



Mix and Match Meal Plan

Recipe Collection

This collection of recipes includes delicious, family-friendly recipes. In addition to the easy, fast dinners listed on the meal plan, you can choose from recipes in this collection such as Herbed Salmon, Chicken Crockpot Chili, Orange Ginger Shrimp Skewers, Baja Fish Tacos, Honey and Spice-Glazed Pork Chops, Orange Roughy with Tropical Salsa, Nut-Crusted Chicken & Ginger Aioli, and Beef Soft Tacos plus many more. Also, to make vegetables enjoyable for the whole family, there are recipes such as Apricot-Glazed Roasted Asparagus, Asparagus and Sun-Dried Tomato Vinaigrette, Balsamic Carrot Salad, Broccoli with Pan-Roasted Peppers, Brussels Sprouts with Toasted Spices. All the recipes work in conjunction with the portions listed on your specific meal plan. This is your chance to cook and eat healthy. With this recipe collection, it won't be boring or tasteless!