Week 1 Shopping List

Proteins & Dairy

• 4 oz lean ground beef I pkg black bean veggie

- burgers (TRY: Morningstar Farms Spicy Black Bean Burger)
- 1 16-oz container 1% cottage cheese
- > 1/2 lb low-fat feta cheese
- 2 oz fresh soft goat
- cheese (chevre) 1 wheel Laughing Cow
- Light Original Swiss cheese
- 18-oz pkg part-skim mozzarella cheese
- 8 oz boneless, skinless
- chicken breast I 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
- 18-oz container low-fat
- sour cream
- > 4 oz tilapia
- 2 pkg light tofu, firm
- O 1 3-oz pouch tuna in water
- 1/4 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
- I 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
- I medium red onion
- 1 pkg frozen peas 3 to 4 peaches
- 1 red bell pepper
- 1 small russet potato
- I 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

cereal

1 loaf Food For Life

Ezekiel 4:9 Organic

⊃ 1 box Kashi GoLean

I box multigrain flax-

1 box Wasa Light Rye

Crispbread crackers

I pkg whole-wheat

I pkg soba noodles

1 box whole-wheat

I pkg whole-wheat

1 bag popcorn kernels

(TRY: Lundberg Wild

Nuts/Seeds/Oils

○ 1 pkg unsalted roasted

I bag unsalted roasted

1 can light coconut milk

1 bottle extra-virgin

1 jar unsalted natural

1 small bottle sesame

1 bag unsalted walnuts

X

I container vanilla

protein powder

⊃ 1 box low-sodium

O 1 small jar ground

cinnamon

granola bars

I jar raw honey

I small pkg miso

black pepper

pepper flakes

soy sauce

extract

vinegai

I pkg Sucanat

○ 1 bottle chile powder

1 box Kashi TLC Chewy

Honey Almond Flax

O 1 container hummus

I small bottle ground

○ 1 bottle crushed red

I small bottle sea salt

1 bottle low-sodium

○ 1 bottle pure vanilla

1 bottle apple cider

chicken broth

⊃ 1 bottle olive oil

peanut butter

whole almonds

cashews

olive oil

seed oil

Extras

I box wild rice blend

⊃ 1 box plain quick-cook-

English muffins

ing oatmea

penne pasta

Blend rice)

pitas

seed crackers

Sprouted 100% Whole

Grain Flourless bread

- 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.)

• 4 cups frozen peas (do not thaw)

Serves 4. Hands-on time: 8 minutes.

Total time: 20 minutes

INGREDIENTS:

- 2 tsp ginger, coarsely chopped
- ½ cup Thai basil leaves (about 24
- leaves), coarsely chopped
- 2 oz firm light tofu, crumbled

Ginger Pea Soup INSTRUCTIONS:

- saucepot over medium heat. Cover and bring to a boil, about 10 minutes. Add green onion, miso, ginger and basil. Heat for about

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

Nutrients per 1-cup serving: Calories: 147, Total Fat:

temperature or chill and serve cold. Sugars: 0. Choleste

ONE: Heat peas with broth in a medium 1 minute, then remove pot from burner. TWO: Carefully pour mixture into blender

Μ

TOTAL NUTRIENTS Calories: 1,588, Fat: 32 g, Sat. Fat: 8 g,

SNACK 1

1 cup blue-

berries with

1/2 cup part-

skim ricotta

1 cup cooked oatmeal

mixed with 1/2 cup low-

sweet potato, mashed

fat milk and 1 baked

1.5 g, Sat. Fo	nt: 0.25 g, Carb 11 g, Sodium:	os: 22 g, Fiber		
T	1			
1				
	-			

		LUNCH	-	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 Clean Coleslaw A (save leftovers for later this week); 1 peach	1 cup watermel- on 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 NUTRIENT	S Calories: 1,524 , F	at: 43 g , Sat. Fat: 10 g , Carbs: 183 g , Fiber: 4 ,	2 g , Sugars: 45 g , Prote	in: 122 g , Sodium: 1,746 mg , Cholesterol: 369 mg
BREAKFAST	I SNACK 1	l 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	Tomato-Tuna Salad: 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 EVOO, 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
TOTAL NUTRIENT	S Calories: 1,685 , F	at: 54 g , Sat. Fat: 14 g , Carbs: 213 g , Fiber: 4 2	7 g , Sugars: 65 g , Prote	in: 110 g, Sodium: 1,533 mg, Cholesterol: 88 mg
BREAKFAST	SNACK 1	I LUNCH	SNACK 2	DINNER
1 cup Peach Coconut Smoothie: Blend 1 cup sliced peaches, 1 oz vanilla protein powder, ½ cup light coconut	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 cook- ed chickpeas and 1 cup shredded arugula	Purée ¼ cup Greek-style yogurt, ¼ cup 1% cottage cheese, ½ cup	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
milk, ½ cup low-fat milk and 4 ice cubes (freeze eftovers as pops); 1 Kashi granola bar			strawberries, ½ tsp honey, ⅓ tsp cinnamon	
T TOTAL NUTRIENT	S Calories: 1,699 , F	at: 49 g , Sat. Fat: 17 g , Carbs: 233 g , Fiber: 3 :	7 g , Sugars: 73 g , Prote	in: 97 g, Sodium: 2,233 mg, Cholesterol: 121 mg
BREAKFAST	SNACK 1	I LUNCH	I SNACK 2	DINNER
Purée ¼ cup 1% cottage cheese with ½ cup part-skim ricotta, 2 tsp honey, ½ tsp vanilla ex- tract, then mix in ¾ cup	Make-Ahead Watermelon Freeze B 1 slice Ezekiel	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,	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
frozen blueberries	toast with 1 oz soft goat	1 tsp fresh lemon juice, 1 tsp chopped fresh dill		
F TOTAL NUTRIENT	cheese S Calories: 1.612 . F	' at: 50 g , Sat, Fat: 12 g , Carbs: 218 g , Fiber: 3 4	3 g , Sugars; 59 g , Prote	in: 105 g , Sodium: 1,078 mg , Cholesterol: 329 mg
BREAKFAST				
BREAKFAST 1 cup Kashi cereal with ½ cup low-fat milk and ½ banana; 1 hardboiled egg	SNACK 1 ½ sliced cu- cumber; ½ red bell pepper; 5 almonds	I LUNCH Asian Tofu Stir-Fry C	SNACK 2 1 Peach Coconut Smoothie Freeze Pop (leftovers); 3 cups air-pop- ped popcorn	 DINNER 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 NUTRIENT	S Calories: 1,592 , F	at: 58 g, Sat. Fat: 17 g , Carbs: 173 g , Fiber: 3 1	g , Sugars: 89 g , Prote	in: 114 g , Sodium: 1,421 mg , Cholesterol: 181 mg
	SNACK 1	I LUNCH	SNACK 2	DINNER
		Zucchini Italiano: Brown 4 oz	1 cup Ginger Pea	Steak Salad: 4 oz sliced broiled flank

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.

Carbs: 226 g. Fiber: 37 g	. Sugars: 69 g, Protein: 1	115 g, Sodium: 2,267 mg,	Cholesterol: 97 mg

Menu PLAN

l LUNCH	SNACK 2	DINNER
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

Clean Coleslaw:

1 cup each shredded 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, 1/2 tsp Sucanat and pinch sea salt.

Make-Ahead Watermelor

Freeze: Purée 2 cups watermelon chunks with ½ tsp fresh lime juice. Freeze in a small cup with stick to make freeze pop

Asian Tofu Stir-

Fry: ³/₄ cup sliced carrots, 11/2 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 i basil leaves 1 ½ tsp crushed pepper flakes. ve over 1½ cups ked soba odles.

Menu PLAN

nu N						and the second secon
IA	BREA	.KFAST	I SNACK 1	LUNCH	SNACK 2	DINNER
		whites and ble egg, scambled,	1 cup blackberries	4 oz broiled salmon with 2 tbsp mango chutney and 2 slices	1 string cheese;	Pork Steaks with Roasted Summer Squas Salsa (see recipe, p. 81; save leftovers for
		Parmesan, 1 whole-	10 pecan	avocado; 1 whole-wheat roll;	3 cups air-pop- ped popcorn	later this week); ³ / ₄ cup cooked quinoa;
		t pita and 2 slices	halves	10 carrot sticks	with dash of	1 cup cubed cantaloupe with 1 tbsp sun-
	toma	to			chile powder	flower seeds
1	Т		S Calories: 1,705 , F	at: 51 g , Sat. Fat: 11 g , Carbs: 211 g , Fiber: 4 6	5 g , Sugars: 69 g , Prote	ein: 125 g , Sodium: 1,320 mg , Cholesterol: 166 m
	BREA	AKFAST	SNACK 1	I LUNCH	SNACK 2	DINNER
		Greek-style	1 cup sliced	4 oz deli-fresh low-sodium roast	1 cup raw snow	4 oz broiled chicken breast with 1 cup
		rt mixed with vanilla extract,	jicama, ½ cup orange sec-	beef, 3 cups chopped Romaine lettuce, 1 cup chopped arugula,	peas dipped in 1 tbsp almond	Roasted Pepper Salad A (save leftovers for later this week)
	1 cup	Kashi cereal and	tions, ½ cup	1/2 cup each cooked corn and	butter	Turnip Mashed Potatoes: 1 boiled potat
	3⁄4 cup	o blueberries	cubed papaya,	cooked beets, 2 tsp EVOO and		and 1 boiled turnip, mashed with 2 tsp
			2 tbsp 100% orange juice,	1 tsp red wine vinegar; 2 Wasa crackers		EVOO and 1 crushed clove garlic
			¹ ⁄ ₄ tsp lime zest			
	w	TOTAL NUTRIENT	S Calories: 1,622 , F	at: 48 g , Sat. Fat: 8 g , Carbs: 238 g , Fiber: 47	g , Sugars: 58 g , Protei	in: 83 g , Sodium: 1,446 mg , Cholesterol: 172 mg
	BREA	KFAST	SNACK 1	l LUNCH	SNACK 2	DINNER
٦.		cooked quinoa	10 red or green	1 broiled all-natural turkey burger	1 cup butternut	1 serving Trout with Green Bean Succo-
		d with 2 tsp pure	grapes; 5 cu- cumber sticks;	(about 3½ oz) in whole-wheat	squash soup;	tash (see recipe, p. 82; save leftovers for later this week)
		e syrup, 1 tbsp ped walnuts and	10 almonds	pita with 1 cup Roasted Summer Squash Salsa (leftovers) and 2 let-	1 wedge Laugh- ing Cow cheese	
Α		raspberries		tuce leaves		³ / ₄ cup wild rice blend
Τ.						1 ¹ / ₂ cups mixed berries
ı	Т	TOTAL NUTRIENT	S Calories: 1,676 , F	at: 57 g , Sat. Fat: 15 g , Carbs: 213 g , Fiber: 50) g , Sugars: 66 g , Prote	ein: 97 g , Sodium: 1,572 mg , Cholesterol: 135 mg
	BREA	KFAST	SNACK 1	l LUNCH	SNACK 2	DINNER
on 450°F min-		e ½ cup part-skim a with ¼ cup 1% cot-	1 cup Mango Carrot	1 cup cooked white beans, 4 oz cooked pork steak, cubed	1 nectarine	Pesto Pizza C (enjoy 1 pizza and save 1 pizza for later this week)
	-	cheese and mix with		(leftovers), 1 tbsp each chopped		Overse Averede Calada 2 suns Demain
h	¹ / ₂ cup cubed cantaloupe			and a manufacture of a section of A and adviced		Orange-Avocado Salad: 5 cups Romain
	-			celery and red onion, 1 tsp dried oregano, 1 tsp EVOO and 1 tsp		lettuce, 1 cup orange sections, ¼ cup
	-	tbsp sunflower		celery and red onion, 1 tsp dried oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain		lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic
	and 2	tbsp sunflower		oregano, 1 tsp EVOO and 1 tsp		lettuce, 1 cup orange sections, ¼ cup
,	and 2	tbsp sunflower	S Calories: 1,654 Fa	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers	g , Sugars: 82 g , Prote	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic ½ tsp EVOO and 1 tsp fresh lime juice
, , ino	and 2 seeds	tbsp sunflower		oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54	<mark>- g</mark> , Sugars: 82 g , Prote I SNACK 2	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juice ½ tsp EVOO and 1 tsp fresh lime juice
,	and 2 seeds F BREA	tbsp sunflower		oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54		lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic ½ tsp EVOO and 1 tsp fresh lime juice
0	and 2 seeds F BREA 1 cup ¼ tsp	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup	SNACK 1	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp	SNACK 2 1 cup Green Bean Succotash	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juid ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m I DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice
B	and 2 seeds F BREA 1 cup ¼ tsp low-fa	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup	SNACK 1	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO,	SNACK 2 1 cup Green Bean Succotash (leftovers)	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m I DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and
B	and 2 seeds F BREA 1 cup ¼ tsp low-fa	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup	SNACK 1 2 plums 3 Wasa	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp	SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juid ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta
	and 2 seeds F BREA 1 cup ¼ tsp low-fa	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup	SNACK 1 2 plums 3 Wasa	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup	I SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta
B	and 2 seeds F BREA 1 cup ¼ tsp low-fr raspb	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup	SNACK 1 2 plums 3 Wasa	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe	I SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews	 lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juict ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive
B	and 2 seeds F BREA 1 cup ¼ tsp low-fa	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup berries	SNACK 1 2 plums 3 Wasa crackers	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon	SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna	diced avocado, 2 tbsp 100% orange juice ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 mg I DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive
B	and 2 seeds F BREA 1 cup ½ tsp low-fr raspb	TOTAL NUTRIENT Kashi cereal, cinnamon, 1 cup at milk and 1 cup perries	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 47	SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic
о В ,	and 2 seeds F BREA 1 cup ¼ tsp low-fa raspb	TOTAL NUTRIENT Kashi cereal, cinnamon, 1 cup at milk and 1 cup perries	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car-	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 4 LUNCH Hawaiian Pork Salad: 4 oz cooked	I SNACK 2 I cup Green Bean Succotash (leftovers) I tbsp chopped cashews 3 oz tuna I g, Sugars: 81 g, Protect I SNACK 2 I 0 red or green	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juid ½ tsp EVOO and 1 tsp fresh lime juice iin: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m iin: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m J DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 m DINNER Southwest Flank Steak: Sauté 4 oz slice
B	and 2 seeds F BREA 1 cup ¼ tsp low-fa raspb S BREA 1 hard 1 who	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup berries TOTAL NUTRIENT KFAST dboiled egg ble-wheat roll	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car- rot Freeze Pop	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 I LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 4' I LUNCH Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups	I SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna 1 g, Sugars: 81 g, Protected SNACK 2 10 red or green grapes	 lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juid ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slic polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 m I DINNER Southwest Flank Steak: Sauté 4 oz slice flank steak, 1 sliced green bell pepper,
• 	and 2 seeds F BREA 1 cup ¼ tsp low-fa raspb S BREA 1 hard 1 who sprea	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup berries TOTAL NUTRIENT KFAST dboiled egg ble-wheat roll id with 1 tbsp	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car-	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 4 LUNCH Hawaiian Pork Salad: 4 oz cooked	I SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna 1 g, Sugars: 81 g, Protect SNACK 2 10 red or green grapes 1 wedge Laugh-	 lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juid ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slicp polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 m I DINNER Southwest Flank Steak: Sauté 4 oz slice flank steak, 1 sliced green bell pepper, ½ sliced yellow
• 	and 2 seeds F BREA 1 cup ¼ tsp low-fa raspb S BREA 1 hard 1 who sprea humm	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup berries TOTAL NUTRIENT KFAST dboiled egg ble-wheat roll d with 1 tbsp nus	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car- rot Freeze Pop	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 47 LUNCH Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups chopped Romaine lettuce, ½ cup diced mango, ¼ cup chopped pecans, 2 tsp 100% orange juice,	I SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna 1 g, Sugars: 81 g, Protected SNACK 2 10 red or green grapes	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m I DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 m DINNER Southwest Flank Steak: Sauté 4 oz sliced flank steak, 1 sliced green bell pepper, 1 sliced red pepper, ½ sliced yellow pepper and 1 sliced red onion over 1 cup cooked brown rice. Top with 1 tbsp low-fatility for the formation of the sliced flank steak brown rice.
• 	and 2 seeds F BREA 1 cup ¼ tsp low-fa raspb S BREA 1 hard 1 who sprea hum	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup berries TOTAL NUTRIENT KFAST dboiled egg ble-wheat roll id with 1 tbsp	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car- rot Freeze Pop	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 47 LUNCH Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups chopped Romaine lettuce, ½ cup diced mango, ¼ cup chopped pecans, 2 tsp 100% orange juice, 1 tbsp mango chutney, 1 tsp apple	I SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna 1 g, Sugars: 81 g, Protect SNACK 2 10 red or green grapes 1 wedge Laugh-	 lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juict ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 mg DINNER Southwest Flank Steak: Sauté 4 oz slicec flank steak, 1 sliced green bell pepper, 1 sliced red pepper, ½ sliced yellow pepper and 1 sliced red onion over 1 cup cooked brown rice. Top with 1 tbsp low-fasour cream, ¼ cup diced avocado, ¼ cup
ю В о,	and 2 seeds F BREA 1 cup ¼ tsp low-fr raspb S BREA 1 hard 1 who sprea humn 1 sma	tbsp sunflower TOTAL NUTRIENT Kashi cereal, cinnamon, 1 cup at milk and 1 cup berries TOTAL NUTRIENT KFAST dboiled egg ble-wheat roll d with 1 tbsp nus ill banana	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car- rot Freeze Pop (leftovers)	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 47 LUNCH Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups chopped Romaine lettuce, ½ cup diced mango, ¼ cup chopped pecans, 2 tsp 100% orange juice, 1 tbsp mango chutney, 1 tsp apple cider vinegar, ½ tsp EVOO	I SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna 1 g, Sugars: 81 g, Prote SNACK 2 10 red or green grapes 1 wedge Laugh- ing Cow cheese	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juice ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m I DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 mg I DINNER Southwest Flank Steak: Sauté 4 oz sliceo flank steak, 1 sliced green bell pepper, 1 sliced red pepper, ½ sliced yellow pepper and 1 sliced red onion over 1 cup cooked brown rice. Top with 1 tbsp low-fs sour cream, ¼ cup diced avocado, ¼ cup chopped tomato
10 B 0, C	and 2 seeds F BREA 1 cup ¼ tsp low-fa raspb S BREA 1 hard 1 who sprea humm 1 sma	tbsp sunflower TOTAL NUTRIENT Kashi cereal, cinnamon, 1 cup at milk and 1 cup berries TOTAL NUTRIENT KFAST dboiled egg ble-wheat roll d with 1 tbsp nus ill banana	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car- rot Freeze Pop (leftovers)	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 47 LUNCH Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups chopped Romaine lettuce, ½ cup diced mango, ¼ cup chopped pecans, 2 tsp 100% orange juice, 1 tbsp mango chutney, 1 tsp apple cider vinegar, ½ tsp EVOO	I SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna 1 g, Sugars: 81 g, Prote SNACK 2 10 red or green grapes 1 wedge Laugh- ing Cow cheese	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juice ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m I DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 mg I DINNER Southwest Flank Steak: Sauté 4 oz sliceo flank steak, 1 sliced green bell pepper, 1 sliced red pepper, ½ sliced yellow pepper and 1 sliced red onion over 1 cup cooked brown rice. Top with 1 tbsp low-fs sour cream, ¼ cup diced avocado, ¼ cup chopped tomato
• B ,, C	and 2 seeds F BREA 1 cup ¼ tsp low-fr raspb S BREA 1 hard 1 who sprea humm 1 sma	tbsp sunflower TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup berries TOTAL NUTRIENT KFAST dboiled egg ble-wheat roll id with 1 tbsp nus ill banana TOTAL NUTRIENT	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car- rot Freeze Pop (leftovers) S Calories: 1,630, F	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 47 LUNCH Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups chopped Romaine lettuce, ½ cup diced mango, ¼ cup chopped pecans, 2 tsp 100% orange juice, 1 tbsp mango chutney, 1 tsp apple cider vinegar, ½ tsp EVOO at: 38 g, Sat. Fat: 9 g, Carbs: 229 g, Fiber: 46	I SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna 1 g, Sugars: 81 g, Prote SNACK 2 10 red or green grapes 1 wedge Laugh- ing Cow cheese	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 mg DINNER Southwest Flank Steak: Sauté 4 oz sliceo flank steak, 1 sliced green bell pepper, 1 sliced red pepper, ½ sliced yellow pepper and 1 sliced red onion over 1 cup cooked brown rice. Top with 1 tbsp low-f sour cream, ¼ cup diced avocado, ¼ cup chopped tomato
-B ,	and 2 seeds F BREA 1 cup ¼ tsp low-fr raspb S BREA 1 hard 1 who sprea humn 1 sma S BREA 2 slice	TOTAL NUTRIENT KAShi cereal, cinnamon, 1 cup at milk and 1 cup berries TOTAL NUTRIENT KFAST dboiled egg ble-wheat roll dd with 1 tbsp nus ill banana TOTAL NUTRIENT KFAST es polenta sautéed	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car- rot Freeze Pop (leftovers) S Calories: 1,630, F	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 47 LUNCH Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups chopped Romaine lettuce, ½ cup diced mango, ¼ cup chopped pecans, 2 tsp 100% orange juice, 1 tbsp mango chutney, 1 tsp apple cider vinegar, ½ tsp EVOO at: 38 g, Sat. Fat: 9 g, Carbs: 229 g, Fiber: 46	I SNACK 2 I cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna I g, Sugars: 81 g, Prote I SNACK 2 10 red or green grapes 1 wedge Laugh- ing Cow cheese g, Sugars: 62 g, Protei I SNACK 2 12 sliced cucum-	 lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m I DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 mg I DINNER Southwest Flank Steak: Sauté 4 oz sliceer flank steak, 1 sliced green bell pepper, 1 sliced red pepper, ½ sliced yellow pepper and 1 sliced red onion over 1 cup cooked brown rice. Top with 1 tbsp low-fs sour cream, ¼ cup diced avocado, ¼ cup chopped tomato in: 107 g, Sodium: 2,286 mg, Cholesterol: 126 m
C	and 2 seeds F BREA 1 cup ¼ tsp low-fr raspb S BREA 1 hard 1 sprea humn 1 sma S BREA 2 slice in 1 ts	tbsp sunflower TOTAL NUTRIENT KAShi cereal, cinnamon, 1 cup at milk and 1 cup berries TOTAL NUTRIENT KFAST dboiled egg ble-wheat roll dd with 1 tbsp nus ill banana TOTAL NUTRIENT KFAST es polenta sautéed sp olive oil and	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car- rot Freeze Pop (leftovers) S Calories: 1,630, F I SNACK 1	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 I LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 47 I LUNCH Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups chopped Romaine lettuce, ½ cup diced mango, ¼ cup chopped pecans, 2 tsp 100% orange juice, 1 tbsp mango chutney, 1 tsp apple cider vinegar, ½ tsp EVOO at: 38 g, Sat. Fat: 9 g, Carbs: 229 g, Fiber: 46 I LUNCH	I SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna 1 g, Sugars: 81 g, Prote I SNACK 2 1 0 red or green grapes 1 wedge Laugh- ing Cow cheese g, Sugars: 62 g, Protei SNACK 2 ½ sliced cucum- ber, 1 tsp rice	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic ½ tsp EVOO and 1 tsp fresh lime juice in: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m I DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 mg DINNER Southwest Flank Steak: Sauté 4 oz sliced flank steak, 1 sliced green bell pepper, 1 sliced red pepper, ½ sliced yellow pepper and 1 sliced red onion over 1 cup cooked brown rice. Top with 1 tbsp low-f sour cream, ¼ cup diced avocado, ¼ cup chopped tomato in: 107 g, Sodium: 2,286 mg, Cholesterol: 126 mg DINNER 4 oz broiled chicken breast
B	and 2 seeds F BREA 1 cup ¼ tsp low-fr raspb S BREA 1 hard 1 who sprea humm 1 sma S BREA 2 slice in 1 ts toppo	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup erries TOTAL NUTRIENT KFAST dboiled egg ole-wheat roll dwith 1 tbsp nus ill banana TOTAL NUTRIENT KFAST es polenta sautéed sp olive oil and ed with 1 cup	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car- rot Freeze Pop (leftovers) S Calories: 1,630, F I SNACK 1 1 cup cubed papaya 1 cup Greek-	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 I LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 47 I LUNCH Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups chopped Romaine lettuce, ½ cup diced mango, ¼ cup chopped pecans, 2 tsp 100% orange juice, 1 tbsp mango chutney, 1 tsp apple cider vinegar, ½ tsp EVOO at: 38 g, Sat. Fat: 9 g, Carbs: 229 g, Fiber: 46 I LUNCH	I SNACK 2 I cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna I g, Sugars: 81 g, Protect I SNACK 2 I O red or green grapes 1 wedge Laugh- ing Cow cheese g, Sugars: 62 g, Protect I SNACK 2 ½ sliced cucum- ber, 1 tsp rice vinegar, ¼ tsp	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic ½ tsp EVOO and 1 tsp fresh lime juice iin: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 mg DINNER Southwest Flank Steak: Sauté 4 oz sliced flank steak, 1 sliced green bell pepper, 1 sliced red pepper, ½ sliced yellow pepper and 1 sliced red onion over 1 cup cooked brown rice. Top with 1 tbsp low-f sour cream, ¼ cup diced avocado, ¼ cup chopped tomato in: 107 g, Sodium: 2,286 mg, Cholesterol: 126 mg DINNER 4 oz broiled chicken breast Tomato Bread Salad: 1 chopped tomato ½ cup torn basil, 1 cup cubed whole-whee
С	and 2 seeds F BREA 1 cup ¼ tsp low-fr raspb S BREA 1 hard 1 who sprea humm 1 sma S BREA 2 slice in 1 ts toppo black hone	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup berries TOTAL NUTRIENT KFAST dboiled egg ble-wheat roll d with 1 tbsp nus ill banana TOTAL NUTRIENT KFAST es polenta sautéed sp olive oil and ed with 1 cup tberries, 2 tsp y and ½ tsp grated	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F SNACK 1 1 Mango Car- rot Freeze Pop (leftovers) S Calories: 1,630, F I SNACK 1 1 cup cubed papaya	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 I LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 47 I LUNCH Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups chopped Romaine lettuce, ½ cup diced mango, ¼ cup chopped pecans, 2 tsp 100% orange juice, 1 tbsp mango chutney, 1 tsp apple cider vinegar, ½ tsp EVOO at: 38 g, Sat. Fat: 9 g, Carbs: 229 g, Fiber: 46 I LUNCH	I SNACK 2 1 cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna 1 g, Sugars: 81 g, Prote I SNACK 2 1 0 red or green grapes 1 wedge Laugh- ing Cow cheese g, Sugars: 62 g, Protei SNACK 2 ½ sliced cucum- ber, 1 tsp rice	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic ½ tsp EVOO and 1 tsp fresh lime juice iin: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 mg DINNER Southwest Flank Steak: Sauté 4 oz sliced flank steak, 1 sliced green bell pepper, 1 sliced red pepper, ½ sliced yellow pepper and 1 sliced red onion over 1 cup cooked brown rice. Top with 1 tbsp low-fs sour cream, ¼ cup diced avocado, ¼ cup chopped tomato in: 107 g, Sodium: 2,286 mg, Cholesterol: 126 m DINNER 4 oz broiled chicken breast Tomato Bread Salad: 1 chopped tomato ½ cup torn basil, 1 cup cubed whole-whe bread, ½ cup cooked white beans, 1 oz
	and 2 seeds F BREA 1 cup ½ tsp low-fa raspb S BREA 1 hard 1 who sprea humm 1 sma S BREA 2 slice in 1 ts topp black honey ginge	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup berries TOTAL NUTRIENT KFAST dboiled egg ble-wheat roll d with 1 tbsp nus ill banana TOTAL NUTRIENT KFAST es polenta sautéed sp olive oil and ed with 1 cup berries, 2 tsp y and ½ tsp grated er; 1 scrambled	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car- rot Freeze Pop (leftovers) S Calories: 1,630, F I SNACK 1 1 cup cubed papaya 1 cup Greek-	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 I LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 47 I LUNCH Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups chopped Romaine lettuce, ½ cup diced mango, ¼ cup chopped pecans, 2 tsp 100% orange juice, 1 tbsp mango chutney, 1 tsp apple cider vinegar, ½ tsp EVOO at: 38 g, Sat. Fat: 9 g, Carbs: 229 g, Fiber: 46 I LUNCH	I SNACK 2 I cup Green Bean Succotash (leftovers) I tbsp chopped cashews 3 oz tuna I g, Sugars: 81 g, Prote SNACK 2 I 0 red or green grapes I wedge Laugh- ing Cow cheese g, Sugars: 62 g, Protei SNACK 2 ½ sliced cucum- ber, 1 tsp rice vinegar, ½ tsp Sucanat, ½ tsp Sucanat, ½ tsp crushed red pepper flakes,	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juic ½ tsp EVOO and 1 tsp fresh lime juice iin: 111 g, Sodium: 2,262 mg, Cholesterol: 239 m DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 mg DINNER Southwest Flank Steak: Sauté 4 oz sliced flank steak, 1 sliced green bell pepper, 1 sliced red pepper, ½ sliced yellow pepper and 1 sliced red onion over 1 cup cooked brown rice. Top with 1 tbsp low-fa sour cream, ¼ cup diced avocado, ¼ cup chopped tomato in: 107 g, Sodium: 2,286 mg, Cholesterol: 126 mg I DINNER 4 oz broiled chicken breast Tomato Bread Salad: 1 chopped tomato ½ cup torn basil, 1 cup cubed whole-whee
о В Э,	and 2 seeds F BREA 1 cup ¼ tsp low-fr raspb S BREA 1 hard 1 who sprea humm 1 sma S BREA 2 slice in 1 ts toppo black hone	TOTAL NUTRIENT KFAST Kashi cereal, cinnamon, 1 cup at milk and 1 cup berries TOTAL NUTRIENT KFAST dboiled egg ble-wheat roll d with 1 tbsp nus ill banana TOTAL NUTRIENT KFAST es polenta sautéed sp olive oil and ed with 1 cup berries, 2 tsp y and ½ tsp grated er; 1 scrambled	I SNACK 1 2 plums 3 Wasa crackers S Calories: 1,678, F I SNACK 1 1 Mango Car- rot Freeze Pop (leftovers) S Calories: 1,630, F I SNACK 1 1 cup cubed papaya 1 cup Greek-	oregano, 1 tsp EVOO and 1 tsp red wine vinegar; 4 multigrain flaxseed crackers at: 50 g, Sat. Fat: 15 g, Carbs: 219 g, Fiber: 54 I LUNCH 1 chopped tomato, ½ cup torn basil, 2 oz cubed mozzarella, ½ tsp crushed red pepper, 1 tsp EVOO, 1 tsp balsamic vinegar; 1 cup butter- nut squash soup; 1 cup cantaloupe cubes, ½ cup blueberries, ¼ cup Greek-style yogurt, ½ tsp cinnamon at: 65 g, Sat. Fat: 13 g, Carbs: 206 g, Fiber: 47 I LUNCH Hawaiian Pork Salad: 4 oz cooked pork steak (leftovers), 3 cups chopped Romaine lettuce, ½ cup diced mango, ¼ cup chopped pecans, 2 tsp 100% orange juice, 1 tbsp mango chutney, 1 tsp apple cider vinegar, ½ tsp EVOO at: 38 g, Sat. Fat: 9 g, Carbs: 229 g, Fiber: 46 I LUNCH	I SNACK 2 I cup Green Bean Succotash (leftovers) 1 tbsp chopped cashews 3 oz tuna I g, Sugars: 81 g, Protec I SNACK 2 I O red or green grapes 1 wedge Laugh- ing Cow cheese g, Sugars: 62 g, Protect I SNACK 2 ½ sliced cucum- ber, 1 tsp rice vinegar, ¼ tsp Sucanat, ½ tsp crushed red	lettuce, 1 cup orange sections, ¼ cup diced avocado, 2 tbsp 100% orange juice ½ tsp EVOO and 1 tsp fresh lime juice iin: 111 g, Sodium: 2,262 mg, Cholesterol: 239 mg DINNER 3 oz broiled shrimp with 1 cup Roasted Pepper Salad (leftovers) served on 1 slice polenta sautéed with ½ tsp olive oil and topped with 1 oz crumbled low-fat feta 1 cup snow peas sautéed with ½ tsp olive oil and 1 crushed clove garlic ein: 91 g, Sodium: 1,543 mg, Cholesterol: 346 mg DINNER Southwest Flank Steak: Sauté 4 oz sliced flank steak, 1 sliced green bell pepper, 1 sliced red pepper, ½ sliced yellow pepper and 1 sliced red onion over 1 cup cooked brown rice. Top with 1 tbsp low-fa sour cream, ¼ cup diced avocado, ¼ cup chopped tomato in: 107 g, Sodium: 2,286 mg, Cholesterol: 126 mg DINNER 4 oz broiled chicken breast Tomato Bread Salad: 1 chopped tomato, ½ cup torn basil, 1 cup cubed whole-whe bread, ½ cup cooked white beans, 1 oz cubed mozzarella, 1 tsp EVOO and 1 tsp



Pork Steaks

WITH ROASTED SUMMER SQUASH SALSA

Serves 4. Hands-on time: 10 minutes. Total time: 30 minutes

- **INGREDIENTS:**
- Olive oil cooking spray
- 3 medium tomatoes, cored and cut in half horizontally
- 1 each zucchini and summer squash, cut lengthwise into ¼-inch slices
- 1 medium red onion, cut in half horizontally
- 1 jalapeño pepper, seeded and cut in half lengthwise
- 3 tbsp fresh lime juice
- 1 tbsp olive oil
- 1 clove garlic, crushed
- ¹/₂ cup cilantro leaves, finely chopped
- ½ tsp sea salt, divided
- ¼ tsp ground black pepper, divided
- 4 4-oz pork tenderloin steaks

INSTRUCTIONS: **ONE:** Heat oven to 475°F. Spray 2 large roasting pans with cooking spray. Gently squeeze tomato halves to remove seeds. Arrange tomatoes (cut-side-down), zucchini, onion and jalapeño in single layer on pans. Roast in oven for 10 to 12 minutes, turning once halfway through.

set aside.

Nutrients per serving (4 oz pork and 1 cup salsa): Calories: 204, Total Fat: 6 g, Sat. Fat: 1 g, Monounsaturated Fat: 3.5 g, Polyunsaturated Fat: 1 g, Carbs: 10 g, Fiber: 2 g, Sugars: 5 g, Protein: 26 g, Sodium: 326 mg, Cholesterol: 74 mg

TIP: To create the steaks for our Pork Steaks recipe, cut tenderloin into 2-inch slices and pound to desired thickness.

TWO: Meanwhile, in a small bowl, blend lime juice, oil, garlic, cilantro, ¼ tsp salt and ¼ tsp black pepper; set dressing aside.

THREE: Remove vegetables from oven and let cool for 5 minutes. Peel skin off tomatoes, then dice vegetables and gently mix them together in a large bowl. Pour dressing over vegetable mixture and

FOUR: Heat nonstick pan over medium-high heat. Mist with cooking spray. Sprinkle pork with remaining ¼ tsp salt and ¼ tsp black pepper and cook in pan for about 3 to 4 minutes per side. Serve each pork steak with 1 cup summer squash salsa.

Week 2 **Shopping List**

Proteins & Dairy

- 1 pkg dried white beans or 1 BPA-free can white beans
- 4 oz all-natural delifresh low-sodium roast beef
- 1 pkg Jennie-O All Natural Quarter Pound Turkey **Burgers**
- 18-oz pkg low-fat mozzarella string cheese
- 8 oz boneless, skinless chicken breast
- 16 oz pork tenderloin, sliced into 4 oz steaks
- 4 oz wild-caught salmon
- ⊃ 3 oz large peeled and deveined raw shrimp
- 1 3-oz pouch tuna in water

Veggies/Fruits

- 1 banana
- 1 lb green beans
- 1 pkg frozen baby
- lima beans
-) 1 beet
- 1 pint blackberries
- 1 pint blueberries
- 1 cantaloupe
- ⊃ 1 stalk celery
- 3 cobs of corn
- 2 medium
- cucumbers O 1 bunch red or
- green seedless grapes
- 1 medium jicama
- 1 head Romaine
- lettuce
- 1 mango
- 2 nectarines
- O 2 medium red onions
- O 2 oranges
- 1 small papaya
- ½ lb snow peas
- I small green bell
- pepper

- O 2 large red bell peppers
- 2 medium yellow
- bell peppers ○ 1 jalapeño pepper
- 2 plums
- I medium white potato
- 1 pint raspberries
- 1 summer squash
- o 6 medium tomatoes
- 1 small turnip
- 1 zucchini

Whole Grains

- I small box quinoa
- ⊃ 1 lb whole-wheat pizza dough (freeze 1/2 lb)
- 3 1 tube organic precooked polenta (TRY: Trader Joe's Organic Polenta)
- 1 box mediumgrain brown rice
- 1 pkg whole-wheat rolls

Nuts/Seeds/ Oils

- 1 jar unsalted
- almond butter
- I container olive oil cooking spray
- I pkg unsalted roasted pecans
- 1 pkg unsalted sunflower seeds

Extras

- 1 jar all-natural mango chutney
- ⊃ 1 bunch cilantro
- I pint unsweetened all-natural carrot iuice
- 1 jar Kalamata olives
- I bottle dried oregano
- 1 box low-sodium butternut squash
- soup ○ 1 container pure
- maple syrup
- O 1 bottle red wine vinegar
- 1 bottle rice vinegar

Web Bonus! For printerfriendly versions of our shopping lists, visit cleaneatingmag.com/shoppinglists