



SPRING/SUMMER WEEK 4

MEAL PLAN

Day 1	Menu Item	1600 calories	2000 calories
Starch Fat Fruit Beverages	Bagel (medium-sized, any flavor), toasted with light cream cheese Blueberries Unsweetened Coffee or tea Water	$\frac{1}{2}$ 1 Tbsp. (15 ml) $\frac{1}{2}$ cup (125 ml) 1 cup (250 ml) 1 cup (250 ml)	1 2 Tbsp. (30 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
Protein/Starch/Fat/Veg Starch Fruit Dairy Beverage	Healthy Choice® Baked Chicken & Spinach Alfredo Meal Baguette with olive oil for dipping Banana 1% Milk Water	1 meal 3-inch (7.5 cm); 1 tsp. (5 ml) 1 1 cup (250 ml) 1 cup (250 ml)	1 meal 6-inch (15 cm); 2 tsp. (10 ml) 1 1 cup (250 ml) 1 cup (250 ml)
Protein/Fat Starchy Vegetable Vegetable/Fat Fruit Dairy Beverage	Grilled Salmon (marinated in $\frac{1}{4}$ cup Italian Dressing 30 minutes prior to grilling) Basmati Rice Steamed Asparagus with whipped margarine Fresh Cantaloupe chunks 1% Milk Water	3 oz. (75 g) $\frac{2}{3}$ cup (150 ml) 1 cup (250 ml); 1 tsp.(5 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)	6 oz. (175 g) 1 cup (250 ml) 1 cup (250 ml); 2 tsp (10 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
Snack	Frozen Gelato (any flavor) Water	$\frac{1}{2}$ cup (125 ml) 1 cup (250 ml)	$\frac{1}{2}$ cup (125 ml) 1 cup (250 ml)





SPRING/SUMMER WEEK 4

MEAL PLAN

Day 2

Menu Item

1600 calories

2000 calories

Fruit	Trop50® Apple Juice	½ cup (125 ml)	1 cup (250 ml)
Starch	Life® Cereal	1 ¼ cup (300 ml)	1 ½ cup (375 ml)
Dairy	1% Milk	¾ cup (175 ml)	1 cup (250 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Thinly sliced oven roasted turkey breast,	2 oz. (60 g)	2 oz. (60 g)
Dairy	Pepper jack cheese on	1 slice	2 slices
Starch	Italian bread, 1/2-inch slice,	2	2
Fat	topped with mashed avocado	¼ cup (50 ml)	¼ cup (50 ml)
Vegetable/Fat	Red Bell Pepper, sliced with	1 pepper;	1 pepper;
Fruit	light ranch dressing	1 Tbsp. (15ml) dressing	2 Tbsp. (30ml) dressing
Dairy	Sliced Peach	1 small	1 medium
Beverage	Cottage Cheese, low-fat	½ cup (125 ml)	½ cup (125 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Starch/Protein/ Dairy/Fat	Spinach and Cheese Ravioli (boiled from frozen) with Pasta Sauce	1 serving* ½ cup (125 ml)	1 serving* ½ cup (125 ml)
Vegetable			½ cup (125 ml)
Starch/Fat	Italian bread, toasted with whipped margarine and garlic powder	½ inch (1 cm slice); 1 tsp. (5 ml)	1 inch (1 cm) slice; 2 tsp. (10 ml)
Vegetable/Fat	Steamed broccoli with	½ cup (125 ml);	1 cup (250 ml);
Dairy	whipped margarine	1 tsp. (5 ml)	1 tsp. (5 ml)
Beverage	1% Milk	½ cup (125 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Pudding cup, any flavor	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)

*See package nutrition facts for serving size



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SPRING/SUMMER WEEK 4

MEAL PLAN

Day 3	Menu Item	1600 calories	2000 calories
Protein	Scrambled Egg	1	2
Protein	Canadian bacon (sandwich style slice)	1 slice	2 slice
Starch/Fat	Bagel, toasted with whipped margarine	1/2; 1 tsp. (5 ml)	1; 2 tsp.(10 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Starch	Healthy Choice® Café Steamers Simply Meatball Marinara meal	1 meal	1 meal
Starch/Fat	Baguette with olive oil for dipping	3-inch (7.5 cm); 2 tsp. (10 ml)	6-inch (15 cm); 3 tsp. (15 ml)
Vegetables/Fat	Steamed Green Beans with whipped margarine	1/2 cup (125 ml); 1 tsp. (5 ml)	1 cup (250 ml); 2 tsp. (10 ml)
Fruit	Fresh Berries of choice with	1 cup (250 ml);	1 cup (250 ml);
Beverage	Fat-free Reddi Whip®	1/4 cup (50 ml)	1/4 cup (50 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Easy Pesto Chicken with Summer Squash (recipe): Chicken breast	3 ounces (75 g)	3 ounces (75 g)
Vegetable	Summer squash & zucchini	1 cup (250 ml)	1 cup (250 ml)
Starch	Mashed potatoes with whipped margarine	1/2 cup (125 ml); 1 tsp. (5 ml)	1 cup (250 ml); 2 tsp. (10 ml)
Fruit	Fresh Plum slices	1 cup (250 ml)	1 cup (250 ml)
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Frozen Gelato (any flavor)	1/2 cup(125 ml)	1/2 cup(125 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)





SPRING/SUMMER WEEK 4

MEAL PLAN

Day 4	Menu Item	1600 calories	2000 calories
Fruit	Trop50® Apple Juice	½ cup (125 ml)	1 cup (250 ml)
Starch	Life® Cereal	1 ¼ cup (300 ml)	1 ½ cup (375 ml)
Dairy	1% Milk	¾ cup (175 ml)	1 cup (250 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Grilled beef and cheddar sandwich:	2 oz. (60 g)	2 oz. (60 g)
Dairy	Thinly sliced roast beef and Cheddar cheese	1 slice	1 slice
Starch/Fat	on Italian bread, ½ -inch slice, buttered and pan-grilled on both sides	2; 4 tsp. (20 ml) whipped margarine	2; 4 tsp. (20 ml) whipped margarine
Vegetable/Fat	Side salad with light dressing of choice	1 cup (250 ml); 1 Tbsp. (15 ml) dressing	2 cup (500 ml); 2 Tbsp. (30 ml) dressing
Fruit	Pineapple chunks	½ cup (125 ml)	1 cup (250 ml)
Dairy	Cottage Cheese, low-fat	½ cup (125 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Veg/Fat	Flounder Fillets with Tomatoes and Olives (recipe)	4 oz. (125 g) fish topped with vegetables	4 oz. (125 g) fish topped with vegetables
Starch/Fat	Fusilli pasta tossed with pesto and olive oil	2/3 cup (150 g); ½ tsp (2 ml) pesto and oil	1 cup (250 ml); 1 tsp (5 ml) pesto and oil
Vegetable	Steamed Green Beans	½ cup (125 ml)	1 cup (250 ml)
Dairy	1% Milk	½ cup (125 ml)	½ cup (125 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Pudding cup, any flavor	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)





SPRING/SUMMER WEEK 4

MEAL PLAN

Day 5	Menu Item	1600 calories	2000 calories
Protein Protein Starch/Fat Beverages	Sautéed egg Canadian bacon (sandwich style slice) Bagel, toasted with whipped margarine Unsweetened Coffee or tea Water	1 1 slice 1/2; 1 tsp. (5 ml) 1 cup (250 ml) 1 cup (250 ml)	2 2 slice 1; 2 tsp. (10 ml) 1 cup (250 ml) 1 cup (250 ml)
Protein/Starch/Fat Vegetable Dairy Beverage	Michael Angelo's® Meat Lasagna (from frozen individual meal) Steamed Asparagus 1% Milk Water	1 meal 1/2 cup (125 ml) 1/2 cup (125 ml) 1 cup (250 ml)	1 meal 1/2 cup (125 ml) 1/2 cup (125 ml) 1 cup (250 ml)
Protein/Starch/Veg Vegetables Starch/Fat Vegetable Fruit Dairy Beverage	Chicken breast* with Fettucine with Eggplant Sauce (recipe) Ciabatta roll with whipped margarine Steamed Cauliflower Fresh melon chunks 1% Milk Water	3 oz. (75 g) chicken 1 cup (250 ml) 1/2 roll; 1 tsp. (5 ml) 1/2 cup (125 ml) 1/2 cup (125 ml) 1/2 cup (125 ml) 1 cup (250 ml)	3 oz. (75 g) chicken 1 cup (250 ml) 1 roll; 2 tsp. (10 ml) 1/2 cup (125 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
Snack	Sliced Apple with Peanut butter Water	1 cup (250 ml) 1 Tbsp. (15 ml) 1 cup (250 ml)	1 cup (250 ml) 1 Tbsp. (15 ml) 1 cup (250 ml)



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*use leftover chicken breasts, sliced



SPRING/SUMMER WEEK 4

MEAL PLAN

Day 6

Menu Item

1600 calories

2000 calories

		1600 calories	2000 calories
Fruit	Sliced Banana	½	1
Starch	Bran Flakes	1 cup (250 ml)	1½ cup (425 ml)
Other carbohydrate	sugar	1 tsp. (5 ml)	1 tsp. (5 ml)
Dairy	1% Milk	¾ cup (175 ml)	1 cup (250 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
	*		
Entrée	Tuna Pasta Salad (recipe) over mixed greens:		
Protein/Starch/Vegetable	Tuna pasta salad	2/3 cup (150 ml)	1 cup (250 ml)
	Mixed greens	1 cup (250 ml)	2 cup (500 ml)
Vegetable/Fat	Baguette with olive oil for dipping	3-inch (7.5 cm); 2 tsp. (10 ml)	6-inch (15 cm); 4 tsp. (20 ml)
Fruit	Fresh Berries of choice with Fat-free Reddi Whip®	1 cup (250 ml); ¼ cup (50 ml)	1 cup (250 ml); ¼ cup (50 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Starch/Protein/Dairy/Fat	Spinach and Cheese Ravioli (boiled from frozen) with Pasta Sauce	1 serving** ½ cup (125 ml)	1 serving** ½ cup (125 ml)
Vegetable	Ciabatta Roll with olive oil for dipping	½ roll; 2 tsp. (10 ml)	1 roll; 4 tsp. (20 ml)
Starch/Fat	Pan-sautéed summer squash & zucchini	½ cup (125 ml)	1 cup (250 ml)
Vegetable/Fat	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Dairy	Water	1 cup (250 ml)	1 cup (250 ml)
Beverage			
Snack	Sliced Apple with Peanut butter	1 cup (250 ml) 1 Tbsp. (15 ml)	1 cup (250 ml) 1 Tbsp. (15 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)

*Make tuna pasta salad and chill for 2-6 hours

**check label for serving size



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SPRING/SUMMER WEEK 4

MEAL PLAN



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	Day 7	Menu Item	1600 calories	2000 calories
Fruit		Sliced Strawberries	½ cup (125 ml)	½ cup (125 ml)
Starch		Bran Flakes	1 cup (250 ml)	1 ½ cup (375 ml)
Other carbohydrate		sugar	1 tsp. (5 ml)	1 tsp. (5 ml)
Dairy		1% Milk	¾ cup (175 ml)	1 cup (250 ml)
Beverages		Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
		Water	1 cup (250 ml)	1 cup (250 ml)
Starch/Vegetables		Fettuccini with Eggplant sauce (reheat leftovers to 165 degrees F)	1 cup (250 ml)	1 cup (250 ml)
Vegetables		Mixed greens with light salad dressing of choice	1 cup (250 ml); 1 Tbsp. (15 ml)	1 cup (250 ml); 1 Tbsp. (15 ml)
Starch/Fat		Baguette with olive oil for dipping	3-inch (7.5 cm); 2 tsp. (10 ml)	6-inch (15 cm); 4 tsp. (20 ml)
Fruit		Sliced Peach	1 small	1 medium
Dairy/Protein		Cottage Cheese	½ cup (125 ml)	½ cup (125 ml)
Beverage		Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Vegetable/ Fat		Grilled seasoned* Turkey Burger with Cheddar Cheese served on halved, toasted Ciabatta Roll	3 oz. (75 g) burger; 1 slice cheese 1 roll	3 oz. burger; 1 slice cheese 1 roll
Starch/Fat		Mashed Potatoes with whipped margarine	½ cup (125 ml); 1 tsp. (5 ml)	1 cup (250 ml); 2 tsp. (10 ml)
Vegetable		Steamed Broccoli with whipped margarine	½ cup (125 ml); 1 tsp. (5 ml)	½ cup (125 ml); 1 tsp. (5 ml)
Dairy		1% Milk	½ cup (125 ml)	1 cup (250 ml)
Beverage		Water	1 cup (250 ml)	1 cup (250 ml)
Snack		Frozen Gelato (any flavor)	1 cup (250 ml)	1 cup (250 ml)
		Water	1 cup (250 ml)	1 cup (250 ml)

*use desired seasoning

WEEK 4 - 1600 CALORIE MENU

SHOPPING LIST

All shopping lists amounts are figured for feeding 2 people at each meal. If there are not 2 people following the menu, please adjust the amounts accordingly. Also, check your cupboards, as you may have some of the items already.

Fruits

- Plums, 4
- Peaches or Nectarines, 4
- Cantaloupe, 1 small
- Bananas, 4 medium
- Strawberries, enough for 1 cup (250 ml) sliced
- Blueberries, 1 cup (250 ml)
- Berry of choice – 2 cups (500 ml)
- Apples, 4 medium
- Trop50® Apple Juice, 1 container

Vegetables

- Green onions, 1 bunch
- Cucumber, 1 medium
- Carrot, 1 medium
- Eggplant, 1 medium
- Asparagus, 1 bunch
- Avocado, 1
- Red Bell peppers, 4
- Kalamata olives, 4
- Tomatoes, 3
- Onions, 2 small
- Mixed greens, 10 cups (2.3 l)
- Zucchini, 2-3
- Summer squash, 2-3
- Pre-made mashed potatoes – 1 cup (250 ml)

Meat

- Salmon, 2 fillets
- Deli turkey, 1/3 pound (151 g)
- Deli roast beef, 1/3 pound (151 g)
- Flounder, 2 fillets
- Chicken breast, 4
- Canadian bacon, 4 slices
- Ground turkey, 1/2 pound (250 g)

Frozen

- Frozen broccoli steamers, 1 bag
- Frozen cauliflower, 1 bag
- Frozen asparagus, 1 bag

- Michael Angelo's Meat Lasagna, 2 meals
- Frozen spinach and cheese ravioli, 2 packages
- Frozen green bean steamers, 2 packages
- Gelato, 1 (28.5 oz/807 g) tub
- Healthy Choice® Baked Chicken & Spinach Alfredo Meal, 2 boxes
- Healthy Choice® Café Steamers Simply Meatball Marinara, 2 boxes

Eggs and Dairy

- 1% milk, 1 gallon (16 cups)
- Light cream cheese, 1 (8 oz/250 g) container
- Pepper jack cheese slices, 1/4 pound (125 g)
- Cottage cheese, 1 (12 oz/375 g) container
- Cheddar cheese slices, 1/3 pound (151 g)
- Eggs, 6 count container
- ReddiWip®, 1 can

Cereals and breakfast items

- Bagels, 3, medium sized, any flavor
- Life® Cereal, 1 (13 oz/368 g) box

Condiments

- Capers, 1 jar
- Olive oil
- Pasta sauce of choice, 1 (24 oz/680 g) jar
- Pesto sauce
- Light ranch, 1 bottle

Spices

- Garlic powder
- Dried basil

Grains

- Italian bread, 1 loaf (enough for 10 slices)
- Baguette – 1-2 (enough for 2 feet/60 cm)
- Ciabatta rolls, 2

- Fusilli pasta, to make 2 cups/500 ml cooked
- Fettuccine pasta, to make 2 cups/500 ml cooked
- Corkscrew Macaroni, to make 2 cups/500 ml cooked
- Basmati rice, to make 2 cups/ 500 ml

Canned items

- Canned stewed tomatoes, 1 (14.5 oz/425 g) can
- Tomato sauce, 1 (15 oz/425 g) can
- Peanut butter
- Tuna, 1 (6 oz/175 g) can
- Canned pineapple, 2 (20 oz/566 g) cans
- Pudding cups, 1 (4 count) package

To keep in your pantry:

- Aluminum foil
- Canola oil
- Decaf coffee
- Mrs. Dash®
- No-stick cooking spray
- Ground pepper
- Iodized salt
- Sugar, granulated
- Unsweetened decaf tea
- Water-need a minimum of 5 cups (1.5 l) per day, more if coffee or tea is not consumed
- Used from week 1 check your supply:
- Milk, cheese, eggs, cereals, rice, fruits, veggies, condiments



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WEEK 4 - 2000 CALORIE MENU

SHOPPING LIST

All shopping lists amounts are figured for feeding 2 people at each meal. If there are not 2 people following the menu, please adjust the amounts accordingly. Also, check your cupboards, as you may have some of the items already.

Fruits

- Plums, 4
- Peaches or Nectarines, 4
- Cantaloupe, 1 small
- Bananas, 4 medium
- Strawberries, enough for 1 cup (250 ml) sliced
- Blueberries, 1 cup (250 ml)
- Berry of choice – 2 cups (500 ml)
- Apples, 4 medium
- Trop50® Apple Juice, 1 container

Vegetables

- Green onions, 1 bunch
- Cucumber, 1 medium
- Carrot, 1 medium
- Eggplant, 1 medium
- Asparagus, 1 bunch
- Avocado, 1
- Red Bell peppers, 4
- Kalamata olives, 4
- Tomatoes, 3
- Onions, 2 small
- Mixed greens, 10 cups (2.3 l)
- Zucchini, 2-3
- Summer squash, 2-3
- Pre-made mashed potatoes – 2 cups (500 ml)

Meat

- Salmon, 2 fillets
- Deli turkey, 1/3 pound (151 g)
- Deli roast beef, 1/3 pound (151 g)
- Flounder, 2 fillets
- Chicken breast, 4
- Canadian bacon, 8 slices
- Ground turkey, 1/2 pound (250 g)

Frozen

- Frozen broccoli steamers, 1 bag
- Frozen cauliflower, 1 bag
- Frozen asparagus, 1 bag
- Michael Angelo's® Meat Lasagna, 2 meals
- Frozen spinach and cheese ravioli, 2 packages
- Frozen green bean steamers, 2 packages
- Gelato, 1 (28.5 oz/807 g) tub
- Healthy Choice® Baked Chicken & Spinach Alfredo Meal, 2 boxes
- Healthy Choice® Café Steamers Simply Meatball Marinara, 2 boxes

Eggs and Dairy

- 1% milk, 1 gallon (16 cups)
- Light cream cheese, 1 (8 oz/250 g) container
- Pepper jack cheese slices, 1/4 pound (125 g)
- Cottage cheese, 1 (12 oz/375 g) container
- Cheddar cheese slices, 1/3 pound (151 g)
- Eggs, 6 count container
- Reddi Wip®, 1 can

Cereals and breakfast items

- Bagels, 6, medium sized, any flavor
- Life® Cereal, 1 (13 oz/368 g) box

Condiments

- Capers, 1 jar
- Olive oil
- Pasta sauce of choice, 1 (24 oz/680 g) jar
- Pesto sauce
- Light ranch, 1 bottle

Spices

- Garlic powder
- Dried basil

Grains

- Italian bread, 1 loaf (enough for 12 slices)
- Baguette – 2-3 (enough for 4 1/2 feet/137.6 cm)
- Ciabatta rolls, 4
- Fusilli pasta, to make 2 cups (500 ml) cooked
- Fettuccine pasta, to make 2 cups (500 ml) cooked
- Corkscrew Macaroni, to make 2 cups (500 ml) cooked
- Basmati rice, to make 2 cups (500 ml)

Canned items

- Canned stewed tomatoes, 1 (14.5 oz/425 g) can
- Tomato sauce, 1 (15 oz/425 g) can
- Peanut butter
- Tuna, 1 (6 oz/175 g) can
- Canned pineapple, 2 (20 oz/566 g) cans
- Pudding cups, 1 (4 count) package

To keep in your pantry:

- Aluminum foil
- Canola oil
- Decaf coffee
- Mrs. Dash®
- No-stick cooking spray
- Ground pepper
- Iodized salt
- Sugar, granulated
- Unsweetened decaf tea
- Water-need a minimum of 5 cups (1.5 l) per day, more if coffee or tea is not consumed
- Used from week 1 check your supply:
- Milk, cheese, eggs, cereals, rice, fruits,



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Fettuccine with EGGPLANT SAUCE

Serves 4 (planned leftovers)

All you need:

- 1 small eggplant
- 2 Tbsp. (30 ml) canola oil
- ½ cup (125 ml) chopped onion
- 1 tsp. (5 ml) minced garlic
- 1 can (14.5 ounces/425 g) Italian-style stewed tomatoes
- 1 can (15 ounce/425 g) lower-sodium tomato sauce
- 1 green pepper, cut into strips
- 2 tsp. (10 ml) dried basil
- 1 tsp. (5 ml) dried oregano
- Salt
- Pepper
- 8 ounces (250 g) dried fettuccine

All you do:

1. Peel eggplant and cut into ½ inch (1 cm) cubes
2. In a large saucepan, heat oil. Cook eggplant over medium-high heat about 7 minutes or until nearly tender. Add onion and garlic, cook and stir for 3 more minutes. Add un-drained tomatoes, tomato sauce, green pepper, basil, oregano. Bring to a boil, reduce heat. Cover and simmer for 30 minutes. Season to taste with salt and pepper.
3. While sauce is simmering, cook pasta according to package directions; drain and return to saucepan. Combine sauce and pasta; toss to coat.



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Flounder with Tomatoes AND OLIVES

Serves 2

All you need:

- 2 fresh or frozen flounder fillets or other thin mild-flavored fillets (about 5 ounces/150 g each raw)
- 2 tsp. (10 ml) canola oil
- 1 green pepper, chopped (1 cup/250 ml)
- 1/3 cup (75 ml) finely chopped shallot or onion
- 3 small plum tomatoes, chopped (about 1 cup/250 ml)
- 1 tsp. (5 ml) capers, drained
- 4 Kalamata olives pitted and sliced
- 1/8 tsp. (0.5 ml) black pepper

All you do:

1. Thaw fish, if frozen. Rinse fish and pat dry with paper towel.
2. In a medium skillet, heat oil over medium heat. Cook green pepper and shallot for about 5 minutes or until just tender. Add tomatoes, cover and simmer for 5 minutes.
3. Stir in capers and olives. Place the flounder fillets over vegetables, sprinkle with pepper. Cover and simmer about 5 minutes or until the fish flakes easily when tested with a fork.
4. Transfer fish to serving plates and top with vegetables.



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Pesto Chicken with **SUMMER SQUASH**

Makes 4 Servings (Planned leftovers)

All you need:

- 1 Tbsp. (15 ml) canola oil
- 1 Tbsp. (15 ml) purchased pesto
- 4 small skinless, boneless chicken breast halves (about 12 ounces/375 g total)
- 2 cups (500 ml) chopped yellow summer squash and/or zucchini
- 1 Tbsp. (15 ml) shredded parmesan cheese

All you do:

1. Heat canola oil in large non-stick skillet, add chicken to hot oil and reduce heat to medium and cook chicken for 5 minutes on one side.
2. Flip chicken breasts to cook the other side. Add zucchini & squash. Let vegetables cook for 3-4 minutes before stirring, gently. Continue cooking chicken breast on this side until done (total 4-6 minutes total). Internal temperature should be 165 degrees F (70 degrees C). Transfer 2 chicken breasts and squash to 2 plates, spread pesto over 2 chicken breasts and sprinkle with cheese.

Store the 2 leftover chicken breasts in the refrigerator for a future meal.



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Tuna Pasta SALAD

Makes about 2 cups (500 ml)

All you need:

- 3 ounces (75 g) uncooked corkscrew macaroni (about 1 cup/250 ml)
- 1 medium carrot, thinly sliced
- ½ medium cucumber, quartered lengthwise and sliced
- ½ of medium red sweet pepper, chopped
- 2 green onions, sliced
- 1/3 cup (75 ml) bottled, light creamy Italian or ranch salad dressing
- 1 (6-ounce/175 g) can lower sodium chunk light tuna, drained

All you do:

1. Cook pasta according to package directions, omitting oil or salt in process. Drain; rinse with cold water; drain again.
2. In a large bowl, toss together drained pasta, carrot, cucumber, sweet pepper and green onions. Add salad dressing, toss to coat. Gently stir in tuna. Cover and chill in refrigerator for 2- 6 hours.
3. Arrange mixed greens or lettuce on plates. Spoon tuna mixture over greens.



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