

Chicken	<p><b>****Slow Cooker****</b>  <b>Chicken Cordon Blue</b>  <b>6 servings at 1 net carbs each</b>  Prep Cook Total  20m 5h 5h 20m</p>	6 slices bacon 2 lbs boneless skinless chicken breasts 6 pieces thinly sliced ham 6 pieces thinly sliced Swiss cheese Toothpicks 1 teaspoon chicken bouillon granules ½ cup white cooking wine 1 teaspoon cornstarch	Gently brown bacon, but do not let get crispy; drain and pat dry. Flatten chicken to ¼ to ½-inch thickness. Place a slice of ham and a slice of cheese on top of each chicken breast. Season to taste. Roll up and wrap with a slice of bacon. Secure with a toothpick. Place in slow cooker. Combine ½ cup water, bouillon, and wine. Pour into slow cooker. Cook on high 4 hours. Combine cornstarch and ½ cup water. Add to slow cooker. Cook until sauce thickens.		
	<p><b>Chicken and Broccoli Pie</b>  <b>6 servings at 11 net carbs each</b>  Prep Cook Total  15m 45m 1h</p>	2 cups frozen broccoli cuts, thawed and drained 1.5 cups shredded Cheddar cheese, divided 2 (5 oz) cans chunk chicken, well drained 1 medium onion, chopped .5 cup BisquickR mix 1 cup milk ½ teaspoon salt, ½ teaspoon pepper 2 eggs	Preheat oven to 400 degrees. Spray a 9-inch pie plate with cooking spray. Sprinkle broccoli, 1 cup cheese, chicken, and onion in pie plate. In a medium bowl, stir BisquickR, milk, salt, pepper, and eggs with a wire whisk until well blended. Pour into pie plate. Bake 35 to 40 minutes or until knife inserted in center comes out clean. Sprinkle with remaining ½ cup cheese. Bake 1 to 2 more minutes or until cheese melts. Let stand 5 minutes before serving.		
Beef	<p><b>****Slow Cooker****</b>  <b>Chili</b>  <b>6 servings at 11 net carbs each</b>  Prep Cook Total  20m 7h 7h 20m</p>	2 lb cubed stew beef 2 tablespoons brown sugar, divided 2 tablespoons canola oil 1 small onion, finely chopped 5 cloves garlic, minced 2 (4.5 oz) cans chopped green chilies, drained 1 tablespoon cumin 1 tablespoon chili powder 14.5 oz can diced tomatoes 1 tablespoon hot sauce, optional ½ cup sour cream *add 2 cans kidney beans*	Toss beef with 1 tablespoon brown sugar in a large bowl. Heat oil in a large skillet over medium-high heat. Cook beef in batches until browned on all sides, 4 to 5 minutes. Transfer to slow cooker. Reduce heat to medium; add onion to skillet. Cook until soft, about 5 minutes. Stir in garlic, cumin and chili powder; cook 3 minutes. Add 1. cups water and tomatoes to skillet. Simmer, scraping up all of brown bits from bottom of skillet, about 3 minutes. Transfer to slow cooker; cook on Low 7 hours. Add 1 tablespoon brown sugar and hot sauce to chili. Serve topped with sour cream.		
	<p><b>Pork and Green Bean Saute</b>  <b>6 servings at 8 net carbs each</b>  Prep Cook Total  5m 25m 30m</p>	6 (6 oz) boneless pork chops 2 tablespoons butter, divided 6 oz sliced mushrooms ½ teaspoon crushed rosemary 1 can cream mushroom soup ½ lb fresh green beans, cut into 2-inch pieces	Melt 1 tablespoon butter in large skillet over medium heat. Add pork chops and cook 10 minutes or until browned on both sides; remove from skillet. Cook mushrooms and rosemary in 1 tablespoon butter until tender and liquid is evaporated. Add soup, 2 tablespoons water, and green beans. Heat to boiling. Return chops to skillet. Cover; cook over low heat 10 minutes or until chops are no longer pink and green beans are tender.		
Vegetarian	<p><b>Cheesy Egg Muffins</b>  <b>6 servings at 4 net carbs each</b>  Prep Cook Total  5m 35m 40m</p>	15 large eggs 1 red bell pepper, finely diced 1 cup shredded Cheddar cheese ¼ cup crumbled feta cheese ½ teaspoon garlic powder	Coat a 12 cup muffin tin with cooking spray. Beat eggs in a large bowl; add bell pepper, Cheddar cheese, feta cheese, and garlic powder. Whisk until well combined. Pour into muffin tins filling ¾ full. Bake for 25 to 35 minutes until muffins are slightly browned and set in middle.		
Bonus	<p><b><u>Mouse's Macaroni and Cheese II</u></b>  Prep Cook Total  15m 35m 50m  <b>Minutes Servings: 6</b></p>	1 1/2 cups uncooked elbow macaroni 1/4 cup butter 2 tablespoons all-purpose flour 1 teaspoon mustard powder 1 teaspoon ground black pepper 2 cups milk 8 ounces Extra Sharp Cheddar cheese, cubed 8 ounces cream cheese, cubed 8 ounces Extra Sharp Cheddar, shredded	Preheat oven to 400 degrees F (205 degrees C). Butter a 1 1/2 quart casserole dish. Bring a saucepan of lightly salted water to a boil. Add macaroni, and cook until not quite done, about 6 minutes. Drain. In a separate saucepan, melt the butter over medium heat. Blend in the flour, mustard powder, and pepper until smooth. Slowly stir in the milk, beating out any lumps. Add the cubed cheddar and cream cheeses, and stir constantly until the sauce is thick and smooth. Drain noodles, and stir them into the cheese sauce. Transfer the mixture to the prepared casserole dish. Sprinkle shredded cheddar over the top. Bake uncovered for 20 to 25 minutes, or until sauce is thick and bubbly and top begins to brown		
Grocery List	<p><b>Produce:</b>  6 oz sliced mushrooms  ½ lb fresh green beans  1 red bell pepper</p>	<p><b>Meat:</b>  6 (6 oz) boneless pork chops  2 lbs boneless skinless chicken breasts  2 lb cubed stew beef</p>	<p><b>Canned/Packaged:</b>  1 can cream mushroom soup  2 (4.5 oz) cans chopped green chilies  14.5 oz can diced tomatoes  2 (5 oz) cans chunk chicken  elbow macaroni  2 cans kidney beans  .5 cup Bisquick mix</p>		
	<p><b>Frozen:</b>  2 cups frozen broccoli cuts</p>	<p><b>Dairy/Deli:</b>  6 pieces thinly sliced ham  6 pieces thinly sliced Swiss cheese  6 slices bacon  ¼ cup crumbled feta cheese  2.5 cup shredded Cheddar cheese  16oz extra sharp cheddar 8oz cream cheese</p>	<p><b>Staples:</b>  Butter  Oil  Onions  Chili powder  flour</p>	cumin garlic crushed rosemary cornstarch white cooking wine 17 large eggs	chicken bouillon brown sugar sour cream garlic powder milk mustard powder