## Week 1 Shopping List

○ 2 16-oz pkg

onions

potatoes

potatoes

1 bag frozen

raspberries

1 pint cherry

tomatoes

unsweetened

Whole Grains

1 Italian loaf multi-

Optimum Banana

I bag whole-wheat

⊃ 1 box old-fashioned

1 box whole-wheat

penne pasta

brown rice

& Oils

olive oil

seeds

Extras

Nuts, Seeds

⊃ 1 jar unsalted

almond butter

I bottle olive oil

1 bag unsalted

roasted pistachios

1 12-oz bag unsalted

roasted sunflower

16-oz bag unsalted

I box low-sodium

chicken broth

⊃ 1 box Cascadian

○ 1 jar pure maple syrup

1 small bottle

I jar dried oregano

1 container choco-

○ 1 bottle kosher salt

I bottle apple cider

I bottle sea salt 1 bottle pure vanilla

extract

vinegar

late protein powder

ground black pepper

Farm Chocolate Chip

Chewy Granola Bars

walnut halves

1 bottle extra-virgin

1 box long-grain

grain bread

I box Nature's

Path Organic

Almond cereal

1 bag brown

rice cakes

flour

oatmeal

1 pear

mushroom

○ 1 medium red onion

2 medium yellow

3 medium sweet

3 medium white

### **Proteins &**

υ	ally	
0	17 oz beef tenderloin	

- 1 pkg black bean
- veggie burger
- patties 1 pint low-fat
- buttermilk
- 1 container Laugh-
- ing 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
- 1/2 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

**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
- <sup>1</sup>/<sub>2</sub> medium red onion, thinly sliced
- Olive oil cooking spray
- 10 oz beef tenderloin, trimmed of visible fat and cut into 3-inch-long strips, (<sup>1</sup>/<sub>8</sub>-inch thick and <sup>1</sup>/<sub>2</sub>-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 2<sup>1</sup>/<sub>2</sub> 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.

REAKFAST	SNACK 1	LUNCH	I SNACK 2	DINNER
cup Nature's Path rganic Optimum anana Almond cereal ith ½ cup low-fat milk nd 1 sliced banana; ½ up 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
TOTAL NUTRIENT	'S Calories: <b>1,578</b> , Fa	at: <b>52 g</b> , Sat. Fat: <b>13 g</b> , Carbs: <b>180 g</b> , Fiber: <b>2</b> :	<b>7 g</b> , Sugars: <b>82 g</b> , Prote	in: <b>112 g</b> , Sodium: <b>1,480 mg</b> , Cholesterol: <b>137 m</b>
REAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
cup cooked old- shioned oatmeal with cup low-fat milk, chopped pear and tsp maple syrup	1 sliced kiwi 1 oz pistachios	<b>Turkey Asparagus Roll-Ups:</b> 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)
7 TOTAL NUTRIENT	S Calories: 1,777, Fa	t: <b>61 g</b> , Sat. Fat: <b>13 g</b> , Carbs: <b>186 g</b> , Fiber: <b>32</b>	<b>g</b> , Sugars: <b>93 g</b> , Protei	n: <b>139 g</b> , Sodium: <b>1,903 mg</b> , Cholesterol: <b>182 mg</b>
REAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
serving Choco aspberry Vanilla noothie B (drink and save ½ for later is week)	<sup>1</sup> / <sub>2</sub> cup cottage cheese, <sup>1</sup> / <sub>2</sub> cup mixed frozen fruit, 1 tsp maple syrup, 1 tbsp sun- flower seeds; 1 banana	<b>Crab Waldorf Salad:</b> 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 <b>Arugula Pesto C</b> , ½ oz peeled an sliced avocado and squeeze lemon 1 medium baked sweet potato 1 cup cooked chopped broccoli
TOTAL NUTRIENT	S Calories: 1,679, Fa	t: <b>58 g</b> , Sat. Fat: <b>13 g</b> , Carbs: <b>194 g</b> , Fiber: <b>37</b>	<b>g</b> , Sugars: <b>59 g</b> , Protei	n: <b>109 g</b> , Sodium: <b>1,356 mg</b> , Cholesterol: <b>335 m</b> g
REAKFAST	I SNACK 1	LUNCH	SNACK 2	DINNER
poached egg topped ith 1 oz cooked crab eat and 1 cup sautéed ugula, served on slice toasted multi- rain bread with 1 slice Flemon	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 sau- téed 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)

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
<sup>3</sup> 4 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 s 2 brown rice cakes; 1 Laughin Light Blue Cheese wedge; 6 ca sticks; 1 oz pistachios	g Cow 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

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup cooked old-	Greek yogurt	Cheesesteak: 3 oz beef tenderloin	1 Cascadian Farm	2 cups cooked penne pasta sautéed with
fashioned oatmeal with		sautéed in 1 tsp olive oil and ½ cup	Chocolate Chip	1 tsp olive oil, 1 cup sliced mushrooms and
1 tbsp almond butter		sliced onion. Top with 1 oz Swiss	Chewy Granola	3 oz ground pork tenderloin. Top with
and ½ cup mixed frozen		cheese and place between 2 slices	Bar	3⁄4 cup Creamy Asparagus Soup (leftovers;
fruit, thawed		multigrain bread; 1 apple	6 carrot sticks	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 cups chopped ice- berg lettuce, ½ cup
2 egg whites scrambled with 1 tsp olive oil, ½ cup sliced mush- rooms, 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 Pep- percorn 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 chick- peas, ½ tsp dried oregano and squeeze ½ lemon	peeled and chopped avocado, and ½ cup cooked chicpeas with Black Peper- corn Yogurt Dress- ing (leftovers from Steak Salad recipe)

Clean Eating APRIL/MAY 2011

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

# Menu PLAN

EVOO = extravirgin olive oil

### nond 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 <sup>1</sup>/<sub>2</sub> tsp maple syrup

**Choco Raspberry** Vanilla Smoot Purée 1 cup frozen raspberries, ½ tsp vanilla extract, <sup>1</sup>/<sub>2</sub> cup Greek yogurt, 1½ cups low-fat milk and 2 oz chocolate protein powder.

la Pesto:

Purée 2 cups igula with 7 walhalves, 1 clove rlic, 1 tbsp EVOO nd 1 tbsp water ve leftovers for er this week).

Chickpea Salad:

Menu	M TOTAL NUTRIENT	S Calories: 1,632, F	at: <b>64 g</b> , Sat. Fat: <b>11 g</b> , Carbs: <b>177 g</b> , Fiber: <b>26</b>	<b>5 g</b> , Sugars: <b>60 g</b> , Protei	in: 104 g, Sodium: 1,815 mg, Cholesterol: 157 mg				
PLAN	BREAKFAST	I SNACK 1	LUNCH	SNACK 2	DINNER				
N N	2 Kashi 7 Grain Waffles with 1 tsp maple syrup and 2 tbsp almond butter 1 cup low-fat milk	<sup>1</sup> ∕ <sub>2</sub> cup Greek yogurt, 1 cup cubed honey- dew melon, 7 broken walnut halves and sprinkle cinnamon	3 oz sliced ham, 1 oz cheddar cheese, 2 slices tomato, 2 iceberg lettuce leaves and 1 tsp mustard on 1 whole-wheat pita	1 cup pineapple chunks 10 pine nuts	5 oz broiled salmon (cook 9 oz and save 4 oz for tomorrow) topped with 1 tbsp Arugula Pesto (leftovers from Week One) ¾ cup cooked penne pasta sautéed with ½ tsp olive oil and 3 cups chopped spinach				
	T TOTAL NUTRIENT	'S Calories: <b>1,516</b> , F	at: <b>35 g</b> , Sat. Fat: <b>7 g</b> , Carbs: <b>256 g</b> , Fiber: <b>49</b>	<b>g</b> , Sugars: <b>64 g</b> , Proteir	n: <b>90 g</b> , Sodium: <b>598 mg</b> , Cholesterol: <b>166 mg</b>				
	BREAKFAST	SNACK 1	I LUNCH	I SNACK 2	DINNER				
	1 serving Strawberry Cornbread (see recipe, p. 82; save leftovers for later this week); 1 orange; 1 banana	2 small fresh apricots 2 tbsp unsalt- ed pumpkin seeds	4 oz broiled salmon (leftovers) on 3 cups spinach with ¾ cup cooked white beans, ½ cup chopped tomato, ¼ cup chopped onion, 1 tsp EVOO and 2 tsp apple cider vinegar	1 cup soy milk with 1 oz choco- late protein powder	1 serving Lemony Catfish Kabobs on Wild Rice (see recipe, p. 81; save leftovers for later this week); 1 cup papaya chunks				
	W TOTAL NUTRIENT	S Calories: 1,560, F	at: <b>38 g</b> , Sat. Fat: <b>9 g</b> , Carbs: <b>240 g</b> , Fiber: <b>24</b>	<b>g</b> , Sugars: <b>79 g</b> , Proteir	n: <b>76 g</b> , Sodium: <b>1,105 mg</b> , Cholesterol: <b>330 mg</b>				
	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER				
1	3⁄4 cup Nature's Path Organic Heritage Flakes, 3⁄4 cup low-fat milk and 1⁄2 cup cubed honeydew melon	1 serving Strawberry Cornbread (leftovers)	2 tbsp peanut butter, 2 tbsp strawberry jam, ½ tbsp ground flaxseeds on 1 whole-wheat pita 6 carrot sticks	1 hard-boiled egg; 3 Wasa Crisp'n Light Mild Rye crispbreads	4 oz cooked ground pork tenderloin with 1 cup tomato sauce, ¼ cup chopped onion and 1 tsp chile powder over 1 cup cooked brown rice				
		I			1 bunch red or green grapes (about 15)				
A	T TOTAL NUTRIENT	S Calories: <b>1,628</b> , F	at: <b>54 g</b> , Sat. Fat: <b>10 g</b> , Carbs: <b>225 g,</b> Fiber: <b>3</b> 4	<b>4 g</b> , Sugars: <b>79 g</b> , Prote	in: 96 g, Sodium: 917 mg, Cholesterol: 149 mg				
:	BREAKFAST	SNACK 1	I LUNCH	SNACK 2	DINNER				
	Strawberry Cornbread Parfait 🔼	1 cup cubed papaya with juice ½ lime; 1 tbsp unsalt- ed pumpkin seeds	1 serving Lemony Catfish Kabob on Wild Rice (leftovers) 1 apple	1 cup pineapple chunks; 14 broken walnuts halves	Spaghetti Squash & Spinach B (eat ½ and save ½ for tomorrow)				
	F TOTAL NUTRIENTS Calories: 1,714, Fat: 46 g, Sat. Fat: 9 g, Carbs: 224 g, Fiber: 44 g, Sugars: 51 g, Protein: 119 g, Sodium: 1,501 mg, Cholesterol: 120 mg								
	BREAKFAST	SNACK 1	l LUNCH	SNACK 2	DINNER				
B	2 scrambled egg whites and 3 cups spinach sau- téed with 1 minced clove garlic and 1 tsp olive oil.	2 small apricots ½ cup Greek yogurt and	Spaghetti Squash & Spinach (leftovers) 1 bunch red or green grapes (about 10)	1 cup cooked white beans with 4 halved cherry tomatoes	4 oz broiled turkey cutlet sprinkled with 2 tsp Za'atar 1½ cups steamed sliced zucchini and 1½ cups cooked wild rice blend (leftover				
	Add 1 oz cheddar cheese and serve on 1 whole- wheat pita.	7 broken wal- nut halves		and 1 tsp EVOO	from Lemony Catfish Kabob recipe) 1 cup pineapple chunks				
	S TOTAL NUTRIENT	S TOTAL NUTRIENTS Calories: 1,646, Fat: 52 g, Sat. Fat: 11 g, Carbs: 216 g, Fiber: 35 g, Sugars: 85 g, Protein: 100 g, Sodium: 1,793 mg, Cholesterol: 74 mg							
	BREAKFAST	SNACK 1	I LUNCH	SNACK 2	DINNER				
	1 cup Greek yogurt with ½ mashed banana, 1 tsp honey and ¾ cup Nature's Path Organic Heritage Flakes	1 cup Strawberry Flaxseed Smoothie C (save leftover	1 black bean veggie burger patty with 2 slices tomato, 2 tbsp Aru- gula Pesto (leftovers from Week One) and 2 iceberg lettuce leaves on 1 whole-wheat pita	2 oz cheddar cheese; 3 Wasa Crisp'n Light Mild Rye crisp- breads with	4 oz broiled catfish with 2 slices lemon and ½ tsp dried oregano over 3 cups spinach sautéed with 1 tsp olive oil 1 medium baked sweet potato				
T		1 cup for tomorrow)	1 cup cubed honeydew melon	2 tbsp straw- berry jam					
	S TOTAL NUTRIENTS Calories: 1,782, Fat: 44 g, Sat. Fat: 7 g, Carbs: 259 g, Fiber: 43 g, Sugars: 85 g, Protein: 107 g, Sodium: 865 mg, Cholesterol: 111 mg								
					I DINNER				
•	1 cup cooked old- fashioned oatmeal with 2 tbsp strawberry jam and 1 tbsp peanut but- ter; ½ sliced banana	1 cup soy milk with 1 oz chocolate pro- tein powder	3 oz tuna mixed with ½ cup Greek yogurt, ½ cup cooked barley, 1 tsp Za'atar and 10 halved red or green grapes	1 cup Straw- berry Flaxseed Smoothie (left- overs); 6 carrot sticks and 1 tbsp	Penne & Meatballs: 3 oz ground pork tenderloin, formed into 3 1-oz meat- balls, served over 1 cup tomato sauce, 1½ cup cooked penne pasta, 1 chopped and steamed medium zucchini and 1 tsp				

almond butter Za'atar

### Lemony **Catfish Kabobs** on Wild Rice

Serves 4. Hands-on time: 10 minutes. Total time: 1 hour.

### **INGREDIENTS:**

- <sup>1</sup>/<sub>2</sub> cup wild rice
- <sup>2</sup>/<sub>3</sub> cup pearl barley
- <sup>2</sup>/<sub>3</sub> cup brown rice
- 12 oz boneless, skinless catfish fillets, cubed into 1-inch pieces
- Juice 1 lemon
- Zest 1 lemon, divided
- 1 medium zucchini, halved lengthwise and cut into 1-inch-pieces
- 1 medium onion, cut into 8 chunks
- 12 cherry tomatoes
- Olive oil cooking spray
- 1 tsp olive oil
- 2 tsp store-bought or homemade Za'atar
- ¼ tsp kosher salt
- ¼ tsp ground black pepper
- 12 unsalted almonds, finely chopped, optional

- **EQUIPMENT:** • 4 12-inch metal or wooden
- skewers (if wooden, soak in water for at least 20 minutes prior to using).

### **INSTRUCTIONS:**

- **ONE:** In a large saucepot, add 4<sup>1</sup>/<sub>3</sub> cups water and bring to a boil. Add wild rice, reduce heat to a simmer, cover and cook for 5 minutes. Then add barley and brown rice and cook for 40 to 45 minutes, until water is evaporated and grains are tender. Fluff and set aside.
- Two: Once grains have cooked for 20 minutes, set oven to broil on low. Place catfish in a small bowl and toss with lemon juice and all but 1 tsp zest. Set aside for 10 minutes.

**THREE:** Thread ingredients onto skewers in this order: zucchini, catfish, onion, catfish, tomato and catfish. Repeat sequence until skewer is filled.

FOUR: Place skewers on a small baking sheet covered in foil and coated with cooking spray. Broil skewers in oven for 13 to 15 minutes.

### Strawberry Flaxseed hie<sup>,</sup> Rle 1 cup frozen or fresh strawber



FIVE: Meanwhile, in a small bowl, blend oil, Za'atar, reserved 1 tsp lemon zest, salt and pepper. Mix into warm grains. To serve, place 1<sup>1</sup>/<sub>2</sub> cups grains on a plate and slide vegetables and catfish off of 1 skewer onto grains. If desired, sprinkle nuts over top. Serve immediately.

#### Nutrients per serving (1 catfishvegetable skewer and 1½ cups grains): Calories: 450, Total Fat: 7 q,

Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Omega-3s: 490 mg, Omega-6s: 1,400 mg, Carbs: 73 g, Fiber: 10 g, Sugars: 6 g, Protein: 25 g, Sodium: 172 mg, Cholesterol: 49 mg

### MAKE-YOUR-OWN ZA'ATAR SPICE BLEND

Makes ¼ cup. In a small bowl, mix together 2 tbsp sumac, 1 tbsp ground thyme, 1 tbsp ground oregano (preferably Mexican), 2 tsp sesame seeds, ¼ tsp kosher salt and ¼ tsp ground black pepper. Spice blend can be sealed in an airtight container and shelved for several weeks.

## Week 2 **Shopping List**

## Proteins & Dairy

- 1 pkg dried white beans or 1 large BPA-free can white beans
- 1 lb boneless. skinless catfish
- 4 oz reduced-fat cheddar cheese
- 1 16-oz container 1% cottage cheese
- 1 8-oz pkg low-fat cream cheese
- 18-oz container low-fat ricotta cheese
- 3 oz sliced lowsodium uncured lean ham
- 1/2 gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- <sup>1</sup>/<sub>2</sub> gallon plain unsweetened sov milk
- 9 oz boneless, skinless wild salmon
- 1 3-oz pouch cooked tuna
- 4 oz turkey cutlet
- 1 16-oz container nonfat plain Greek-

### style yogurt

### Veggies/Fruit

- 1 apple
- 4 apricots
- 2 bananas
- 1 bag frozen corn (no sugar or salt added)
- 3 bunches red or green seedless
- grapes 1 honeydew melon
- 2 lemons
- 0 1 lime
- 2 medium onions
- 1 large orange
- 2 papaya
- 1 pineapple (TIP: Save time by buying your pineapple pre-peeled, cored and cut into chunks)
- 1 small spaghetti squash (1½ lb)
- 2 10-oz bags spinach
- 1 large bag unsweetened whole frozen strawberries or 2 pints fresh strawberries

- 1 medium tomato 2 pints cherry
- tomatoes ○ 3 medium
- zucchini

### Whole Grains

- 1 bag pearl barley
- 1 bag cornmeal
- 1 box Wasa Crisp'n Light Mild Rye crispbreads
- 1 box Nature's Path Organic Heritage Flakes
- 1 bag corn flour
- 1 pkg wholewheat pastry flour
- I pkg wholewheat pitas (6 pitas; use 4 and freeze 2)
- 1 box wild rice
- 1 box Kashi 7 Grain Waffles

### Nuts, Seeds & Oils

- I bag flaxseeds 1 jar unsalted, natural peanut
- butter 16-oz bag
- unsalted roasted pine nuts
- I bag unsalted roasted pumpkin seeds
- 1 8-oz bag unsalted roasted whole almonds

### Extras

- 1 jar ground cinnamon
- 1 bottle chile powder
- 1 jar raw honey
- I bag Sucanat
- 1 bottle natural, fruit-sweetened strawberry jam
- 1 jar whole-grain mustard
- 1 container vanilla protein powder
- I box baking soda 1 jar cream
- of tartar 1 bottle lowsodium natural
- tomato sauce 1 container
- Za'atar

### 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 B<sub>6</sub>), 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
- 1/2 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



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

### 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. @

**2** Clean Eating APRIL/MAY 2011