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Nothing is better than cooking with in-season produce, picked ripe and still warm from the summer sun. This light meal plan is inspired by garden-fresh ingredients, whether from your local farmers' market or grown in your own backyard.

BY JESSE LANE LEE

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <b>1 serving Pizza Frittata</b> (p. 7; save leftovers)	 <b>2 servings Garden Casserole</b> (p. 3; save leftovers)	 <b>1 serving Basil Lime Chicken</b> (p. 4; save leftovers)	Calories: 1,413, Fat: 63 g, Sat. Fat: 20.5 g, Carbs: 53 g, Fiber: 23 g, Sugars: 28 g, Protein: 94 g, Sodium: 1,926 mg, Cholesterol: 248 mg
TUESDAY	 <b>2 Yogurt Parfait Pops</b> (p. 2; save leftovers)	 <b>1 serving Basil Lime Chicken</b> (leftovers, p. 4)	 <b>1 serving Garden Casserole</b> (leftovers, p. 3); <b>1 serving Peach Ice Cream</b> (p. 6; save leftovers)	Calories: 1,301, Fat: 72 g, Sat. Fat: 29.5 g, Carbs: 75 g, Fiber: 19 g, Sugars: 46 g, Protein: 61.5 g, Sodium: 1,218 mg, Cholesterol: 146 mg
WEDNESDAY	 <b>1 serving Pizza Frittata</b> (leftovers, p. 7)	 <b>1 serving Watermelon &amp; Halloumi Salad</b> (p. 5; save leftovers)	 <b>1 serving Basil Lime Chicken</b> (leftovers, p. 4); <b>2 servings Peach Ice Cream</b> (leftovers, p. 6)	Calories: 1,511, Fat: 96 g, Sat. Fat: 50.5 g, Carbs: 89 g, Fiber: 13 g, Sugars: 61 g, Protein: 78 g, Sodium: 2,339 mg, Cholesterol: 142 mg
THURSDAY	 <b>2 Yogurt Parfait Pops</b> (leftovers, p. 2)	 <b>1 serving Basil Lime Chicken</b> (leftovers, p. 4)	 <b>1 serving Watermelon &amp; Halloumi Salad</b> (leftovers, p. 5); <b>1 serving Peach Ice Cream</b> (leftovers, p. 6)	Calories: 1,177, Fat: 72 g, Sat. Fat: 20.5 g, Carbs: 88 g, Fiber: 14 g, Sugars: 55 g, Protein: 58 g, Sodium: 1,705 mg, Cholesterol: 111 mg
FRIDAY	 <b>1 serving Pizza Frittata</b> (p. 7; save leftovers)	 <b>1 serving Watermelon &amp; Halloumi Salad</b> (leftovers, p. 5)	 <b>1 serving Buffalo Blue Cheese Club</b> (p. 6; save leftovers); <b>2 servings Peach Ice Cream</b> (leftovers, p. 6)	Calories: 1,375, Fat: 78.5 g, Sat. Fat: 51 g, Carbs: 93 g, Fiber: 14 g, Sugars: 57 g, Protein: 76 g, Sodium: 2,055 mg, Cholesterol: 134 mg
SATURDAY	 <b>3 Yogurt Parfait Pops</b> (leftovers, p. 2)	 <b>2 servings Garden Casserole</b> (leftovers, p. 3)	 <b>1 serving Watermelon &amp; Halloumi Salad</b> (leftovers, p. 5)	Calories: 1,605, Fat: 82 g, Sat. Fat: 33 g, Carbs: 92 g, Fiber: 27.5 g, Sugars: 67 g, Protein: 72 g, Sodium: 1,554 mg, Cholesterol: 196 mg
SUNDAY	 <b>1 serving Pizza Frittata</b> (leftovers, p. 7)	 <b>1 serving Buffalo Blue Cheese Club</b> (leftovers, p. 6)	 <b>2 servings Garden Casserole</b> (leftovers, p. 3); <b>1 serving Peach Ice Cream</b> (leftovers, p. 6)	Calories: 1,473, Fat: 61.5 g, Sat. Fat: 36 g, Carbs: 67 g, Fiber: 25 g, Sugars: 34 g, Protein: 94 g, Sodium: 1,716 mg, Cholesterol: 240 mg

# Yogurt Parfait Pops with Granola & Berries

F V GF

MAKES 8 POPS. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 45 MINUTES.\*

\*PLUS FREEZING TIME.

We've taken all the ingredients in a traditional breakfast parfait – yogurt, homemade granola and berries – and piled them into a frozen ice pop so you can just grab them on your way out the door.

- ½ cup** old-fashioned rolled oats
- ¼ cup** chopped raw unsalted cashews
- 1 tbsp** ground golden flaxseeds
- 3 tbsp** raw honey, divided
- 1 tbsp** coconut oil, melted
- 1½ cups** whole-milk Greek yogurt
- ¾ cup** plain unsweetened almond milk
- ½ tsp** pure vanilla extract
- 1 cup** raspberries, halved crosswise
- ½ cup** blackberries, halved crosswise

## EQUIPMENT:

**8 3-oz** pop molds

**1.** Preheat oven to 300°F. In a medium bowl, combine oats, cashews and flaxseeds. Drizzle with 1 tbsp honey and oil and stir to coat. Spread onto a large rimmed parchment-lined baking sheet. Bake for 15 minutes, stirring every 5 minutes. Set aside to cool completely, about 15 minutes.

**2.** In same bowl, combine yogurt, milk, remaining 2 tbsp honey and vanilla. Spoon mixture into molds, filling them halfway. Divide half of the berries

among molds and, using a chopstick or a spoon, press berries into yogurt mixture and against the sides of the mold. Top with half of the granola. Repeat layers with remaining yogurt mixture, berries and granola. Add sticks to each mold.

**3.** Freeze until set, at least 4 hours. To remove, run under warm water to loosen.

**PER SERVING** (1 pop): Calories: 145, Total Fat: 7 g, Sat. Fat: 3 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 16 g, Fiber: 2.5 g, Sugars: 10 g, Protein: 6 g, Sodium: 35 mg, Cholesterol: 6 mg

# Garden Casserole



SERVES 8. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

Brimming with colorful, fresh-picked summer vegetables, this casserole makes a great meatless entrée or, in smaller portions, a hearty side dish.

- 12 oz** whole-wheat spaghetti, broken in half
- 3 tbsp** olive oil, divided
- 1** yellow onion, cut into ½-inch dice
- 1 each** red and green bell peppers, cut into ½-inch dice
- 2 each** green and golden zucchini, halved lengthwise and sliced
- 2 cups** ½-inch diced tomatoes
- sea salt and ground black pepper, to taste
- 1 cup** shredded Parmesan cheese
- ¾ cup** whole-milk ricotta cheese
- ½ cup** shredded mozzarella cheese
- 2 large** eggs, lightly beaten
- 5 tbsp** chopped fresh basil, divided
- ⅓ tsp** red pepper flakes
- ½ cup** whole-wheat panko bread crumbs

- 1.** Preheat oven to 375°F. Mist a 9 x 13-inch baking pan with cooking spray and set aside.
- 2.** In a large pot of boiling water, cook spaghetti according to package directions.
- 3.** Meanwhile, in a large saucepan or small stockpot on medium, heat 2 tbsp oil. Add onion and cook, stirring occasionally, for 1 minute. Add bell peppers and cook, stirring occasionally, for 1 minute. Add zucchini and cook, stirring occasionally, until vegetables are tender, about 6 minutes. Remove from heat and stir in tomatoes, salt and pepper.
- 4.** In a medium bowl, combine Parmesan, ricotta, mozzarella, eggs, ¼ cup basil and pepper flakes. In another small bowl, combine panko and remaining 1 tbsp oil. Set both bowls aside.

- 5.** Drain spaghetti and add to vegetable mixture. Add Parmesan mixture, stirring to combine. Transfer entire mixture to prepared baking pan and sprinkle panko mixture on top. Bake until panko is lightly browned and casserole is heated through, about 15 minutes. Let stand 10 minutes. Sprinkle with remaining 1 tbsp basil.

**NOTE:** If following our Meal Plan, store one serving in the fridge for Tuesday's side; freeze two 2-serving portions separately for later in the week. Freeze remaining serving for future use.

**PER SERVING** (⅛ of casserole): Calories: 366, Total Fat: 15 g, Sat. Fat: 6 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 1.5 g, Carbs: 44 g, Fiber: 8 g, Sugars: 6 g, Protein: 18.5 g, Sodium: 296 mg, Cholesterol: 71 mg

SERVES 4. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 45 MINUTES.

Cutting chicken breasts into thin cutlets helps them cook quickly on the grill – if you can find pre-sliced cutlets, use them instead and save yourself the prep work. A quick blender sauce with fresh basil and lime is smothered over top for a zesty, spicy kick.

## SAUCE

- 2** limes, zested and juiced
- 1½ cups** torn fresh basil
- 6 tbsp** safflower oil
- 2 tbsp** red wine vinegar
- 4 cloves** garlic, smashed and peeled
- 2 tsp** ground cumin
- ¼ tsp** red pepper flakes
- ½ tsp** sea salt

## CHICKEN

- 1** lime, thinly sliced
- ½ cup** torn fresh basil
- 2 tbsp** safflower oil
- 4 cloves** garlic, smashed and peeled
- 1 tbsp** reduced-sodium soy sauce
- ½ tsp** ground cumin
- 2 lb** boneless, skinless chicken breasts, each cut in half horizontally to make thin cutlets
- ½ tsp** sea salt

## GRILLED VEGETABLES

- 3** zucchini, sliced into ½-inch-thick rounds
- 4 tsp** safflower oil, divided
- 1 tsp** sea salt, divided
- ½ tsp** ground cumin
- 4 ears** corn, husked
- 2 cups** cherry or grape tomatoes
- 3 bunches** green onions

## EQUIPMENT:

- 4** wooden skewers, soaked in water (or use metal skewers)

**1.** Prepare sauce: To a food processor, add all sauce ingredients. Pulse until smooth. Set aside.

**2.** Prepare chicken: To a large bowl, add lime slices, basil, oil, garlic, soy sauce and cumin; stir to combine. Add chicken to bowl, turning to coat. Cover and refrigerate for 30 minutes.

**3.** Prepare vegetables: Preheat a grill to medium-high and lightly grease grate. In a bowl, toss together zucchini, 1 tsp oil, ½ tsp salt and cumin. Brush corn with 1 tsp oil and sprinkle with ¼ tsp salt. Place corn and zucchini on grill; close lid and cook, turning occasionally, until tender and grill-marked, 10 to 14 minutes for zucchini and 15 minutes for corn. Transfer to a large baking sheet; cover loosely with foil to keep warm.

**4.** Thread tomatoes onto skewers. Brush tomatoes and green onions with remaining 2 tsp oil and sprinkle with remaining ¼ tsp salt. Place on grill; close lid and cook, turning occasionally, until tender and grill-marked, 2 to 3 minutes for green onions and 3 to 5 minutes for tomatoes. Add to baking sheet; cover to keep warm.

**5.** Reduce heat to medium. Remove chicken from marinade; discard marinade. Pat chicken dry and sprinkle with ½ tsp salt. Place on grill; close lid and cook, turning once, until no longer pink inside, 6 to 10 minutes. Cover chicken loosely with foil to keep warm.

**6.** Cut corn kernels from cobs. In a separate large bowl, toss together corn kernels, zucchini (chopped, if desired), tomatoes and 2 tbsp sauce; divide among plates. Divide chicken among plates. Chop green onions (or leave whole, if desired), sprinkle over top and drizzle with remaining sauce.

**NOTE:** If following our Meal Plan, store leftover chicken, veggies and sauce separately in the refrigerator. Reheat chicken and veggies on a baking sheet in the oven and serve with sauce and green onions when called for.

**PER SERVING** (¼ of recipe): Calories: 449, Total Fat: 27 g, Sat. Fat: 2.5 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 18 g, Carbs: 26 g, Fiber: 5 g, Sugars: 10 g, Protein: 29 g, Sodium: 778 mg, Cholesterol: 63 mg



# Watermelon & Halloumi Salad

Q V GF

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

Halloumi is a semi-hard cheese that stands up to heat without melting, making it the perfect meatless protein to make on the grill. Make the vinaigrette ahead of time and prep the salad the day of.

## VINAIGRETTE

- 2 tbsp** white wine vinegar
- 1 tsp** raw honey
- ½ tsp** ancho chile powder
- ¼ cup** extra-virgin olive oil
- ¼ tsp** ground black pepper
- ⅛ tsp** sea salt
- 5 oz** baby lettuces, torn (about 5 cups)
- 1 lb** heirloom cherry tomatoes, halved
- ½** English cucumber, halved lengthwise, sliced (about 1¼ cups)
- 2 tbsp** chopped fresh mint

## SALAD

- 8 oz** halloumi, cut into ½-inch slabs
  - 8** wedges seedless watermelon (½ inch thick)
  - 1 tbsp** extra-virgin olive oil
  - ⅛ tsp** each sea salt and ground black pepper
1. Make vinaigrette: Whisk together vinegar, honey and chile powder. Slowly whisk in oil. Season with pepper and salt. Cover and refrigerate until ready to use. (Vinaigrette will keep in the fridge for 5 to 7 days.)
  2. Preheat grill to medium-high; grease grill. Remove dressing from fridge. Pat halloumi dry. Grill 3 to 5 minutes per side, until grill marks appear.

Pat watermelon dry. Brush with oil, sprinkle with salt and pepper. Grill 2 to 3 minutes per side, until grill marks appear. Cut halloumi into ½-inch cubes.

3. Whisk dressing to re-emulsify. In a bowl, combine lettuce, tomatoes and cucumber; toss with 3 tbsp dressing. Divide among plates, top with halloumi, watermelon and mint. Serve additional dressing on the side.

**NOTE:** If following our Meal Plan, store leftover salad components and dressing separately in the fridge. Assemble just before serving when called for.

**PER SERVING** (¼ of recipe): Calories: 438, Total Fat: 31 g, Sat. Fat: 12 g, Monounsaturated Fat: 17 g, Polyunsaturated Fat: 2 g, Carbs: 30 g, Fiber: 4 g, Sugars: 25 g, Protein: 17 g, Sodium: 857 mg, Cholesterol: 36 mg

## Peach Ice Cream

P F V GF

SERVES 8. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 25 MINUTES.\*

\*PLUS FREEZING TIME.

Don't have an ice-cream maker? No problem – this luscious and creamy iced treat can be made without one for the ultimate dairy-free summer dessert.

- 2 cups sliced peaches (fresh or frozen)
- 2 tsp pure vanilla extract, divided
- ¼ tsp sea salt, divided
- 2 13.5-oz BPA-free cans coconut milk, refrigerated overnight (**NOTE:** It's important to use a brand without fillers and gums or this recipe.)
- 3 tbsp raw honey

1. Chill a large mixing bowl and beaters (for an electric hand mixer) in the refrigerator for 15 minutes.

2. Meanwhile, in a small pot on medium-low, bring peaches, ¼ cup water, 1 tsp vanilla and ½ tsp salt to a simmer. Cover and simmer, stirring occasionally, for 10 minutes, using a spoon to crush and break up pieces until texture is a chunky purée. Remove from heat and cool completely.

3. Meanwhile, scoop solid white cream from coconut milk cans into chilled bowl; reserve liquid for another use. Using a hand mixer, beat cream for 1 minute, until light and fluffy, then add remaining 1 tsp vanilla, ⅛ tsp salt and honey. Beat on high for 1 additional minute. Fold peach purée into coconut mixture, then pour into a parchment-lined loaf pan, spreading so that top is even. Freeze for 3 to 4 hours, stirring vigorously every 30 minutes.

4. To serve, let stand at room temperature for 20 minutes, then slice into individual servings using a warmed knife, or use a warmed ice cream scoop (run under hot water for 20 seconds).

**PER SERVING** (⅛ of recipe):

Calories: 196, Total Fat: 16 g, Sat. Fat: 15 g, Monounsaturated Fat: 0.5 g, Polyunsaturated Fat: 0.5 g, Carbs: 10 g, Fiber: 1 g, Sugars: 10 g, Protein: 2 g, Sodium: 74 mg, Cholesterol: 0 mg

## Buffalo Blue Cheese Club

Q

SERVES 2.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

Spicy chicken breast, crunchy carrots and celery, and a creamy blue cheese sauce studded with chives make this club sandwich a force to be reckoned with. Don't throw away the celery leaves – they make a colorful and flavorful addition to this sandwich.

- 4 oz cooked chicken breast, shredded
- 1 tbsp hot sauce
- ¼ cup plain yogurt
- 1 tbsp crumbled blue cheese
- 1 tbsp chopped fresh chives
- 4 slices whole-grain bread
- 2 stalks celery, julienned
- 1 carrot, peeled and julienned

1. In a medium bowl, combine chicken and hot sauce and toss until well coated.

2. In a small bowl, combine yogurt, blue cheese and chives. Toast bread until golden and lay on a cutting board. Spread about 1 tbsp blue cheese mixture over each slice.

3. Top 2 slices with half of each celery, carrot and chicken mixture; sandwich each with remaining 2 slices of bread. Cut each sandwich in half and stack with a toothpick, if desired.

**NOTE:** If following our Meal Plan, store chicken mixture, yogurt mixture and veggies separately in the fridge. Toast bread and assemble sandwich when called for.

**PER SERVING** (1 sandwich): Calories: 313, Total Fat: 9.5 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g, Carbs: 30 g, Fiber: 6 g, Sugars: 6 g, Protein: 27 g, Sodium: 494 mg, Cholesterol: 55 mg

# Pizza Frittata



SERVES 2. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

A pizza look- and taste-alike, only it's clean and loaded with protein. Easy, customizable and, most importantly, delicious. To make it your own, add all the veggies you want, and feel free to drizzle tomato sauce over top, if desired.

- 1** organic hot Italian chicken sausage
- 1** red bell pepper, chopped
- handful button mushrooms, chopped
- 1 cup** liquid egg whites (or 8 egg whites)
- 1/8 tsp** dry mustard
- garlic powder, sea salt and black pepper, to taste
- 1 1-oz** slice whole-wheat bread, crust removed and discarded, cut into 1/2-inch cubes, optional
- 1/4 cup** shredded part-skim mozzarella cheese

- 1.** Preheat oven to 375°F.
- 2.** Remove casings from sausages and crumble filling into a large oven-safe nonstick pan on medium heat. Cook, stirring occasionally, for 5 to 7 minutes, until sausage is golden brown in color and almost cooked through. Add bell pepper and mushrooms and sauté until mushrooms begin to soften, about 5 minutes more.
- 3.** Reduce heat as low as possible (or remove from stove if using a gas range). In a medium bowl, beat egg whites with mustard, garlic powder, salt and black pepper using a whisk or handheld mixer. (**NOTE:** Don't overdo it and make a meringue; simply incorporate flavors with eggs and lighten them up a bit.)

**4.** Distribute bread (if using) evenly over sausage-mushroom mixture. Pour egg white mixture evenly over top. Increase heat to medium-low (return pan to heat, if removed). Sprinkle cheese over top. Once egg whites start to set and turn opaque, transfer pan to oven.

**5.** Bake until cheese browns and bubbles, about 30 minutes. Transfer to a plate, slice and serve.

**NOTE:** If following our Meal Plan, store leftovers in the fridge and reheat in a toaster oven when called for. This dish is made twice within the plan, each time yielding a serving of leftovers.

**PER SERVING** (1/2 of recipe): Calories: 232, Total Fat: 6 g, Sat. Fat: 2.5 g, Carbs: 13 g, Fiber: 2 g, Sugars: 6 g, Protein: 28 g, Sodium: 556 mg, Cholesterol: 43 mg

## GROCERY LIST

### PROTEINS & DAIRY

- ☐ 2 organic hot Italian chicken sausages
- ☐ 4 lb boneless, skinless chicken breasts
- ☐ 2 eggs
- ☐ 20 oz liquid egg whites (or 16 egg whites)
- ☐ 4 oz part skim mozzarella cheese
- ☐ 3 oz Parmesan cheese
- ☐ 3 oz whole-milk ricotta cheese
- ☐ 8 oz halloumi cheese
- ☐ 6 oz whole-milk Greek yogurt
- ☐ 1 carton plain unsweetened almond milk
- ☐ 2 13.5-oz BPA-free cans coconut milk

### VEGGIES & FRUITS

- ☐ 3 red bell peppers
- ☐ 1 green bell pepper
- ☐ 2 cups button mushrooms
- ☐ 1 yellow onion
- ☐ 2 red onions
- ☐ 5 green zucchini
- ☐ 2 yellow zucchini
- ☐ 3 large tomatoes
- ☐ 3 bunches fresh basil

- ☐ 1 bunch fresh mint
- ☐ 3 limes
- ☐ 1 lemon
- ☐ 1 head garlic
- ☐ 4 ears corn
- ☐ 1 lb heirloom cherry tomatoes
- ☐ 1 lb cherry or grape tomatoes
- ☐ 1 bunch green onions
- ☐ ½ pint raspberries
- ☐ ½ pint blackberries
- ☐ 1 watermelon
- ☐ 5 oz baby lettuce
- ☐ 1 small head romaine lettuce
- ☐ 1 small English cucumber
- ☐ 2 peaches

### WHOLE GRAINS

- ☐ 1 loaf whole-wheat bread
- ☐ 12 oz whole-wheat spaghetti
- ☐ 1 container whole-wheat panko bread crumbs
- ☐ 1 small bag old-fashioned rolled oats

### NUTS, SEEDS & OILS

- ☐ 1 bottle olive oil
- ☐ 1 bottle safflower oil
- ☐ 1 jar coconut oil
- ☐ 2 oz unsalted cashews
- ☐ 1 oz walnuts
- ☐ 1 small bag ground flaxseeds

### PANTRY STAPLES

- ☐ 1 bottle dry mustard
- ☐ 1 bottle garlic powder
- ☐ 1 bottle sea salt
- ☐ 1 bottle ground black pepper
- ☐ 1 bottle red pepper flakes
- ☐ 1 bottle ancho chile powder
- ☐ 1 bottle ground cumin
- ☐ 1 bottle red wine vinegar
- ☐ 1 bottle white wine vinegar
- ☐ 1 bottle balsamic vinegar
- ☐ 1 bottle reduced-sodium soy sauce
- ☐ 1 bottle raw honey
- ☐ 1 bottle pure vanilla extract