

SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 21 oz boneless, skinless chicken breasts (freeze 6 oz for Week 2)
- 10 oz boneless, skinless cod and/or halibut fillets (freeze 3 oz for Week 2)
- 2 4-oz boneless, skinless salmon fillets
- 3 oz peeled and deveined shrimp
- 4 oz flank steak
- 12 oz deli-fresh reduced-sodium sliced turkey breast (freeze 3 oz for Week 2)
- 1 32-oz container low-fat cottage cheese
- 1 8-oz container reduced-fat ricotta cheese
- 1 dozen eggs
- 1 qt reduced-fat milk or plain unsweetened rice or almond milk
- 1 32-oz container Eden Organic EDENSOY Unsweetened Soy milk
- 1 12-oz pkg organic firm tofu
- 1 17.6-oz plus 1 6-oz container FAGE Total 0% Plain Greek Yogurt

VEGGIES & FRUIT

- 3 apples
- 1 4-oz bag arugula
- 2 bunches asparagus
- 1 avocado
- 3 small bananas
- 1 bunch baby bok choy
- 1½ lb carrots
- 1 bunch celery
- 2 cucumbers
- 1 head garlic
- 1 2-inch piece fresh ginger
- 1 5-oz bag mixed greens
- 1 lemon
- 1 large head romaine lettuce
- 2 shiitake mushrooms
- 1 red onion
- 1 yellow onion
- 2 small sweet potatoes
- 5 red bell peppers
- 5 oranges
- 1 bunch fresh parsley
- 1 6-oz bag spinach
- 1 pint grape tomatoes
- 1 small vine tomato
- 2 zucchini

WHOLE GRAINS

- 1 loaf sprouted grain bread (TRY: Food for Life Ezekiel 4:9 Sprouted Whole Grain Bread)
- 1 bag Lundberg Family Farms Organic Brown Rice Cakes, Lightly Salted
- 1 box Kashi 7 Whole Grain Honey Puffs Cereal

- 1 bag whole-grain tortilla chips (TRY: Late July Organic Sea Salt by the Seashore Multigrain Tortilla Chips)
- 1 pkg whole-grain English muffins (freeze 2 for Week 2)
- 1 pkg whole-grain penne pasta
- 1 pkg whole-grain pitas (freeze ½ for Week 2)
- 1 bag popcorn kernels
- 1 bag black rice
- 1 bag brown rice

NUTS, SEEDS & OILS


- 1 jar natural unsalted almond butter (TRY: Once Again Natural Creamy Almond Butter)
- 3 oz raw unsalted almonds
- 1½ oz raw unsalted Brazil nuts
- 2 oz raw unsalted pistachios
- 1½ oz sesame seeds
- 5 oz raw unsalted walnut pieces
- 1 bag Bob's Red Mill Organic Whole Ground Flaxseed Meal
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- Olive oil cooking spray











EXTRAS

- 1 16-oz bag frozen blueberries
- 2 16-oz bags frozen broccoli
- 2 16-oz bags frozen strawberries
- 1 15-oz BPA-free can cannellini (aka white kidney) or navy beans
- 1 15-oz BPA-free can reduced-sodium vegetable soup (TRY: Amy's Organic Chunky Vegetable Soup)
- 1 jar raw honey
- 1 bottle Dijon mustard
- ½ oz dried cranberries
- 1 oz pitted unsweetened prunes
- 2 oz unsweetened raisins
- 1 bottle ground cinnamon
- 1 bottle ground black pepper
- 1 container natural unsweetened cocoa powder
- 1 bottle yellow curry powder
- 1 bottle garlic powder
- 1 bottle onion powder
- 1 bottle sea salt
- 1 bottle dried tarragon
- 1 pkg nutritional yeast
- 1 container whey protein powder
- 1 bottle reduced-sodium soy sauce
- 1 bottle pure maple syrup
- 1 jar pitted Kalamata olives
- 1 bottle balsamic vinegar
- 1 bottle red wine vinegar
- 1 bottle brown rice vinegar
- 1 pkg nori seaweed sheets

MEAL PLAN: WEEK 1

EVOO = extra-virgin olive oil

	MONDAY	TUESDAY
BREAKFAST	1 cup Greek yogurt, 1 cup thawed and chopped strawberries, 2 tbsp chopped pistachios and 1 tbsp flaxseeds 	1 cup Kashi 7 Whole Grain Honey Puffs Cereal, 1 cup reduced-fat milk and 1 tbsp each raisins and walnuts 
SNACK	2 rice cakes, 1 tbsp almond butter and 2 tbsp raisins 	1 banana, 1 cup cottage cheese and pinch cinnamon
LUNCH	Chicken Salad: 4 oz chicken, cooked and chopped, 4 leaves romaine, chopped, 10 grape tomatoes, 1 stalk celery, chopped, and 1 tbsp walnuts with Creamy Balsamic Dressing ^A 1 sweet potato, baked	Turkey Grain Salad: 4 oz deli turkey, chopped, ½ cup cooked brown rice (leftovers), cold, 2 cups mixed greens, 1 tbsp red wine vinegar and 1 tsp EVOO 1 bell pepper
SNACK	3 cups air-popped popcorn, 2 tsp EVOO and dash salt 1 apple	1 orange 2 tbsp almonds 
DINNER	Steak Stir-Fry: Sauté 4 oz steak, sliced, in 1 tsp olive oil with ¼ yellow onion, chopped, ½ bell pepper, sliced, 1 cup thawed broccoli and 1 tsp soy sauce 2 cups cooked brown rice (eat ½ cup; save leftovers)	1 serving Poached Salmon & Orange Cream Sauce on Black Rice (see recipe, p. 82; save leftovers) 
TOTAL NUTRIENTS	CALORIES: 1,705, FAT: 61 g, SAT. FAT: 12 g, CARBS: 182 g, FIBER: 33 g, SUGARS: 87 g, PROTEIN: 117 g, SODIUM: 460 mg, CHOLESTEROL: 177 mg	CALORIES: 1,589, FAT: 36 g, SAT. FAT: 6 g, CARBS: 174 g, FIBER: 35 g, SUGARS: 65 g, PROTEIN: 119 g, SODIUM: 414 mg, CHOLESTEROL: 173 mg

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 cup cottage cheese, 1 cup blueberries, thawed, and 1 tbsp flaxseeds 	Asian-Style Breakfast Scramble: Sauté 1 egg plus 2 egg whites, scrambled, 2 cups chopped bok choy, 1 cup cooked brown rice (leftovers) and ½ tsp soy sauce	Broccoli Egg Muffin: 2 eggs, over easy, and 2 cups broccoli, steamed and chopped, on 1 English muffin, toasted	Strawberry Flax Smoothie: Blend 4 oz tofu, 1 cup strawberries, 1 cup reduced-fat milk, 1 tbsp flaxseeds and ice 1 slice bread, toasted, and 1 tsp almond butter 	2 rice cakes, 2 tbsp almond butter and 1 banana, sliced 1 cup cottage cheese 
Chocolate Maple Shake: Mix 1 cup reduced-fat milk, 3 tbsp protein powder, 1 tbsp cocoa powder and 1 tsp maple syrup	1 cup Greek yogurt, 1 cup strawberries, thawed, and 2 tbsp almonds, chopped 	1 cup cottage cheese, 3 prunes, chopped, 2 tbsp walnuts and pinch cinnamon	2 rice cakes, 2 tbsp almond butter and 1 banana, sliced 1 cup Eden Organic EDENSOY Unsweetened Soy milk	Blueberry Power Smoothie: Blend 1 cup each mixed greens, blueberries and water, 1 tbsp flaxseeds and ⅓ tsp cinnamon
1 serving Poached Salmon & Orange Cream Sauce on Black Rice (leftovers, p. 82) 	4 oz Orange Tarragon Chicken (leftovers) 1 sweet potato, baked Apple Walnut Salad: 4 cups arugula, 1 apple, thinly sliced, 1 tbsp walnuts, 1 tbsp balsamic vinegar and 1 tsp EVOO	Turkey White Bean Pita: 2 oz deli turkey, ½ cup mashed white beans, 4 olives, chopped, 2 slices vine tomato and 1 cup chopped romaine in ½ pita	Turkey Cucumber Pita: 3 oz deli turkey, 3 leaves romaine, chopped, ½ cucumber, sliced, and 1 tsp Dijon in ½ pita	1 serving Asparagus & Avocado Sushi with Quick-Pickled Ginger (leftovers, p. 82) 1 cup vegetable soup 
1 apple 6 Brazil nuts 	1 stalk celery ½ bell pepper 4 olives	15 tortilla chips 1 orange ½ cucumber 	1 bell pepper, sliced Creamy Dijon Dip: ¼ cup Greek yogurt, ⅓ tsp Dijon and pinch each onion powder and garlic powder	1 stalk celery 1 bell pepper 
Orange Tarragon Chicken ^B 1 zucchini, sliced and grilled 	Lemon Garlic Shrimp ^C 2 cups mixed greens, 1 carrot, grated, 1 bell pepper, sliced, 1 tbsp red wine vinegar and 1 tsp EVOO	4 oz cod, steamed 1 cup cooked brown rice Superfood Salad: ¼ red onion, sliced, sautéed in 1 tsp olive oil; add 1 tbsp cranberries and ⅓ tsp curry powder and toss with 4 cups spinach	1 serving Asparagus & Avocado Sushi with Quick-Pickled Ginger (see recipe, p. 82; save leftovers) 3 oz cod, steamed ½ cucumber, thinly sliced, ⅓ red onion, thinly sliced, 2 tbsp rice vinegar, ½ tsp honey and ⅓ tsp salt	Chicken Zucchini Penne: Sauté 3 oz chicken in 2 tsp olive oil with ½ zucchini, sliced, ¼ red onion, sliced, 6 grape tomatoes and 1 clove garlic, minced; serve on ½ cup cooked penne
CALORIES: 1,477, FAT: 44 g, SAT. FAT: 12 g, CARBS: 136 g, FIBER: 18 g, SUGARS: 87 g, PROTEIN: 142 g, SODIUM: 364 mg, CHOLESTEROL: 183 mg	CALORIES: 1,446, FAT: 40 g, SAT. FAT: 6 g, CARBS: 173 g, FIBER: 32 g, SUGARS: 67 g, PROTEIN: 106 g, SODIUM: 987 mg, CHOLESTEROL: 429 mg	CALORIES: 1,415, FAT: 41 g, SAT. FAT: 9 g, CARBS: 175 g, FIBER: 33 g, SUGARS: 44 g, PROTEIN: 100 g, SODIUM: 1,167 mg, CHOLESTEROL: 485 mg	CALORIES: 1,588, FAT: 43 g, SAT. FAT: 6 g, CARBS: 201 g, FIBER: 26 g, SUGARS: 67 g, PROTEIN: 108 g, SODIUM: 1,742 mg, CHOLESTEROL: 121 mg	CALORIES: 1,596, FAT: 49 g, SAT. FAT: 7.5 g, CARBS: 204 g, FIBER: 31 g, SUGARS: 62 g, PROTEIN: 101 g, SODIUM: 1,076 mg, CHOLESTEROL: 147 mg

MEAL PLAN

MEAL PLAN: WEEK 1

Creamy Balsamic Dressing: Mix 2 tbsp Greek yogurt, 1 tsp balsamic vinegar and 1 tsp honey

Orange Tarragon Chicken: Marinate 8 oz chicken in juice of 1 orange, 1 tbsp red wine vinegar, 1 tsp olive oil and ½ tsp tarragon for 15 minutes to 2 hours; grill (eat ½; save leftovers)

Lemon Garlic Shrimp: 3 oz shrimp, sautéed in 1 tsp olive oil with 1 clove garlic, minced, juice of ½ lemon and ¼ cup rice vinegar, on 1 cup cooked penne with ½ cup parsley, minced

RECIPES: WEEK 1



Poached Salmon & Orange Cream Sauce
ON BLACK RICE

SERVES 2.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 45 MINUTES.

INGREDIENTS:

- ½ cup black rice
- 2 oranges
- 1 bunch asparagus, trimmed
- Olive oil cooking spray
- Sea salt and ground black pepper, to taste
- ½ cup brown rice vinegar
- 1 tbsp pure maple syrup
- 2 4-oz boneless, skinless salmon fillets
- ¼ cup reduced-fat ricotta cheese
- ¼ cup nonfat plain Greek yogurt

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Cook rice according to package directions.

TWO: With a peeler, slice 2 thin 10-inch-long strings of orange peel; set aside. Zest and juice oranges. Divide asparagus in half and tie 1 orange peel string around each half. Mist a baking sheet with cooking spray and add asparagus. Mist asparagus with cooking spray and drizzle with

1 tsp reserved orange juice. Season with salt and pepper and bake until tips begin to brown, about 10 minutes.

THREE: Meanwhile, in a large, deep skillet, combine vinegar, ½ cup water, remaining orange juice, maple syrup and all but 1 tsp orange zest. Heat on medium-high and bring to a boil. Add salmon and bring to a gentle simmer. Reduce heat to low, cover and cook until flesh flakes easily when tested with a fork, 7 to 10 minutes. With a slotted spatula, remove salmon from skillet and cover to keep warm.

FOUR: Increase heat on skillet to high and cook vinegar mixture until reduced by half, about 5 minutes. Transfer liquid to a blender and add ricotta and yogurt. Blend until smooth.

FIVE: Serve salmon and asparagus over rice. Top with ricotta mixture and remaining orange zest, dividing evenly.

NUTRIENTS PER SERVING (1 SALMON FILLET, ½ BUNCH ASPARAGUS, ½ CUP RICOTTA MIXTURE, ½ CUP RICE):
CALORIES: 459, **TOTAL FAT:** 10 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 3 g, **OMEGA-3s:** 1,980 mg, **OMEGA-6s:** 560 mg, **CARBS:** 54 g, **FIBER:** 7 g, **SUGARS:** 19 g, **PROTEIN:** 35 g, **SODIUM:** 162 mg, **CHOLESTEROL:** 70 mg

Asparagus & Avocado Sushi

WITH QUICK-PICKLED GINGER

SERVES 4.
HANDS-ON TIME: 45 MINUTES.
TOTAL TIME: 1 HOUR.

INGREDIENTS:

- 1 cup brown rice
- 1 2-inch piece fresh ginger, peeled and thinly sliced
- ¼ cup brown rice vinegar

- 1 tbsp raw honey
- ¼ tsp sea salt
- 5 sheets nori seaweed, divided
- ¼ cup sesame seeds
- 2 tbsp nutritional yeast
- 4 spears asparagus, trimmed
- 2 shiitake mushrooms, thinly sliced
- ½ avocado, peeled, pitted and thinly sliced

EQUIPMENT:

- 1 sushi rolling mat

INSTRUCTIONS:

ONE: Cook rice according to package directions.

TWO: Meanwhile, prepare pickled ginger: In a small pot, bring ½ cup water to a boil. Turn off heat and add ginger. In a small bowl, combine vinegar, honey and salt. Add ginger and ¼ cup ginger soaking water, stirring until honey dissolves. Let sit for 30 minutes. Drain.

THREE: Cut 1 nori sheet into small ribbons. Add to rice and stir to combine. Stir in sesame seeds

and yeast; set rice aside until cool.

FOUR: Assemble sushi: On sushi mat, arrange 1 nori sheet. Spread ¼-inch-thick layer of rice over sheet, leaving a 2-inch border at edge farthest from you. Horizontally arrange 1 spear asparagus, 2 slices mushroom and 2 slices avocado 1 inch from edge closest to you. Grab edge of mat closest to you and roll towards top; moisten top border with water and press to seal. Let rest for 2 minutes before removing mat. With a sharp knife, slice roll into rounds. Repeat with remaining nori and fillings. Serve with ginger.

TIP: For ginger-infused rice, mince half of pickled ginger and stir into cooked rice along with ¼ cup pickling liquid.

NUTRIENTS PER SERVING (1 ROLL):
CALORIES: 389, **TOTAL FAT:** 9 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 67 g, **FIBER:** 8 g, **SUGARS:** 6 g, **PROTEIN:** 10 g, **SODIUM:** 209 mg, **CHOLESTEROL:** 0 mg



RECIPE IMAGES BY LAURA WRIGHT

RECIPES: WEEK 2



Mini Steak & Blue Cheese Pizzas

SERVES 4.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- 1 lb ball whole-wheat pizza dough, room temperature (**TIP:** Make your own dough with CE's recipe, available at cleaneating.com; search CE Whole-Wheat Pizza Dough.)
- ½ cup balsamic vinegar
- Olive oil cooking spray
- 4 oz top sirloin steak
- ½ tsp each sea salt and ground black pepper
- 1 yellow onion, cut into thin 1-inch-long slices
- 2 cups arugula
- 1 tbsp plus 1 tsp crumbled blue cheese

INSTRUCTIONS:

ONE: Preheat oven to 450°F. Separate dough into 8 equal balls and flatten each into ¼-inch-thick rounds. Arrange on parchment-lined baking sheets and bake until edges and bottoms are golden, about 10 minutes.

TWO: Meanwhile, in a small saucepan, heat vinegar on medium-high. Bring to a boil, reduce heat to medium-low and cook, stirring occasionally, until reduced by half, about 10 minutes.

THREE: Meanwhile, mist a grill pan with cooking spray and heat on medium. Season steak with salt and pepper. Add to pan and cook, turning once, until steak reaches desired doneness, about 10 minutes. Transfer to a cutting board and tent with foil.

FOUR: To grill pan, add onion and sauté, stirring often, until golden brown. Remove from heat.

FIVE: Thinly slice steak against the grain. Top crusts with onion, arugula, steak and cheese. Drizzle with vinegar and bake for 2 minutes, until cheese is bubbly.

NUTRIENTS PER SERVING (2 PIZZAS):
CALORIES: 443, **TOTAL FAT:** 17 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 10 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 78 g, **FIBER:** 12 g, **SUGARS:** 9 g, **PROTEIN:** 24 g, **SODIUM:** 404 mg, **CHOLESTEROL:** 16 mg

Turkey Bacon & Bok Choy Salad

WITH SHAVED PARMESAN

SERVES 4.
HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 20 MINUTES.

INGREDIENTS:

- 2 large carrots, thinly sliced on the bias
- 2 bunches baby bok choy, stems cut into thin ½-inch-long slices and leaves cut into 1-inch pieces
- Olive oil cooking spray
- 6 oz turkey bacon
- 1½ cups BPA-free canned cannellini (aka white kidney) or navy beans, drained and rinsed
- 1 cup grape tomatoes, halved
- 2 tbsp shaved Parmesan cheese
- 2 tbsp chopped fresh basil

DRESSING

- 1 clove garlic
- 2 tbsp balsamic vinegar
- 2 tbsp extra-virgin olive oil

- 2 tbsp chopped fresh basil
- 2 tsp fresh lemon juice
- ¼ tsp ground black pepper

INSTRUCTIONS:

ONE: In a large steamer basket set over top of a pot of gently simmering water, add carrots and steam for 4 minutes. Add bok choy stems and steam for 1 minute; add bok choy leaves and steam for 1 more minute.

TWO: Meanwhile, mist a nonstick skillet with cooking spray and heat on medium-high. Add bacon and cook, turning once, until lightly browned, about 1 minute

per side. When cool enough to handle, slice thinly.

THREE: Prepare dressing: In a blender, blend dressing ingredients and ¼ cup water until smooth.

FOUR: In a large bowl, combine carrots, bok choy, beans and tomatoes. Top with bacon, dressing, cheese and basil.

NUTRIENTS PER SERVING (2 CUPS):
CALORIES: 241, **TOTAL FAT:** 11 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 20 g, **FIBER:** 5 g, **SUGARS:** 5 g, **PROTEIN:** 17 g, **SODIUM:** 475 mg, **CHOLESTEROL:** 43 mg



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