

Week 1 Shopping List

Proteins & Dairy

- 17 oz beef tenderloin
- 1 pkg black bean veggie burger patties
- 1 pint low-fat buttermilk
- 1 container Laughing Cow Light Blue Cheese wedges
- 1 16-oz container 1% cottage cheese
- 1 small pkg grated Parmesan cheese
- 11 oz low-fat Swiss cheese
- 3 4-oz boneless, skinless chicken breasts
- 1 pkg dried chickpeas (aka garbanzo beans) or 1 large BPA-free can chickpeas
- 1 16-oz container cooked blue crab
- 1 dozen eggs
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- 10 oz ground pork tenderloin (use 3 oz and freeze leftovers)
- 4 oz boneless, skinless tilapia
- 8 oz sliced deli-fresh, all-natural, low-sodium turkey breast
- 2 16-oz containers nonfat plain Greek-style yogurt

Veggies/Fruit

- 2 apples
- 1 bag arugula
- 2 lb asparagus
- 2 avocados
- 3 bananas
- 1 small bunch fresh basil
- 2 red bell peppers
- 1 large head broccoli
- 1 1-lb bag carrots
- 1 large bunch celery
- 2 cucumbers
- 1 bag frozen mixed fruit
- 1 head garlic
- 4 bunches red or green seedless grapes
- 1 kiwi
- 2 lemons
- 1 head iceberg lettuce
- 1 head romaine lettuce

- 2 16-oz pkg mushrooms
- 1 medium red onion
- 2 medium yellow onions
- 1 pear
- 3 medium sweet potatoes
- 3 medium white potatoes
- 1 bag frozen unsweetened raspberries
- 1 pint cherry tomatoes

Whole Grains

- 1 Italian loaf multi-grain bread
- 1 box Nature's Path Organic Optimum Banana Almond cereal
- 1 bag brown rice cakes
- 1 bag whole-wheat flour
- 1 box old-fashioned oatmeal
- 1 box whole-wheat penne pasta
- 1 box long-grain brown rice

Nuts, Seeds & Oils

- 1 jar unsalted almond butter
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- 1 bag unsalted roasted pistachios
- 1 12-oz bag unsalted roasted sunflower seeds
- 1 6-oz bag unsalted walnut halves

Extras

- 1 box low-sodium chicken broth
- 1 box Cascadian Farm Chocolate Chip Chewy Granola Bars
- 1 jar pure maple syrup
- 1 jar dried oregano
- 1 small bottle ground black pepper
- 1 container chocolate protein powder
- 1 bottle kosher salt
- 1 bottle sea salt
- 1 bottle pure vanilla extract
- 1 bottle apple cider vinegar

Steak Salad

Serves 4. Hands-on time: 20 minutes. Total time: 30 minutes.

INGREDIENTS:

- 4 cups chopped iceberg lettuce
- 4 cups chopped arugula
- 4 cups chopped romaine lettuce
- 2 cups thinly sliced mushrooms
- 1 medium red bell pepper, sliced into thin strips
- 1 cucumber, peeled and thinly sliced
- ½ medium red onion, thinly sliced
- Olive oil cooking spray
- 10 oz beef tenderloin, trimmed of visible fat and cut into 3-inch-long strips, (¾-inch thick and ½-inch wide)
- 4 tbsp peeled and chopped avocado

BLACK PEPPERCORN YOGURT DRESSING

- ½ cup nonfat plain Greek-style yogurt
- ½ cup low-fat buttermilk
- 1 tsp whole black peppercorns, crushed or ground

- 2 cloves garlic, crushed
- 2 tsp apple cider vinegar
- ¼ tsp sea salt

INSTRUCTIONS:

ONE: Set oven to broil on low. In a large bowl, combine iceberg, arugula and romaine lettuces. Divide greens among 4 plates. Arrange ½ cup mushrooms and quarter of each red pepper, cucumber and onion on each plate of greens.

TWO: Prepare Black Peppercorn Yogurt Dressing: In a small bowl, whisk together yogurt, buttermilk, peppercorns, garlic and vinegar until smooth and incorporated. Season with salt and whisk again.

THREE: Mist a small baking pan or stone with cooking spray. Place beef strips on pan and broil for 6 minutes, turning once after 3 minutes. Divide beef among salads (about 2½ oz each). Drizzle each with ¼ cup Black Peppercorn Yogurt Dressing and sprinkle 1 tbsp avocado over top.

Nutrients per salad: Calories: 187, Total Fat: 5 g, Sat. Fat: 2 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 0.5 g Carbs: 15 g, Fiber: 5 g, Sugars: 8 g, Protein: 22 g, Sodium: 220 mg, Cholesterol: 39 mg



NOTE: *Clean Eating* shopping lists include all 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.

Menu PLAN

Week 1

EVOO = extra-virgin olive oil

A **Almond Butter Chicken Salad:** 4 oz chopped broiled chicken breast, 15 halved grapes, ½ cup chopped celery and 1 tbsp sunflower seeds tossed with 2 tbsp almond butter, 1 tbsp water, 2 tsp apple cider vinegar and ½ tsp maple syrup

B **Choco Raspberry Vanilla Smoothie:** Purée 1 cup frozen raspberries, ½ tsp vanilla extract, ½ cup Greek yogurt, 1½ cups low-fat milk and 2 oz chocolate protein powder.

C **Arugula Pesto:** Purée 2 cups arugula with 7 walnut halves, 1 clove garlic, 1 tbsp **EVOO** and 1 tbsp water (save leftovers for later this week).

D **Chickpea Salad:** 2 cups chopped iceberg lettuce, ½ cup peeled and chopped avocado, and ½ cup cooked chickpeas with Black Peppercorn Yogurt Dressing (leftovers from Steak Salad recipe)

M	TOTAL NUTRIENTS Calories: 1,656, Fat: 49 g, Sat. Fat: 10 g, Carbs: 208 g, Fiber: 31 g, Sugars: 94 g, Protein: 119 g, Sodium: 1,144 mg, Cholesterol: 149 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup Nature’s Path Organic Optimum Banana Almond cereal with ½ cup low-fat milk and 1 sliced banana; ½ cup low-fat milk	1 cup Greek yogurt with 1 cup frozen raspberries, puréed	Almond Butter Chicken Salad A 1 Cascadian Farm Chocolate Chip Chewy Granola Bar	5 carrot sticks, 5 celery sticks and 2 oz Swiss cheese	1 serving Creamy Asparagus Soup (see recipe, p. 82; save leftovers for later this week) 1 medium baked sweet potato	

T	TOTAL NUTRIENTS Calories: 1,578, Fat: 52 g, Sat. Fat: 13 g, Carbs: 180 g, Fiber: 27 g, Sugars: 82 g, Protein: 112 g, Sodium: 1,480 mg, Cholesterol: 137 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cooked old-fashioned oatmeal with ½ cup low-fat milk, 1 chopped pear and 1 tsp maple syrup		1 sliced kiwi 1 oz pistachios	Turkey Asparagus Roll-Ups: 4 1-oz slices turkey breast, each rolled with 1 oz Swiss cheese and 1 small cooked asparagus spear; 4 brown rice cakes	1 sliced apple with 2 tbsp almond butter; 1 cup low-fat milk	1 serving Steak Salad (see recipe, p. 78; save leftovers for later this week)

W	TOTAL NUTRIENTS Calories: 1,777, Fat: 61 g, Sat. Fat: 13 g, Carbs: 186 g, Fiber: 32 g, Sugars: 93 g, Protein: 139 g, Sodium: 1,903 mg, Cholesterol: 182 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 serving Choco Raspberry Vanilla Smoothie B (drink ½ and save ½ for later this week)		½ cup cottage cheese, ½ cup mixed frozen fruit, 1 tsp maple syrup, 1 tbsp sunflower seeds; 1 banana	Crab Waldorf Salad: 2 oz cooked crab mixed with ½ cup Greek yogurt, ½ cup chopped apple, ¼ cup each chopped celery and walnuts; 2 brown rice cakes; ½ cup sliced cucumber	1 bunch red or green grapes (about 15) 2 Laughing Cow Light Blue Cheese wedges	4 oz broiled chicken breast topped with 1 tbsp Arugula Pesto C , ½ oz peeled and sliced avocado and squeeze lemon 1 medium baked sweet potato 1 cup cooked chopped broccoli

T	TOTAL NUTRIENTS Calories: 1,679, Fat: 58 g, Sat. Fat: 13 g, Carbs: 194 g, Fiber: 37 g, Sugars: 59 g, Protein: 109 g, Sodium: 1,356 mg, Cholesterol: 335 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 poached egg topped with 1 oz cooked crab meat and 1 cup sautéed arugula, served on 1 slice toasted multi-grain bread with 1 slice of lemon		1 Cascadian Farm Chocolate Chip Chewy Granola Bar 6 celery sticks	2 cups Creamy Asparagus Soup (leftovers; no garnish), topped with 2 oz shredded Swiss cheese and 1 cup cooked chickpeas 1 slice multigrain bread	2 cups chopped romaine lettuce with ½ cup sliced cucumber, 3 halved cherry tomatoes, 10 walnut halves, 1 tsp EVOO and 2 tsp apple cider vinegar	Pepper Steak: 4 oz beef tenderloin sautéed with 1 tsp olive oil and 1 cup sliced red bell peppers and 1 cup sliced onion 1 bunch red or green grapes (about 15)

F	TOTAL NUTRIENTS Calories: 1,734, Fat: 59 g, Sat. Fat: 13 g, Carbs: 209 g, Fiber: 47 g, Sugars: 69 g, Protein: 122 g, Sodium: 1,838 mg, Cholesterol: 145 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup Nature’s Path Organic Optimum Banana Almond cereal with ½ cup low-fat milk and 1 sliced banana		1 serving Choco Raspberry Vanilla Smoothie (leftovers)	4 oz deli-fresh turkey breast slices; 2 brown rice cakes; 1 Laughing Cow Light Blue Cheese wedge; 6 carrot sticks; 1 oz pistachios	Chickpea Salad D	4 oz broiled tilapia with a squeeze lemon 1 medium baked white potato topped with 2 tbsp Arugula Pesto (leftovers) 1 cup cooked chopped broccoli, 6 cooked and chopped asparagus spears, 1 tsp EVOO and 1 tsp lemon zest

S	TOTAL NUTRIENTS Calories: 1,798, Fat: 50 g, Sat. Fat: 10 g, Carbs: 246 g, Fiber: 31 g, Sugars: 71 g, Protein: 102 g, Sodium: 1,021 mg, Cholesterol: 120 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cooked old-fashioned oatmeal with 1 tbsp almond butter and ½ cup mixed frozen fruit, thawed	½ mashed banana, ½ cup Greek yogurt and 2 tbsp sunflower seeds	Cheesesteak: 3 oz beef tenderloin sautéed in 1 tsp olive oil and ½ cup sliced onion. Top with 1 oz Swiss cheese and place between 2 slices multigrain bread; 1 apple		1 Cascadian Farm Chocolate Chip Chewy Granola Bar 6 carrot sticks	2 cups cooked penne pasta sautéed with 1 tsp olive oil, 1 cup sliced mushrooms and 3 oz ground pork tenderloin. Top with ¾ cup Creamy Asparagus Soup (leftovers; no garnish) and 1 tsp Parmesan.

S	TOTAL NUTRIENTS Calories: 1,538, Fat: 46 g, Sat. Fat: 8 g, Carbs: 194 g, Fiber: 39 g, Sugars: 47 g, Protein: 106 g, Sodium: 1,224 mg, Cholesterol: 116 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
2 egg whites scrambled with 1 tsp olive oil, ½ cup sliced mushrooms, ¼ cup chopped onion and 4 chopped cherry tomatoes; 2 slices toasted multi-grain bread		1 bunch red or green grapes (about 15) 1 oz pistachios	1 black bean veggie burger patty topped with ½ cup peeled and cubed avocado, 2 tbsp Black Peppercorn Yogurt Dressing (leftovers from Steak Salad recipe) and 2 cups chopped Romaine lettuce	2 oz Swiss cheese, 1 sliced kiwi and ½ banana	4 oz broiled chicken breast, cubed, mixed with 1 cup chopped cooked broccoli, 1 cup cooked brown rice, ½ cup cooked chickpeas, ½ tsp dried oregano and squeeze ½ lemon

Creamy Asparagus Soup

Serves 6. Hands-on time: 10 minutes.
Total time: 40 minutes.

INGREDIENTS:

- 1½ lb asparagus
- 1 tbsp plus 1 tsp olive oil, divided
- 2 cloves garlic, minced
- 1 onion, diced small
- 1 tbsp whole-wheat flour
- 2 cups low-sodium chicken broth
- 2 medium white potatoes, peeled and roughly chopped
- 1 cup low-fat milk
- ½ tsp kosher salt
- ¼ tsp ground black pepper

GARNISH

- 2 slices multigrain bread, cut into ½-inch cubes
- 1 tsp grated Parmesan cheese
- 6 tbsp finely chopped red bell pepper
- 6 oz cooked crabmeat
- 2 tbsp slivered fresh basil

INSTRUCTIONS:

ONE: Wash asparagus, cut off bottom 2 inches and discard. Peel lower half of asparagus spear, then cut spear into 1-inch pieces. Set aside.

TWO: Heat 1 tbsp oil in a large saucepan on medium-high. Add garlic and onion and cook for about 5 minutes, until onion begins to turn translucent. Mix in flour and cook for 2 more minutes, stirring occasionally. Then gradually add broth and 1 cup water, continue to stir and bring to a boil, about 5 more minutes.

THREE: Add potatoes and asparagus. Bring broth to a simmer and cover. Cook for 20 minutes, until asparagus is tender. Working in batches, transfer mixture to a blender and purée for 20 to 30 seconds. (Careful; mixture is hot.) Return soup to pot off heat and blend in milk, salt and black pepper.

FOUR: Heat remaining 1 tsp oil in a small sauté pan on medium-high. Add bread and toss until lightly brown, stirring constantly. Remove from heat and sprinkle with Parmesan. To serve, spoon 1 cup

soup into each of 6 bowls. In center of each soup, place 1 tbsp croutons, 1 tbsp red pepper, 1 oz crabmeat and 1 tsp basil. Serve immediately.

Nutrients per 1-cup serving (including garnish):

Calories: 205, Total Fat: 5 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1.5 g Carbs: 28 g, Fiber: 5 g, Sugars: 6.5 g, Protein: 15 g, Sodium: 364 mg, Cholesterol: 22 mg

Nutritional Bonus:

The fact that a serving of our Creamy Asparagus Soup offers over 65% of your daily vitamin K requirement and 40% of today's vitamin C may be a no-brainer, but the goodness doesn't end there. A 1-cup bowl of this spring soup also offers an array of B vitamins (specifically thiamine, riboflavin, niacin and B₆), which are necessary for converting carbs to glucose (food to fuel) and metabolizing fats and proteins.

Strawberry Cornbread

Serves 16. Hands-on time: 15 minutes.
Total time: 50 minutes.

INGREDIENTS:

- Olive oil cooking spray
- 2 cups sliced frozen unsweetened or fresh strawberries
- 4 tbsp Sucanat, divided
- 2 tbsp natural fruit-sweetened strawberry jam
- 1 cup plain yellow cornmeal
- 1 cup corn flour
- ½ cup whole-wheat pastry flour
- 1 tsp baking soda
- 2 tsp cream of tartar
- ½ tsp sea salt
- 1 cup nonfat plain Greek-style yogurt
- ½ cup plain unsweetened soy milk
- 2 whole eggs
- ¼ cup plus 1 tbsp raw honey, divided
- 2 tbsp olive oil
- 1 cup frozen corn kernels, thawed (no sugar or salt added)
- ¼ cup low-fat plain cream cheese

INSTRUCTIONS:

ONE: Heat oven to 375°F. Mist a 9 x 9-inch square baking pan with cooking spray and set aside.

TWO: In a small saucepan, cook strawberries on medium-high for 10 minutes. Add 2 tbsp Sucanat and strawberry jam and stir. Heat for 5 minutes, until jam is melted and Sucanat is dissolved. Remove pan from heat and set aside to cool for 10 minutes. Once cool, place pan in refrigerator for 10 minutes.

THREE: Meanwhile, in a large bowl, mix cornmeal, flours, baking soda, cream of tartar and salt with wire whisk until well incorporated.

FOUR: To a blender, add yogurt, soy milk, eggs, ¼ cup honey, remaining 2 tbsp Sucanat, oil and corn and purée until smooth, about 10 to 15 seconds.

FIVE: In a small food processor or chopper, purée strawberry mixture until blended but still chunky, about 15 to 20 seconds. Set aside.

SIX: Add yogurt mixture to dry flour mixture and mix until dry ingredients are just barely blended. Do not over-mix.

SEVEN: Pour half of cornbread mixture into prepared square pan. Then spoon strawberry purée on top, swirling gently. Top with remaining cornbread mixture. Place in oven and bake for 30 to 35 minutes, until a toothpick or tester comes out clean when inserted into cornbread. Let cool.

EIGHT: Meanwhile, place cream cheese in a small glass bowl and microwave on high for about 10 to 15 seconds. Remove from microwave and stir with a rubber spatula. Mix in remaining 1 tbsp honey. If mixture seems too thick, add up to 1 tbsp water, 1 tsp at a time. Drizzle cream cheese mixture over warm cake. Cornbread can be divided into 16 squares.

Nutrients per 3-oz square: Calories: 148, Total Fat: 4 g, Sat. Fat: 1 g, Carbs: 25 g, Fiber: 2 g, Sugars: 8 g, Protein: 4 g, Sodium: 172 mg, Cholesterol: 28 mg

Nutritional Bonus:

A sweet treat doesn't have to be devoid of nutrients. Our Strawberry Cornbread proves that you can indulge while doing something good for your health: a 3-oz square packs over 21% of your day's vitamin C, 18% manganese and 15% zinc. ☺



WEB EXTRA: For printer-friendly versions of our shopping lists, visit cleaneating.com/aprilmay-2011