

# Your **14-Day** *Clean Eating* **Meal Plan**

Snap out of the winter doldrums and embrace the dawning of spring with a new slew of fresh, seasonal and waist-whittling meal ideas.

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FOOD PHOTOGRAPHY BY EDWARD POND

Using herbs, spices and color-rich foods awakens the senses, and utilizing flavors from other cultures introduces combinations of tastes that are new and exciting to your palate. The recipes in this two-week meal plan span the globe—with the Cajun flavors of New Orleans, the blend of golden yellow and red spices from Moroccan cuisine, the sesame infusion of the Middle East and the strong and pungent flavors of Italian spices.

As always, we offer a daily and weekly balance of fats, carbohydrates and protein. And, with daily caloric totals ranging between 1,500 and 1,800 calories, you'll be able to easily follow our light and nutritious outline of five daily mini-meals. Just remember that you may need to adjust the portions slightly, depending on your specific needs.

Take a peek in your pantry for the seasonings outlined in our two weeks of grocery lists. Stocking up on herbs and spices is a good investment—they'll make a flavorful addition to your cooking repertoire for pennies a serving. But don't be afraid to experiment with what you have on hand, using our recipes and meal ideas as guidelines to customize to your own life, budget and kitchen inventory. Many studies have shown that herbs and spices can offer health benefits in the way of free-radical-fighting antioxidants. So, let the synergy of taste surround your meals and your health may benefit, too!

Menu  
PLAN

Turn the page for your CE-exclusive two-week menu!



# Week 1 Shopping List

### Proteins & Dairy

- 1 32-oz bag dried black beans
  - 2 4-oz catfish fillets
  - 1 pint 1% cottage cheese
  - 1 8-oz pkg goat cheese
  - 1 block reduced-fat jalapeño cheese
  - 1 8-oz pkg part-skim mozzarella
  - 1 pkg low-fat string cheese
  - 5 oz light Swiss cheese
  - 8 oz boneless, skinless chicken breast
  - 1 dozen eggs
  - 1 pint egg whites
  - ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
  - 1 qt unsweetened plain soy milk
  - 1 box veggie patties (Try: Amy's Veggie Burgers)
  - 8 oz lean pork chop
  - 6 oz lean sliced roast beef
  - 5 oz tilapia fillet
  - 1 3-oz pouch water-packed tuna, unsalted
  - 2 16-oz containers non-fat Greek-style yogurt
- 1 pint raspberries
  - 1 16-oz bag spinach
  - 1 pint strawberries
  - 1 16-oz pkg frozen strawberries
  - 1 box grape tomatoes
  - 3 Roma tomatoes
  - 1 jar low-sodium tomato sauce
  - 2 zucchini

### Whole Grains

- 1 large whole-wheat baguette (from bakery dept.)
- 1 box Post Shredded Wheat Spoon Size Original cereal
- 1 box whole-wheat woven wheat crackers
- 1 pkg whole-wheat English muffins
- 1 container rolled oats
- 1 pkg whole-wheat pitas
- 1 pkg quinoa
- 1 box wild rice
- 1 pkg whole-wheat rolls
- 1 box whole-wheat spaghetti

### Nuts/Seeds/Oils

- 1 jar unsalted almond butter
- 1 bottle extra-virgin olive oil
- 1 16-oz jar unsalted raw peanuts
- 1 12-oz bag unsalted sunflower seeds
- 1 6-oz bag unsalted walnuts

### Extras

- 1 Orange Cranberry Gnu Bar
- 1 container ground cinnamon
- 1 container ground cumin
- 1 container garlic powder
- 1 container hummus
- 1 jar Dijon mustard
- Olive oil cooking spray
- 1 container dried oregano
- 1 container ground black pepper
- 1 container chocolate protein powder
- 1 jar low-sodium salsa
- 1 container Cajun spices
- 1 container stevia powder
- 1 container dried thyme
- 1 bottle balsamic vinegar
- 1 bottle rice wine vinegar



**Web Bonus!** For printer-friendly versions of our shopping lists, visit [cleaneatingmag.com/shoppinglists](http://cleaneatingmag.com/shoppinglists)



## Cajun Catfish Po' Boy & COOLING VEGETABLE SALAD

*Serves 2. Hands-on time: 20 minutes. Total time: 25 minutes.*

### INGREDIENTS:

#### Cooling Vegetable Salad

- 1 cup cucumbers, peeled and halved
- 10 grape tomatoes, halved
- ¼ cup carrots, shredded
- ¼ cup flat-leaf parsley, minced
- ¼ cup red onion, diced
- ¼ tsp ground black pepper
- ¼ tsp garlic powder
- ½ tsp extra-virgin olive oil
- 1 tbsp rice wine vinegar

#### Cajun Catfish

- 2 3-oz catfish fillets
- 1 tsp extra-virgin olive oil
- 1½ tsp Cajun spices
- 4 oz bakery-fresh whole-wheat baguette, sliced into 4 pieces and toasted
- 4 slices red onion
- 4 slices tomato (each slice ¼-inch thick)
- 2 Boston lettuce leaves

#### Goat Cheese Spread

- 1 oz goat cheese
- 3 tbsp nonfat Greek-style yogurt
- 1 tsp fresh lemon juice
- 2 tbsp flat-leaf parsley, minced
- 3 tbsp carrots, shredded
- 2 tbsp cucumbers, diced
- ½ tsp ground black pepper

### INSTRUCTIONS:

**ONE:** Ensure that 2 racks are in middle positions in oven. Preheat oven to 400°F.

**TWO:** Prepare Cooling Vegetable Salad: In a medium bowl, combine cucumbers, tomatoes, carrot, parsley and onion. Then add pepper, garlic powder, oil and vinegar and stir until vegetables are evenly coated. Place in refrigerator to let flavors meld until ready to serve meal.

**THREE:** Prepare Cajun Catfish: Place catfish on a foil-lined cookie sheet. Brush fillets with oil and sprinkle with spices. Bake 12 to 15 minutes, until flaky and no longer translucent.

**FOUR:** Prepare Goat Cheese Spread: In a small bowl, stir together cheese, yogurt, lemon juice,

parsley, carrot, cucumber and pepper until combined. Set aside.

**FIVE:** To assemble each sandwich, smear Goat Cheese Spread on 1 side of a baguette slice and set aside. Place a catfish fillet on another slice of baguette. Top fillet with 2 onion slices, 2 tomato slices and 1 lettuce leaf; then top with reserved baguette slice, spread-side-down. Repeat with remaining catfish fillet and accompaniments. Serve with Cooling Vegetable Salad. Keep stored in refrigerator for 2 to 4 days to ensure freshness.

*Nutrients per serving (2 oz baguette, 3 oz catfish, 1 cup salad, 2 slices onion, 2 slices tomato, 1 lettuce leaf, ¼ cup goat cheese spread):* Calories: 345, Total Fat: 14 g, Sat. Fat: 5 g, Omega-3s: 410 mg, Omega-6s: 750 mg, Carbs: 35 g, Fiber: 7.5 g, Sugars: 8 g, Protein: 31 g, Sodium: 592 mg, Cholesterol: 64 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 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.

M	TOTAL NUTRIENTS    Calories: 1,508, Fat: 48 g, Sat. Fat: 12 g, Carbs: 211 g, Fiber: 44 g, Sugar: 66 g, Protein: 88 g, Sodium: 2,177 mg, Cholesterol: 124 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 serving Crustless Italian Quiche (see recipe, p. 82; save leftovers for later this week)  1 whole grapefruit		1 Orange Cranberry Gnu Bar	3 oz tuna mixed with 1 oz light Swiss cheese, 2 tbsp each diced carrots, celery and red onion in 1 whole-wheat pita with 1 Boston lettuce leaf, 1 tbsp rice wine vinegar and 1 tbsp nonfat Greek-style yogurt; 1 apple	3 stalks celery with 2 tbsp unsalted almond butter	1½ cups cooked whole-wheat spaghetti with ½ cup low-sodium tomato sauce, ¼ cup fresh torn basil leaves, 10 halved grape tomatoes and ¼ cup shredded part-skim mozzarella  1 cup chopped Boston lettuce with 1 tbsp balsamic vinegar and 1 tsp <b>EVOO</b>

T	TOTAL NUTRIENTS    Calories: 1,527, Fat: 45 g, Sat. Fat: 13 g, Carbs: 201 g, Fiber: 31 g, Sugar: 60 g, Protein: 95 g, Sodium: 2,673 mg, Cholesterol: 124 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal with 1 chopped apple (skin on), ½ tsp cinnamon and 1 cup low-fat milk	2 sliced carrots with 3 tbsp hummus	<b>Sandwich:</b> 3 oz sliced lean roast beef, ½ oz goat cheese, 3 strips roasted red bell pepper, 1 slice tomato, 1 slice red onion and 1 Boston lettuce leaf on a whole-grain roll; 10 whole-wheat woven wheat crackers; 1 orange		¾ cup 1% cottage cheese with ½ cup chopped pineapple	1 serving Crustless Italian Quiche (leftovers); 2 cups romaine lettuce with 1 tbsp unsalted sunflower seeds, ½ cup each chopped red bell peppers, whole grape tomatoes and chopped mushrooms with 1 tbsp balsamic vinegar and 1 tsp <b>EVOO</b> ; 1 oz slice whole-wheat baguette

W	TOTAL NUTRIENTS    Calories: 1,610, Fat: 47 g, Sat. Fat: 10 g, Carbs: 197 g, Fiber: 40 g, Sugar: 57 g, Protein: 111 g, Sodium: 1,111 mg, Cholesterol: 156 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1¼ cups Post Shredded Wheat Spoon Size Original cereal with ¾ cup low-fat milk  1 orange	6 oz nonfat Greek-style yogurt with 1 oz unsalted raw peanuts and ½ tsp stevia powder	<b>Veggie Burger Salad:</b> 2 cups Boston lettuce, 1 veggie patty, ½ cup cooked black beans, 4 thin slices chopped avocado, ¼ cup corn, ½ cup each chopped grape tomatoes and mushrooms with 1 tbsp balsamic vinegar and 1 tsp <b>EVOO</b> ; 1 cup strawberries		1 serving Crustless Italian Quiche (leftovers)	4 oz baked pork chop (prepare 8 oz and save 4 oz for tomorrow)  1 cup sautéed chopped zucchini (prepare whole zucchini and save leftovers for tomorrow)  ¾ cup steamed wild rice

T	TOTAL NUTRIENTS    Calories: 1,712, Fat: 61 g, Sat. Fat: 12 g, Carbs: 205 g, Fiber: 28 g, Sugar: 53 g, Protein: 104 g, Sodium: 1,119 mg, Cholesterol: 168 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal, ¼ cup chopped pineapple, ½ sliced small banana and 5 broken walnuts with 1 cup low-fat milk		<b>Mini Yogurt Parfait</b> <b>A</b>	<b>Spinach Salad:</b> 2 cups spinach leaves, 4 oz sliced baked pork chop (leftovers), ½ cup sautéed zucchini (leftovers), ½ cup chopped tomato with 1½ tbsp balsamic vinegar and 1 tsp <b>EVOO</b> ; 1 cup strawberries	10 whole-wheat woven wheat crackers	1 serving Cajun Catfish Po’ Boy & Cooling Vegetable Salad (see recipe, left; save leftovers for later this week)

F	TOTAL NUTRIENTS    Calories: 1,622, Fat: 61 g, Sat. Fat: 13 g, Carbs: 196 g, Fiber: 35 g, Sugar: 59 g, Protein: 91 g, Sodium: 1,885 mg, Cholesterol: 149 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1½ oz toasted whole-wheat baguette (sliced) with 2 tbsp unsalted almond butter and 10 unsweetened raisins		1 apple and 1 oz unsalted sunflower seeds	1 serving Cajun Catfish Po' Boy & Cooling Vegetable Salad (leftovers)  1 cup chopped pineapple	3 stalks celery and 1 oz goat cheese	4 oz baked chicken; ¾ cup wild rice; <b>Vegetable Medley:</b> 1 cup steamed spinach with ¼ tsp minced garlic, ¾ cup steamed artichokes and ½ cup sautéed mushrooms

S	TOTAL NUTRIENTS    Calories: 1,576, Fat: 46 g, Sat. Fat: 12 g, Carbs: 186 g, Fiber: 39 g, Sugar: 66 g, Protein: 117 g, Sodium: 1,723 mg, Cholesterol: 181 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
<b>Open-Faced Breakfast Sandwich</b> <b>B</b>  1 cup raspberries	1 oz slice whole-wheat baguette with 3 tbsp hummus	<b>Salad:</b> 2 cups romaine lettuce, 3 oz lean roast beef, 1 oz goat cheese, ½ cup each chopped red bell pepper, tomato and cucumber with 2 tbsp balsamic vinegar and 1 tsp <b>EVOO</b> ; 1 banana	1½ cups chopped pineapple and 8 unsalted walnuts	5 oz baked tilapia with ½ squeezed lemon  1 cup eggplant sautéed in ½ tsp <b>EVOO</b>  ¾ cup quinoa	

S	TOTAL NUTRIENTS    Calories: 1,540, Fat: 50 g, Sat. Fat: 16 g, Carbs: 163 g, Fiber: 44 g, Sugar: 51 g, Protein: 121 g, Sodium: 2,285 mg, Cholesterol: 115 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
<b>Strawberry Mint Smoothie:</b> Blend 1 cup unsweetened soy milk, ¼ cup chocolate protein powder, 1 cup frozen strawberries, 10 fresh mint leaves and 4 ice cubes		1 sliced roasted red bell pepper with 1 oz goat cheese	<b>Veggie Burger:</b> 1 veggie patty with 1 oz goat cheese, 1 slice tomato, 1 slice red onion and 1 Boston lettuce leaf on a whole-grain roll  1 cup cooked edamame  1 apple	½ cup raspberries, 1 low-fat string cheese and 10 whole-wheat woven wheat crackers	<b>Mexican Salad</b> <span>C</span>

MARCH/APRIL 2010

### Menu PLAN

# Week 1

**EVOO** = extra-virgin olive oil

**A** **Mini Yogurt Parfait:** 8 oz non-fat Greek-style yogurt with ½ sliced banana and ¾ cup Post Shredded Wheat Spoon Size Original cereal

**B** **Open-Faced Breakfast Sandwich:** 1 toasted whole-wheat English muffin topped with 4 scrambled egg whites, 4 steamed asparagus spears, 1 oz melted light Swiss cheese and 1 tsp Dijon mustard

**C** **Mexican Salad:** 2 cups romaine lettuce, 4 oz baked chicken (seasoned with ½ tsp ground cumin), ¼ cup shredded reduced-fat jalapeño cheese, ½ cup each low-sodium salsa, cooked black beans, chopped tomatoes and chopped cucumbers, 2 thin slices avocado with 1 tbsp balsamic vinegar and 1 tsp **EVOO**



**EVOO** = extra-virgin olive oil

**Cherry Chocolate Smoothie:** Blend 8 oz low-fat milk, 4 frozen strawberries, ½ cup frozen cherries, ¼ cup chocolate protein powder and 4 ice cubes

**Spring Salad:**  
2 cups romaine lettuce, 1 veggie patty, ¼ cup part-skim shredded mozzarella, 2 tsp unsalted sunflower seeds, ½ cup each chopped tomatoes and carrots with 1 tbsp balsamic vinegar and 1 tsp **EVOO**

**Tuna Salad:** 1 cup romaine lettuce, 3 oz tuna, ¼ cup each chopped tomatoes, carrots and cucumbers with 2 tbsp balsamic vinegar and 1 tsp **EVOO**

M	TOTAL NUTRIENTS    Calories: 1,529, Fat: 39 g, Sat. Fat: 11 g, Carbs: 212 g, Fiber: 41 g, Sugar: 60 g, Protein: 99 g, Sodium: 1,777 mg, Cholesterol: 132 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal with ½ cup each frozen blueberries and strawberries, 5 broken unsalted walnuts with 1 cup low-fat milk		1 low-fat string cheese and 1 orange	Chicken Sandwich: 6 oz broiled chicken breast (enjoy 3 oz and save 3 oz for later this week), 1 oz light Swiss cheese, ¼ sliced avocado, 2 slices tomato, 1 Boston lettuce leaf on toasted whole-wheat English muffin	1 cup snow peas and 3 tbsp hummus	1 serving Moroccan Buffalo & Chickpea Chili (see recipe, right; save leftovers for later this week)  1 whole-wheat pita
T	TOTAL NUTRIENTS    Calories: 1,693, Fat: 47 g, Sat. Fat: 11 g, Carbs: 258 g, Fiber: 50 g, Sugar: 90 g, Protein: 89 g, Sodium: 1,142 mg, Cholesterol: 47 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1¼ cup Post Shredded Wheat Spoon Size Original cereal with 1 sliced banana and ¾ cup low-fat milk		1 cup nonfat Greek-style yogurt with 1 sliced kiwi and 5 torn mint leaves	1 serving Moroccan Buffalo & Chickpea Chili (leftovers)  1 apple and 2 stalks celery	1 oz unsalted raw peanuts	1½ cups spaghetti with 1 oz goat cheese, ½ cup each steamed broccoli, asparagus and chopped tomato with 1 tbsp <a href="#">EVOO</a>
W	TOTAL NUTRIENTS    Calories: 1,532, Fat: 33 g, Sat. Fat: 9 g, Carbs: 190 g, Fiber: 35 g, Sugar: 44 g, Protein: 132 g, Sodium: 2,447 mg, Cholesterol: 160 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
Cherry Chocolate Smoothie <a href="#">A</a>		1 whole-wheat English muffin with 1 oz melted light Swiss cheese	3 oz broiled chicken breast (leftovers), ½ cup cooked black beans, 1 oz reduced-fat jalapeño cheese, 1 Boston lettuce leaf and 1 slice red onion on toasted whole-grain roll, heated; 1 cup snow peas	1 toasted whole-wheat pita, cut into triangles, and ½ cup low-sodium salsa	5 oz baked trout  5 steamed asparagus spears and 2 artichoke hearts  ¾ cup wild rice with 2 tbsp unsalted sunflower seeds
T	TOTAL NUTRIENTS    Calories: 1,620, Fat: 52 g, Sat. Fat: 10 g, Carbs: 194 g, Fiber: 40 g, Sugar: 54 g, Protein: 114 g, Sodium: 1,422 mg, Cholesterol: 89 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal, ½ cup frozen cherries, 5 broken unsalted walnuts with 1 cup unsweetened soy milk		½ cup 1% cottage cheese with 1 sliced kiwi	Spring Salad <a href="#">B</a>  1 baked sweet potato sprinkled with cinnamon	2 cups cooked edamame  1 orange	1 serving Sesame Garlic Chicken with Tahini Spinach & Toasted Peanut Quinoa (see recipe, p. 82; save leftovers for tomorrow)
F	TOTAL NUTRIENTS    Calories: 1,527, Fat: 52 g, Sat. Fat: 7 g, Carbs: 185 g, Fiber: 31 g, Sugar: 38 g, Protein: 112 g, Sodium: 1,233 mg, Cholesterol: 144 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 whole-wheat English muffin with 2 tbsp unsalted almond butter		½ cup each frozen blueberries and cherries, thawed, with 6 oz nonfat Greek-style yogurt	1 serving Sesame Garlic Chicken with Tahini Spinach & Toasted Peanut Quinoa (leftovers)  1 kiwi	1 hardboiled egg	1 salmon patty (freeze remaining patties), 1 tbsp avocado, 1 slice tomato, 1 slice red onion and 1 romaine lettuce leaf on a whole-grain roll  1½ cups romaine lettuce with ½ cup sliced tomatoes, 1 tbsp balsamic vinegar and ½ tsp <a href="#">EVOO</a>
S	TOTAL NUTRIENTS    Calories: 1,739, Fat: 55 g, Sat. Fat: 12 g, Carbs: 206 g, Fiber: 36 g, Sugar: 37 g, Protein: 125 g, Sodium: 1,831 mg, Cholesterol: 83 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup 1% cottage cheese with ¾ cup Post Shredded Wheat Spoon Size Original cereal; ½ grapefruit (save other half for tomorrow)		1 toasted whole-wheat pita with 2 tbsp sesame tahini	Tuna Salad <a href="#">C</a>  ½ cup frozen strawberries, thawed, with 6 oz nonfat Greek-style yogurt	½ serving Moroccan Buffalo & Chickpea Chili (leftovers)	5 oz tofu sautéed in 1 tsp <a href="#">EVOO</a> and sprinkled with dried oregano and thyme with 1½ cups whole-wheat spaghetti, ¼ cup shredded part-skim mozzarella, 1 cup sautéed broccoli, ½ cup chopped tomatoes and 2 tsp <a href="#">EVOO</a>
S	TOTAL NUTRIENTS    Calories: 1,623, Fat: 44 g, Sat. Fat: 14 g, Carbs: 226 g, Fiber: 47 g, Sugar: 54 g, Protein: 93 g, Sodium: 2,426 mg, Cholesterol: 45 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
Mexican Omelette: 4 egg whites, 2 tbsp reduced-fat jalapeño cheese, 3 tsp each cooked black beans, corn and diced fresh tomatoes; 1 toasted whole-wheat English muffin; ½ grapefruit (leftovers)		1 oz unsweetened raisins	1 cup mushroom soup with ½ cup cooked black beans and ¼ cup torn flat-leaf parsley  1½ cups steamed broccoli with ¼ cup melted shredded reduced-fat jalapeño cheese  1 orange	1 toasted whole-wheat pita, cut in wedges, with 1 oz goat cheese (sprinkle with thyme and ground black pepper for added flavor)	Tofu Salad: 2 cups romaine lettuce, 5 oz cubed tofu, 2 tbsp shredded part-skim mozzarella, ½ cup tomatoes and 1 slice red onion with 1 tsp Dijon mustard, 2 tbsp balsamic vinegar and 1 tsp <a href="#">EVOO</a>  1 cup quinoa with 2 tbsp unsalted sunflower seeds

# Moroccan Buffalo & Chickpea Chili

**Serves 6. Hands-on time: 15 minutes Total time: 40 minutes.**

**INGREDIENTS:**

- 1 lb top-round buffalo steak or lean beef stew meat, cut into 1-inch cubes
- 2 tbsp garlic, minced
- 2½ cups yellow onion, chopped
- 1 cup celery, chopped
- 2 cups carrots, cut into matchsticks
- 1 tbsp cumin, ground
- 2 tsp dried coriander
- 1 tsp ground black pepper
- ½ tsp turmeric
- ½ tsp saffron (optional)
- ½ tsp paprika
- ½ tsp cayenne pepper (optional)
- 3½ cups cooked chickpeas
- 1 cup frozen corn (no need to thaw)
- 2 cups tomatoes, chopped
- 1 bay leaf
- 1 6-oz jar tomato paste
- 2 lemons (optional)

**INSTRUCTIONS:**

**ONE:** In a large nonstick pot, cook steak for 2 minutes over medium-high heat. Add garlic, onion, celery, carrots and all spices. Cook for 5 minutes. Then add chickpeas, cooking for 2 more minutes.

**Two:** Turn up heat to high and pour in 4 cups water, corn, tomatoes and bay leaf. Bring to a boil and stir in tomato paste. Reduce heat to medium and simmer, uncovered, for 30 to 35 minutes, stirring occasionally, until liquid reduces and chili thickens. Squeeze juice of both lemons into chili, if desired, and stir. Remove bay leaf before serving. Chili can be stored in refrigerator for 5 days or frozen for 2 to 3 months.

**Nutrients per 2-cup serving:**  
Calories: 397, Total Fat: 9 g, Sat. Fat: 3 g,  
Carbs: 51 g, Fiber: 11 g, Sugars: 12 g,  
Protein: 29 g, Sodium: 267 mg,  
Cholesterol: 43 mg



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## Week 2 Shopping List

## Proteins & Dairy

- 14 oz boneless, skinless chicken breast
- 1 32-oz bag dried chickpeas
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 pkg salmon patties
- 1 lb top-round buffalo steak or lean beef stew meat
- 1 3-oz pouch water-packed tuna, unsalted
- 1 14-oz container firm tofu
- 5 oz trout
- 2 6-oz containers nonfat Greek-style yogurt

## Veggies/Fruits

- 1 apple
- 1 avocado
- 1 banana
- 1 16-oz bag frozen blueberries
- 2 lbs fresh broccoli or 2 14-oz bags frozen broccoli florets
- 1 16-oz pkg frozen cherries
- 1 cucumber
- 1 bulb garlic
- 1 grapefruit
- 3 kiwis
- 3 lemons (2 lemons optional)
- 1 head romaine lettuce
- 1 red onion
- 1 large yellow onion
- 3 oranges
- ½ lb snow peas
- 1 medium sweet potato
- 1 16-oz bag baby spinach
- 6 Roma tomatoes
- 1 6-oz jar tomato paste

## Nuts/Seeds/Oils

- 1 container unsalted sesame seeds
- 1 jar sesame tahini

## Extras

- 1 container bay leaves
- 1 container dried coriander
- 1 container paprika
- 1 container cayenne pepper (optional)
- 1 small jar saffron (optional)
- 1 16-oz container mushroom soup  
(TRY: Imagine Creamy Portobello Mushroom Soup)
- 1 bottle low-sodium soy sauce
- 1 container turmeric

### Notes:



## Crustless Italian Quiche

*Serves 5. Hands-on time: 16 minutes. Total time: 56 minutes.*

### INGREDIENTS:

- 2 cups eggplant, chopped (about ¼-inch cubes)
- 1 cup zucchini, chopped (about ½-inch cubes)
- 1 cup red bell pepper, chopped (about ½-inch cubes)
- 1 cup yellow onion, chopped
- 2 cloves garlic, minced
- 2 tsp extra-virgin olive oil
- 4 artichoke hearts, chopped (water-packed and drained from jar or thawed from frozen)
- 1 egg
- 1 cup egg whites
- 1 cup skim milk
- ½ tsp ground black pepper
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ cup fresh basil, torn in pieces
- ¾ cup part-skim mozzarella cheese, shredded
- Olive oil cooking spray

### INSTRUCTIONS:

**ONE:** Preheat oven to 425°F. In a large skillet over medium heat, sauté eggplant, zucchini, bell pepper, onion and garlic in oil for 10 minutes. Then turn off heat and gently fold artichokes into vegetable mixture.

**TWO:** In a medium-size bowl, whisk egg, egg whites, milk, black pepper, thyme and oregano. Add egg mixture, basil and mozzarella to vegetable mixture. Gently stir until eggs and mozzarella are evenly distributed among vegetables.

**THREE:** Mist an 8-inch round or square glass pan with cooking spray. Pour in egg-vegetable mixture. Place in oven and cook for 25 to 30 minutes. Remove from oven and let sit for 10 minutes to set quiche.

#### Nutrients per serving (⅕ quiche):

Calories: 190, Total Fat: 5 g, Sat. Fat: 1.5 g, Carbs: 22 g, Fiber: 9 g, Sugars: 11 g, Protein: 15 g, Sodium: 280 mg, Cholesterol: 55 mg

## Sesame Garlic Chicken

WITH TAHINI SPINACH & TOASTED PEANUT QUINOA

*Serves 2. Hands-on time: 15 minutes. Total time: 35 minutes.*

### INGREDIENTS:

- 2 4-oz boneless, skinless chicken breasts
- 1 clove garlic, sliced
- 1½ tsp unsalted sesame seeds, divided
- 3 tbsp unsalted raw peanuts
- ½ cup quinoa
- 1 16-oz bag spinach, washed, drained, stems removed and steamed

#### Tahini Sauce

- 1½ tbsp sesame tahini
- 1 tbsp rice wine vinegar
- 1 tsp low-sodium soy sauce
- 1 tsp stevia powder

### INSTRUCTIONS:

**ONE:** Ensure that 2 racks are in middle positions in oven. Preheat oven to 375°F.

**TWO:** Place chicken on a foil-lined baking pan. With a sharp knife, make 3 slits, a quarter to halfway through each chicken breast. Stuff thin slits with garlic, dividing evenly. Sprinkle 1 tsp sesame seeds on top of chicken. Place in oven on middle rack and bake for 30 to 35 minutes, until chicken's juices run clear and no pink remains.

**THREE:** Meanwhile, on a separate foiled-lined baking pan, toast peanuts in the same 375°F oven for 4 to 6 minutes on top rack.

**FOUR:** Rinse quinoa thoroughly with water in a fine-mesh strainer until water runs clear. Drain well. Combine quinoa and 1 cup water in a medium-size saucepan. Bring

to a boil, then reduce heat to medium-low, cover and cook until grains become translucent, about 15 to 20 minutes. Add toasted peanuts to cooked quinoa.

**FIVE:** Prepare Tahini Sauce: In a small bowl, whisk together tahini, vinegar, soy sauce, 1 tsp water and stevia until combined.

**SIX:** Divide spinach between 2 plates and top with Tahini Sauce. Sprinkle remaining ½ tsp sesame seeds on top of spinach. Plate chicken breasts and quinoa off to side of spinach. Chicken can be kept stored in refrigerator for 4 days.

**Nutrients per serving (4 oz chicken, 1 cup quinoa, ½ tsp peanuts, 1 cup steamed spinach, 2 tbsp tahini sauce):** Calories: 470, Total Fat: 13 g, Sat. Fat: 2 g, Carbs: 54 g, Fiber: 15 g, Sugars: 1 g, Protein: 38 g, Sodium: 520 mg, Cholesterol: 65 mg

## Your Guide to Herb Pairing

Find out which herbs and spices to buddy up and which to keep apart in your cooking. BY JOANNE LUSTED

### CILANTRO

Added to most dishes after or near the end of cooking

**Flavor:** Lemony citrus notes, lively, fresh, bright

#### Works well with:

Asian, Mexican, Caribbean, Latin American and Indian cuisine; chile powder, cumin, ginger, allspice, wasabi, sesame, Thai basil, mint

#### Doesn't work well with:

Italian, German, Spanish or Mediterranean fare; rosemary, tarragon, sage, marjoram

### THYME

**Flavor:** Clove notes, spicy, pungent, earthy

#### Works well with:

Caribbean, Latin American, French, Creole and Cajun cuisine; allspice, curry, fennel, paprika, cinnamon, nutmeg, sage, rosemary, parsley, saffron, marjoram, basil

#### Doesn't work well with:

Asian recipes; cilantro, mint, Thai basil

### SAGE

Very strong when served raw; best when cooked

**Flavor:** Slightly bitter, earthy, pungent

#### Works well with:

Garlic powder, onion powder, parsley, rosemary, thyme, chives

#### Doesn't work well with:

Asian, Indian, Caribbean and Latin

American recipes; cilantro, Thai basil, mint, lavender

### TARRAGON

Best if used raw or barely cooked; add at last moments of cooking or to garnish

**Flavor:** Licorice, slightly sweet

#### Works well with:

Garlic powder; as part of a French Fine Herb Blend when mixed with chervil, chives, parsley

#### Doesn't work well with:

Asian, Caribbean and Latin American cuisine; rosemary, cilantro, mint

### DILL

Flavor intensifies over time; use sparingly

**Flavor:** Tangy, fresh, bright, lemony

#### Works well with:

Mustard seed and powder, cayenne pepper, lemon pepper, parsley, cilantro, chives

#### Doesn't work well with:

Asian, Indian, Caribbean, Mexican and Latin American fare; curry, rosemary, sage, thyme

### ROSEMARY

**Flavor:** Pine, warm, woody, slightly citrus

#### Works well with:

Garlic powder, onion powder, thyme, sage, parsley

#### Doesn't work well with:

Asian, Caribbean and Latin American recipes; curry, salsas, coconut, dill, cilantro, mint