

# Week 1 Shopping List

## Proteins & Dairy

- 4 oz lean ground beef
- 1 pkg black bean veggie burgers (**TRY:** Morningstar Farms Spicy Black Bean Burger)
- 1 16-oz container 1% cottage cheese
- ½ lb low-fat feta cheese
- 2 oz fresh soft goat cheese (chevre)
- 1 wheel Laughing Cow Light Original Swiss cheese
- 1 8-oz pkg part-skim mozzarella cheese
- 8 oz boneless, skinless chicken breast
- 1 bag dried chickpeas or 1 BPA-free can chickpeas
- 4 oz cod
- 1 dozen eggs
- 1 small container part-skim ricotta cheese
- 1 qt low-fat milk (skim, unsweetened rice, almond or soy milk)
- 10 oz lean pork chop
- 8 oz flank steak
- 1 8-oz container low-fat sour cream
- 4 oz tilapia
- 2 pkg light tofu, firm
- 1 3-oz pouch tuna in water
- ¼ lb deli-fresh low-sodium sliced turkey breast
- 1 18-oz container nonfat plain Greek-style yogurt

## Veggies/Fruits

- 1 bunch arugula
- 1 avocado
- 2 bananas
- 1 bunch Italian basil
- 1 bunch Thai basil
- 1 pint blueberries
- 1 head broccoli
- 1 small head cabbage
- 1 1-lb bag carrots
- 1 medium cucumber
- 1 bunch fresh dill
- 2 bulbs garlic
- 1 piece ginger root
- 1 bunch red or green seedless grapes
- 1 pint 100% orange juice
- 2 lemons
- 2 limes
- 1 8-oz pkg white mushrooms
- 1 bunch green onion
- 1 medium red onion
- 1 pkg frozen peas
- 3 to 4 peaches
- 1 red bell pepper
- 1 small russet potato
- 1 large white potato
- 2 small sweet potatoes

- 1 9-oz bag spinach
- 1 pint strawberries
- 4 medium tomatoes
- ¼ small watermelon
- 1 medium summer squash or zucchini

## Whole Grains

- 1 box quick-cooking barley
- 1 loaf Food For Life Ezekiel 4:9 Organic Sprouted 100% Whole Grain Flourless bread
- 1 box Kashi GoLean cereal
- 1 box multigrain flaxseed crackers
- 1 box Wasa Light Rye Crispbread crackers
- 1 pkg whole-wheat English muffins
- 1 pkg soba noodles
- 1 box plain quick-cooking oatmeal
- 1 box whole-wheat penne pasta
- 1 pkg whole-wheat pitas
- 1 bag popcorn kernels
- 1 box wild rice blend (**TRY:** Lundberg Wild Blend rice)

## Nuts/Seeds/Oils

- 1 pkg unsalted roasted whole almonds
- 1 bag unsalted roasted cashews
- 1 can light coconut milk
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- 1 jar unsalted natural peanut butter
- 1 small bottle sesame seed oil
- 1 container vanilla protein powder
- 1 bag unsalted walnuts

## Extras

- 1 box low-sodium chicken broth
- 1 bottle chile powder
- 1 small jar ground cinnamon
- 1 box Kashi TLC Chewy Honey Almond Flax granola bars
- 1 jar raw honey
- 1 container hummus
- 1 small pkg miso
- 1 small bottle ground black pepper
- 1 bottle crushed red pepper flakes
- 1 small bottle sea salt
- 1 bottle low-sodium soy sauce
- 1 pkg Sukanat
- 1 bottle pure vanilla extract
- 1 bottle apple cider vinegar

# Ginger Pea Soup

*Serves 4. Hands-on time: 8 minutes. Total time: 20 minutes.*

## INGREDIENTS:

- 4 cups frozen peas (do not thaw)
- 3 cups low-sodium chicken broth
- 2 tbsp green onion, diced
- 2 tsp miso (**TIP:** If miso is not available, substitute with 2 tsp low-sodium soy sauce.)
- 2 tsp ginger, coarsely chopped
- ½ cup Thai basil leaves (about 24 leaves), coarsely chopped
- 2 oz firm light tofu, crumbled

## INSTRUCTIONS:

**ONE:** Heat peas with broth in a medium saucepot over medium heat. Cover and bring to a boil, about 10 minutes. Add green onion, miso, ginger and basil. Heat for about 1 minute, then remove pot from burner.

**TWO:** Carefully pour mixture into blender and purée until smooth, about 1 minute. (**CAUTION:** Mixture will be hot.) Pour into 4 bowls and top each with tofu, dividing evenly. Garnish with additional green onion or basil, if desired. Serve hot, at room temperature or chill and serve cold.

**Nutrients per 1-cup serving:** *Calories: 147, Total Fat: 1.5 g, Sat. Fat: 0.25 g, Carbs: 22 g, Fiber: 6 g, Sugars: 0.5 g, Protein: 11 g, Sodium: 173 mg, Cholesterol: 0 mg*



**NOTE:** *Clean Eating* shopping lists include all the items you'll need to prepare 70 meals for one adult. This initial list will provide a foundation for two weeks. As you approach Week Two, take a quick kitchen inventory, as you may have a little less or a little more left over.

## Menu PLAN


# Week 1

M	TOTAL NUTRIENTS    Calories: 1,588, Fat: 32 g, Sat. Fat: 8 g, Carbs: 226 g, Fiber: 37 g, Sugars: 69 g, Protein: 115 g, Sodium: 2,267 mg, Cholesterol: 97 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Greek-style yogurt with ½ cup blueberries and ½ tsp honey; 1 Kashi granola bar	¼ cup hummus on 4 multigrain flaxseed crackers	2 slices Ezekiel bread with 4 oz deli-fresh low-sodium turkey and ½ cup <b>Clean Coleslaw</b> <b>A</b> (save leftovers for later this week); 1 peach	1 cup watermelon with ¼ cup low-fat feta	1 cup Ginger Pea Soup (see recipe, p. 78; save leftovers for later this week); 1 cup cooked wild rice blend with ½ cup mushrooms and ½ red onion, sautéed; 3 oz broiled tilapia ; 3 cups air-popped popcorn	

T	TOTAL NUTRIENTS    Calories: 1,524, Fat: 43 g, Sat. Fat: 10 g, Carbs: 183 g, Fiber: 42 g, Sugars: 45 g, Protein: 122 g, Sodium: 1,746 mg, Cholesterol: 369 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
2 egg whites and 1 whole egg, scrambled, 1 cup sautéed spinach and 1 oz mozzarella in 1 whole-wheat English muffin		10 almonds	<b>Tomato-Tuna Salad:</b> 1 diced tomato, 1 cup shredded arugula, 1 tbsp chopped red onion, 1 tbsp chopped basil, ½ cup cooked chickpeas, 3 oz tuna, 1 tsp <b>EVOO</b> , 1 tsp balsamic vinegar; ½ cup sliced strawberries; 3 Wasa crackers	1 cup Kashi cereal with ½ cup low-fat milk  10 red or green grapes	4 oz broiled chicken breast  1 cup Peach & Walnut Barley Salad (see recipe, p. 82; save leftovers for later this week)  3 steamed broccoli spears

W	TOTAL NUTRIENTS    Calories: 1,685, Fat: 54 g, Sat. Fat: 14 g, Carbs: 213 g, Fiber: 47 g, Sugars: 65 g, Protein: 110 g, Sodium: 1,533 mg, Cholesterol: 88 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup <b>Peach Coconut Smoothie:</b> Blend 1 cup sliced peaches, 1 oz vanilla protein powder, ½ cup light coconut milk, ½ cup low-fat milk and 4 ice cubes (freeze leftovers as pops); 1 Kashi granola bar		1 slice Ezekiel toast with 2 tbsp peanut butter and 1 banana	1 cup Ginger Pea Soup (leftovers)  1 cup Peach & Walnut Barley Salad (leftovers) mixed with 1 cup cooked chickpeas and 1 cup shredded arugula	Purée ¼ cup Greek-style yogurt, ¼ cup 1% cottage cheese, ½ cup strawberries, ½ tsp honey, ⅓ tsp cinnamon	4 oz broiled lean pork chop  3 cups spinach sautéed with 1 chopped clove garlic, 1 tbsp diced red bell pepper and 1 tsp olive oil  1 russet potato

T	TOTAL NUTRIENTS    Calories: 1,699, Fat: 49 g, Sat. Fat: 17 g, Carbs: 233 g, Fiber: 37 g, Sugars: 73 g, Protein: 97 g, Sodium: 2,233 mg, Cholesterol: 121 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
Purée ¼ cup 1% cottage cheese with ½ cup part-skim ricotta, 2 tsp honey, ½ tsp vanilla extract, then mix in ¾ cup frozen blueberries		<b>Make-Ahead Watermelon Freeze</b> <b>B</b>  1 slice Ezekiel toast with 1 oz soft goat cheese	1 black bean veggie burger, 1 whole-wheat tortilla, 2 slices tomato, 1 slice avocado; ½ sliced cucumber, ¼ cup Greek-style yogurt, 1 crushed clove garlic, 1 tsp fresh lemon juice, 1 tsp chopped fresh dill	8 carrot sticks, ¼ cup hummus and 4 multi-grain flaxseed crackers	4 oz broiled cod; 1 cup Clean Coleslaw (leftovers); 1 cup sliced summer squash or zucchini, steamed; 1 white potato, sliced and baked

F	TOTAL NUTRIENTS    Calories: 1,612, Fat: 50 g, Sat. Fat: 12 g, Carbs: 218 g, Fiber: 38 g, Sugars: 59 g, Protein: 105 g, Sodium: 1,078 mg, Cholesterol: 329 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Kashi cereal with ½ cup low-fat milk and ½ banana; 1 hardboiled egg		½ sliced cucumber; ½ red bell pepper; 5 almonds	Asian Tofu Stir-Fry 	1 Peach Coconut Smoothie Freeze Pop (leftovers); 3 cups air-popped popcorn	4 oz diced broiled chicken breast mixed with 1 cup wild rice blend, ½ cup sliced red or green grapes and 2 tbsp chopped walnuts; 4 steamed broccoli spears

S	TOTAL NUTRIENTS    Calories: 1,592, Fat: 58 g, Sat. Fat: 17 g, Carbs: 173 g, Fiber: 31 g, Sugars: 89 g, Protein: 114 g, Sodium: 1,421 mg, Cholesterol: 181 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
<b>Peanut Butter Breakfast Wrap:</b> 2 tbsp peanut butter, 1 tsp honey, ¼ tsp cinnamon, ½ sliced banana, 1 whole-wheat tortilla		1 cup sliced strawberries  1 Kashi gra-nola bar	<b>Zucchini Italiano:</b> Brown 4 oz lean ground beef with 1 chopped tomato, 1 minced clove garlic and 1 tsp dried oregano. Spoon mixture over ½ medium zucchini, roasted, and sprinkle 1 oz mozzarella; 2 wedges watermelon	1 cup Ginger Pea Soup (leftovers)	<b>Steak Salad:</b> 4 oz sliced broiled flank steak, 3 cups arugula, ¼ cup sliced cucumber, ½ cup each sliced tomato and sliced mushrooms, 1 chopped hardboiled egg white, 2 tbsp chopped red onion, 1 tsp <b>EVOO</b> , 1 tsp balsamic vinegar and ½ oz soft goat cheese

S	TOTAL NUTRIENTS    Calories: 1,632, Fat: 49 g, Sat. Fat: 17 g, Carbs: 225 g, Fiber: 33 g, Sugars: 52 g, Protein: 97 g, Sodium: 1,413 mg, Cholesterol: 338 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cooked oatmeal mixed with ½ cup low-fat milk and 1 baked sweet potato, mashed		1 cup blueberries with ½ cup part-skim ricotta	2 egg whites and 1 whole egg, scrambled, 1 tbsp each finely chopped green onion, parsley, spinach and arugula on 1 toasted whole-wheat English muffin with 1 wedge Laughing Cow cheese	10 red or green grapes  ¼ cup cashews	4 oz lean ground beef (browned with 2 tbsp chopped red onion, 1 chopped tomato and 1 crushed clove garlic) with 2 cups whole-wheat penne pasta, 2 tsp Parmesan and 4 steamed broccoli spears, chopped

**EVOO** = extra-virgin olive oil

**A** **Clean Coleslaw:** 1 cup each shred-ded carrot and cabbage tossed with ¼ cup each Greek-style yogurt and low-fat sour cream, 1 tsp apple cider vinegar, 1 tsp finely chopped dill, ½ tsp Sukanat and pinch sea salt.

**B** **Make-Ahead Watermelon Freeze:** Purée 2 cups watermelon chunks with ½ tsp fresh lime juice. Freeze in a small cup with stick to make freeze pop.

**C** **Asian Tofu Stir-Fry:** ¾ cup sliced carrots, 1½ cups shredded cabbage, 4 oz light tofu, 2 tbsp sliced green onion, ½ tsp each chopped garlic and ginger in 1 tsp sesame seed oil. Toss with 2 tsp low-sodium soy sauce, 5 shredded Thai basil leaves and ½ tsp crushed red pepper flakes. Serve over 1½ cups cooked soba noodles.



