

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

Here is your Dinner Plan for the week

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:

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Sample Dinner Plan

Sunday,

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

Monday,

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

Tuesday,

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

Wednesday,

- Simple Chinese Chicken Peanut Salad

Thursday,

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

Friday,

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

Saturday,

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

Sample Dinner Plan

Sunday,

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,

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

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,

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,

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,

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.