weekly Dinner Plan

Our Dinner Plans:

- Are Great Tasting
- Are Healthy
- Are Easy to Cook
- Most are 30 mins or Less to Prepare
- Include Shopping List
- Are Complete Meals
- Have Recipes Scaled
automatically to the number of
servings you want

Our Website Features

- You get an email, every week letting you know that the Weekly Dinner Plan is ready
- You can swap out recipes and meals from our database of over **500** great tasting, healthy dinners
- You can re-scale recipes with 1 mouse click
- Complete Nutrition analysis with colorful, animated gauges that are easy to understand
- Your updated Dinner Plan and Shopping List are saved and you can come back and look at them at any time

Want something different than what we planned?

We're not offended! No way everyone is going to like every dinner we plan...

Just search our database
Of over **500** High Quality,
Healthy Dinner Plans...



...and drag the one you
want to your Dinner Plan

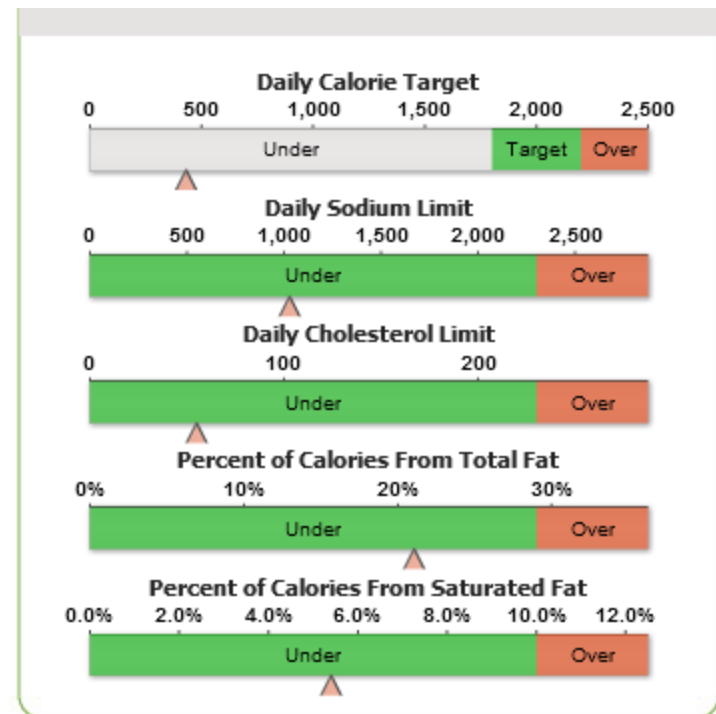
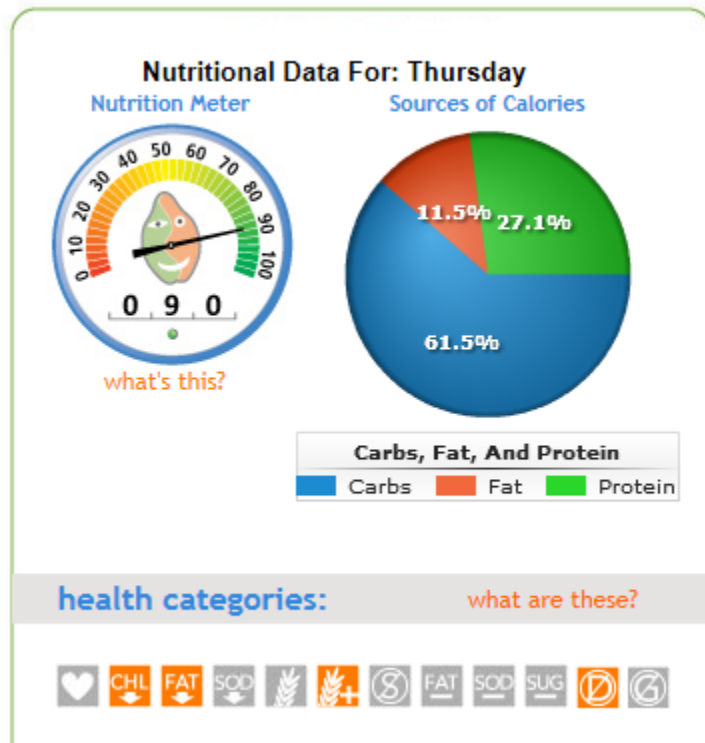
The screenshot shows a meal planning interface. On the left, a search box contains the text 'chicken' and a 'search now' button. Below the search box, under 'search results', there are four meal options in blue boxes: 'Chicken Creole with Rice and Asparagus', 'Angel Hair Pasta with Chicken and Almond Green Beans', 'Angel Hair Pasta with Roasted Pepper Salsa and Chicken with Asparagus', and 'Grilled Curry Chicken with Green Beans and Raita'. A 'DRAG' icon with an arrow is positioned above the first meal. On the right, a panel titled 'The week you are planning is:' shows the dates '09/30/2012 - 10/06/2012'. Below this, a list of meals is shown for each day. For Sunday, 'Fast and Easy Chicken Fajitas' is selected, with a checkbox 'include this day' checked and a 'Move this meal to:' dropdown set to 'Sunday' and '3 servings'. For Monday, 'Spinach Pie with Greek Salad' is shown with 'include this day' checked. For Tuesday, 'Quick Beef Stew Dinner' is shown with 'include this day' checked. Each day entry has a '+ click on date to open this day' link.

Scale the recipes
with 1 mouse click

Move Dinners to
different days of
the week

Uncheck any days
you don't want
plans for – meals
are removed and
shopping list
updated

Complete Nutrition analysis with colorful, animated gauges that are easy to understand



Every week you get an email with a summary of the Dinner Plan and a link to log into the website

From: Papayahead [admin@papayahead.com]
To: deantest8@papayahead.com
Cc:
Subject: Your Papayahead Meal Plan

Sent: Fri 9/28/2012 10:10 AM

Here is your Dinner Plan for the week of 09/30/2012-10/06/2012 : <http://www.papayahead.com/planSummary.php?plan=20757>.

Sunday - Fast and Easy Chicken Fajitas
Monday - Spinach Pie with Greek Salad
Tuesday - Quick Beef Stew Dinner
Wednesday - Simple Chinese Chicken Peanut Salad
Thursday - Easy Spaghetti, with Turkey meat Sauce and Side Salad
Friday - All-Star Pork Meatballs Dinner
Saturday - Mustard Spiced Salmon with Kale Salad

Remember - you can quickly edit or change these meals to make them perfect for your household. We look forward to journeying with you as you Eat Well, Save Time and Save Money. Feel free to contact us with questions, comments or feedback at: admin@papayahead.com

The PapayaHead Team

This message was sent to deantest8@papayahead.com from:

PapayaHead, Inc | 1700 Cooper Point Rd SW Suite A-3 | Olympia, WA 98502

[Manage Your Subscription](#)

Email Marketing by
iContact 
try it free

Sample Dinner Plan

Sunday, 09/30/2012

- Fast and Easy Chicken Fajitas
- Dinner Salad with Salsa Topping

Monday, 10/01/2012

- Healthy Spinach Pie
- Greek Salad
- bread, pita, whole-wheat

Tuesday, 10/02/2012

- Beef Stew In a Hurry
- Side Salad with Fat Free Italian Dressing
- French bread

Wednesday, 10/03/2012

- Simple Chinese Chicken Peanut Salad

Thursday, 10/04/2012

- Easy Spaghetti with Turkey Meat Sauce
- Side Salad with Fat Free Italian Dressing

Friday, 10/05/2012

- All-Star Pork Meatballs
- Garlic Mashed Potatoes
- Cucumber Salad with Tomatoes

Saturday, 10/06/2012

- Mustard Spiced Salmon
- Kale w/ Cumin, Cherry Tomatoes
- couscous, cooked

Sample Dinner Plan

Sunday, 09/30/2012 Fast and Easy Chicken Fajitas, 4 servings

Meal Notes:

Fast and Easy Chicken Fajitas

Calories Per Serving: 310

- 2 breasts chicken breast, boneless, skinless
- 2 cups, sliced onion
- 2 cups, sliced red bell peppers
- 1 tablespoon taco seasoning mix
- 1 teaspoon canola oil
- 4 tablespoons sour cream, fat free
- 8 tablespoons sauce, ready-to-serve, salsa
- 8 each corn tortillas, 6 inch

Warm up the tortillas in microwave oven. About 45 seconds.

Cut the chicken into thin strips about 2 inches long. Add oil, taco seasoning and chicken strips to a skillet and cook quickly on high heat until cooked through, about 4 minutes. Reduce heat to medium and add onions and bell pepper slices. Continue cooking until vegetables are warm through but still somewhat crisp, about 2 minutes.

Serve warm tortillas topped with chicken mixture, salsa and sour cream.

Serving size = 2 tortillas topped with chicken and toppings

Dinner Salad with Salsa Topping

Calories Per Serving: 37

- 1/2 cup salsa, ready-to-serve
- 1 tablespoon fresh lime juice
- 1 teaspoon garlic, minced
- 1/8 teaspoon pepper
- 1 cup grape tomatoes, halved
- 1 cup, pared, chopped cucumber
- 1/4 medium (2-1/2 red onion, sliced thin
- 1/2 head romaine lettuce
- 1 tablespoon cilantro leaves

Combine salsa, lime juice, garlic, and pepper. Gently toss with remaining ingredients together and serve on a bed of romaine lettuce.

Sample Dinner Plan

Monday, 10/01/2012 Spinach Pie with Greek Salad, 4 servings

Meal Notes: Put the pie in the oven, then make the salad. Toast the pita bread just before serving and enjoy!

Healthy Spinach Pie

Calories Per Serving: 226

1 1/3 tablespoons margarine
1/2 cup chopped onion
2 2/3 cloves garlic, chopped
1 1/3 tablespoons flour
2/3 cup skim milk
1/8 teaspoon salt
1/8 teaspoon ground nutmeg
1/8 teaspoon pepper
1 1/3 cups egg beaters
2/3 cup frozen spinach, thawed and drained
2/3 cup, shredded cheddar cheese
1 1/3 sprays cooking spray oil

Pre-heat oven to 350 F. In a skillet, melt margarine over medium heat, saute onion and garlic until opaque. Add flour and stir quickly. Slowly add milk, stirring constantly to form a smooth sauce. Add salt, pepper and nutmeg. Let sauce mixture cool down a bit.

In a mixing bowl, combine sauce mix, egg beaters, spinach and cheese.

Spray an oven safe baking dish with oil and then transfer spinach mixture. Bake until top rises, about 40-45 minutes, until a knife inserted near the center comes out clean.

Additional Items:

4 pita, small (4" dia) whole-wheat pita bread (Calories Per Serving: 50)

Greek Salad

Calories Per Serving: 196

3 large whole (3" dia each) tomatoes, chopped
1 small (6-3/8" long) cucumber, diced small
4 ounces feta cheese, crumbled
1/4 cup kalamata olives, pitted, chopped
1/2 small red onion, sliced thinly
1 tablespoon, chopped fresh oregano
1/4 teaspoon pepper
2 tablespoons olive oil
2 tablespoons red wine vinegar

Layer the tomatoes and cucumbers in a bowl. Add the feta cheese, olives, onion, oregano and salt and pepper. Sprinkle oil and vinegar over all. Let stand 30 minutes.

Sample Dinner Plan

Tuesday, 10/02/2012 Quick Beef Stew Dinner, 4 servings

Meal Notes: In a hurry? This dinner is on the table in 30 minutes or less.

Beef Stew In a Hurry

Calories Per Serving: 297

16 ounces canned carrots
8 ounces canned potatoes
8 ounces canned green beans
1/4 cup flour
1 packet dried onion soup mix
1 pound lean beef stew meat, cut in 1/2' cubes
2 cups water

Drain vegetables, reserving liquid. Combine flour and soup mix in large skillet. Add water to reserved liquid and stir into mixture in skillet. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in vegetables and beef. Cover; cook over low heat about 10 minutes or until it is heated through and meat is cooked.

Additional Items:

4 slice, medium (4" x 2-1/2" x 1-3/4") bread, french or vienna (includes sourdough) (Calories Per Serving: 185)

Side Salad with Fat Free Italian Dressing

Calories Per Serving: 41

1/2 head green leaf lettuce, torn
1/2 head red leaf lettuce, torn
1/2 cup, sliced radishes, sliced
1/2 medium cucumber, peeled and sliced
4 ounces baby carrots, sliced
1/2 cup Fat-free Italian dressing

Wash and dry lettuce; tear it into bite size pieces and put in a large bowl. Wash and prepare remaining vegetables, and toss into salad. Serve dressing on the side in 2 tablespoon portions per serving. Enjoy!

Sample Dinner Plan

Wednesday, 10/03/2012 Simple Chinese Chicken Peanut Salad, 4 servings

Simple Chinese Chicken Peanut Salad

Calories Per Serving: 338

8 cups shredded romaine lettuce
2 cups, chopped or diced cooked chicken, skinless
4 ounces peanut satay sauce
2 cups noodles, chinese, chow mein
1/4 cup water

In a small bowl, mix the peanut satay sauce with water to thin it slightly.

Put the lettuce, chicken and noodles in a large salad bowl. Pour the peanut sauce over the salad and toss well. Serve cold.

Serving size = 2 cups of salad

Sample Dinner Plan

Thursday, 10/04/2012 Easy Spaghetti, with Turkey meat Sauce and Side Salad, 4 servings

Meal Notes: Kid friendly, family favorite. Get a meat flavor and texture with less total fat. And it will be on the table in less than 30 minutes.

Easy Spaghetti with Turkey Meat Sauce

Calories Per Serving: 390

4 cups spaghetti, whole-wheat
2/3 pound ground turkey
2 sprays cooking spray oil
17 1/3 ounces spaghetti/marinara sauce, ready-to-serve

Begin cooking the spaghetti noodles according to instructions on the package.

While the spaghetti is boiling, brown the ground turkey in a large pan (spray cooking oil on the pan first). When the turkey is thoroughly browned, pour in the sauce and simmer for a few minutes.

Drain and rinse the spaghetti noodles and serve with the meat sauce.

Side Salad with Fat Free Italian Dressing

Calories Per Serving: 41

1/2 head green leaf lettuce, torn
1/2 head red leaf lettuce, torn
1/2 cup, sliced radishes, sliced
1/2 medium cucumber, peeled and sliced
4 ounces baby carrots, sliced
1/2 cup Fat-free Italian dressing

Wash and dry lettuce; tear it into bite size pieces and put in a large bowl. Wash and prepare remaining vegetables, and toss into salad. Serve dressing on the side in 2 tablespoon portions per serving. Enjoy!

Sample Dinner Plan

Friday, 10/05/2012 All-Star Pork Meatballs Dinner, 4 servings

Meal Notes: You can make the meatballs and potatoes ahead of time and bake them while you make the salad.

All-Star Pork Meatballs

Calories Per Serving: 218

2/3 pound ground pork
2/3 tablespoon dried onion flakes
1/2 cup corn flakes, crushed
1/3 teaspoon salt
1/8 teaspoon pepper
2/3 large egg
1/8 cup low sodium ketchup
2 tablespoons brown sugar
2/3 teaspoon dry mustard

In a large bowl, combine ground pork, onion, corn flakes, salt, pepper and egg. In a small bowl stir together ketchup, brown sugar and dry mustard.

Spoon half of the ketchup mixture into the pork and mix well. Spray muffin tin with vegetable cooking spray. Form one meatball per serving and place in the muffin tin. Coat the top of each meatball with the remaining ketchup mixture.

Bake for 30 minutes at 375 degree F.

Cucumber Salad with Tomatoes

Calories Per Serving: 41

2 cups, pared, chopped cucumber
1 cup, chopped or sliced tomatoes
1/4 cup chopped sweet onions
2 teaspoons, chopped fresh dill weed
1/2 cup reduced fat italian salad dressing

Toss together the cucumbers, tomatoes, onions, dill, and salad dressing.

Chill for 1 hour, Serve.

Garlic Mashed Potatoes

Calories Per Serving: 238

2 pounds potatoes, peeled and cubed
4 cloves garlic, sliced lengthwise
2 ounces fat free sour cream
2 tablespoons nonfat milk
1 tablespoon margarine
1/2 teaspoon salt
1/4 teaspoon pepper

Put potatoes and garlic in a large saucepan. Add water to cover. Bring to a boil. Cover and reduce heat. Simmer for 20 minutes or until potatoes are tender. Drain and return potatoes and garlic to pan. Using a mixer or potato masher, mash potatoes to desired consistency. Add sour cream and remaining ingredients.

Meal Notes:

Mustard Spiced Salmon

Calories Per Serving: 233

2 teaspoons deli mustard
1 teaspoon honey
1/4 teaspoon pepper, red or cayenne
1/4 teaspoon tumeric
1/8 teaspoon garlic powder
1/4 teaspoon salt
16 ounces salmon fillet

Preheat broiler.

Combine mustard, honey and spices in a small bowl, stirring well with a fork. Rub mustard mixture evenly over each fillet. Place fillets, skin side down, on a broiler pan coated with cooking spray. Broil 8 minutes or until fish flakes easily when tested with a fork.

Additional Items:

2 cup couscous, cooked (Calories Per Serving: 88)

Kale w/ Cumin, Cherry Tomatoes

Calories Per Serving: 96

1 1/2 tablespoons extra-virgin olive oil
1 small onions, minced
2 cloves garlic , minced
1/2 pepper peppers, jalapeno, seeded and minced
1 1/2 teaspoons ground cumin
1 cup cherry tomatoes, halved
5 cups, chopped kale , cleaned, stemmed (do not dry)
2 tablespoons cilantro leaves , chopped

1. Heat oil in large, nonreactive saute pan or Dutch oven.
2. Add onions; saute until partially softened, about 1 minute.
3. Add garlic, jalapeno and cumin; saute until onion softens fully; about 2 minutes longer.
4. Add tomatoes; cook until their juices release, about 1 minute.
5. Add wet kale, cover and cook over medium-high heat, stirring occasionally, until greens completely wilt, but are still bright green, about 5 minutes.
5. Uncover, add cilantro, salt and pepper. Cook over high heat until liquid evaporates, 2 to 3 minutes longer. Serve immediately, with lime wedges, if desired.

Customer Shopping List - PapayaHead.com

Item	Quantity	Grocery Aisle	Recipe	Date
cooking spray oil	3 1/3 sprays	Baking		10/01/2012
cooking spray oil	2 sprays		Easy Spaghetti with Turkey Meat Sauce	10/04/2012
cooking spray oil	1 1/3 sprays		Healthy Spinach Pie	10/01/2012
brown sugar	2 tablespoons	Baking	All-Star Pork Meatballs	10/05/2012
flour	1 oz	Baking		10/01/2012
flour	1/4 cup		Beef Stew In a Hurry	10/02/2012
flour	1 1/3 tablespoons		Healthy Spinach Pie	10/01/2012
water	2 1/4 cups	Beverages		10/02/2012
water	1/4 cup		Simple Chinese Chicken Peanut Salad	10/03/2012
water	2 cups		Beef Stew In a Hurry	10/02/2012
bread, french or vienna (includes sourdough)	2 slices, medium (4" x 2-1/2" x 1-3/4" each)	Bread & Bakery		10/02/2012
whole-wheat pita bread	4	Bread & Bakery		10/01/2012
corn flakes	1/2 cup	Breakfast & Cereal	All-Star Pork Meatballs	10/05/2012
sauce, ready-to-serve, salsa	5 oz	Canned Goods & Soups		09/30/2012
salsa, ready-to-serve	1/4 cup		Dinner Salad with Salsa Topping	09/30/2012
sauce, ready-to-serve, salsa	4 tablespoons		Fast and Easy Chicken Fajitas	09/30/2012
spaghetti/marinara sauce, ready-to-serve	17 1/3 ounces	Canned Goods & Soups	Easy Spaghetti with Turkey Meat Sauce	10/04/2012
dried onion soup mix	1 packet	Canned Goods & Soups	Beef Stew In a Hurry	10/02/2012
canned green beans	8 ounces	Canned Goods & Soups	Beef Stew In a Hurry	10/02/2012
canned potatoes	8 ounces	Canned Goods & Soups	Beef Stew In a Hurry	10/02/2012
canned carrots	16 ounces	Canned Goods & Soups	Beef Stew In a Hurry	10/02/2012
kalamata olives, pitted	1/4 cup	Canned Goods & Soups	Greek Salad	10/01/2012
extra-virgin olive oil	1 1/2 tablespoons	Condiments	Kale w/ Cumin, Cherry Tomatoes	10/06/2012
canola oil	1/2 teaspoon	Condiments	Fast and Easy Chicken Fajitas	09/30/2012
low sodium ketchup	1/8 cup	Condiments	All-Star Pork Meatballs	10/05/2012
red wine vinegar	2 tablespoons	Condiments	Greek Salad	10/01/2012
Fat-free Italian dressing	1 cup	Condiments		10/02/2012
Fat-free Italian dressing	1/2 cup		Side Salad with Fat Free Italian	10/04/2012

Customer Shopping List - PapayaHead.com

Fat-free Italian dressing	1/2 cup		Dressing Side Salad with Fat Free Italian Dressing	10/02/2012
olive oil	2 tablespoons	Condiments	Greek Salad	10/01/2012
reduced fat italian salad dressing	1/2 cup	Condiments	Cucumber Salad with Tomatoes	10/05/2012
honey	1 teaspoon	Cookies, Snacks and Candy	Mustard Spiced Salmon	10/06/2012
skim milk	2/3 cup	Dairy, Eggs and Cheese	Healthy Spinach Pie	10/01/2012
sour cream, fat free	3 oz	Dairy, Eggs and Cheese		09/30/2012
fat free sour cream	2 ounces		Garlic Mashed Potatoes	10/05/2012
sour cream, fat free	2 tablespoons		Fast and Easy Chicken Fajitas	09/30/2012
nonfat milk	2 tablespoons	Dairy, Eggs and Cheese	Garlic Mashed Potatoes	10/05/2012
margarine	2 1/3 tablespoons	Dairy, Eggs and Cheese		10/01/2012
margarine	1 tablespoon		Garlic Mashed Potatoes	10/05/2012
margarine	1 1/3 tablespoons		Healthy Spinach Pie	10/01/2012
egg	2/3 large	Dairy, Eggs and Cheese	All-Star Pork Meatballs	10/05/2012
cheddar cheese	2/3 cup, shredded	Dairy, Eggs and Cheese	Healthy Spinach Pie	10/01/2012
egg beaters	1 1/3 cups	Dairy, Eggs and Cheese	Healthy Spinach Pie	10/01/2012
feta cheese	4 ounces	Deli	Greek Salad	10/01/2012
frozen spinach	2/3 cup	Frozen Foods	Healthy Spinach Pie	10/01/2012
peppers, jalapeno	1/2 pepper	Fruits & Vegetables	Kale w/ Cumin, Cherry Tomatoes	10/06/2012
onion	1/2 cup chopped	Fruits & Vegetables	Healthy Spinach Pie	10/01/2012
cilantro leaves	2 1/2 tablespoons	Fruits & Vegetables		09/30/2012
cilantro leaves	2 tablespoons		Kale w/ Cumin, Cherry Tomatoes	10/06/2012
cilantro leaves	1/2 tablespoon		Dinner Salad with Salsa Topping	09/30/2012
grape tomatoes	1/2 cup	Fruits & Vegetables	Dinner Salad with Salsa Topping	09/30/2012
fresh lime juice	1/2 tablespoon	Fruits & Vegetables	Dinner Salad with Salsa Topping	09/30/2012
onion	7 oz	Fruits & Vegetables		09/30/2012
onions	1 small		Kale w/ Cumin, Cherry Tomatoes	10/06/2012
onion	1 cup, sliced		Fast and Easy Chicken Fajitas	09/30/2012
green leaf lettuce	1 head	Fruits & Vegetables		10/02/2012
green leaf lettuce	1/2 head		Side Salad with Fat Free Italian Dressing	10/04/2012
green leaf lettuce	1/2 head		Side Salad with Fat Free Italian Dressing	10/02/2012
garlic	0.89 oz	Fruits & Vegetables		09/30/2012
garlic	4 cloves		Garlic Mashed Potatoes	10/05/2012

Customer Shopping List - PapayaHead.com

garlic	2 cloves		Kale w/ Cumin, Cherry Tomatoes	10/06/2012
garlic	2 2/3 cloves		Healthy Spinach Pie	10/01/2012
garlic	1/2 teaspoon		Dinner Salad with Salsa Topping	09/30/2012
red bell peppers	1 cup, sliced	Fruits & Vegetables	Fast and Easy Chicken Fajitas	09/30/2012
cucumber	22 oz	Fruits & Vegetables		09/30/2012
cucumber	2 cups, pared, chopped		Cucumber Salad with Tomatoes	10/05/2012
cucumber	1/2 medium		Side Salad with Fat Free Italian Dressing	10/04/2012
cucumber	1/2 medium		Side Salad with Fat Free Italian Dressing	10/02/2012
cucumber	1 small (6-3/8" long)		Greek Salad	10/01/2012
cucumber	1/2 cup, pared, chopped		Dinner Salad with Salsa Topping	09/30/2012
tomatoes	26 oz	Fruits & Vegetables		10/01/2012
tomatoes	1 cup, chopped or sliced		Cucumber Salad with Tomatoes	10/05/2012
tomatoes	3 large whole (3" dia each)		Greek Salad	10/01/2012
sweet onions	1/4 cup chopped	Fruits & Vegetables	Cucumber Salad with Tomatoes	10/05/2012
romaine lettuce	19 oz	Fruits & Vegetables		09/30/2012
romaine lettuce	8 cups shredded		Simple Chinese Chicken Peanut Salad	10/03/2012
romaine lettuce	1/4 head		Dinner Salad with Salsa Topping	09/30/2012
potatoes	2 pounds	Fruits & Vegetables	Garlic Mashed Potatoes	10/05/2012
red leaf lettuce	1 head	Fruits & Vegetables		10/02/2012
red leaf lettuce	1/2 head		Side Salad with Fat Free Italian Dressing	10/04/2012
red leaf lettuce	1/2 head		Side Salad with Fat Free Italian Dressing	10/02/2012
baby carrots	8 ounces	Fruits & Vegetables		10/02/2012
baby carrots	4 ounces		Side Salad with Fat Free Italian Dressing	10/04/2012
baby carrots	4 ounces		Side Salad with Fat Free Italian Dressing	10/02/2012
fresh oregano	1 tablespoon, chopped	Fruits & Vegetables	Greek Salad	10/01/2012
radishes	1 cup, sliced	Fruits & Vegetables		10/02/2012
radishes	1/2 cup, sliced		Side Salad with Fat Free Italian Dressing	10/04/2012
radishes	1/2 cup, sliced		Side Salad with Fat Free Italian Dressing	10/02/2012
red onion	1 oz	Fruits & Vegetables		09/30/2012
red onion	1/2 small		Greek Salad	10/01/2012
red onion	1/8 medium (2-1/2		Dinner Salad with Salsa Topping	09/30/2012
fresh dill weed	2 teaspoons, chopped	Fruits & Vegetables	Cucumber Salad with Tomatoes	10/05/2012
cherry tomatoes	1 cup	Fruits & Vegetables	Kale w/ Cumin, Cherry Tomatoes	10/06/2012
kale	5 cups, chopped	Fruits & Vegetables	Kale w/ Cumin, Cherry Tomatoes	10/06/2012
spaghetti, whole-wheat	4 cups	Grains, Pasta and Sides	Easy Spaghetti with Turkey Meat	10/04/2012

Sauce				
couscous	2 cups	Grains, Pasta and Sides		10/06/2012
corn tortillas, 6 inch	4 each	International Cuisine	Fast and Easy Chicken Fajitas	09/30/2012
noodles, chinese, chow mein	2 cups	International Cuisine	Simple Chinese Chicken Peanut Salad	10/03/2012
salmon fillet	16 ounces	Meat & Seafood	Mustard Spiced Salmon	10/06/2012
ground turkey	2/3 pound	Meat & Seafood	Easy Spaghetti with Turkey Meat Sauce	10/04/2012
cooked chicken, skinless	2 cups, chopped or diced	Meat & Seafood	Simple Chinese Chicken Peanut Salad	10/03/2012
ground pork	2/3 pound	Meat & Seafood	All-Star Pork Meatballs	10/05/2012
chicken breast, boneless, skinless	1 breast	Meat & Seafood	Fast and Easy Chicken Fajitas	09/30/2012
peanut satay sauce	4 ounces	Other	Simple Chinese Chicken Peanut Salad	10/03/2012
deli mustard	2 teaspoons	Spices	Mustard Spiced Salmon	10/06/2012
pepper, red or cayenne	1/4 teaspoon	Spices	Mustard Spiced Salmon	10/06/2012
tumeric	1/4 teaspoon	Spices	Mustard Spiced Salmon	10/06/2012
garlic powder	1/8 teaspoon	Spices	Mustard Spiced Salmon	10/06/2012
taco seasoning mix	1/2 tablespoon	Spices	Fast and Easy Chicken Fajitas	09/30/2012
salt	1 1/4 teaspoons	Spices		10/01/2012
salt	1/2 teaspoon		Garlic Mashed Potatoes	10/05/2012
salt	1/3 teaspoon		All-Star Pork Meatballs	10/05/2012
salt	1/4 teaspoon		Mustard Spiced Salmon	10/06/2012
salt	1/8 teaspoon		Healthy Spinach Pie	10/01/2012
pepper	2/3 teaspoon	Spices		09/30/2012
pepper	1/4 teaspoon		Garlic Mashed Potatoes	10/05/2012
pepper	1/8 teaspoon		All-Star Pork Meatballs	10/05/2012
pepper	1/4 teaspoon		Greek Salad	10/01/2012
pepper	1/8 teaspoon		Healthy Spinach Pie	10/01/2012
pepper	1/8 teaspoon		Dinner Salad with Salsa Topping	09/30/2012
dry mustard	2/3 teaspoon	Spices	All-Star Pork Meatballs	10/05/2012
dried onion flakes	2/3 tablespoon	Spices	All-Star Pork Meatballs	10/05/2012
ground cumin	1 1/2 teaspoons	Spices	Kale w/ Cumin, Cherry Tomatoes	10/06/2012
ground nutmeg	1/8 teaspoon	Spices	Healthy Spinach Pie	10/01/2012