

Grilled Mango Chicken Lettuce Wraps

Thaw completely. Grill chicken 6 to 8 minutes per side, until cooked through. Dice chicken and toss with fresh mango-celery mixture. Serve chicken in lettuce wraps with veggies and rice.

Date: _____



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Roasted Cod with Pesto

Thaw fish completely. Bake at 400 F for 10 to 15 minutes, or until cod is cooked through. Serve with rice and veggies.

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Mediterranean Quinoa Skillet

Thaw bag in the fridge overnight. Reheat in a skillet and toss with other ingredients before serving as recipe states. Serve with side salad.

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Grilled Southwestern Steaks

Thaw steaks in the fridge, then grill to desired temperature.
Serve with rice and avocado.

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Grilled Sage Chicken Foil Packs

Thaw chicken and veggies completely before adding foil packs to the grill and grilling for 20 minutes, or until chicken is cooked through.
Serve with focaccia bread and veggies.

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