

Week 1 Shopping List



Proteins & Dairy

- 2 cans low-sodium pinto beans
- 1 lean ground beef patty or 1 box Boca meatless burger patties
- 1 can low-sodium chicken broth (or vegetable broth)
- 1 pkg low-fat mozzarella cheese
- 1 egg
- 6 oz fish of choice (or extra-firm tofu)
- Small container of hummus
- ½ gallon skim milk (or your favorite alternative like soy, almond or rice)
- 1 lb fresh deli chicken sausage
- 4 oz soy/veggie breakfast sausage
- 2 oz turkey sausage (or seitan jerky)
- 1 small pkg seitan (also called "wheat meat")
- 1 can low-sodium lentil and vegetable soup
- 5 oz tempeh
- 6 oz tilapia (or tempeh)
- 1 can albacore tuna (or low-sodium garbanzo beans)
- 6 oz turkey breast (or extra-firm tofu)
- 6 oz extra-lean ground turkey (or soy "meat" crumbles)
- 1 small container plain, low-fat yogurt (or soy)

Veggies/Fruits

- 2 apples
- 2 cups fresh berries of choice
- 1 small container unsweetened applesauce
- 1 small avocado
- 4 large bell peppers (color of choice)
- 2 bags frozen berries
- 1 lb broccoli for mixed veggies
- 1½ lb carrots
- 2 lb celery
- 1 large cucumber
- 1 small bunch grapes
- 4 leeks
- 1 lemon
- 3 heads lettuce
- 3 large Portobello mushrooms
- 1 small bunch green onions
- 3 large yellow onions
- 2 oranges

- 1 small bunch fresh parsley
- 1 peach
- 1 pear
- 1½ lb sugar snap peas
- 1 lb dried green split peas
- 1 small bunch fresh spinach
- 1 large red tomato
- 1 large bag frozen vegetable blend

Whole Grains

- 1 bag whole-wheat buns
- 1 loaf multigrain bread
- 1 large container old-fashioned rolled oats
- 1 box buckwheat pancake mix
- 1 box quinoa (and/or wild rice)
- 1 small pkg brown rice cakes
- 1 pkg tortillas (multigrain or corn)

Nuts/Seeds/Oils

- 1 container or bag of almonds, unsalted
- 1 large jar natural almond butter, unsalted
- 1 large jar natural peanut butter, unsalted
- 1 container ground flaxseeds
- 1 bottle roasted almond oil
- 1 can olive oil cooking spray
- 1 bottle extra-virgin olive oil
- 1 small container sesame seeds
- 1 lb raw walnuts, unsalted

Extras

- 1 container agave nectar
- 1 large container vanilla protein powder
- Bay leaves
- Cinnamon
- Dill (fresh or partly dried)
- Dijon mustard
- Honey
- Pure maple syrup
- Ground black pepper
- 1 jar pickles
- 1 container low-sodium salsa
- Sea salt
- 1 pkg wet seaweed
- 1 pkg wooden skewers
- Organic tea(s) of choice
- Vanilla extract
- Vinegar (apple cider)

Web Bonus! For a print-friendly version of this shopping list, visit cleaneatingmag.com/shoppinglists.



Nutty Maple-Cinnamon Bars

Serves 6. Prep time: 25 minutes. Difficulty level: Medium.

INGREDIENTS:

- 1 cup rolled oats, divided
- 3 tbsp unsalted almonds
- 4 scoops vanilla protein powder
- 1 tsp cinnamon
- ½ tsp sea salt
- ¾ cup unsweetened applesauce
- ½ tsp vanilla extract
- 4 tbsp pure maple syrup
- Olive oil cooking spray

INSTRUCTIONS:

ONE Preheat oven to 350°F.

TWO In a clean, dry blender, process ½ cup rolled oats into oat flour; blend on medium for about 1 minute. In a large bowl, stir together prepared oat flour, remaining ½ cup rolled oats, almonds, protein powder, cinnamon and salt.

Then combine applesauce, vanilla and maple syrup together with dry ingredients and mix thoroughly.

THREE Cut 6 squares of aluminum foil into 4 x 8-inch pieces. Lightly coat the interior with cooking spray. Spoon out an equal portion of mixture onto each foil square, and roll them into a bar shape. Fold them like tamales, folding the ends over to prevent spillage. You can flatten them into bar shapes if you want to avoid a tube-shaped bar.

FOUR Bake foil-wrapped bars on baking sheet in preheated oven for 16 to 18 minutes. Do not overcook.

TIP: Store the leftovers in a sealed container in the fridge!

Nutrients per bar: Calories: 213, Total Fat: 4 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 29 g, Fiber: 3 g, Sugars: 14 g, Protein: 15 g, Sodium: 189 mg, Cholesterol: 23 mg

Clean Eating shopping lists include all of the items you'll need to prepare 70 meals for one adult. This initial list will provide a foundation for both the fridge and pantry over the next two weeks. As you approach week two, take a quick kitchen inventory. You may have a little less or a little more left over depending on what your family members scavenge.

M TOTAL NUTRIENTS Calories: **1,672**, Fat: **69 g**, Sat. Fat: **11.5 g**, Carbs: **151 g**, Fiber: **48 g**, Sugars: **41 g**, Protein: **113 g**, Sodium: **1,134 mg**, Cholesterol: **79 mg**

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|---|------------------------------------|--|--|---|
| Honey-Almond Oatmeal (see recipe, p. 79), topped with ¼ cup fresh or thawed from frozen berries 1 cup of tea | ½ cup unsalted walnuts 1 orange | Chicken & Pea Soup (see recipe, p. 80; save leftovers for later this week) | 1 cup green veggies 1½ cups skim milk mixed with 1 scoop protein powder | Turkey salad: 6 oz grilled turkey breast or extra-firm tofu, mixed vegetables, 1 tbsp Simple Vinaigrette (see recipe, p. 80; save leftovers for later this week), ½ cup flaxseeds |

T TOTAL NUTRIENTS Calories: **1,629**, Fat: **47 g**, Sat. Fat: **7 g**, Carbs: **196 g**, Fiber: **50 g**, Sugars: **49 g**, Protein: **144 g**, Sodium: **1,278 mg**, Cholesterol: **19 mg**

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|---|--|--|--|--|
| 2 slices multigrain toast with 2 tbsp natural peanut butter ½ cup berries 1 cup skim milk with protein powder | 2 tbsp hummus Raw veggies 1 orange | Tuna salad: 6 oz albacore tuna or mashed garbanzo beans, 4 stalks chopped celery, ½ medium sliced cucumber and ½ cup chopped bell peppers, all over a bed of lettuce | 1 Nutty Maple-Cinnamon Bar (see recipe, p. 76; save leftovers for later this week) | Large mushroom salad: 1 large grilled Portobello mushroom (diced), mixed veggies, 3 oz seitan skewers, ¼ cup low-sodium pinto beans, tossed with 1 tbsp Simple Vinaigrette (leftovers) |

W TOTAL NUTRIENTS Calories: **1,505**, Fat: **43.5 g**, Sat. Fat: **7 g**, Carbs: **173 g**, Fiber: **50 g**, Sugars: **72 g**, Protein: **117 g**, Sodium: **1,710 mg**, Cholesterol: **60 mg**

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|--|--|--------------------------------|--|---|
| Berry Green Smoothie (see recipe, p. 80) | 6 stalks celery with 2 tbsp natural almond butter 1 apple | Chicken & Pea Soup (leftovers) | 1 Nutty Maple-Cinnamon Bar (leftovers) | Lettuce wraps: 6 oz extra-lean ground turkey or soy "meat" crumbles (cooked), wrapped in large lettuce leaves, with 1 tbsp Dijon mustard or Simple Vinaigrette (leftovers) Steamed or raw mixed vegetables |

T TOTAL NUTRIENTS Calories: **1,588**, Fat: **39 g**, Sat. Fat: **9.5 g**, Carbs: **220 g**, Fiber: **42 g**, Sugars: **48 g**, Protein: **92 g**, Sodium: **881 mg**, Cholesterol: **424 mg**

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|--|--|--|---|---|
| Honey-Almond Oatmeal (see recipe, p. 79) topped with ½ cup fresh or thawed from frozen berries | Raw veggies with 2 tbsp hummus 1 Nutty Maple-Cinnamon Bar (leftovers) | Bean burrito: 1 multigrain or corn tortilla, ¼ cup low-sodium pinto beans, ¼ cup chopped bell peppers, ¼ cup diced onions, 2 tbsp low-sodium salsa | 1 hard-boiled egg 12 grapes Raw veggies | 6 oz fish (your choice) or extra-firm tofu (steamed, baked or pan-fried) Large seaweed salad (buy wet seaweed and season) ½ cup quinoa or wild rice |

F TOTAL NUTRIENTS Calories: **1,526**, Fat: **61 g**, Sat. Fat: **10 g**, Carbs: **140 g**, Fiber: **47 g**, Sugars: **42 g**, Protein: **125 g**, Sodium: **1,980 mg**, Cholesterol: **0 mg**

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|--|--|---|--|---|
| 4 oz soy/veggie breakfast sausage 1 cup thawed berries, sprinkled with 2 tbsp flaxseeds | ¼ cup unsalted walnuts 15 sugar snap peas | 2 cups low-sodium lentil and vegetable soup 1 pear | 2 oz turkey sausage or seitan jerky Raw veggies | 6 oz tilapia or tempeh, seasoned with lemon juice and dill 2 cups steamed mixed vegetables |

S TOTAL NUTRIENTS Calories: **1,698**, Fat: **76 g**, Sat. Fat: **13 g**, Carbs: **184 g**, Fiber: **36 g**, Sugars: **54 g**, Protein: **105 g**, Sodium: **938 mg**, Cholesterol: **35 mg**

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|---|---|--|---------------------------------|---|
| Honey-Almond Oatmeal (see recipe, p. 79) 1 peach | 1 apple and 2 stalks celery with 1 tbsp natural almond butter | Large tempeh salad: 5 oz sautéed tempeh, mixed vegetables, 1 tbsp Simple Vinaigrette (leftovers) | 2 brown rice cakes ¼ avocado | Smothered Mushrooms (see recipe, p. 79) ½ cup quinoa or wild rice Side salad with 1 tbsp Simple Vinaigrette (leftovers) |

S TOTAL NUTRIENTS Calories: **1,520**, Fat: **33 g**, Sat. Fat: **6 g**, Carbs: **230 g**, Fiber: **50 g**, Sugars: **53 g**, Protein: **85 g**, Sodium: **1,900 mg**, Cholesterol: **50 mg**

| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER |
|---|--------------------------------|---|--|--|
| 3 buckwheat pancakes, topped with ½ cup fresh or thawed from frozen berries | Raw veggies with 2 tbsp hummus | 1 lean ground beef patty or Boca meatless burger patty with mixed veggies, Dijon mustard, pickles and tomato slice on whole-wheat bun Chicken & Pea Soup (leftovers) | 1 Nutty Maple-Cinnamon Bar (leftovers) | Bean burrito: 1 multigrain or corn tortilla, ½ cup low-sodium pinto beans, ¼ cup chopped bell peppers, ¼ cup diced onions, 2 tbsp low-sodium salsa |

COOKING QUINOA

Quinoa can be cooked in bulk, stored and added to recipes as needed. To cook quinoa, use a water to quinoa ratio of 2 to 1. So, if you want to cook two cups of dry quinoa, use four cups of water. First bring the water to a rolling boil in a pot with a tight-fitting lid; then add the pre-rinsed quinoa, cover and turn the heat to low. Simmer for 12 minutes or just until the remaining liquid is entirely absorbed. Fluff the quinoa with a fork and store in an airtight container in the refrigerator. Use within three to four days.

NUTRITIONAL AIDS

Protein: Come up with a few shake recipes that you enjoy and allow them to serve as your nutritional back-up plan. If you bloat after drinking protein shakes, switch protein type. You can choose from whey, soy, rice, hemp, pea or egg varieties.

Vitamin B₁₂: If you aren't incorporating animal products in your diet, consider using a vitamin B₁₂ supplement to make up for the nutrients your diet may be missing.

| | | | | | |
|---|--|---|--|--|--|
| M | TOTAL NUTRIENTS Calories: 1,654, Fat: 59 g, Sat. Fat: 7 g, Carbs: 206 g, Fiber: 59 g, Sugars: 61 g, Protein: 97 g, Sodium: 619 mg, Cholesterol: 0 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| Berry Green Smoothie (see recipe, p. 80) | Fruit yogurt: 4 oz plain, low-fat yogurt mixed with 1 tbsp protein powder, 2 tbsp flaxseeds, ½ cup fruit | Tuna wrap: 5 oz albacore tuna or mashed garbanzo beans, ¼ cup chopped celery, ¼ cup sliced cucumber, ½ cup chopped bell peppers, 1 multigrain tortilla | ½ cup unsalted walnuts 1 medium apple | 1 lean ground beef patty or Boca meatless burger patty with mixed roasted vegetables and ¼ avocado, no bun | |
| T | TOTAL NUTRIENTS Calories: 1,510, Fat: 49 g, Sat. Fat: 9 g, Carbs: 160 g, Fiber: 41.5 g, Sugars: 37 g, Protein: 104 g, Sodium: 1,160 mg, Cholesterol: 281 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| Honey-Almond Oatmeal (see recipe, p. 79), topped with ¼ cup fresh or thawed from frozen berries 1 cup tea | 4 tbsp hummus with raw veggies | Large egg salad: 1 hard-boiled whole egg, 2 hard-boiled egg whites, mixed vegetables, 1 tbsp Simple Vinaigrette (see recipe, p. 80; save leftovers for later this week) | 1 Nutty Maple-Cinnamon Bar (see recipe, p. 76; save leftovers for later this week) 1 banana | Chicken & Pea Soup (see recipe, p. 80; save leftovers for later this week) 1 cup steamed squash ½ cup quinoa or wild rice | |
| W | TOTAL NUTRIENTS Calories: 1,575, Fat: 69 g, Sat. Fat: 9 g, Carbs: 157 g, Fiber: 46 g, Sugars: 59 g, Protein: 102 g, Sodium: 1,268 mg, Cholesterol: 34 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| 3 oz soy/veggie breakfast sausage ¾ cup fresh or thawed from frozen berries, topped with 2 tbsp flaxseeds | 1 apple 4 stalks celery with 2 tbsp natural almond butter | Smothered Mushrooms (see recipe, p. 79) Salad with mixed vegetables and 1 tbsp Simple Vinaigrette (leftovers) | 2 oz turkey sausage or seitan jerky Raw veggies | Vegetarian wrap: multigrain tortilla filled with lettuce, carrots, grilled mushrooms, zucchini, onions, 2 oz low-fat cheese, 2 tbsp hummus | |
| T | TOTAL NUTRIENTS Calories: 1,695, Fat: 50 g, Sat. Fat: 9 g, Carbs: 198 g, Fiber: 51 g, Sugars: 49 g, Protein: 106 g, Sodium: 1,255 mg, Cholesterol: 19 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| 3 oz soy/veggie sausage 1 buckwheat pancake | Berry Green Smoothie (see recipe, p. 80) | Large salad: mixed veggies, ¾ cup low-sodium kidney beans, 2 tbsp ground flaxseeds, 1 tbsp low-fat cheese, 1 tbsp Simple Vinaigrette (leftovers) | 1 apple 4 stalks celery with 2 tbsp natural almond butter | 6 oz grilled salmon or tempeh 2 cups steamed mixed vegetables ½ cup quinoa or wild rice | |
| F | TOTAL NUTRIENTS Calories: 1,531, Fat: 42 g, Sat. Fat: 7 g, Carbs: 188 g, Fiber: 43 g, Sugars: 37 g, Protein: 117 g, Sodium: 2,045 mg, Cholesterol: 0 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| 2 slices multigrain toast with 2 tbsp natural peanut butter ½ cup fresh or thawed from frozen berries 1 cup skim milk with 1 scoop protein powder | 1 Nutty Maple-Cinnamon Bar (leftovers) | 5 oz chicken breast or extra-firm tofu ½ cup quinoa or wild rice 1 to 2 cups steamed mixed vegetables | 1 oz turkey sausage or seitan jerky Raw veggies | 1½ cups organic vegetarian chili 1 slice multigrain bread ½ cup steamed spinach | |
| S | TOTAL NUTRIENTS Calories: 1,607, Fat: 44 g, Sat. Fat: 8 g, Carbs: 176 g, Fiber: 40 g, Sugars: 62 g, Protein: 141 g, Sodium: 555 mg, Cholesterol: 60 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| Honey-Almond Oatmeal (see recipe, p. 79), topped with ¼ cup fresh or thawed from frozen berries 1 cup tea | ¼ cup unsalted walnuts 1 pear | Chicken & Pea Soup (leftovers) | 1 Nutty Maple-Cinnamon Bar (leftovers) 1 small cucumber | Large mixed salad with 1 tbsp Simple Vinaigrette (leftovers) 4 oz broiled seitan, mushrooms and bell peppers on skewers | |
| S | TOTAL NUTRIENTS Calories: 1,680, Fat: 63 g, Sat. Fat: 10.5 g, Carbs: 186 g, Fiber: 43 g, Sugars: 62 g, Protein: 111 g, Sodium: 2,020 mg, Cholesterol: 12 mg | | | | |
| BREAKFAST | SNACK 1 | LUNCH | SNACK 2 | DINNER | |
| Tofu scramble: 4 oz extra-firm tofu, ¾ cup mixed grilled vegetables 1 orange | Berry Green Smoothie (see recipe, p. 80) | 1 slice multigrain bread with 3 tbsp natural peanut butter 6 stalks celery 6 carrot sticks | 1 Nutty Maple-Cinnamon Bar (leftovers) | 1 grilled lean ground beef burger or Boca meatless burger patty with Dijon mustard and organic relish Large salad with vegetables of choice and ½ cup flaxseeds | |



▲ Smothered Mushrooms

Serves 1. Prep time: 15 minutes. Difficulty level: Easy.

INGREDIENTS:

- 2 large Portobello mushrooms, stems and gills removed
- ½ cup low-sodium salsa
- 2 tbsp green onions, chopped
- ¾ cup low-fat mozzarella cheese
- 2 tbsp sesame seeds

INSTRUCTIONS:

Preheat oven to 400°F. Place mushrooms, upside down, on a baking tray and top each with salsa, green onions and cheese. Sprinkle with sesame seeds and bake for 10 to 12 minutes.

Nutrients per topped mushroom:

Calories: 234, Total Fat: 11 g, Sat. Fat: 1 g, Carbs: 21 g, Fiber: 7 g, Sugars: 8 g, Protein: 14 g, Sodium: 356 mg, Cholesterol: 6 mg

Honey-Almond Oatmeal

Serves 1. Prep time: 5 minutes. Difficulty level: Easy.

INGREDIENTS:

- ½ cup rolled oats
- ½ cup skim milk
- 1 tsp natural almond butter, unsalted
- 1 tsp honey

INSTRUCTIONS:

Mix all ingredients in a bowl and microwave for 1 minute. Stir, then microwave for another minute. Stir again and enjoy.

ALTERNATIVE: On the stovetop, simply bring all ingredients to a boil in a small nonstick pot, then turn to low and cook for 5 minutes.

Nutrients per bowl of oatmeal:

Calories: 289, Total Fat: 6 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Carbs: 46 g, Fiber: 5 g, Sugars: 11.5 g, Protein: 11 g, Sodium: 89 mg, Cholesterol: 2 mg

Week 2 Shopping List

Proteins & Dairy

- 1 can low-sodium kidney beans
- 2 lean ground beef patties (refrigerate 1 and freeze 1 until use)
- 1 small package low-fat cheese of choice
- 5 oz chicken breast (or extra-firm tofu)
- 2 cans organic vegetarian chili
- 3 eggs
- 1 container hummus
- ½ gallon skim milk (or your favorite alternative like soy, almond or rice)
- 6 oz wild salmon (or tempeh)
- 1 lb fresh deli chicken sausage
- 6 oz soy/veggie breakfast sausage
- 3 oz turkey sausage (or seitan jerky)
- 1 small pkg seitan (also called "wheat meat")
- 4 oz extra-firm tofu
- 1 can albacore tuna (or low-sodium garbanzo beans)
- 2 small containers plain, low-fat yogurt (or soy)
- 1 can low-sodium chicken broth (or vegetable broth)
- 1 medium avocado
- 1 banana
- 2 bags frozen berries
- 1 small bunch broccoli for mixed veggies
- 1¼ lb carrots
- 1½ lb celery
- ¼ lb cherries (fresh or frozen)
- 2 small cucumbers
- 4 leeks
- 1 head lettuce
- 1 lb mushrooms
- 2 large Portobello mushrooms
- 1 bunch green onions
- 2 large yellow onions
- 1 orange
- 1 small bunch fresh parsley
- 1 pear
- 1 lb dried green split peas
- 3 large bell peppers
- 2 lb fresh spinach
- 1 lb squash
- 2 bags frozen vegetables blends
- 1 medium zucchini

Whole Grains

- 1 loaf multigrain bread
- 1 box quinoa (and/or wild rice), if needed
- 1 pkg multigrain tortillas

Extras

- 1 large container vanilla protein powder, if needed
- 1 jar organic relish
- 1 jar low-sodium salsa

Veggies/Fruits

- 2 cups fresh berries of choice
- 3 medium apples
- 1 small container unsweetened applesauce

GET YOUR GRIND ON

The quickest and most effective means of grinding flaxseeds is to put them in a regular blender or food processor. You can also grind them in a coffee grinder. If you go the blender route, add about a cup of flaxseeds, start the blender on a lower setting, then gradually work your way up to high, occasionally stopping the blender and stirring the seeds with a wooden spoon to ensure even grinding. Total grinding time can take up to five minutes, and the end result should be a fine flax meal. Store your ground flaxseeds in a sealed container in the fridge.

Web Bonus! For a print-friendly version of this shopping list, visit cleaneatingmag.com/shoppinglists.





Simple Vinaigrette

Makes 1 cup. Recommended serving: 1 tbsp. Shelf life: 1 to 2 weeks (sealed and refrigerated).

This tangy vinaigrette is so simple to make – just measure the ingredients and shake to mix. Use it alone or as a base for other herbs and spices to make a different version every day. Be sure to shake your dressing well before each use (about 1 tbsp is all you need).

Chef Tips

Joanne Lusted, chef and director of Nella Cucina Culinary School in Toronto, shares her secrets for getting the most out of our Simple Vinaigrette.

VARIATIONS:

- Add your favorite chopped fresh herbs, spices and fruits: ginger and thyme, garlic and oregano, chili powder and cumin, or puréed fruit such as mango with cilantro and jalapeno. The combinations are endless.
- Mix 2 tbsp Simple Vinaigrette with ¼ cup low-fat plain yogurt and 1 tsp of chopped fresh herbs (dill or flat-leaf parsley) for a fresh and creamy yet low-fat dressing.
- Both avocados and almonds are so satisfying and good for you. To mix it up, try substituting avocado oil for the roasted almond oil in this recipe.

ORGANIZE LIKE A CHEF:

- Label the vinaigrette jar with a piece of masking tape, clearly stating the date you made the dressing and its name. This helps eliminate the “mystery stuff” in your fridge.

INGREDIENTS:

- ½ cup extra-virgin olive oil
- ¼ cup roasted almond oil
- ¼ cup apple cider vinegar
- 2 tbsp agave nectar
- 1 tbsp Dijon mustard
- Sea salt, to taste
- Freshly ground black pepper, to taste

Nutrients per 1-tbsp serving: Calories: 82, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 2.7 g, Fiber: 0 g, Sugars: 2 g, Protein: 0 g, Sodium: 37.5 mg, Cholesterol: 0 mg

INSTRUCTIONS:

Pour all liquid ingredients into an airtight sealable container. Tightly seal and shake well to combine. Taste dressing and adjust seasoning, if necessary. Reseal and refrigerate until needed.



Make this healthy dressing yourself!

TIP: Olive oil becomes solid when chilled. Bring to room temperature prior to using.

Chicken & Pea Soup

Serves 9. Prep time: 20 minutes (not including cooking time). Difficulty level: Easy.

INGREDIENTS:

- 4 leeks, washed well
- 1 lb dried green split peas, rinsed
- 3 carrots, sliced
- 3 celery stalks, chopped
- 1 large onion, chopped
- 1 bay leaf
- ¼ cup fresh parsley, chopped
- 2 tbsp olive oil
- 4 cups low-sodium chicken or vegetable broth
- 1 lb fresh deli chicken sausage, diced
- Sea salt and ground black pepper, to taste

INSTRUCTIONS:

ONE To prepare leeks, discard outer leaves, green tops and root ends, then split leeks lengthwise and rinse well.

TWO In a large skillet or wok, stir-fry all vegetables and herbs in oil over medium-high heat for a few minutes until vegetables are limp. Add broth to pan and bring to a boil. Transfer contents of your pan into a 5 qt slow cooker and cook on medium or low

heat for 8 hours or on high for 4 to 5 hours.

THREE Add sausage during last 20 minutes of simmering. Before serving, season with sea salt and pepper, to taste. Refrigerate leftovers immediately.

Nutrients per 1¼-cup serving:

Calories: 350, Total Fat: 9 g, Sat. Fat: 4 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 4 g, Fiber: 1.5 g, Sugars: 4 g, Protein: 26 g, Sodium: 150 mg, Cholesterol: 36 mg



Berry Green Smoothie

Serves 1. Prep time: 5 minutes. Difficulty level: Easy.

INGREDIENTS:

- ½ cup frozen berries
- ½ cup spinach
- ½ cup plain, low-fat yogurt
- ¼ cup skim milk
- 1 scoop vanilla protein powder

INSTRUCTIONS:

Combine all ingredients in a blender. Blend on high until mixture is a smooth consistency.

TIP: Change up the flavor of this smoothie by subbing in your favorite fruit or chocolate-flavored protein powder, or by trying a different blend of frozen berries each time.

Nutrients per smoothie: Calories: 248, Total Fat: 3.5 g, Sat. Fat: 2 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 0 g, Carbs: 27 g, Fiber: 3 g, Sugars: 21 g, Protein: 26 g, Sodium: 176 mg, Cholesterol: 44 mg