

## SHOPPING LIST: WEEK 1

### PROTEINS & DAIRY

- 1 12-oz container 1% unsalted cottage cheese
- 5 oz reduced-fat feta cheese
- 3 oz reduced-fat Parmesan cheese
- 1 pkg reduced-fat string cheese
- 8 oz boneless, skinless chicken breast
- 16 oz top sirloin beef strips
- 1 dozen eggs
- 1 qt reduced-fat milk (1% or plain unsweetened rice, almond or soy milk)
- 2 4-oz boneless pork chops (freeze 4 oz for Week 2)
- 6 oz boneless, skinless salmon fillet
- 1 8-oz pkg organic firm tofu
- 8 oz lean ground turkey
- 9 oz deli-fresh reduced-sodium sliced turkey breast, no nitrites or nitrates added (freeze 3 oz for Week 2)
- 1 35.3-oz container nonfat plain Greek yogurt (TRY: FAGE Total 0% Plain)

### VEGGIES & FRUIT

- 2 apricots
- 3 avocados
- 1 pint blueberries
- 2 pints strawberries
- 3 bananas
- 5 oz green beans
- 8 oz snow peas
- 1 2-lb bag carrots
- 1 large cantaloupe or honeydew melon
- 1 bunch fresh chives
- 1 stalk fresh lemongrass
- 1 bunch fresh parsley
- 2 ears corn
- 2 cucumbers
- 10 mission figs
- 1 head garlic
- 1 2-inch piece fresh ginger
- 1 kiwi
- 1 lemon
- 1 head romaine lettuce
- 4 portobello mushrooms
- 10 oz shiitake mushrooms
- 2 red onions
- 3 shallots
- 2 peaches
- 2 red bell peppers
- 1 sweet potato
- 2 bunches scallions
- 1 16-oz bag baby spinach
- 2 vine-ripened tomatoes
- 1 zucchini

### WHOLE GRAINS

- 1 loaf sprouted grain or whole-grain bread (freeze 4 slices for Week 2)
- 1 whole-grain bun or roll
- 1 pkg whole-grain wraps (freeze 1 for Week 2)
- 1 box whole-grain cinnamon raisin cereal (TRY: Food for Life Ezekiel 4:9 Cinnamon Raisin Sprouted Whole Grain Cereal)
- 1 box whole-grain crackers (TRY: Mary's Gone Crackers Original Seed Crackers with Herbs)
- 1 7-oz bag whole-grain tortilla chips
- 1 pkg brown rice cakes (TRY: Lundberg Family Farms Organic Brown Rice Cakes, Lightly Salted)
- 1 bag bulgur
- 1 box whole-grain penne pasta
- 1 pkg 100% buckwheat soba noodles






### NUTS, SEEDS & OILS

- 2 oz raw unsalted almonds
- 2 oz toasted unsalted pine nuts
- 4 oz raw unsalted walnut pieces
- 1 jar natural unsalted peanut butter
- 1 bag ground flaxseeds (TRY: King Arthur Flour Whole Flax Meal)
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- 1 bottle olive oil cooking spray
- 1 bottle sesame oil

### EXTRAS

- 1 9-oz bag frozen artichoke hearts
- 1 bag dried black beans or 1 15-oz BPA-free can black beans
- 1 32-oz carton reduced-sodium beef broth
- 1 container hummus
- 1 box natural fruit and nut bars (TRY: Lärabar)
- 1 bottle ground cayenne pepper
- 1 bottle ground coriander
- 1 bottle garlic powder
- 1 bottle paprika
- 1 bottle dried oregano
- 1 bottle ground black pepper
- 1 bottle red pepper flakes
- 1 bottle sea salt
- 1 container whey protein powder
- 1 bottle reduced-sodium tamari or soy sauce
- 1 small jar reduced-sodium tomato sauce
- 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)
- 1 bottle balsamic vinegar

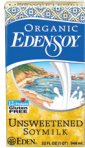








## MEAL PLAN: WEEK 1

	MONDAY	TUESDAY
BREAKFAST	<p>¾ cup cottage cheese and 1½ cups sliced strawberries</p>	<p>¾ cup each cereal and blueberries and ½ cup milk</p> 
SNACK	<p>1 fruit and nut bar</p> 	<p>3 figs 1 string cheese</p>
LUNCH	<p><b>Turkey Sandwich:</b> Arrange 3 oz deli turkey, 2 slices avocado, 1 slice each tomato and red onion, black pepper and 10 leaves spinach on 2 slices bread</p> <p>10 tortilla chips 1 cup sliced cucumber</p>	<p>1 serving Salmon Artichoke–Stuffed Portobello Mushrooms (leftovers, p. 86)</p> <p>1 peach 13 crackers</p>
SNACK	<p>½ cup Greek yogurt 1 banana</p> 	<p>1 carrot, sliced, and ¼ cucumber, sliced, with 4 tbsp hummus</p> 
DINNER	<p>2 servings Salmon Artichoke–Stuffed Portobello Mushrooms (see recipe, p. 86; save leftovers)</p> <p>1 kiwi</p> 	<p><b>Lemon Chicken:</b> Top 4 oz chicken with ½ clove garlic, 1 tbsp lemon juice, ½ tsp olive oil and ¼ tsp minced ginger; bake</p> <p><b>Spinach:</b> Sauté 4 cups spinach in ½ tsp olive oil; add 2 tbsp feta</p> <p>¾ cup cooked bulgur and 1 tsp pine nuts</p>
TOTAL NUTRIENTS	<p><b>CALORIES:</b> 1,552, <b>FAT:</b> 43 g, <b>SAT. FAT:</b> 11 g, <b>CARBS:</b> 203 g, <b>FIBER:</b> 465 g, <b>SUGARS:</b> 74 g, <b>PROTEIN:</b> 104 g, <b>SODIUM:</b> 2,145 mg, <b>CHOLESTEROL:</b> 97 mg</p>	<p><b>CALORIES:</b> 1,523, <b>FAT:</b> 39 g, <b>SAT. FAT:</b> 12 g, <b>CARBS:</b> 219 g, <b>FIBER:</b> 43 g, <b>SUGARS:</b> 58 g, <b>PROTEIN:</b> 89 g, <b>SODIUM:</b> 1,576 mg, <b>CHOLESTEROL:</b> 117 mg</p>

**EVOO** = extra-virgin olive oil

**MEAL PLAN**

**MEAL PLAN: WEEK 1**

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Peach Melon Smoothie:</b> Blend 1 peach, pitted, 1 cup milk, ½ cup cubed cantaloupe, ¼ cup protein powder and 2 tbsp flaxseeds with ice</p>	<p>1 banana, sliced, ¾ cup cereal and ½ cup milk</p> 	<p><b>Berry Smoothie:</b> Blend 5 strawberries, ½ banana (freeze remaining ½), 1 cup milk, ½ cup each blueberries and spinach, ¼ cup protein powder and 2 tbsp flaxseeds with ice</p>	<p><b>Creamy Banana Parfait:</b> In a glass, layer 1 cup Greek yogurt, ½ frozen banana (leftovers), thawed and mashed, ¼ cup cereal and 1 tbsp walnuts</p>	<p><b>Scrambled Eggs:</b> 4 egg whites and black pepper, garlic powder and oregano, scrambled 2 slices toast 1 cup cubed cantaloupe</p>
<p>2 rice cakes and 1 tbsp peanut butter</p> 	<p>1 egg, hardboiled 1 apricot</p> 	<p>4 figs 6 almonds</p> 	<p>1 fruit and nut bar</p> 	<p>½ cup walnuts</p> 
<p><b>Turkey Wrap:</b> Arrange 3 oz deli turkey, 5 slices bell pepper, 2 slices avocado, 1 slice red onion, 2 tsp hummus, 10 leaves spinach and black pepper in 1 wrap 1 apricot ½ bell pepper</p>	<p><b>Veggie Wrap:</b> Arrange 4 oz baked tofu (leftovers), sliced, 5 slices bell pepper, 5 leaves spinach, 4 slices avocado, 1 slice red onion, ¼ cup sliced zucchini, steamed, 2 tsp hummus and ½ tsp tamari in 1 wrap 10 tortilla chips</p>	<p><b>Tuna Sandwich:</b> Mix 3 oz tuna, 2 tbsp each diced carrot, bell pepper and Greek yogurt, 1 tbsp each diced red onion and lemon juice, and black pepper; spread on 2 slices bread with 1 leaf romaine 1 string cheese; ½ cup carrot sticks</p>	<p>2 servings Spicy Asian-Style Beef Soup (see recipe, p. 86; save leftovers) 1 cup cubed cantaloupe 10 tortilla chips</p> 	<p><b>Open-Faced Burger:</b> 1 Turkey Patty (leftovers), 1 leaf romaine, 4 slices avocado, and 1 slice each tomato and red onion on 1 slice toast 1 serving Spicy Asian-Style Beef Soup (leftovers, p. 86); ½ cup blueberries</p>
<p>1 serving Salmon Artichoke–Stuffed Portobello Mushrooms (leftovers, p. 86)</p>	<p>3 figs, chopped, ¾ cup Greek yogurt and 1 tbsp walnuts</p> 	<p>½ cup each cottage cheese and cubed cantaloupe</p>	<p>10 strawberries 1 string cheese</p> 	<p>2 rice cakes and 1 tbsp peanut butter</p>
<p><b>Tofu Pasta:</b> Toss 4 oz tofu, baked and cubed (bake 8 oz; save leftovers), 2 oz cooked penne, 1 cup sliced zucchini, steamed, ¾ cup tomato sauce and 2 tbsp grated Parmesan 1 cup cubed cantaloupe</p>	<p>4 oz chicken, grilled; 1 ear corn, boiled, and 1 tsp olive oil; ¾ cup cooked black beans (make 1¼ cups; save leftovers) <b>Spinach Salad:</b> Toss 2 cups spinach, 1 tsp each feta and diced red onion, 1 tsp pine nuts, 1 tbsp vinegar and ½ tsp <b>EVOO</b></p>	<p><b>Bean Flatbread:</b> Top 1 wrap with 1½ tbsp hummus, ½ cup cooked black beans (leftovers) and 2 tbsp grated Parmesan; broil for 5 minutes, then cut into quarters <b>Greek Salad</b> <b>A</b></p>	<p><b>Turkey Patty</b> <b>B</b> 1 leaf romaine, 2 slices avocado and 1 slice each tomato and red onion on 1 bun <b>Cucumber Salad:</b> Toss ½ cucumber, diced, 1 tbsp diced red onion, 1 tbsp vinegar and ½ tsp <b>EVOO</b>; 1 ear corn, boiled</p>	<p><b>Parmesan-Crusted Pork:</b> Sprinkle 1 tbsp Parmesan and pinch salt and black pepper on 4 oz pork; broil 1 cup green beans, steamed, and 6 almonds, sliced 1 sweet potato, baked, and 1 tsp olive oil</p>
<p><b>CALORIES:</b> 1,630, <b>FAT:</b> 51 g, <b>SAT. FAT:</b> 10 g, <b>CARBS:</b> 216 g, <b>FIBER:</b> 42 g, <b>SUGARS:</b> 60 g, <b>PROTEIN:</b> 100 g, <b>SODIUM:</b> 2,446 mg, <b>CHOLESTEROL:</b> 83 mg</p>	<p><b>CALORIES:</b> 1,794, <b>FAT:</b> 48 g, <b>SAT. FAT:</b> 8 g, <b>CARBS:</b> 245 g, <b>FIBER:</b> 42 g, <b>SUGARS:</b> 61 g, <b>PROTEIN:</b> 103 g, <b>SODIUM:</b> 1,297 mg, <b>CHOLESTEROL:</b> 248 mg</p>	<p><b>CALORIES:</b> 1,602, <b>FAT:</b> 38 g, <b>SAT. FAT:</b> 10 g, <b>CARBS:</b> 216 g, <b>FIBER:</b> 51 g, <b>SUGARS:</b> 71 g, <b>PROTEIN:</b> 106 g, <b>SODIUM:</b> 2,090 mg, <b>CHOLESTEROL:</b> 68 mg</p>	<p><b>CALORIES:</b> 1,605, <b>FAT:</b> 49 g, <b>SAT. FAT:</b> 11 g, <b>CARBS:</b> 206 g, <b>FIBER:</b> 29 g, <b>SUGARS:</b> 81 g, <b>PROTEIN:</b> 88 g, <b>SODIUM:</b> 976 mg, <b>CHOLESTEROL:</b> 227 mg</p>	<p><b>CALORIES:</b> 1,525, <b>FAT:</b> 59 g, <b>SAT. FAT:</b> 11 g, <b>CARBS:</b> 163 g, <b>FIBER:</b> 35 g, <b>SUGARS:</b> 41 g, <b>PROTEIN:</b> 105 g, <b>SODIUM:</b> 1,171 mg, <b>CHOLESTEROL:</b> 277 mg</p>

**Greek Salad:** Toss 4 cups chopped romaine, ¼ cup each diced tomato, cucumber, bell pepper and feta, 2 tbsp each chopped parsley and red onion, 3 tbsp vinegar, 1 tsp **EVOO** and ¼ tsp oregano **A**

**Turkey Patty:** Mix 8 oz ground turkey, 1 egg and ¼ tsp each black pepper, pepper flakes and oregano; form into 2 patties and grill or broil (save leftover patty) **B**

## SHOPPING LIST: WEEK 2

### PROTEINS & DAIRY

- 5 oz boneless, skinless cod or barramundi fillet
- 4 oz extra-lean ground beef
- 3 oz boneless sirloin steak
- 18 oz boneless, skinless chicken breasts
- 1 all-natural veggie burger
- 3 oz peeled and deveined shrimp
- 1 qt low-fat buttermilk
- 1 qt reduced-fat milk (1% or plain unsweetened rice, almond or soy milk)
- 1 12-oz container 1% unsalted cottage cheese
- 6 oz goat cheese or reduced-fat feta cheese
- 1½ oz fresh mozzarella cheese
- ½ dozen eggs
- 1 6-oz container nonfat plain Greek yogurt (TRY: FAGE Total 0% Plain)

### VEGGIES & FRUIT

- 1 9-oz bag arugula
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 2 bananas (freeze both)
- 5 oz green beans
- 8 oz sugar snap peas
- 1 small head broccoli
- 2 cucumbers
- ½ lb grapes
- 1 large bunch kale
- 1 kiwi
- 1 lemon
- 1 lime

- 1 head romaine lettuce
- 4 oz sliced cremini mushrooms
- 2 red onions
- 3 peaches
- 1 red bell pepper
- 1 jalapeño chile pepper
- 1 pineapple
- 1 sweet potato
- 1 Russet potato
- 1 pint raspberries
- 1 pint strawberries
- 1 5-oz bunch radishes
- 1 yellow squash
- 2 pints grape or cherry tomatoes
- 2 vine-ripened tomatoes

### WHOLE GRAINS

- 2 whole-grain buns or rolls
- 3 large whole-grain pitas
- 1 box whole-grain crackers
- 1 box whole-grain fusilli or gemelli pasta

### EXTRAS

- 1 bag dried chickpeas or 1 15-oz BPA-free can chickpeas
- 1 16-oz bag frozen shelled edamame
- 1 container hummus
- 1 bottle Dijon mustard
- 1 small bottle pure maple syrup
- 1 small bag granola or dried fruit and seed trail mix
- 1 3-oz pouch wild albacore tuna

### WHAT ELSE DO YOU NEED?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---






---

---

---

**NOTE:** Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult. At the end of Week One, take a quick kitchen inventory, as you may have a little less or a little more leftover for Week Two.







## MEAL PLAN: WEEK 2

	MONDAY	TUESDAY
BREAKFAST	<p>1 cup strawberries, sliced, and ½ cup each cereal and milk</p> 	<p><b>Power Smoothie:</b> Blend 1 frozen banana, 5 strawberries, 1½ cups milk, ½ cup chopped kale, ¼ cup protein powder, 2 tbsp flaxseeds and ice</p>
SNACK	<p>1 kiwi 15 almonds</p> 	<p>½ cup cottage cheese 15 grapes</p> 
LUNCH	<p><b>Italian Turkey Salad</b> <b>A</b></p> <p>20 crackers with 2 tbsp hummus</p> 	<p>4 oz chicken and 1 tbsp vinegar, grilled</p> <p>1 serving Springtime Pasta Primavera (leftovers, p. 87)</p> <p>1 peach</p> 
SNACK	<p><b>Grape Parfait:</b> In a glass, layer 1½ tbsp each Greek yogurt and cereal and 5 grapes, sliced; repeat layer twice more</p>	<p>2 rice cakes and 1½ oz goat cheese</p>
DINNER	<p>1 serving Springtime Pasta Primavera (see recipe, p. 87; save leftovers); 4 oz chicken, grilled</p> <p><b>Tomato Salad:</b> Toss 1½ cups grape tomatoes, 1 clove garlic, minced, 2 tbsp basil, 4 tbsp vinegar and 2 tsp <b>EVOO</b> (eat ½; save leftovers)</p>	<p><b>Garlic Shrimp:</b> Sauté 3 oz shrimp and 1 clove garlic, minced, in 2 tsp olive oil</p> <p>Tomato Salad (leftovers)</p> <p>1 Russet potato, baked; top with 2 tsp diced red onion and 1 tsp olive oil</p>
TOTAL NUTRIENTS	<p><b>CALORIES:</b> 1,556, <b>FAT:</b> 45 g, <b>SAT. FAT:</b> 9 g, <b>CARBS:</b> 193 g, <b>FIBER:</b> 39 g, <b>SUGARS:</b> 73 g, <b>PROTEIN:</b> 116 g, <b>SODIUM:</b> 1,675 mg, <b>CHOLESTEROL:</b> 129 mg</p>	<p><b>CALORIES:</b> 1,653, <b>FAT:</b> 52 g, <b>SAT. FAT:</b> 10 g, <b>CARBS:</b> 185 g, <b>FIBER:</b> 29 g, <b>SUGARS:</b> 60 g, <b>PROTEIN:</b> 126 g, <b>SODIUM:</b> 1,246 mg, <b>CHOLESTEROL:</b> 247 mg</p>

EVOO = extra-virgin olive oil

MEAL PLAN

MEAL PLAN: WEEK 2

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2 slices toast, 1½ tbsz peanut butter and 3 strawberries, sliced</p> 	<p>½ cup each cereal and milk and 15 grapes</p>	<p>1 cup each Greek yogurt and raspberries and ¼ cup cereal</p> 	<p>1 egg plus 2 egg whites, scrambled</p> <p>1 pita and 2 tbsz hummus</p> <p>1 cup chopped pineapple</p>	<p><b>Omelette:</b> Mix 1 egg, 4 egg whites, 1 tsp milk, ½ cup arugula, ¼ cup mushrooms and 1 tbsz diced red onion; cook in skillet until set; add ½ oz goat cheese, fold and cook through</p> <p>2 slices toast</p>
<p>¾ cup each Greek yogurt and sliced strawberries and 2 tbsz walnuts</p>	<p>1 fruit and nut bar</p> 	<p>1 peach, pitted and chopped, ½ cup cottage cheese and 2 tbsz walnuts</p>	<p>12 almonds</p> 	<p>¼ cup granola</p>
<p><b>Tuna Wrap:</b> Mix 3 oz tuna, 2 tbsz each diced carrot, bell pepper and Greek yogurt, 1 tbsz each diced red onion and lemon juice; serve in 1 wrap with 2 radishes, sliced ½ bell pepper, sliced 15 grapes</p>	<p><b>Kale Salad:</b> Toss 4 oz chicken, baked and cubed, 4 radishes, sliced, 3 cups cooked kale (leftovers), ½ cup diced cucumber, 3 tbsz feta, 2 tbsz each diced carrot and Greek yogurt, 3 tbsz vinegar and 1 tsp EVOO; 1 cup raspberries</p>	<p><b>Veggie Burger:</b> 1 veggie burger, cooked, ½ oz mozzarella, 1 leaf romaine and 1 slice each vine tomato and red onion on 1 bun ½ grilled yellow squash (leftovers)</p>	<p>1 serving Maple Balsamic Chicken Flatbreads (leftovers, p. 87)</p> <p>10 tortilla chips with ¼ cup Pineapple Salsa (leftovers from Flatbreads, p. 87)</p>	<p><b>Arugula Salad:</b> Toss 3 cups arugula, 1 carrot, diced, ¾ cup chickpeas and ½ cup diced cucumber with 3 tbsz vinegar and 1 tsp EVOO</p> <p>1 peach</p>
<p>20 crackers</p> <p>1 string cheese</p>	<p>2 rice cakes and 2 tbsz hummus</p> 	<p>¼ cup granola</p> 	<p><b>Banana Smoothie:</b> Blend 1 cup milk, 1 frozen banana, ¼ cup protein powder, 2 tbsz flaxseeds and ice</p>	<p>1 string cheese</p> <p>10 tortilla chips with ¼ cup Pineapple Salsa (leftovers from Flatbreads, p. 87)</p>
<p>4 oz pork and 2 tsp Dijon, grilled</p> <p>Remaining bunch kale (from Power Smoothie), sautéed in 1 tbsz olive oil (eat 2 cups; save leftovers)</p> <p>1 sweet potato, baked, and ¾ oz goat cheese</p>	<p><b>Gourmet Burger:</b> Form 4 oz ground beef into 1 patty; bake, top with ½ oz goat cheese; serve on 1 bun with 1 leaf romaine, 4 slices cucumber and 1 slice each vine tomato and red onion; 1 squash, sliced and grilled (eat ½; save leftovers)</p>	<p>1 serving Maple Balsamic Chicken Flatbreads (see recipe, p. 87; save leftovers)</p> <p>10 tortilla chips with ¼ cup Pineapple Salsa (leftovers from Flatbreads, p. 87)</p>	<p><b>Lemon Fish:</b> Top 5 oz cod with 2 tsp lemon juice and 1 tsp olive oil; bake with 10 grape tomatoes</p> <p>2 cups cooked bulgur and 2 tbsz feta (eat ½; save leftovers)</p> <p>1 cup green beans, steamed</p> <p><b>Feta Salad B</b></p>	<p>3 oz sirloin, grilled</p> <p>1 cup broccoli, steamed</p> <p>1 cup bulgur-feta mixture (leftovers) and 1 tbsz walnuts</p> <p><b>Feta Salad B</b></p>
<p><b>CALORIES:</b> 1,545, <b>FAT:</b> 56 g, <b>SAT. FAT:</b> 12 g, <b>CARBS:</b> 158 g, <b>FIBER:</b> 32 g, <b>SUGARS:</b> 45 g, <b>PROTEIN:</b> 111 g, <b>SODIUM:</b> 1,442 mg, <b>CHOLESTEROL:</b> 117 mg</p>	<p><b>CALORIES:</b> 1,601, <b>FAT:</b> 50 g, <b>SAT. FAT:</b> 14 g, <b>CARBS:</b> 202 g, <b>FIBER:</b> 42 g, <b>SUGARS:</b> 74 g, <b>PROTEIN:</b> 114 g, <b>SODIUM:</b> 1,692 mg, <b>CHOLESTEROL:</b> 199 mg</p>	<p><b>CALORIES:</b> 1,690, <b>FAT:</b> 52 g, <b>SAT. FAT:</b> 11 g, <b>CARBS:</b> 208 g, <b>FIBER:</b> 37 g, <b>SUGARS:</b> 82 g, <b>PROTEIN:</b> 107 g, <b>SODIUM:</b> 2,204 mg, <b>CHOLESTEROL:</b> 79 mg</p>	<p><b>CALORIES:</b> 1,603, <b>FAT:</b> 61 g, <b>SAT. FAT:</b> 11 g, <b>CARBS:</b> 178 g, <b>FIBER:</b> 37 g, <b>SUGARS:</b> 59 g, <b>PROTEIN:</b> 101 g, <b>SODIUM:</b> 1,190 mg, <b>CHOLESTEROL:</b> 282 mg</p>	<p><b>CALORIES:</b> 1,560, <b>FAT:</b> 59 g, <b>SAT. FAT:</b> 14 g, <b>CARBS:</b> 183 g, <b>FIBER:</b> 42 g, <b>SUGARS:</b> 54 g, <b>PROTEIN:</b> 84 g, <b>SODIUM:</b> 1,140 mg, <b>CHOLESTEROL:</b> 289 mg</p>

**Italian Turkey Salad:** Toss 3 oz deli turkey, chopped, 1 oz mozzarella, 10 grape tomatoes, ½ carrot, diced, 3 cups chopped romaine, ½ cup diced cucumber, ¼ cup basil, chopped, 2 tbsz vinegar, 1 tsp EVOO, black pepper, pepper flakes and oregano

A

**Feta Salad:** Toss 2 cups chopped romaine, 2 tbsz chopped carrot, 1 tbsz each feta and diced red onion, 2½ tbsz walnuts, 2 tbsz vinegar and ½ tsp EVOO

B