

Week 1 Shopping List

Proteins & Dairy

- 1 14-oz can cannellini beans (BPA-free), no salt added
- 1 pkg Mini Babybel Light cheese
- 1 pkg shredded low-fat cheddar cheese
- 16 oz 1% cottage cheese
- 1 pkg sheep's milk feta cheese
- 1 pkg goat cheese
- 1 pkg Parmesan cheese
- 2 14-oz cans chickpeas (BPA-free), no salt added
- 1 dozen eggs
- 1 container hummus
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 liter unsweetened chocolate almond milk
- 10 oz wild-caught salmon
- 6 oz sole
- 4 oz flank steak
- 1 pkg tempeh
- 1 6-oz can or pouch water-packed tuna
- 8 oz turkey breast
- 16 oz nonfat plain Greek-style yogurt

Veggies/Fruit

- 6 apples
- 1 bunch arugula
- 6 asparagus spears
- 1 avocado
- 3 bananas
- 1 bunch basil
- 2 large beets
- 1 bag frozen blueberries
- 1 bag frozen mixed berries
- 1 head broccoli
- 1 bunch carrots
- 1 bunch celery
- 1 box clementines
- 1 container unsweetened dried fruit
- 1 garlic bulb
- 1 small bunch grapes
- 1 grapefruit
- 1 bunch kale
- 1 lemon
- 6 large black olives
- 1 yellow onion
- 1 red onion
- 1 bunch parsley
- 1 red bell pepper
- 2 bell peppers, any color
- 1 potato
- 5 oz pre-washed mixed salad greens
- 25 oz fresh spinach or pre-washed baby spinach

- 1 sweet potato
- 1 pint grape tomatoes
- 1 small pkg sundried tomatoes
- 1 14-oz container diced tomatoes, no salt added

Whole Grains

- 1 loaf whole-grain bread
- ¼ cup whole-wheat bread crumbs
- 1 bag whole-grain couscous
- 1 box Mary's Gone Crackers
- 1 pkg whole-grain flatbreads (TRY: Ozery Bakery Skinny Dippers)
- 1 pkg whole-grain English muffins
- 1 container large flake oats
- 1 bag quinoa
- 1 bag wild rice
- 1 bag whole-grain tortillas

Nuts/Seeds/Oils

- 1 pkg sliced almonds
- 1 jar unsalted natural almond butter
- 1 jar unsalted natural peanut butter
- 1 small container ground flaxseed
- 1 pkg unsalted mixed nuts
- 1 pkg pine nuts
- 1 pkg unsalted dry-roasted soy nuts
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- 1 pkg crushed walnuts

Extras

- ½ cup low-sodium vegetable broth
- 1 container ground cinnamon
- 1 container ground coriander
- 1 container ground cumin
- 1 container raw honey
- 1 container nutmeg
- 1 container sweet paprika
- 1 container black pepper
- 1 container sea salt
- 1 small bag Sucanat
- 1 bottle pure maple syrup
- 1 bottle pure vanilla extract
- 1 bottle balsamic vinegar
- 1 bottle red wine vinegar



Quinoa-Stuffed Peppers

Serves 2. Hands-on time: 30 minutes. Total time: 45 minutes.

INGREDIENTS:

STUFFED PEPPERS

- 2 bell peppers (any color), halved and seeded, stems intact
- ½ cup uncooked quinoa
- ½ cup low-sodium vegetable broth
- 7 oz diced tomatoes, no salt added
- 5 oz spinach
- 1 tbsp pine nuts

PESTO

- 2 cups basil or spinach
- ½ clove garlic
- 1½ tbsp Parmesan cheese
- 1 tbsp pine nuts
- 1½ tbsp extra-virgin olive oil
- ½ tsp sea salt

- 1 pinch fresh ground black pepper

INSTRUCTIONS:

ONE: Prepare peppers: Preheat broiler to high. Place bell peppers, skin-side-up, on a baking sheet covered in aluminum foil. Broil until bell peppers start to soften, about 10 minutes.

TWO: Meanwhile, combine quinoa, broth and tomatoes in a medium pot. Bring to a boil on high heat, then reduce heat to low and simmer for 10 to 12 minutes, until liquid is absorbed. Add handfuls of spinach to quinoa mixture and stir to combine. Fill bell pepper halves with quinoa-spinach mixture, dividing evenly.

THREE: Prepare pesto: Add basil, garlic, Parmesan, pine nuts, oil, salt and pepper to a food processor and pulse until finely chopped. Add 2 to 3 tbsp water as needed to thin pesto, if desired.

FOUR: Top stuffed peppers with pesto, dividing evenly, or serve on the side. Sprinkle remaining pine nuts over stuffed peppers, dividing evenly.

Nutrients per serving (2 stuffed halves): Calories: 388, Total Fat: 18 g, Sat. Fat: 2 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 4 g, Carbs: 43 g, Fiber: 9 g, Sugars: 7 g, Protein: 14 g, Sodium: 327 mg, Cholesterol: 4 mg

M	TOTAL NUTRIENTS Calories: 1,727, Fat: 50 g, Sat. Fat: 10 g, Carbs: 220 g, Fiber: 44 g, Sugar: 80 g, Protein: 110 g, Sodium: 1,766 mg, Cholesterol: 115 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup cooked oatmeal with ½ tsp cinnamon, 2 tbsp sliced almonds, 1 tbsp ground flaxseed, 2 tbsp thawed blueberries topped with ½ cup Greek yogurt		1 apple with ½ tbsp peanut butter	Tuscan Tuna Salad: 2 cups cannellini beans, 6 oz tuna, ¼ cup chopped red onion, ¼ cup sliced black olives, 2 tbsp red wine vinegar (serve ½ on 2 cups arugula and save other ½ for later this week); 6 Mary's Gone Crackers with 1 oz goat cheese	½ cup cottage cheese with ½ cup thawed mixed berries	10 oz baked salmon (eat 5 oz and save 5 oz for later this week); 1 small baked sweet potato; 3 cups sautéed spinach; 1 baked apple sprinkled with 1 tsp Sucanat and ½ tsp cinnamon

T	TOTAL NUTRIENTS Calories: 1,621, Fat: 59 g, Sat. Fat: 12 g, Carbs: 190 g, Fiber: 40 g, Sugar: 73 g, Protein: 107 g, Sodium: 1,537 mg, Cholesterol: 241 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
Peanut Butter & Banana Breakfast Wrap A 1 cup low-fat milk		½ cup cottage cheese with ½ banana and 2 tbsp sliced almonds	2 cups mixed greens, ½ cup grape tomatoes, ¼ chopped avocado, 1 oz crumbled feta, 1 tbsp red wine vinegar, 1 tsp EVOO, 5 oz chilled salmon (leftovers)	2 tbsp hummus with 7 Mary's Gone Crackers	1 serving Spinach & Chickpeas (see recipe, p. 80; save leftovers for later this week) with 1 hard-boiled egg served over top 1 apple

W	TOTAL NUTRIENTS Calories: 1,706, Fat: 57 g, Sat. Fat: 8 g, Carbs: 213 g, Fiber: 44 g, Sugar: 45 g, Protein: 112 g, Sodium: 933 mg, Cholesterol: 322 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup cooked quinoa with ½ cup low-fat milk, ¼ tsp cinnamon, ½ small apple (sliced), 2 tbsp thawed blueberries and 2 tbsp crushed walnuts		½ apple with 1 tbsp almond butter	1 serving Spinach & Chickpeas (leftovers) 1 cup low-fat milk 1 clementine	1 hard-boiled egg 2 whole-grain flatbreads	8 oz baked turkey breast (eat 4 oz and save 4 oz for later this week) ¾ cup wild rice Nutty Kale B

T	TOTAL NUTRIENTS Calories: 1,687, Fat: 46 g, Sat. Fat: 7 g, Carbs: 200 g, Fiber: 36 g, Sugar: 64 g, Protein: 131 g, Sodium: 1,729 mg, Cholesterol: 117 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup Greek yogurt Peanut Butter & Banana Breakfast Wrap A		½ cup cottage cheese mixed with 1 tsp Sucanat and ½ tsp cinnamon	Tuscan Tuna Salad (leftovers) served on 2 slices whole-grain bread; 6 carrot sticks with ¼ cup hummus	2 clementines ¼ cup mixed nuts	6 oz sole baked with ¼ cup sliced grape tomatoes, 1 sliced clove garlic and 1 tbsp chopped fresh parsley; ¾ cup whole-grain couscous; 6 steamed asparagus spears drizzled with lemon juice

F	TOTAL NUTRIENTS Calories: 1,687, Fat: 59 g, Sat. Fat: 16 g, Carbs: 212 g, Fiber: 39 g, Sugar: 86 g, Protein: 96 g, Sodium: 1,748 mg, Cholesterol: 94 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 whole-grain English muffin with 2 tbsp peanut butter 1 cup low-fat milk		Homemade Trail Mix: 2 tbsp dried fruit, 1 tbsp soy nuts, 1 tbsp mixed unsalted nuts	Turkey & Apple Sandwich: 4 oz chilled baked turkey breast (leftovers) on 2 slices whole-grain bread topped with ½ thinly sliced apple, 1 oz goat cheese and ½ cup arugula; ½ cup Shredded Beet Salad C (save leftovers for later this week)	1 Mini Babybel Light cheese 1 apple	¾ cup cooked quinoa mixed with 2 tbsp mixed unsalted nuts, ½ cup cooked chickpeas, ½ cup each chopped broccoli, onion and sun-dried tomatoes sautéed in olive oil. Top with 1 oz feta and 2 tbsp chopped parsley.

S	TOTAL NUTRIENTS Calories: 1,603, Fat: 71 g, Sat. Fat: 12 g, Carbs: 196 g, Fiber: 38 g, Sugar: 42 g, Protein: 76 g, Sodium: 1,632 mg, Cholesterol: 12 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
Mediterranean Omelette: 3 egg whites, 1 oz feta, ¼ cup grape tomatoes, ¼ cup chopped onion; 1 whole-grain English muffin; 1 grapefruit		Chocolate Almond Smoothie D	1 whole-grain tortilla with 3½ oz grilled tempeh, 2 tbsp hummus, ¼ avocado, ¼ cup arugula ½ cup carrot sticks with 2 tbsp hummus	1 tbsp peanut butter spread on 2 celery stalks	1 serving Quinoa-Stuffed Peppers (see recipe, left; save leftovers for later this week) 2 cups mixed greens with 1 tbsp red wine vinegar and 1 tsp EVOO

S	TOTAL NUTRIENTS Calories: 1,666, Fat: 47 g, Sat. Fat: 12 g, Carbs: 223 g, Fiber: 30 g, Sugar: 103 g, Protein: 99 g, Sodium: 1,333 mg, Cholesterol: 175 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
French Toast: 1 egg plus 2 egg whites, ½ tsp each nutmeg and cinnamon, 1 tsp vanilla, ½ cup low-fat milk, 3 slices whole-grain bread (eat 2 slices and save 1 slice for Tuesday)		1 cup low-fat milk 1 banana	1 serving Quinoa-Stuffed Peppers (leftovers) ½ cup Shredded Beet Salad (leftovers)	1 clementine and ½ cup grapes topped with ½ cup Greek yogurt	4 oz grilled lean flank steak; 1 baked potato topped with ½ cup broccoli florets, ¼ cup cottage cheese and 2 tbsp cheddar cheese; 1 cup each chopped red bell pepper and broccoli and 1 minced clove garlic stir-fried in 1 tsp olive oil

Menu PLAN

Week 1

EVOO = extra-virgin olive oil

A Peanut Butter & Banana Breakfast Wrap: 1 whole-grain tortilla, ½ banana, 1 tbsp peanut butter, 2 tbsp Greek yogurt, 1 tsp honey

B Nutty Kale: ½ minced clove garlic and ¼ cup chopped onion sautéed in 1 tsp olive oil with ¼ tsp each cumin and coriander. When onions soften, add 3 to 4 cups kale. To finish, stir in ½ tbsp peanut butter.

C Shredded Beet Salad: ½ cup shredded beets, ½ cup shredded carrots, ¼ cup chopped parsley with 1 tbsp balsamic vinegar and 1 tsp EVOO

D Chocolate Almond Smoothie: Blend 1 cup unsweetened chocolate almond milk, ½ tbsp almond butter, ½ frozen banana (add ¼ to ½ cup ice for a thinner consistency)

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.



M	TOTAL NUTRIENTS    Calories: 1,554, Fat: 64 g, Sat. Fat: 10 g, Carbs: 202 g, Fiber: 42 g, Sugar: 71 g, Protein: 67 g, Sodium: 1,752 mg, Cholesterol: 135 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Nature’s Path Optimum Blueberry Cinnamon cereal with ½ cup low-fat milk and ½ cup thawed blueberries		1 Mini Babybel Light cheese and 13 Mary’s Gone Crackers	2 cups mixed greens, ½ cup cottage cheese, 2 small clementines (sectioned), 2 tbsp dried fruit and ¼ cup mixed unsalted nuts with 1 tbsp balsamic vinegar and 1 tsp EVOO	1 cup unsweet-ened chocolate almond milk; 1 Kashi TLC Chewy Granola Bar in Trail Mix	<b>Vegetable Frittata</b> <b>A</b> 4 whole-grain flatbreads ½ cup baby carrots with 2 tbsp hummus
T	TOTAL NUTRIENTS    Calories: 1,685, Fat: 54 g, Sat. Fat: 12 g, Carbs: 234 g, Fiber: 38 g, Sugar: 79 g, Protein: 86 g, Sodium: 1,764 mg, Cholesterol: 304 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 poached egg on 1 whole-wheat English muffin with 2 tbsp guacamole 1 cup low-fat milk		1 slice French Toast (left-overs), 1 tbsp almond butter, ½ sliced banana	1 serving Curried Sweet Potato Soup (see recipe, right; save leftovers for later this week) <b>Pasta Salad</b> <b>B</b>	1 tbsp peanut butter on 2 celery stalks with 1 tbsp raisins	4 oz baked pork tenderloin 1 serving Barley & Apple Stuffed Acorn Squash (see recipe, p. 80; save leftovers for later this week)
W	TOTAL NUTRIENTS    Calories: 1,660, Fat: 48 g, Sat. Fat: 8 g, Carbs: 254 g, Fiber: 50 g, Sugar: 80 g, Protein: 80 g, Sodium: 1,709 mg, Cholesterol: 180 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
¼ carton liquid omega-3 eggs with 1 oz cheddar cheese and ½ cup broccoli florets; 1 whole-grain English muffin; 1 orange		<b>Homemade Trail Mix:</b> 2 tbsp dried fruit, 1 tbsp soy nuts, 1 tbsp mixed unsalted nuts	1 serving Barley & Apple Stuffed Acorn Squash (leftovers) 1 cup baby carrots with 2 tbsp hummus	½ cup cottage cheese with ½ cup thawed mixed berries	<b>Quick Black Bean Burrito:</b> 1 cup black beans, 1 cup cooked and diced sweet potato, ¼ tsp each cumin and cinnamon, 1 oz cheddar cheese, ¼ cup guacamole. Divide between 2 whole-grain tortillas (eat 1 burrito and save 1 for later this week); <b>Nutty Kale</b> (see recipe <b>B</b> on pg. 77)
T	TOTAL NUTRIENTS    Calories: 1,704, Fat: 37 g, Sat. Fat: 7 g, Carbs: 291 g, Fiber: 48 g, Sugar: 54 g, Protein: 74 g, Sodium: 1,720 mg, Cholesterol: 69 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Nature’s Path Optimum Blueberry Cinnamon cereal with ½ cup low-fat milk and ½ cup thawed blueberries		1 Kashi TLC Chewy Granola Bar in Trail Mix 1 cup grapes	<b>Grilled Cheese:</b> 1 slice whole-grain bread, 1 oz cheddar cheese and ½ thinly sliced apple, brushed with 1 tsp EVOO; ½ apple; 1 serving Curried Sweet Potato Soup (leftovers)	<b>Berry Banana Shake:</b> 1 cup low-fat milk blended with ¼ cup mixed berries and ½ frozen banana	4 oz grilled chicken breast; 1 cup baked parsnips topped with 1 tbsp maple syrup and 1 tbsp crushed walnuts; 3 cups sautéed spinach; ½ banana with ½ cup Greek yogurt and ½ tsp honey
F	TOTAL NUTRIENTS    Calories: 1,598 Fat: 59 g, Sat. Fat: 10 g, Carbs: 196 g, Fiber: 38 g, Sugar: 58 g, Protein: 88 g, Sodium: 1,364 mg, Cholesterol: 91 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
¾ cup cooked quinoa with ½ cup low-fat milk, ¼ tsp cinnamon, ½ small apple (sliced), 2 tbsp thawed blueberries and 2 tbsp crushed walnuts		¼ cup soy nuts 2 clementines	1 Quick Black Bean Burrito (left-overs) served with ¼ cup guacamole 2 cups mixed green salad, ¼ cup grape tomatoes, ¼ cup sliced cucumbers with 1 tbsp balsamic vinegar and 1 tsp EVOO	2 whole-grain flatbreads with 1 tbsp almond butter	4 oz baked wild-caught salmon; 1 cup baked chopped vegetables (sweet potato, parsnip, carrot and beets) mixed with 2 tsp olive oil and ¼ tsp each dried oregano, thyme and rosemary; 1 cup broccoli florets and ½ minced clove garlic sautéed in 1 tsp olive oil
S	TOTAL NUTRIENTS    Calories: 1,586, Fat: 57 g, Sat. Fat: 9 g, Carbs: 199 g, Fiber: 32 g, Sugar: 60 g, Protein: 84 g, Sodium: 1,936 mg, Cholesterol: 108 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
<b>Breakfast Smoothie:</b> Blend 1 cup unsweet-ened chocolate almond milk, ½ cup large flake oats, ¼ cup Greek yogurt, ½ cup frozen mixed berries, ½ frozen banana		<b>Homemade Trail Mix:</b> 2 tbsp dried fruit, 1 tbsp soy nuts, 1 tbsp mixed unsalted nuts	<b>Black Bean Bowl:</b> Whisk together 2 tsp EVOO, 1 tbsp red wine vinegar, ½ tsp Dijon mustard and a pinch of sea salt. Mix with ¾ cup cooked quinoa, ½ cup cooked black beans, 3 cups steamed kale, ¼ cup each chopped red onion and tomato, and 2 tbsp crumbled feta	½ cup cottage cheese mixed with 1 clemen-tine (sectioned)	4 oz tilapia 1 medium sweet potato mashed with juice from 1 lime 3 cups raw spinach and 1 minced clove garlic sautéed in 1 tsp olive oil
S	TOTAL NUTRIENTS    Calories: 1,561, Fat: 33 g, Sat. Fat: 10 g, Carbs: 228 g, Fiber: 32 g, Sugar: 87 g, Protein: 103 g, Sodium: 1,097 mg, Cholesterol: 83 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
½ cup dry oatmeal, cooked with ¼ cup dried fruit and 2 tbsp unsalted mixed nuts topped with ½ cup low-fat milk		1 Mini Babybel Light cheese and 2 whole-grain flatbreads	<b>Mini Whole-Wheat Pizza</b> <b>C</b> 2 clementines	¾ cup nonfat Greek yogurt with ½ cup thawed mixed berries	4 oz grilled lean flank steak with ¼ cup each sautéed sliced mushrooms and onion 1 large baked potato with ¼ cup cottage cheese and 1 tbsp chopped chives 1 cup steamed broccoli florets



# Curried Sweet Potato Soup

*Serves 4. Hands-on time: 30 minutes. Total time: 1 hour.*

## INGREDIENTS:

- 1 Vidalia onion, chopped
- 1 clove garlic, minced
- 2 stalks celery, chopped
- 1 tbsp olive oil
- 1 lb sweet potatoes, peeled and chopped
- 1 lb butternut squash, peeled and chopped
- 6 cups low-sodium vegetable broth
- 2 tsp curry powder
- ½ tsp turmeric
- 1 tsp fresh lemon juice
- ½ cup nonfat plain Greek-style yogurt
- ¼ cup chopped fresh cilantro

## INSTRUCTIONS:

**ONE:** In a large pot over medium-high heat, sauté onion, garlic and celery in oil until soft, about 5 minutes.

**TWO:** Add sweet potatoes, squash, broth, curry powder and turmeric and bring to a boil. Reduce heat to low and simmer until sweet potato and squash are tender, about 20 to 25 minutes.

**THREE:** Remove from heat, cool slightly and transfer mixture to a blender or food processor. Purée until smooth.

**FOUR:** Stir in lemon juice and serve with 2 tbsp yogurt and 1 tbsp cilantro.

**Nutrients per 1¼-cup serving:**  
Calories: 250, Total Fat: 4 g, Sat. Fat: 1 g, Carbs: 46 g, Fiber: 8 g, Sugars: 12 g, Protein: 6 g, Sodium: 319 mg, Cholesterol: 0 mg

# Week 2 Shopping List

## Proteins & Dairy

- 1 14-oz can black beans (BPA-free), no salt added
- 4 oz chicken breast
- 16 oz 1% cottage cheese
- 1 carton liquid omega-3 eggs
- 4 oz pork tenderloin
- 4 oz wild-caught salmon
- 4 oz flank steak
- 4 oz tilapia
- 16 oz nonfat plain Greek-style yogurt

## Veggies/Fruit

- 3 apples
- 2 bananas
- 1 bag baby carrots
- 1 large beet
- 1 head broccoli
- 1 bunch chives
- 1 bunch cilantro
- 1 cucumber
- 1 garlic bulb
- 1 bunch kale
- 1 lemon
- 1 lime
- 1 container sliced mushrooms
- 1 red onion
- 1 Vidalia onion
- 1 white onion
- 1 orange
- 1 bunch parsnips
- 1 red bell pepper
- 1 potato
- 2 lb sweet potatoes
- 1 small pkg raisins
- 5 oz fresh spinach or pre-washed baby spinach
- 5 oz pre-washed mixed salad greens
- 1 acorn squash
- 1 lb butternut squash
- 1 tomato

## Whole Grains

- 1 pkg hulled barley (barley groats)
- 1 box Nature’s Path Optimum Blue-berry Cinnamon cereal
- 1 box Kashi TLC Chewy Granola Bars in Trail Mix
- 1 box whole-wheat pasta

## Extras

- 1 container dried basil
- 6 cups low-sodium vegetable broth
- 1 container curry powder
- 1 container all-natural guacamole
- 1 container Dijon mustard
- 1 container dried oregano
- 1 container dried rosemary
- 1 container dried thyme
- 1 jar low-sodium tomato sauce
- 1 container turmeric



**WEB EXTRA:** For printer-friendly versions of our shopping lists, visit [cleaneating.com/february](http://cleaneating.com/february)



## Spinach & Chickpeas

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

### INGREDIENTS:

- 2 tsp olive oil
- 18 oz fresh baby spinach
- 1 clove garlic, minced
- 1 15-oz can chickpeas, drained and rinsed  
(**NOTE:** Opt for BPA-free cans, such as Eden Organics)
- 2 tbsp dry whole-wheat bread crumbs
- ½ tsp sweet paprika
- ¼ tsp ground cumin
- ¼ tsp sea salt
- Fresh ground black pepper, to taste
- 1 tsp red wine vinegar

### INSTRUCTIONS:

**ONE:** Heat oil in a skillet on medium-high. Add spinach and garlic and sauté until spinach is just wilted, 2 to 3 minutes.

**TWO:** In a medium bowl, combine chickpeas, bread crumbs, paprika, cumin, salt and pepper. Add chickpea mixture to spinach and cook until beans

are heated, 3 to 4 minutes. Remove from heat and stir in vinegar.

**Nutrients per 1½-cup serving:** Calories: 345, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 70 g, Fiber: 21 g, Sugars: 2.5 g, Protein: 19 g, Sodium: 574 mg, Cholesterol: 0 mg

## Barley & Apple Stuffed Acorn Squash

**Serves 2. Hands-on time:** 20 minutes.  
**Total time:** 2 hours, 30 minutes.

### INGREDIENTS:

- ¼ cup uncooked hulled barley
- ¼ cup crushed unsalted walnuts
- 1 tbsp chopped fresh basil or 1 tsp dried basil
- 1 apple (Macintosh, Cortland or Empire), peeled, cored and diced
- 1 tbsp pure maple syrup
- ½ tsp ground cinnamon
- 1 acorn squash
- 2 tsp extra-virgin olive oil

**NOTE:** Hulled barley (aka barley groats) has only the outer layer removed, leaving the

bran layer intact. It is extremely high in fiber and nutrition. It is easily digested and a great source of selenium, phosphorous, magnesium and copper. This form of barley requires the longest cooking time, but your patience is well worth it!

### INSTRUCTIONS:

**ONE:** In a medium pot, add barley and 1 cup water. Cover and bring to a boil. Reduce heat to low and simmer for 45 minutes to 1 hour; set aside.

**TWO:** Preheat oven to 350°F. In a medium bowl, mix together walnuts, basil, apple, maple syrup and cinnamon. Add cooked barley to mixture.

**THREE:** Cut squash in half across the middle and remove seeds (**TIP:** Try an ice-cream scoop.) Then trim ends off each squash half. Place, skin-side-down, in a baking dish and drizzle each half with oil, dividing evenly.

**FOUR:** Fill center of each squash half with barley mixture, dividing evenly. Cover dish with aluminum foil. Bake for 1 hour, remove foil and bake for 20 more minutes or until squash is slightly brown and tender.

**Nutrients per ½ stuffed squash:** Calories: 374, Total Fat: 15 g, Sat. Fat: 2 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 8 g, Carbs: 62 g, Fiber: 11 g, Sugars: 19 g, Protein: 7 g, Sodium: 11 mg, Cholesterol: 0 mg

# Prevent Winter Diet Pitfalls

BY CHRIS CANDER

Do you find sticking to a clean diet during winter months a bit more difficult? Is it the cold weather that demands hot chocolate? Or is it that bulky layers are such good camouflage for extra pounds? Here are some strategies to keep “lose 10 pounds” off your to-do list:

### Eat foods low on the glycemic index:

“Winter vegetables such as pumpkins, yams and potatoes tend to have a higher glycemic index (GI) than summer produce such as celery, cucumbers and lettuces,” says Ashley Koff, a Los Angeles-based registered dietitian. Foods with a high GI cause a rapid rise in blood sugar (glucose) levels, which causes a spike in insulin that results in fat storage. Instead,

**fill your plate with dark leafy greens such as mustard greens, kale and Swiss chard**—all of which have low GI values, and are at their peak during chillier months. If you're not keen on eating your greens raw, try them sautéed. Give our Spinach & Chickpeas, above, a taste.

### Add protein early:

While this is important year-round, with busy holiday schedules and shorter days, you may find yourself scrimping on morning

nutrition. A study published by the *Journal of the American College of Nutrition* suggests that adequate protein from a source such as eggs does more than just fill your belly; it induces greater satiety and can significantly reduce short-term food intake. Therefore, the right breakfast can help you maintain your weight through even the busiest of days...and seasons.

**Keep an eye on comfort foods:** With less

sunny hours, your stored serotonin (the “feel-good” brain chemical) starts to decline. Your cravings for high-carbohydrate comfort foods are your brain’s plea for more serotonin. “Without knowing why, you may be more easily tempted by rich meals and fattening treats as the temperatures drop,” Koff says. **Opt instead for a variety of nutritious whole grains, seasonal greens and protein-rich legumes for a hearty meal at the end of a winter’s day.** ☺

