

****The following is NOT a complete menu plan. It's a sample plan that includes 1 main dish, 1 side, 1 dessert, and a partial shopping list.****



Each week we will be sending you 9 recipes to enjoy. This includes 6 main dishes, 2 side dishes, and 1 snack. Our guidelines for the healthy menu plan are to keep each serving around 500 calories or less, use unprocessed or real food as much as possible, and cut out as much sugar as we could.

This weekly menu is just a suggestion, but you can mix and match the recipes as you please! The shopping list attached only includes the ingredients needed to make the recipes in the menu plan. Any personal items or desired ingredients will need to be added individually. If you have any questions or comments, please email us at contact@sixsistersmenuplan.com.

Here is this week's menu:

Ranch Chicken Skillet / Banana "Ice Cream"	Honey Balsamic Pork Roast / Sweet Mashed Potatoes	Southwest Stuffed Red Peppers with Steamed Broccoli	Mom's Slow Cooker Chili / Healthier Corn Bread	Fresh Pesto Pizza with Green Salad	LEFTOVERS	Honey Lime Grilled Chicken with Fruit Salad
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Ranch Chicken Skillet

Serves: 6

Prep time: 10 mins Cook time: 20 mins

MAIN DISH



Ingredients:

- 2 Tablespoons olive oil
- 1 pound skinless, boneless chicken breasts, cut into strips
- salt and pepper, to taste
- ¼ teaspoon chili powder
- ¼ teaspoon garlic powder
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 green bell pepper, diced
- 1 small yellow onion, sliced
- 1 ½ cups brown rice, cooked
- ½ cup salsa
- ¼ cup ranch salad dressing
- 1 Tablespoon fresh lime juice
- ½ cup shredded cheddar cheese

Directions:

In a large skillet, heat olive oil over medium high heat. Season chicken with salt, pepper, chili powder and garlic powder. Add chicken to skillet and cook 1 minute per side. Add peppers and onions; continue to cook 8 to 10 minutes, or until chicken is done and vegetables are tender. Add cooked rice and salsa to skillet and cook, stirring frequently, just until heated through. Remove from heat and add ranch dressing; stir until well combined (use more ranch dressing if needed). Stir in lime juice, top with shredded cheese and serve.

Nutrition Facts:

Serving size: ⅓ of recipe	Amount per recipe: 6	Calories: 343	Total Fat: 14 g	Saturated fat: 4 g
Cholesterol: 77 mg	Sodium: 313 mg	Carbohydrates: 26 g	Sugar: 5 g	Protein: 27 g

Creamy Sweet Mashed Potatoes

Serves: 12

Prep time: 10 mins Cook time: 20 mins

Ingredients:

- 4 large sweet potatoes, peeled and cut into 1-inch cubes
- 4 ounces light cream cheese, softened
- ½ teaspoon salt (more or less to taste)

Directions:

Place potatoes into a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer potatoes until tender (about 20 minutes); drain and transfer potatoes to a large mixing bowl. Beat potatoes with an electric mixer until smooth; add cream cheese and beat again until smooth. Season potatoes with sea salt.

SIDE DISH



Nutrition Facts:

Serving size: 1/12 of recipe	Amount per recipe: 12	Calories: 155	Total Fat: 2 g	Saturated fat: 1 g
Cholesterol: 7 mg	Sodium: 194 mg	Carbohydrates: 31 g	Sugar: 6 g	Protein: 3 g

Banana "Ice Cream"

Serves: 6

Prep time: 2 hours 5 mins

Ingredients:

3 large ripe bananas

Directions:

Peel the bananas and cut into even slices. Place slices into a resealable freezer bag and freeze for at least 2 hours (preferably overnight). Place frozen banana slices into a food processor (or high-speed blender). Pulse the bananas, then continue to blend until the blended banana starts to turn creamy (like the texture of soft-serve ice cream). Scrape down the sides as needed while blending. Serve immediately or place in the freezer and freeze solid for more of a hard ice cream texture.

If desired, you can mix in peanut butter, dark chocolate pieces, fruit, or cinnamon for different flavor combinations.

DESSERT



Nutrition Facts:

Serving size: 1/6 of recipe	Amount per recipe: 6	Calories: 53	Total Fat: 0.2 g	Saturated fat: 0.1 g
Cholesterol: 0 mg	Sodium: 1 mg	Carbohydrates: 14 g	Sugar: 7 g	Protein: 0.6 g

SHOPPING LIST

PRODUCE		PRODUCE		MEAT		CANNED GOODS	
ITEM	QUANTITY	ITEM	QUANTITY	ITEM	QUANTITY	ITEM	QUANTITY
Red bell pepper	4 peppers	Green grapes	2 cups (opt. side)	Chicken breasts	2 ½ pounds	Salsa	½ cup + 1 cup (opt. topping)
Yellow bell pepper	1 pepper	Cantaloupe	1 cantaloupe (opt. side)	Shoulder pork roast	1 (2 pound) roast	Beef broth	1 cup
Green bell pepper	1 pepper	Green salad	1 bag (opt. side)	Ground turkey	½ pound	Black beans	1 (15 oz) can
Yellow onion	3 onions			Lean ground beef	1 pound	Corn	1 (15 oz) can
Tomato	1 tomato			Deli turkey	6 slices	Diced tomatoes	2 (14 oz) cans
Strawberries	2 cups (opt. side)					Tomato sauce	1 (8 oz) can
Green onions	1 bunch					Dark red kidney beans	1 (15 oz) can
Broccoli florets	3 cups (opt. side)						
Celery	3 stalks						
Cherry tomatoes	2 cups						
Basil leaves	18 leaves						
Sweet potatoes	4 potatoes						
Bananas	3 bananas + 2 bananas (opt. side)						