

LOSE 5 LBS

Gain a Healthier Gut

Designed with just the right amount of energy and essential nutrients, this meal plan will not only satisfy but also slim you down. This two-week menu is packed with plenty of your weight-loss buddies (those gut-friendly prebiotics and probiotics) and appetizing flavors to keep you interested.

BY TIFFANI BACHUS, RDN & ERIN MACDONALD, RDN
PHOTOGRAPHY BY RACHEL KORINEK



WEEK ONE

MONDAY

BREAKFAST: *Kefir Smoothie*: Blend ¾ cup kefir, ½ cup strawberries, ½ frozen banana, 1 tbsp chia seeds, 1 tbsp flaxseeds and ice as desired

SNACK: *PB & Strawberries*: Top 1 slice toast with 1 tbsp peanut butter, 3 smashed strawberries and ½ tsp flaxseeds

LUNCH: 1 serving *Falafel Salad Bowls* (see recipe, p. 42; save leftovers)

SNACK: *Turkey Pocket*: Stuff 1 pita with 3 oz deli turkey and 2 tbsp kimchi (below)

DINNER: *Pesto Spaghetti Squash with Shrimp*: (see recipe, p. 83; eat ½, save leftovers)

NUTRIENTS: Calories: 1,505, Fat: 66 g, Sat. Fat: 14 g, Carbs: 149 g, Fiber: 34 g, Sugars: 45 g, Protein: 94 g, Sodium: 1,431 mg, Cholesterol: 343 mg

TUESDAY

BREAKFAST: 1 serving *Middle Eastern Western Egg Sandwiches* (see recipe, p. 40; save leftovers)

SNACK: 1 serving *Sweet & Spicy Nuts with Oven-Dried Edamame* (see recipe, p. 44; save leftovers)

LUNCH: *Open-Face Tuna Melt*: Top 1 slice bread with 4 oz canned tuna, 2 slices tomato and 1 slice Swiss cheese; toast

SNACK: Top ½ cup cottage cheese with ½ cup blueberries, ½ tbsp flaxseeds and dash cinnamon

DINNER: 1 serving *Falafel Salad Bowls* (leftovers, p. 42)

NUTRIENTS: Calories: 1,294, Fat: 55 g, Sat. Fat: 14 g, Carbs: 118 g, Fiber: 24 g, Sugars: 34 g, Protein: 90 g, Sodium: 2,165 mg, Cholesterol: 458 mg

WEDNESDAY

BREAKFAST: *Quinoa Bowl*: Layer ½ cup cooked quinoa, 2 scrambled eggs, ¼ cup black beans, ¼ cup salsa and ¼ avocado, sliced

SNACK: *Green Smoothie*: Blend 1 cup brewed green tea, 1 cup spinach, 1 frozen banana, 1 tbsp chia seeds, 1 scoop protein powder, ¼ tsp cinnamon and ice, as desired

LUNCH: *Pesto Spaghetti Squash with Shrimp* (leftovers, p. 83)

SNACK: 1 serving *Sweet & Spicy Nuts with Oven-Dried Edamame* (leftovers, p. 44)

DINNER: 1 serving *Korean Steak Tacos* (see recipe, p. 46; save leftovers)

Side salad: Toss together 1½ cups romaine, ¼ cup each chopped cucumber and celery, 1 tbsp lemon juice, 1 tsp EVOO and pinch each salt and pepper

NUTRIENTS: Calories: 1,556, Fat: 77 g, Sat. Fat: 17 g, Carbs: 133 g, Fiber: 32 g, Sugars: 44 g, Protein: 105 g, Sodium: 1,821 mg, Cholesterol: 661 mg

THURSDAY

BREAKFAST: 1 serving *Middle Eastern Western Egg Sandwiches* (leftovers, p. 40)

SNACK: *PB & Strawberries*: Top 1 slice toasted bread with 1 tbsp peanut butter, 3 smashed strawberries and ½ tsp flaxseeds

LUNCH: 1 serving *Falafel Salad Bowls* (leftovers, p. 42)

SNACK: *Cherry Almond Flax Smoothie*: In a blender, combine 1 cup almond milk, 1 cup frozen cherries, 1 tbsp flaxseeds, 1 scoop protein powder, ¼ tsp almond extract and ice, as desired

DINNER: *Balsamic Chicken & Rice*: Drizzle 4 oz chicken breast with 1 tsp each balsamic vinegar and EVOO then grill; ½ cup cooked brown rice

6 asparagus spears and 4 small carrots, steamed

NUTRIENTS: Calories: 1,418, Fat: 50 g, Sat. Fat: 10 g, Carbs: 152.5 g, Fiber: 31 g, Sugars: 46 g, Protein: 97 g, Sodium: 1,618 mg, Cholesterol: 473 mg

FRIDAY

BREAKFAST: *Berry Flax Smoothie*: Blend 1 cup almond milk, 1 cup frozen mixed berries, 1 tbsp flaxseeds, 1 scoop protein powder and ice, as desired

SNACK: 1 serving *Sweet & Spicy Nuts with Oven-Dried Edamame* (leftovers, p. 44)

LUNCH: 1 serving *Korean Steak Tacos* (leftovers, p. 46)

SNACK: Top ½ cup cottage cheese with ½ cup blueberries, ½ tbsp flaxseeds and dash cinnamon

DINNER: *Spicy Turkey Bowl*: In a skillet, brown 8 oz ground turkey; add ½ cup black beans, ¼ red onion, chopped, 1 cup chicken broth, ½ cup dry quinoa, ½ cup salsa, 1 tsp cumin and 1 tsp chile powder; simmer until quinoa is cooked through (eat ½, save leftovers); top with 1 tbsp fresh cilantro and 1 tbsp pepitas

NUTRIENTS: Calories: 1,259, Fat: 47 g, Sat. Fat: 11 g, Carbs: 120 g, Fiber: 24 g, Sugars: 42 g, Protein: 97 g, Sodium: 1,615 mg, Cholesterol: 196 mg

SATURDAY

BREAKFAST: *Quinoa Bowl*: Layer ½ cup cooked quinoa, 2 scrambled eggs, ¼ cup black beans, ¼ cup salsa and ¼ avocado, sliced

SNACK: *Green Smoothie*: Blend 1 cup brewed green tea, 1 cup spinach, 1 frozen banana, 1 tbsp chia seeds, 1 scoop protein powder, ¼ tsp cinnamon and ice, as desired

LUNCH: *Open-Face Tuna Melt*: Top 1 slice bread with 4 oz canned tuna, 2 slices tomato and 1 slice Swiss cheese; toast

SNACK: *PB & Strawberries*: Top 1 slice toasted bread with 1 tbsp peanut butter, 3 smashed strawberries and ½ tsp flaxseeds

DINNER: *Lemon Chicken*: Bake 8 oz chicken breast with 2 tbsp lemon juice, 2 tsp EVOO, ½ tsp garlic powder and pinch salt and pepper (eat ½, save leftovers);

6 asparagus spears and 4 small carrots, steamed

NUTRIENTS: Calories: 1,454, Fat: 56.5 g, Sat. Fat: 15 g, Carbs: 135 g, Fiber: 35 g, Sugars: 36 g, Protein: 117.5 g, Sodium: 1,781 mg, Cholesterol: 560 mg

SUNDAY

BREAKFAST: *Quick Frittata* (see recipe, p. 83; eat ¼, save leftovers)

½ sweet potato, baked

SNACK: *Kefir Smoothie*: Blend ¾ cup kefir, ½ cup strawberries, ½ frozen banana, 1 tbsp chia seeds, 1 tbsp ground flaxseeds and ice, as desired

LUNCH: *Chicken Rice Bowl*: Layer 2 cups spinach, ½ cup chopped tomatoes, ½ cup black beans, ⅓ cup cooked brown rice, Lemon Chicken (leftovers) and ¼ avocado, sliced

SNACK: 1 serving *Sweet & Spicy Nuts with Oven-Dried Edamame* (leftovers, p. 44)

DINNER: *Spicy Turkey Bowl* (leftovers); top with 1 tbsp fresh cilantro and 1 tbsp pepitas

NUTRIENTS: Calories: 1,602, Fat: 64 g, Sat. Fat: 14 g, Carbs: 167 g, Fiber: 38 g, Sugars: 44 g, Protein: 104 g, Sodium: 1,660 mg, Cholesterol: 524 mg

EVOO = extra-virgin olive oil



WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	
<p>BREAKFAST: <i>Berry Parfait:</i> Mix 1 cup Greek yogurt with ½ cup chopped strawberries and ½ tbsp honey; top with 1 tbsp each flaxseeds and hempseeds</p> <p>SNACK: <i>Green Smoothie:</i> Blend 1 cup brewed green tea, 1 cup arugula, 1 frozen banana, 1 tbsp chia seeds, 1 scoop protein powder, ¼ tsp cinnamon and ice, as desired</p> <p>LUNCH: 1 serving <i>Quick Frittata</i> (leftovers, p. 83)</p> <p><i>Greek Salad:</i> Combine 2 cups spring lettuce mix, ½ cucumber, sliced, ¼ cup canned chickpeas, ¼ cup halved grape tomatoes, 2 tbsp red onion and 1 oz feta; top with ½ tbsp lemon juice whisked with ½ tbsp EVOO</p> <p>SNACK: 1 carrot, sliced, ½ cucumber, sliced, and 6 grape tomatoes with 3 tbsp hummus</p> <p>DINNER: 1 serving <i>Chilled Green Goddess Soup with Open-Face Shrimp Lettuce Cups</i> (see recipe, p. 44; save leftovers)</p> <p>NUTRIENTS: Calories: 1,576, Fat: 69 g, Sat. Fat: 21 g, Carbs: 148 g, Fiber 33 g, Sugars: 71 g, Protein: 110 g, Sodium: 1,754 mg, Cholesterol: 617 mg</p>	<p>BREAKFAST: 1 serving <i>Quick Frittata</i> (leftovers, p. 83)</p> <p>½ sweet potato, baked</p> <p>SNACK: <i>PB & Strawberries:</i> Top 1 slice toasted bread with 1 tbsp peanut butter, 3 strawberries, sliced, and ½ tsp hempseeds</p> <p>LUNCH: 1 serving <i>Chilled Green Goddess Soup with Open-Face Shrimp Lettuce Cups</i> (leftovers, p. 44)</p> <p>SNACK: <i>Turkey Pocket:</i> Stuff 1 pita pocket pita with 3 oz deli turkey and 2 tbsp kimchi</p> <p>DINNER: 1 serving <i>Balsamic Glazed Chicken with Roasted Fennel, Carrots & Parsnips</i> (see recipe, p. 46; save leftovers)</p> <p>½ cup cooked quinoa</p> <p>NUTRIENTS: Calories: 1,541, Fat: 59.5 g, Sat. Fat: 17 g, Carbs: 142 g, Fiber: 29 g, Sugars: 49 g, Protein: 112.5 g, Sodium: 1,927 mg, Cholesterol: 718 mg</p>	<p>BREAKFAST: <i>Banana Peanut Butter Smoothie:</i> In a blender, combine 1 cup almond milk, ½ frozen banana, 1 tbsp peanut butter, 1 tbsp chia seeds, 1 scoop protein powder and ice, as desired</p> <p>SNACK: ½ cup cottage cheese topped with 1 small apple, shredded, and 2 tsp honey</p> <p>LUNCH: <i>Cheesy Portobello Mushroom</i> (see recipe, p. 83)</p> <p>½ cup cooked quinoa pasta; top with 3 tbsp marinara and 1 tbsp Parmesan</p> <p>3 oz cod, seasoned with garlic powder and dried oregano; sauté in 2 tsp EVOO and 1 tsp lemon juice</p> <p>SNACK: 1 serving <i>Sweet & Spicy Nuts with Oven-Dried Edamame</i> (leftovers, p. 44)</p> <p>DINNER: <i>Rosemary Pork Chops with Apple</i> (see recipe, p. 83; eat ½, save leftovers)</p> <p><i>Arugula Salad:</i> 1 cup arugula and 1 chopped shallot; top with ½ tbsp rice vinegar whisked with ½ tsp sesame oil</p> <p>NUTRIENTS: Calories: 1,554, Fat: 75 g, Sat. Fat: 24 g, Carbs: 137 g, Fiber: 24 g, Sugars: 67.5 g, Protein: 100.5 g, Sodium: 1,809 mg, Cholesterol: 172 mg</p>	
THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: 2 <i>Buckwheat Pancakes</i> (see recipe, p. 83); top with 1 tbsp peanut butter and ½ banana, sliced; 2 slices turkey bacon, cooked</p> <p>SNACK: <i>Strawberry Chia Parfait:</i> Mix 1 cup Greek yogurt with ½ cup chopped strawberries and ½ tbsp honey; top with ½ tbsp chia seeds</p> <p>LUNCH: <i>Rosemary Pork Chops with Apple</i> (leftovers, p. 83)</p> <p><i>Arugula Salad:</i> 1 cup arugula and 1 chopped shallot; top with ½ tbsp rice vinegar whisked with ½ tsp sesame oil</p> <p>SNACK: 1 carrot, sliced, ½ green bell pepper, sliced, with 2 tbsp hummus</p> <p>DINNER: 1 serving <i>Balsamic Glazed Chicken with Roasted Fennel, Carrots & Parsnips</i> (leftovers, p. 46)</p> <p>½ cup cooked quinoa</p> <p>NUTRIENTS: Calories: 1,451, Fat: 63 g, Sat. Fat: 23 g, Carbs: 142 g, Fiber: 26 g, Sugars: 67 g, Protein: 92 g, Sodium: 1,785 mg, Cholesterol: 239 mg</p>	<p>BREAKFAST: <i>Berry Parfait:</i> Mix 1 cup Greek yogurt with ½ cup chopped strawberries and ½ tbsp honey; top with 1 tbsp each flaxseeds and hempseed</p> <p>SNACK: 1 serving <i>Sweet & Spicy Nuts with Oven-Dried Edamame</i> (leftovers, p. 44)</p> <p>LUNCH: 1 serving <i>Balsamic Glazed Chicken with Roasted Fennel, Carrots & Parsnips</i> (leftovers, p. 46)</p> <p>½ cup cooked quinoa</p> <p>SNACK: <i>Turkey Pocket:</i> Stuff 1 pita with 3 oz deli turkey and 2 tbsp kimchi</p> <p>DINNER: <i>Greek Tuna Salad:</i> Combine 2 cups spring lettuce mix, ½ cucumber, sliced, ¼ cup canned chickpeas, ¼ cup halved grape tomatoes, 2 tbsp red onion and 1 oz feta; top with ½ tbsp lemon juice mixed with ½ tbsp EVOO and 3 oz seared and sliced ahi tuna</p> <p>NUTRIENTS: Calories: 1,471, Fat: 59 g, Sat. Fat: 16 g, Carbs: 129 g, Fiber: 23 g, Sugars: 52 g, Protein: 112.5 g, Sodium: 1,446 mg, Cholesterol: 264 mg</p>	<p>BREAKFAST: 2 <i>Buckwheat Pancakes</i> (leftovers) with 1 tbsp peanut butter and ½ banana, sliced; 2 slices turkey bacon, cooked</p> <p>SNACK: <i>PB & Strawberries:</i> Top 1 slice toast with 1 tbsp peanut butter, 3 strawberries, sliced, and ½ tsp hempseeds</p> <p>LUNCH: <i>Zucchini Noodles:</i> Spiralize 1 cup zucchini noodles. Sauté in 2 tsp EVOO with 4 oz ground turkey and ¼ cup marinara sauce</p> <p>SNACK: <i>Turkey Pita:</i> Stuff 1 pita with 2 tbsp hummus, ½ cucumber, sliced, 1 carrot, shredded, and 2 oz deli turkey</p> <p>DINNER: <i>Fish Tacos:</i> Season 8 oz mahi mahi with zest and juice of 1 lime and ½ tsp cumin; grill</p> <p><i>Tropical Slaw:</i> Mix 2 cups shredded cabbage, ¼ cup yellow onion, ⅓ cup red bell pepper, 4 oz pineapple tidbits and 2 tbsp rice vinegar (eat ½ fish and slaw in 2 tortillas; save leftovers)</p> <p>NUTRIENTS: Calories: 1,490, Fat: 52 g, Sat. Fat: 10.5 g, Carbs: 158 g, Fiber: 29 g, Sugars: 56 g, Protein: 107 g, Sodium: 1,745 mg, Cholesterol: 284 mg</p>	<p>BREAKFAST: 2 <i>Buckwheat Pancakes</i> (leftovers, p. 83); top with 1 tbsp peanut butter and ½ banana, sliced; 2 slices turkey bacon, cooked</p> <p>SNACK: <i>Pineapple Parfait:</i> Mix 1 cup Greek yogurt with ½ tbsp honey; top with 4 oz pineapple tidbits, drained</p> <p>LUNCH: <i>Fish Tacos</i> and <i>Tropical Slaw</i> (leftovers); serve in 2 corn tortillas</p> <p>SNACK: 1 serving <i>Sweet & Spicy Nuts with Oven-Dried Edamame</i> (leftovers, p. 44)</p> <p>DINNER: <i>Turkey Burger:</i> Form 4 oz ground turkey into a patty; cook and serve on a bun with 1 slice yellow onion, ¼ cup arugula, 2 tbsp kimchi and 1 tsp Dijon</p> <p>1 cup strawberries</p> <p>NUTRIENTS: Calories: 1,472, Fat: 48 g, Sat. Fat: 13 g, Carbs: 161 g, Fiber: 26 g, Sugars: 61 g, Protein: 111 g, Sodium: 1,713 mg, Cholesterol: 287 mg</p>

EVOO = extra-virgin olive oil

RECIPES

Rosemary Pork Chops with Apple

Cook 2 pork chops in 2 tsp coconut oil with 1 tbsp dried rosemary, crushed. Transfer to a plate. Add 1 tsp coconut oil to pan and 1 apple, sliced; sauté 5 minutes, until soft. Stir in ½ tsp grated ginger.

Cheesy Portobello Mushroom

Remove stem and gills from 1 portobello mushroom. Fill cavity with 3 tbsp marinara sauce and 1 slice mozzarella. Bake at 400°F for 15 minutes.

Quick Frittata

Heat oven to 350°F. Whisk 8 eggs, ½ cup milk, 1 cup halved grape tomatoes, ½ cup sliced basil, 3 tbsp grated Parmesan and ¼ tsp pepper. Pour into a 9-inch pie plate misted with cooking spray. Bake for 25 minutes. Cut into 4 pieces.

Pesto Spaghetti Squash with Shrimp

In a food processor, purée 2 cups fresh basil, zest and juice of 1 lemon, 2 tbsp each grated Parmesan and EVOO and 1 clove garlic; pour over 2 cups cooked spaghetti squash, with 1 cup roasted halved grape tomatoes and 8 oz grilled shrimp.

Buckwheat Pancakes

Combine 1 cup buckwheat flour, 2 tsp baking powder and ¼ tsp salt. Add 1 egg, 1 banana, mashed, ¾ cup milk and 1 tsp vanilla; mix well. Heat 2 tsp coconut oil on a griddle. Add ¼ cup batter per pancake (for 8 pancakes total) and cook for 2 to 3 minutes per side, until golden brown.



Rachel Korinek

**PHOTOGRAPHER,
COACH AND
EDUCATOR,
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"Bright and airy imagery is my favorite kind of theme to shoot," says "Lose 5 Lbs Gain a Healthier Gut" photographer Rachel Korinek. "It's like a breath of crisp, fresh air that falls upon us ever so calmly. I think there is a lot to be said about real food (and really good food) that marries with this feeling for me," she says. Korinek's work has been featured in online and print publications, marketing campaigns and artwork while she also produces a podcast called The Mindful Creative.



SHOPPING LISTS

WEEK ONE

PROTEINS & DAIRY

- 1 32-oz bottle plain whole-milk kefir
- ½ qt milk (dairy or unsweetened non-dairy milk)
- 1 qt unsweetened vanilla-almond milk
- 1 4-oz container plain whole-milk Greek or Icelandic yogurt
- 1 12-oz container plain whole-milk yogurt
- 1 12-oz container cottage cheese
- 1 8-oz container shredded Parmesan cheese
- 2 slices Swiss cheese
- 8 oz small wild shrimp
- 2 dozen large eggs
- 2 4-oz BPA-free cans wild albacore tuna
- 3 oz sliced deli turkey breast
- 8 oz 93% lean ground turkey
- 1 lb beef flank steak
- 12 oz boneless, skinless chicken breast

VEGGIES & FRUITS

- 1 bag frozen mixed berry blend
- 1 bag frozen cherries
- 1 bag frozen shelled edamame
- ½ pint blueberries
- 2 pints strawberries
- 3 bananas (freeze all)
- 5 lemons
- 3 limes
- 2 bunches fresh basil
- 2 bunches fresh parsley

- 1 bunch fresh cilantro
- 1 bunch fresh chives
- 1 head garlic
- 2 avocados
- 1 head celery
- 2 cucumbers
- 2 lb small carrots
- 2 heads romaine lettuce
- 6 oz fresh baby spinach
- 1 head red cabbage
- 1 red onion
- 2 small yellow onions
- 4 shallots
- 2 green onions
- 1 bunch asparagus
- 1 bunch radishes
- 1 red bell pepper
- 1 green bell pepper
- 1 spaghetti squash
- 1 sweet potato
- 1 pint grape tomatoes
- 1 vine tomato

WHOLE GRAINS

- 1 loaf sprouted whole-grain bread (**TRY:** Food for Life Ezekiel 4:9 Sprouted Whole Grain Bread)
- 1 pkg 6-inch whole-grain pita pockets
- 1 box quinoa (**TRY:** Ancient Harvest Traditional Quinoa)
- 1 box brown rice
- 1 pkg 4-inch corn tortillas
- 1 bag whole spelt flour

NUTS, SEEDS & OILS

- 1 container chia seeds
- 1 container ground flaxseeds
- 1 jar natural unsalted peanut butter
- 2 oz raw unsalted pecans
- 2½ oz raw unsalted almonds
- 3 oz raw unsalted cashews
- 1 oz unsalted pepitas (pumpkin seeds)
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- 1 bottle sesame oil
- 1 bottle olive oil cooking spray

EXTRAS

- 1 bottle red wine vinegar
- 1 box green tea bags or loose leaf
- 1 jar tahini paste
- 1 bottle reduced-sodium soy sauce or tamari
- 1 32-oz container low-sodium chicken broth
- 1 bottle grainy Dijon mustard
- 1 jar kimchi
- 1 bottle sriracha sauce
- 1 bottle pure maple syrup
- 1 bag coconut sugar
- 1 15-oz BPA-free can unsalted black beans
- 7 oz dry chickpeas
- 1 jar all-natural salsa
- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle ground coriander
- 1 bottle chile powder
- 1 bottle ground cayenne pepper
- 1 bottle garlic powder
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle almond extract
- 1 container vanilla whey protein powder
- 1 bottle rice vinegar
- 1 bottle balsamic vinegar
- 1 bottle smoked paprika, optional
- 1 bottle all-natural hot sauce, optional

WEEK TWO

PROTEINS & DAIRY

- 1 32-oz container plain whole-milk Greek or Icelandic yogurt
- 2 oz feta cheese
- 1 oz mozzarella cheese
- 8 oz sliced deli turkey breast
- 8 oz 93% lean ground turkey
- 1 pkg organic turkey bacon
- 6 oz small wild shrimp
- 8 2-oz boneless, skinless chicken thighs
- 2 4-oz boneless pork chops

- 3 oz ahi tuna steak
- 3 oz cod fillet
- 8 oz mahi mahi

VEGGIES & FRUITS

- 1 pint strawberries
- 4 bananas (freeze 1½)
- 2 small apples
- 1 navel orange
- 1 avocado
- 1 large red bell pepper
- 1 fennel bulb with stalk
- 3 parsnips
- 2 cucumbers
- 1 large zucchini
- 1 portobello mushroom
- 1 1-inch piece fresh ginger
- 5 oz arugula
- 1 head Bibb, Boston or romaine lettuce
- 6 oz spring lettuce mix
- 1 bunch fresh dill
- 1 bunch fresh chives
- 1 bunch fresh tarragon
- 1 pint grape tomatoes
- 2 4-oz cartons pineapple tidbits in 100% juice

WHOLE GRAINS

- 1 bag buckwheat flour
- 1 box quinoa penne pasta
- 1 whole-grain bun

NUTS, SEEDS & OILS

- 1 small bag raw shelled hempseed
- 1 jar coconut oil

EXTRAS

- 1 8-oz container hummus
- 1 15-oz BPA-free can unsalted chickpeas
- 1 jar all-natural marinara sauce
- 1 container baking powder
- 1 bottle pure vanilla extract
- 1 bottle raw honey
- 1 bottle white wine vinegar
- 1 bottle dried marjoram
- 1 bottle dried thyme
- 1 bottle dried oregano
- 1 bottle dried rosemary