

Week 1 Shopping List

Proteins & Dairy

- 1 16-oz can low-sodium black beans
- 1 16-oz can low-sodium chickpeas
- 12 oz boneless, skinless chicken breast
- 1 pint 1% cottage cheese
- 1 block reduced-fat jalapeño cheese
- 1 wheel Laughing Cow Light cheese
- 1 8-oz pkg part-skim mozzarella
- 1 pkg low-fat string cheese
- 1 dozen eggs
- ¼ lb sliced reduced-sodium nitrate-free ham
- 1 pint 1% buttermilk
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- 10 oz lean pork chop
- 5 oz wild-caught salmon
- 4 oz fresh-cooked shrimp
- 1 14-oz container firm tofu
- 1 5-oz pouch tuna in water
- ¼ lb sliced deli fresh low-sodium turkey breast
- ½ lb 7% lean ground turkey
- 1 pint nonfat Greek-style yogurt
- 1 6-oz container nonfat Greek-style yogurt
- 1 8-oz container 2% Greek-style yogurt

Veggies/Fruits

- 3 apples
- 1 avocado
- 2 bananas
- 1 bunch fresh basil
- ½ lb green beans
- 1 16-oz bag frozen broccoli
- 1 bag carrots
- 1 small container chives
- 1 16-oz bag frozen cranberries
- 1 16-oz bag frozen edamame
- 1 bulb garlic
- 1 lb grapes
- 1 head romaine lettuce
- 1 pint sliced baby bella mushrooms
- 1 onion
- 3 oranges
- 1 pear
- 1 red bell pepper
- 1 persimmon (or apple)
- 1 sweet potato
- 1 Yukon Gold potato

- 1 16-oz bag spinach
- 1 pint strawberries
- 1 16-oz bag frozen strawberries
- 2 lbs Roma tomatoes
- 1 jar organic low-sodium tomato sauce
- 1 quart Imagine Reduced Sodium Organic Creamy Tomato soup

Whole Grains

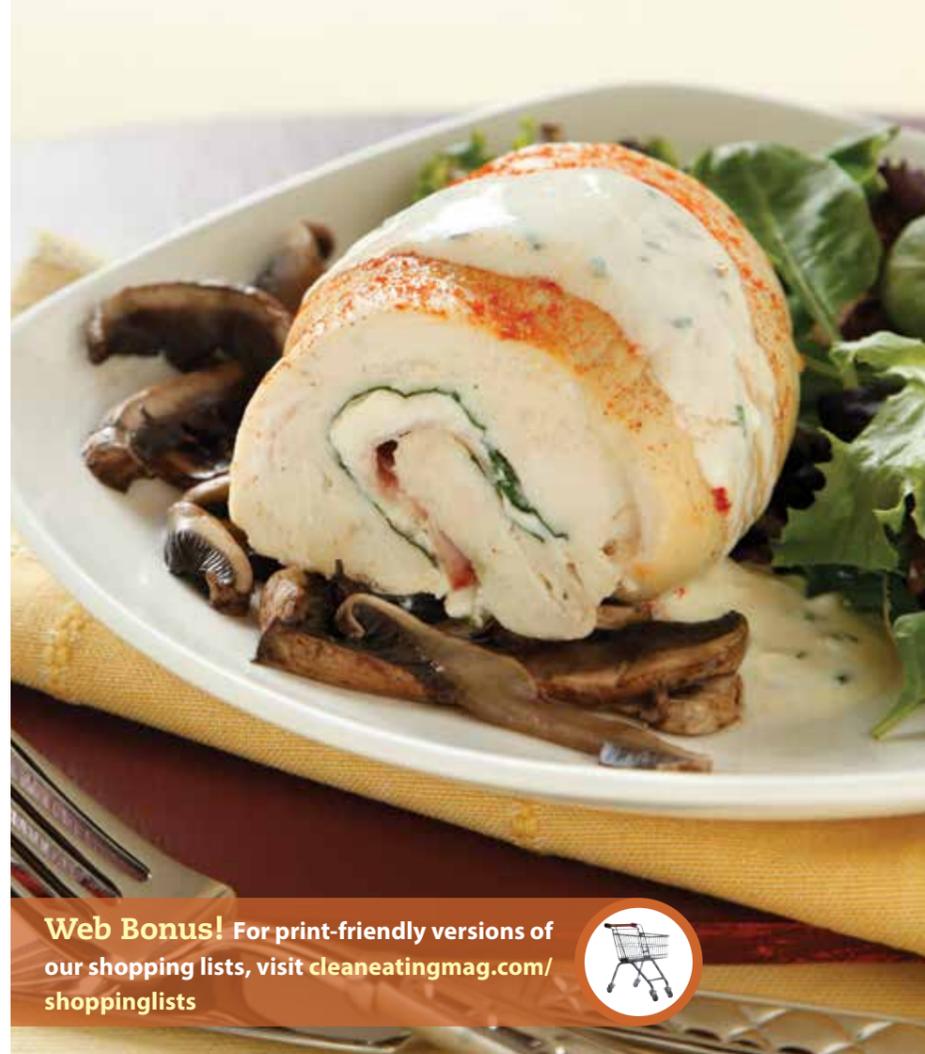
- 1 loaf whole-grain quinoa bread
- 1 loaf fresh bakery whole-wheat bread
- 1 box Kashi TLC bars
- 1 box Kashi GoLean cereal
- 1 bag spelt flour
- 1 bag whole-wheat flour
- 1 pkg whole-wheat English muffins
- 1 container 5-minute oatmeal
- 1 box wild rice
- 1 box whole-wheat spaghetti
- 1 box reduced-fat Triscuits
- 1 pkg low-fat whole-wheat flax wraps

Nuts/Seeds/Oils

- 1 jar unsalted almond butter
- 1 jar unsalted natural peanut butter
- 1 bottle extra-virgin olive oil
- 1 container olive oil-based spread
- 1 16-oz bag unsalted pecans
- 1 6-oz bag unsalted sunflower seeds

Extras

- 1 container raw organic honey
- 1 container hummus
- 1 jar Dijon mustard
- 1 can olive oil cooking spray
- 1 container paprika
- 1 container ground black pepper
- 1 box baking powder
- 1 box unsweetened cocoa powder
- 1 container chocolate protein powder
- 1 jar low-sodium salsa
- 1 container sea salt
- 1 container baking soda
- 1 bottle pure vanilla extract
- 1 bottle balsamic vinegar
- 1 bottle red wine vinegar



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



Chicken Cordon Bleu Serves 2. Hands-on time: 15 minutes. Total time: 35 minutes.

INGREDIENTS:

- 2 4-oz boneless, skinless chicken breasts
- 2 large spinach leaves, washed stems removed
- 2 wedges Laughing Cow Light cheese
- 1 oz reduced-sodium nitrate-free ham
- Paprika, to taste
- 1 clove garlic, minced
- 1 tsp extra-virgin olive oil
- 1 cup baby bella mushrooms, sliced
- ½ tsp ground black pepper

DIJON YOGURT SAUCE

- ½ cup nonfat Greek-style yogurt
- 1 tbsp Dijon mustard
- ½ tsp 1% buttermilk
- 2 tbsp chives, chopped

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Pound chicken with a mallet to ¼-inch thickness. Be careful not to tear apart the breast. Lay 1 spinach leaf on top of each breast. Then spread cheese wedge to cover spinach. Top with ½ slice ham, folding ham over as needed to fit breast. Gently roll up each breast and secure with a toothpick. Sprinkle outer side of breast with paprika. Bake in oven for 20 minutes, until chicken is cooked through.

TWO: While chicken is baking, sauté garlic in oil in a nonstick skillet for 1 minute on medium-high heat. Add mushrooms and pepper. Stir occasionally for 10 minutes until soft. Remove from heat. Cover and set aside.

THREE: To prepare sauce, whisk together yogurt, mustard and buttermilk. Mix in chives.

FOUR: Divide mushrooms equally between 2 plates, about ¼ cup each. Then place chicken on bed of mushrooms and drizzle ¼ cup yogurt sauce over top.

Nutrients per serving (1 chicken cordon bleu, ¼ cup mushrooms, ¼ cup yogurt sauce): Calories: 281, Total Fat: 9 g, Sat. Fat: 3 g, Carbs: 10 g, Fiber: 2 g, Sugars: 3 g, Protein: 38 g, Sodium: 587 mg, Cholesterol: 80 mg

M TOTAL NUTRIENTS Calories: 1,574, Fat: 66 g, Sat. Fat: 14 g, Carbs: 164 g, Fiber: 34 g, Sugars: 55 g, Protein: 100 g, Sodium: 1,051 mg, Cholesterol: 117 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 Coco Cran Nut Muffin (see recipe, p. 80; save leftovers for later this week) with 1 tbsp unsalted almond butter; 1 banana	1 apple with 1 low-fat string cheese	Tofu & Edamame Salad A 5 reduced-fat whole-wheat Triscuits	1 slice whole-grain quinoa toast, 1 wedge Laughing Cow Light cheese, 3 tomato slices	5 oz baked salmon with 1 cup steamed green beans and 1 cup steamed wild rice

T TOTAL NUTRIENTS Calories: 1,578, Fat: 41 g, Sat. Fat: 9 g, Carbs: 186 g, Fiber: 39 g, Sugars: 69 g, Protein: 137 g, Sodium: 2,247 mg, Cholesterol: 155 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Kashi GoLean cereal with ¾ cup low-fat milk and 1 sliced banana	1 orange ¼ cup unsalted sunflower seeds	5 oz tuna with 3 tbsp nonfat Greek-style yogurt, 2 tbsp diced onion and 1 lettuce leaf on 2 slices whole-grain quinoa bread; ½ sliced red bell pepper and ½ cup baby carrots with 4 tbsp hummus	1 Coco Cran Nut Muffin (leftovers) with 2 oz sliced deli-fresh low-sodium turkey breast	4 oz baked boneless, skinless chicken breast; 1½ cups steamed broccoli (from frozen) with ¼ cup reduced-fat jalapeño cheese melted over top; 1 medium baked sweet potato with 1 tbsp olive oil-based spread

W TOTAL NUTRIENTS Calories: 1,632, Fat: 58 g, Sat. Fat: 11 g, Carbs: 162 g, Fiber: 26 g, Sugars: 40 g, Protein: 127 g, Sodium: 1,755 mg, Cholesterol: 166 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1½ tbsp unsalted almond butter, 1 sliced persimmon (or apple), 1 toasted whole-wheat English muffin	Chocolate Smoothie B	Vegetarian Wrap C 10 carrot sticks	½ cup nonfat Greek-style yogurt with 15 grapes and 5 unsalted pecans	1 cup romaine lettuce, 2 slices tomato, 1 tsp balsamic vinegar, 1 tsp EVOO ; 1 serving Chicken Cordon Bleu (see recipe, p. 76; save leftovers for later this week); 1 cup steamed wild rice

T TOTAL NUTRIENTS Calories: 1,635, Fat: 64 g, Sat. Fat: 10 g, Carbs: 189 g, Fiber: 32 g, Sugars: 42 g, Protein: 93 g, Sodium: 1,771 mg, Cholesterol: 260 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup 5-minute oatmeal, ¾ cup low-fat milk, ¼ cup frozen cranberries, ¼ cup frozen strawberries, 10 unsalted pecans	1 Coco Cran Nut Muffin (leftovers) 10 grapes	Cordon Bleu Salad: 1½ cups fresh spinach with 1 serving Chicken Cordon Bleu, chopped (leftovers); no Dijon Yogurt Sauce, 1½ tsp balsamic vinegar, 1 tsp EVOO ; 1 Kashi TLC bar	1 pear	1 cup Imagine Reduced Sodium Organic Creamy Tomato soup (save leftovers for later this week); 15 large sautéed shrimps; 1½ cups sautéed spinach; 1 medium baked Yukon Gold potato with 1 tbsp olive oil-based spread

F TOTAL NUTRIENTS Calories: 1,654, Fat: 40 g, Sat. Fat: 6 g, Carbs: 227 g, Fiber: 45 g, Sugars: 75 g, Protein: 113 g, Sodium: 2,225 mg, Cholesterol: 51 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 Coco Cran Nut Muffins (leftovers) 4 scrambled egg whites	1 apple with 1 tbsp unsalted natural peanut butter	2 oz reduced-sodium nitrate-free ham, 2 oz sliced deli-fresh low-sodium turkey breast, 1 lettuce leaf, 1 slice tomato, 1 slice avocado on 2 slices whole-grain quinoa bread; ¾ cup nonfat Greek-style yogurt, 1 cup frozen strawberries	1 low-fat whole-wheat flax wrap with 2 tbsp hummus and ¼ cup low-sodium black beans	1½ cups whole-wheat spaghetti mixed with ¾ cup low-sodium organic tomato sauce, 4 oz firm tofu, ½ cup steamed broccoli florets (from frozen) and 5 torn basil leaves; 1 sliced orange

S TOTAL NUTRIENTS Calories: 1,626, Fat: 48 g, Sat. Fat: 10 g, Carbs: 186 g, Fiber: 43 g, Sugars: 52 g, Protein: 135 g, Sodium: 1,419 mg, Cholesterol: 227 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Kashi GoLean cereal with ¾ cup low-fat milk and 15 sliced grapes and 10 pecans	6 oz nonfat Greek-style yogurt, 1 tbsp cocoa powder, 1 cup sliced strawberries	Turkey Burger: 4 oz 7% lean ground turkey (formed into a burger patty) with Dijon Yogurt Sauce (leftovers), 1 slice tomato, 1 lettuce leaf, 1 toasted whole-wheat English Muffin; 1 orange	1 cup carrot sticks, 5 reduced-fat whole-wheat Triscuits, 2 wedges Laughing Cow Light cheese	10 oz baked lean pork chop, visible fat trimmed (save 5 oz for tomorrow's lunch); 1 cup low-sodium black beans mixed with ½ cup steamed wild rice; 1 cup sliced tomatoes with 5 torn basil leaves, 1½ tsp balsamic vinegar and 1 tsp EVOO

S TOTAL NUTRIENTS Calories: 1,699, Fat: 64 g, Sat. Fat: 15 g, Carbs: 196 g, Fiber: 51 g, Sugars: 40 g, Protein: 103 g, Sodium: 398 mg, Cholesterol: 159 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Spinach Omelette: ¼ cup sautéed mushrooms and spinach, 4 egg whites, 1 diced wedge Laughing Cow Light cheese; 2 slices whole-grain quinoa toast	¾ cup 1% cottage cheese with ½ cup strawberries and ½ cup Kashi GoLean cereal	Pork & Beans Wrap: 5 oz cubed pork (leftovers), 2 tbsp low-sodium black beans, 1 lettuce leaf and 1 slice tomato on 1 low-fat whole-wheat flax wrap; 15 grapes	1½ cups Imagine Reduced Sodium Organic Creamy Tomato soup (leftovers), ¼ sliced avocado	Turkey & Chickpea Salad: 4 oz 7% lean cooked ground turkey crumbled in 2 cups romaine lettuce, ½ cup chopped tomatoes, ¾ cup chickpeas, 2 tbsp reduced-fat jalapeño cheese, 2 tbsp red wine vinegar and 1 tsp EVOO

Menu PLAN

Week 1

EVOO = extra-virgin olive oil

A Tofu & Edamame Salad: 2 cups romaine lettuce, 5 oz sautéed firm tofu, ½ sliced red bell pepper, ½ cup steamed shelled edamame, 2 tbsp reduced-fat jalapeño cheese with 3 tbsp red wine vinegar and 2 tsp **EVOO**

B Chocolate Smoothie: Blend 1 cup low-fat milk with ¼ cup chocolate protein powder, ½ cup frozen cranberries and 5 ice cubes

C Vegetarian Wrap: 4 oz sautéed firm tofu, ½ oz reduced-fat jalapeño cheese, ¼ cup low-sodium black beans and 2 tbsp low-sodium salsa on 1 low-fat whole-wheat flax wrap

Week 2 Shopping List

Proteins & Dairy

- 1 16-oz can low-sodium northern white beans
- 1 pkg bison burger patties (freeze remaining)
- 1 box vegetable burger patties (One to try: Dr. Praeger's California Veggie Burgers)
- ½ lb boneless, skinless chicken breast
- 5 oz cod
- ½ dozen eggs
- 2 oz sliced reduced-sodium nitrate-free ham
- 12 oz wild mahi mahi
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 8 oz part-skim mozzarella
- 3 oz sliced deli-fresh low-sodium turkey breast
- 12 oz fully cooked deli-fresh lean turkey sausage
- 1 6-oz container nonfat Greek-style yogurt
- 1 pint low-fat plain yogurt

Veggies/Fruits

- 4 apples
- 2 bananas
- 1 bag carrots
- 1 head cauliflower
- 1 bunch celery
- 1 cucumber
- 2 grapefruit
- 1 bunch kale
- 3 lemons
- 1 head Boston leaf lettuce
- 1 red onion
- 1 orange
- 1 bunch Italian flat-leaf parsley
- 1 parsnip
- 2 pears
- 1 16-oz can unsweetened pineapple, in own juices
- 1 pomegranate or 1 container fresh pomegranate seeds
- 2 sweet potatoes
- 1 16-oz bag baby spinach
- 2 cups Brussels sprouts
- 1 pint strawberries
- 1 lb tomatoes
- 1 container grape tomatoes
- 1 28-oz can no-salt-added diced tomatoes
- 1 yellow zucchini

Whole Grains

- 1 loaf fresh bakery whole-wheat bread
- 1 box Dr. Kracker's Snacker Crackers
- 1 box farro
- 1 box brown rice

Nuts/Seeds/Oils

- 1 8-oz bag unsalted raw almonds
- 2 qt low-sodium vegetable broth

M TOTAL NUTRIENTS Calories: 1,684, Fat: 44 g, Sat. Fat: 9 g, Carbs: 223 g, Fiber: 40 g, Sugars: 72 g, Protein: 90 g, Sodium: 1,955 mg, Cholesterol: 97 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 slices whole-grain quinoa toast with 2 tbsp unsalted natural peanut butter and 2 tsp honey 1 sliced apple	1 Kashi TLC bar 1 cup strawberries	2 oz sliced deli-fresh low-sodium turkey breast, 1 oz part-skim mozzarella cheese, 2 thin slices pear and 1 tsp Dijon on 1 toasted whole-wheat English muffin; 1 cup carrot sticks	¾ cup nonfat Greek-style yogurt with 1 sliced pear (leftovers), 5 unsalted pecans	Lemon-Garlic White Beans & Mahi Mahi (see recipe, p. 80; save leftovers for tomorrow); 2 cups sautéed kale; 1 baked sweet potato

T TOTAL NUTRIENTS Calories: 1,718, Fat: 53 g, Sat. Fat: 11 g, Carbs: 144 g, Fiber: 56 g, Sugars: 61 g, Protein: 148 g, Sodium: 1,433 mg, Cholesterol: 144 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Kashi GoLean cereal with ½ cup low-fat milk 1 sliced apple	12 unsalted raw almonds	Mahi Mahi Salad: Lemon-Garlic White Beans & Mahi Mahi (leftovers) with 2 cups spinach, ¼ chopped orange, 2 tbsp balsamic vinegar, ½ tsp Dijon and 1 tsp EVOO ; Remaining ¾ orange	1 slice whole-grain quinoa bread, 1 oz sliced deli-fresh low-sodium turkey breast, 1 Boston lettuce leaf, 1 tsp Dijon	Bison Wrap: 1 low-fat whole-wheat flax wrap, 3 oz bison burger patty quartered, 1 oz reduced-fat jalapeño cheese, 1 torn Boston lettuce leaf, 2 slices tomato and 2 tbsp low-sodium salsa 1 cup steamed edamame pods

W TOTAL NUTRIENTS Calories: 1,681, Fat: 46 g, Sat. Fat: 14 g, Carbs: 210 g, Fiber: 33 g, Sugars: 59 g, Protein: 118 g, Sodium: 2,500 mg, Cholesterol: 185 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup 5-minute uncooked oats mixed with ¾ cup 1% cottage cheese and ½ cup sliced strawberries	Coco Banana Smoothie A	2 oz part-skim mozzarella cheese, 5 fresh basil leaves, 2 slices tomato, 2 tsp balsamic vinegar with 2 slices bakery whole-wheat bread; 1 apple; 1 cup carrot sticks	8 Dr. Kracker's Snacker Crackers with 2 tbsp hummus	1 cup Boston lettuce with ¼ cup sliced cucumbers, 2 tsp unsalted sunflower seeds with 1 tsp balsamic vinegar and 1 tsp EVOO ; 4 oz baked boneless, skinless chicken; Baked "Fries" B

T TOTAL NUTRIENTS Calories: 1,519, Fat: 58 g, Sat. Fat: 9 g, Carbs: 172 g, Fiber: 31 g, Sugars: 76 g, Protein: 90 g, Sodium: 2,514 mg, Cholesterol: 69 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup low-fat plain yogurt with 10 unsalted pecans and ½ cup sliced pineapple, drained	1 Kashi TLC bar ½ cup strawberries	1 vegetable burger patty, 2 tbsp hummus, 1 Boston lettuce leaf, 1 slice tomato and 1 slice onion on 2 slices whole-grain quinoa toast; 1 apple	1 slice bakery whole-wheat bread with 1 tbsp natural unsalted peanut butter	1 cup Sausage & Vegetable Farro Soup (see recipe, p. 79; save leftovers for later this week) Chef Salad C

F TOTAL NUTRIENTS Calories: 1,645, Fat: 64 g, Sat. Fat: 10 g, Carbs: 229 g, Fiber: 35 g, Sugars: 62 g, Protein: 61 g, Sodium: 1,257 mg, Cholesterol: 49 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Fruit & Nut Wrap: 1½ tbsp unsalted almond butter, ¼ cup chopped pear, 1 low-fat whole-wheat flax wrap, heated; remaining pear	¼ cup sunflower seeds; 1 grapefruit, cut into sections	2 cups Sausage & Vegetable Farro Soup (leftovers) 1 slice bakery whole-wheat bread (leftovers) 1 cup sliced pineapple, drained (leftovers)	1 cup grape tomatoes	1½ cups cooked whole-wheat spaghetti, 1 cup sautéed spinach, ¾ cup sautéed broccoli florets, 1 minced clove garlic, 8 sliced grape tomatoes, ½ oz shredded part-skim mozzarella, 5 torn basil leaves and 1½ tbsp EVOO

S TOTAL NUTRIENTS Calories: 1,763, Fat: 54 g, Sat. Fat: 12 g, Carbs: 223 g, Fiber: 38 g, Sugars: 71 g, Protein: 109 g, Sodium: 2,193 mg, Cholesterol: 116 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
3 scrambled egg whites, 1 oz fully cooked deli-fresh lean turkey sausage, 1 toasted whole-wheat English muffin, 2 tsp olive oil-based spread	1 cup low-fat plain yogurt, 1 tsp honey and ½ cup pomegranate seeds	Spinach Salad: 2 cups baby spinach, ½ cup chickpeas, 10 small carrot sticks, 4 sliced strawberries, 2 tsp sunflower seeds, 2 tsp balsamic vinegar, 1 tsp Dijon; 1 low-fat whole-wheat flax wrap, 4 tbsp hummus; 1 banana	1 low-fat string cheese 8 Dr. Kracker's Snacker Crackers	4 oz boneless, skinless chicken (sliced into strips) sautéed in 1 tbsp EVOO , 1 cup baby spinach, ½ cup sliced yellow zucchini and 10 sliced grape tomatoes; ¾ cup steamed wild rice mixed with 1 tbsp sunflower seeds

S TOTAL NUTRIENTS Calories: 1,763, Fat: 54 g, Sat. Fat: 12 g, Carbs: 223 g, Fiber: 38 g, Sugars: 71 g, Protein: 109 g, Sodium: 2,193 mg, Cholesterol: 116 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup 1% cottage cheese spread on 2 slices whole-grain quinoa toast topped with ¼ cup sliced pineapple, drained (leftovers)	1 cup sliced zucchini with 3 tbsp hummus	1 veggie burger patty with 1 oz part-skim mozzarella cheese, 1 Boston lettuce leaf, 1 slice tomato, 1 slice onion on 2 slices toasted bakery whole-wheat bread; ¼ cup chopped carrots, ½ cup chopped celery, ½ cup chopped cauliflower, 2 tbsp red wine vinegar, 1 tsp EVOO	1 cup Sausage & Vegetable Farro Soup (leftovers)	5 oz baked cod with lemon, pepper and parsley; 1½ cups cauliflower sautéed in 1 tsp EVOO ; ¾ cup brown rice; 1 sliced apple

Sausage & Vegetable Farro Soup

Serves 10. Hands-on time: 20 minutes. Total time: 35 minutes.

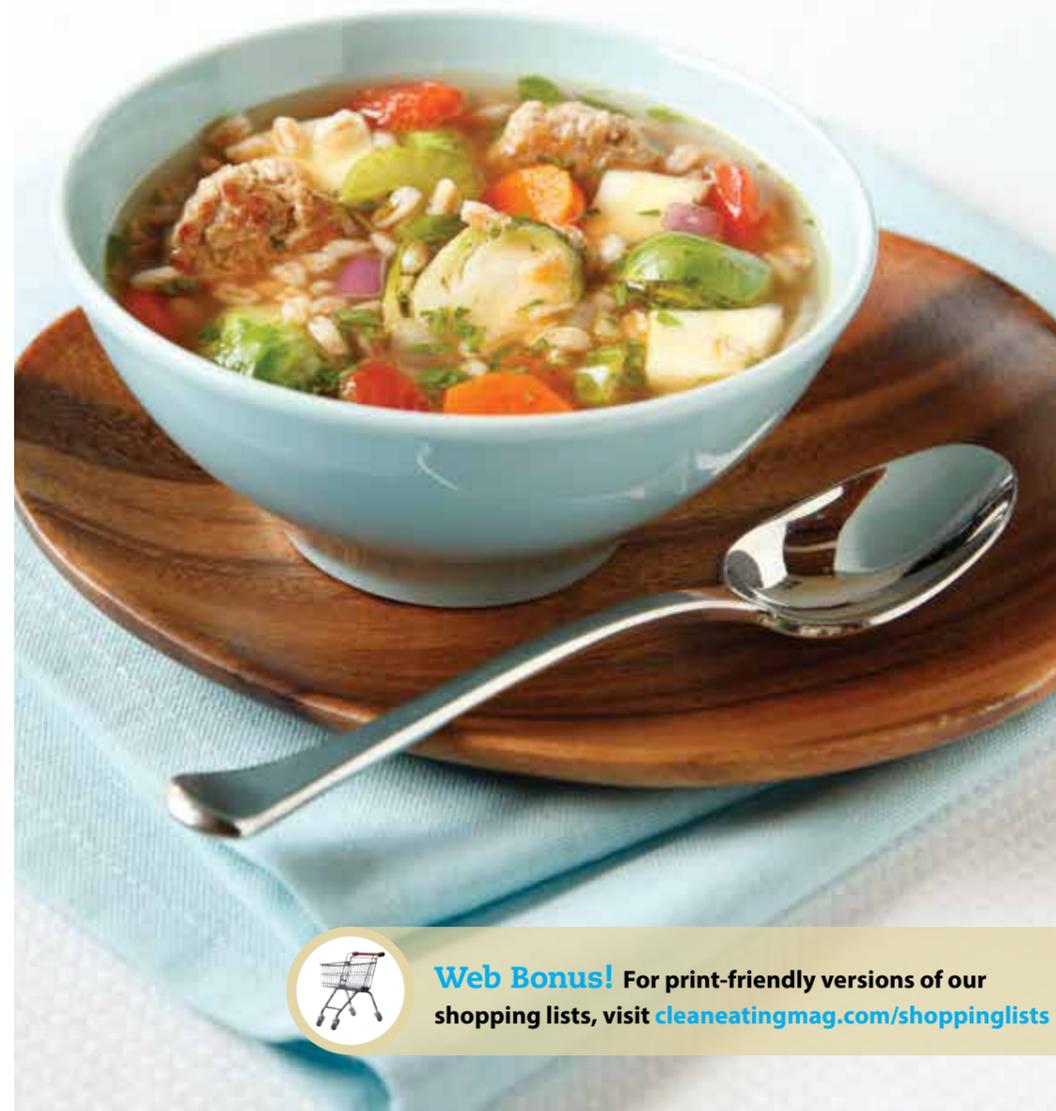
INGREDIENTS:

- ½ cup celery, chopped
- 1 cup red onion, chopped
- 1 cup extra-virgin olive oil
- 6 cups low-sodium vegetable broth
- ½ cup carrots, sliced
- ¾ cup parsnips, chopped
- 1 cup farro (soaked in 2 cups water for 15 minutes, drained)
- 2 cups Brussels sprouts, fresh or frozen, halved
- 1 28-oz can no-salt-added diced tomatoes
- ½ cup Italian flat-leaf parsley
- 10 oz fully cooked deli-fresh lean turkey sausage
- ¼ tsp ground black pepper

INSTRUCTIONS:

In a medium-size skillet over medium-high heat, sauté celery and onion in oil for 3 minutes. In a large pot on medium-high heat, add sautéed vegetables, broth, carrots, parsnips and farro. Cook for 15 minutes. Then add Brussels sprouts, tomatoes, parsley and sausage. Bring to a boil over high heat and cover. Reduce heat to medium-low and simmer for 15 minutes.

Nutrients per 1-cup serving: Calories: 150, Total Fat: 3.5 g, Sat. Fat: 1 g, Carbs: 22 g, Fiber: 4 g, Sugars: 5 g, Protein: 8 g, Sodium: 300 mg, Cholesterol: 15 mg



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EVOO = extra-virgin olive oil

Coco Banana Smoothie: 1 cup low-fat milk, ¼ cup chocolate protein powder and 1 frozen banana, blended 2 minutes

Baked "Fries": 1 medium sliced sweet potato mixed with 2 tsp **EVOO**, sea salt and ground black pepper, to taste, baked at 375°F for 20 minutes

Chef Salad: 2 cups Boston lettuce, 1 oz sliced deli-fresh low-sodium turkey breast, 2 oz reduced-sodium nitrate-free ham, 2 hardboiled egg whites, ¼ cup low-sodium northern white beans, 8 grape tomatoes, ½ cup sliced cucumbers with 2 tbsp red wine vinegar and 2 tsp **EVOO**



Coco Cran Nut Muffins

Makes 18 muffins. Hands-on time: 15 minutes. Total time: 40 minutes.

INGREDIENTS:

- Olive oil cooking spray (optional)
- 1 cup spelt flour
- ½ cup whole-wheat flour
- ½ cup 5-minute oatmeal
- ¼ cup unsweetened cocoa powder
- ½ tsp sea salt (optional)
- 1 medium apple, peeled and diced (about 1 cup)
- ½ tsp baking soda
- 2 tsp baking powder
- ½ cup unsalted pecans, chopped
- ¾ cup 1% buttermilk
- ⅓ cup 2% Greek yogurt
- 2 tsp pure vanilla extract
- 3 egg whites
- ½ cup raw organic honey
- 1¼ cups fresh or frozen cranberries

INSTRUCTIONS:

ONE: Preheat oven to 375°F. Prepare muffin tin with paper liners or cooking spray.

TWO: In a medium bowl, combine spelt and whole-wheat flours, oatmeal, cocoa powder, salt (if desired), apple, baking soda, baking powder and pecans. Stir until combined.

THREE: In a large bowl, mix together buttermilk, yogurt, vanilla, egg whites and honey. Add dry mixture to wet mixture and stir until moistened. Then gently stir in cranberries. Fill muffin cups halfway. Bake for 20 minutes or until toothpick comes out clean. Let cool for 5 minutes.

Nutrients per muffin: Calories: 120, Total Fat: 3 g, Sat. Fat: 0.5 g, Carbs: 21 g, Fiber: 2 g, Sugars: 10 g, Protein: 4 g, Sodium: 115 mg, Cholesterol: 1 mg

Lemon-Garlic White Beans & Mahi Mahi

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

INGREDIENTS:

- 3 cloves garlic, minced
- 1 tsp extra-virgin olive oil
- 1 cup low-sodium canned northern white beans, drained and rinsed
- ¼ cup low-sodium vegetable broth
- 3 tbsp Italian flat-leaf parsley
- ⅛ tsp ground black pepper
- Juice 2 lemons
- 2 6-oz wild mahi mahi fillets
- ¼ cup pomegranate seeds

INSTRUCTIONS:

In a large nonstick skillet over medium-high heat, sauté garlic in oil for 1 minute. Turn down heat to medium and add beans. Sauté for 2 minutes, stirring with a spatula to avoid beans sticking to skillet. Then add broth, parsley and pepper and cook for 2 minutes. Next add lemon juice and mahi mahi. Cook mahi mahi on each side for 5 minutes or until no longer translucent. Place 1 mahi mahi fillet and ½ cup beans on each plate. Top fillet with 2 tbsp pomegranate seeds.

Nutrients per serving (6 oz mahi mahi, ½ cup beans, 2 tbsp pomegranate seeds): Calories: 310, Total Fat: 4.5 g, Sat. Fat: 0.5 g, Omega-3s: 970 mg, Omega-6s: 978 mg, Carbs: 28 g, Fiber: 6 g, Sugars: 7 g, Protein: 38 g, Sodium: 210 mg, Cholesterol: 125 mg

Allergy-Proof Your Meal Plan

Food allergies and intolerances don't have to stop you from eating healthy. Here are some suggestions to help you to navigate our 14-day Meal Plan and steer clear of the eight most common food allergens.

Culprit	Hiding In	Substitution
Milk	<ul style="list-style-type: none"> • Chicken Cordon Bleu (p. 76) • Coco Cran Nut Muffins (this page) • Cow's milk, yogurt and cheese 	<ul style="list-style-type: none"> • Unsweetened low-fat almond, soy and rice milk or cheese; oat milk (look for calcium and vitamin-D-fortified products) • Soy yogurt, Tofutti, non-hydrogenated sour cream
Lactose	<ul style="list-style-type: none"> • Chicken Cordon Bleu (p. 76) • Cow's milk, yogurt and cheese 	<ul style="list-style-type: none"> • Lactose-free milk, hard cheeses, yogurt, kefir • See milk substitutions
Eggs	<ul style="list-style-type: none"> • Coco Cran Nut Muffins (this page) • Omelettes and scrambled eggs 	<ul style="list-style-type: none"> • Replacer (especially for baking) • Scrambled tofu
Wheat and Gluten	<ul style="list-style-type: none"> • Coco Cran Nut Muffins (this page) • Sausage & Vegetable Farro Soup (p. 79) • Kashi products, breads, wraps, English muffins, pastas, crackers and oatmeal 	<ul style="list-style-type: none"> • Ground flaxseed meal (for bread crumbs), gluten-free flours (TRY: Bob's Red Mill) • Gluten-free bread and cereal, polenta • Beans and rice pastas or crackers • Spelt flours, crackers, pastas and breads (Note: Wheat-free spelt contains gluten.)
Soy	<ul style="list-style-type: none"> • Veggie burgers and, possibly, protein powder 	<ul style="list-style-type: none"> • Seitan, fish and animal protein • Whey, egg, pea, hemp and rice protein powder
Peanuts and Tree Nuts	<ul style="list-style-type: none"> • Peanut butter and almond butter • Coco Cran Nut Muffins (this page) 	<ul style="list-style-type: none"> • Sunflower seeds, pumpkin seeds, soy nuts • Sunflower butter, soy nut butter, hummus, black bean dip and guacamole (Note: Be aware of cross-contamination with other products.)
Fish	<ul style="list-style-type: none"> • Lemon-Garlic White Beans & Mahi Mahi (this page) • Canned tuna • Salmon and cod 	<ul style="list-style-type: none"> • Skinless chicken breast, lean cuts of pork, tofu, grass-fed bison and omega eggs • Possibly: shellfish
Shellfish	<ul style="list-style-type: none"> • Shrimp 	<ul style="list-style-type: none"> • Canned salmon, chicken and sardines