



YOUR GUIDE TO HEALTHIER CHOICES – MEAL PLAN, GROCERY LIST AND RECIPES

Planning what and when to eat can be challenging. Let us help you make it easier, by giving you a weekly plan to follow with better choices.

The plans below are based on 1800 calories a day. Reduce or increase the calories based on your daily needs.

-----Cut Here-----

This week's Grocery List:

Produce

1 Tomato, 2 Pears, Grapes
Blueberries, 3 Apples, Pineapple
2 Peaches, 2 Oranges, Celery
2 Bananas, Cantaloupe
1 Sweet Potato, Baby Carrots
Broccoli, Strawberries
Cherry Tomatoes, Arugula
1 Onion, Boy Choy, Garlic Cloves
1 lb Turnips, 1 lb Baby Potatoes
2 Large Shallots, 1 lb Kale
1 Carrot or 1 Red Bell Pepper
Baby Spinach, Fresh Basil Leaves
Mixed Mushrooms
2 C Brussels Sprouts

Canned, Spices, Misc

Almonds, Dried Cranberries
Peanut Butter, Marjoram
Unsweetened Apple Sauce
Salt, Pepper, Pesto, Flour
Rice Wine or Dry Sherry
Reduced-Sodium Soy Sauce
Corn Starch, Peanut Oil
Chili-Garlic Sauce, Olive Oil
7 C (56oz). Reduced-Sodium
Chicken Broth, Dried Dill
Dijon Mustard, Horseradish
Red or White Wine Vinegar
15oz. Can Cannellini or Great
Northern Beans, Croutons
Sherry Vinegar

Poultry, Meat, Fish (can be replaced w/ soy or other imitation meat products)

½ lb Pork Tenderloin
2 12oz Chicken Breasts
½ lb Salmon Filet
1 8oz Chicken Breast

Breads, Grains, Cereal

Kashi Go Lean Crunch Cereal
Light English Muffins
Pretzels, Whole Grain Bagel
100 Calorie Popcorn
Instant Oatmeal Packets
1 lb Prepared Whole Wheat
Pizza Dough
Soba or Rice Noodles
Whole Wheat Fettuccine

Dairy (can be replaced w/ soy or other imitation dairy products)

3 4oz Fat Free/ Low Fat Yogurt
Fat Free/Low Fat Mozzarella Cheese
Fat Free/ Low Fat Sour Cream
Fat Free/Low Fat Milk
Asiago Cheese
Pineapple Cottage Cheese Double
Fat Free/Low Fat Ricotta
Fat Free/ Low Fat Cottage Cheese
Light String Cheese
Fat Free/Low Fat Greek Yogurt
2 6oz Fat Free/Low Fat Yogurt
Eggs, Light Cream Cheese, Hummus
Low Fat Parmesan Cheese

Frozen

Frozen 100% Fruit Bar
Multi-grain Waffles

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	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	1 English Muffin, spread each w/ ¼ C ricotta or cottage cheese, top w/ sliced tomato	Mix: ¼ C almonds, ¼ C pretzels, ¼ C dried cranberries	Goat Cheese & Chicken Salad	1 light string cheese, 1 pear	1 serving Green Pizza 1 C grapes	1 Frozen Yogurt Cup
Tuesday	1 C Greek Yogurt, 1 C berries, 5 almonds, ¼ C Kashi cereal	1 apple, 10 almonds	1 serving Green Pizza 1 C grapes	6 oz. yogurt, 1/2 C pineapple	1 serving Pork & Bok Choy Stir Fry 1 Peach	1 frozen fruit bar
Wednesday	1 multigrain waffle, 1 hardboiled egg, 1 orange	100 calorie popcorn, 1 C grapes	1 serving Pork & Bok Choy Stir Fry 1 Peach	2 Celery Stalks, 2 TBS. light cream cheese	1 Serving Roast Chicken & Veggies	1 Frozen Yogurt Cup
Thursday	½ whole grain bagel spread w/ 1 TBS peanut butter, 1 banana	2 string cheese, 1 apple	1 Serving Roast Chicken & Veggies	½ C cottage cheese, 1 C cantaloupe	1 Serving Salmon & Kale ½ sweet potato	1 C applesauce 10 almonds
Friday	1 C Kashi Cereal, 1 C milk, ½ Banana	6 oz. yogurt, 1 pear	1 Serving Salmon & Kale ½ sweet potato	1 C raw veggies (carrots, broccoli, etc) w/ 3 TBS. hummus	1 Serving Creamy Fettuccine w/ Brussels Sprouts & Mushrooms	1 Frozen Yogurt Cup
Saturday	1 C pineapple cottage cheese double, ¼ C strawberries, 10 almonds	2 light string cheese, 1 C baby carrots	1 Serving Creamy Fettuccine w/ Brussels Sprouts & Mushrooms	1 apple, 1 TBS. peanut butter	1 Serving Chicken & Spinach Soup w/ Fresh Pesto	100 calorie popcorn
Sunday	1 Packet of Oatmeal, 1-2 Hardboiled eggs, 1 orange	2 TBS hummus, 1 light string cheese, 4 crackers	1 Serving Chicken & Spinach Soup w/ Fresh Pesto	½ C cottage cheese, 1 C cherry tomatoes	1 Serving Roast Chicken & Veggies	1 frozen fruit bar

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Frozen Yogurt Cup: Makes 3 Servings (60-100 Calories per serving)

Pierce 3 (4 oz) yogurt cups w/ a popsicle stick. Place in freezer overnight.

Green Pizza: Makes 6 Servings (323 Calories per Serving)

Ingredients: 1 lb prepared whole wheat pizza dough, 2 C chopped broccoli florets, ¼ C water, 5 oz. chopped arugula w/ stems removed, pinch of salt, ground pepper to taste, ½ C prepared pesto, 1 C shredded part-skim mozzarella cheese.

1. Position oven rack in the lowest position; preheat to 450 degrees. Coat a large baking sheet w/ cooking spray.
2. Roll out dough on a lightly floured surface about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8-10 minutes.
3. Meanwhile, cook broccoli and water in a large skillet over medium heat, covered, until the broccolis is crisp-tender, about 3 minutes. Stir in arugula and cook, stirring, until wilted, 1-2 minutes more. Season w/ salt & pepper.
4. Spread pesto evenly over the crust, top w/ the broccoli mixture & sprinkle w/ the cheese. Bake until crisp and golden and the cheese is melted, 8-10 minutes.

Pork & Bok Choy Stir Fry: Makes 2 servings (374 Calories per serving)

Ingredients: 4 oz. soba or rice noodles, ½ lb trimmed pork tenderloin, ¼ C water, 1/8 C rice wine or dry sherry, 1 TBS reduced-sodium soy sauce, 1 tsp cornstarch, ½ TBS peanut oil, ½ thinly sliced, medium onion, ½ lb bok choy, trimmed & cut into long, thin strips, ½ TBS chopped garlic, ½ TBS chili-garlic sauce.

1. Bring a large saucepan of water to a boil. Add noodles and cook according to package directions. Drain, rinse w/ cold water and set aside.
2. Meanwhile, slice pork into thin rounds; cut each round into matchsticks. Whisk water, rice wine, soy sauce & cornstarch in a small bowl.
3. Heat oil in a wok or large skillet over medium heat. Add onion and cook, stirring occasionally, until beginning to soften, 2-3 minutes. Add bok choy and cook, stirring occasionally, until beginning to soften, about 5 minutes. Add the pork, garlic and chili-garlic sauce; cook, stirring until the pork is just cooked through, 2-3 minutes.
4. Whisk the cornstarch mixture again, add it to the pan and bring to a boil. Cook, stirring, until the sauce has thickened, 2-4 minutes. Serve the pork & veggies over the noodles.

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Roast Chicken & Veggies: Makes 4 servings (333 Calories per serving)

Ingredients: 1 lb turnips, peeled & cut into ½ inch chunks, 1 lb baby potatoes, quartered, 2 TBS olive oil, divided, 1 tsp dried marjoram, ¼ tsp salt, divided, ½ tsp pepper, divided, ¼ C flour, 1 C reduced-sodium chicken broth, 2-12oz bone-in chicken breasts, skin & fat removed, cut in ½ crosswise, 1 large shallot, chopped, 1 TBS Dijon mustard, 2 tsp red or white wine vinegar

1. Preheat oven to 500 degrees
2. Toss turnips, potatoes, 1 TBS oil, marjoram, ½ tsp salt & ¼ tsp pepper together in a medium bowl. Spread in an even layer on a large baking sheet. Roast for 15 minutes.
3. Meanwhile, place flour in a shallow dish. Transfer 2 tsp of the flour to a small bowl and whisk in broth; set aside. Season chicken w/ the remaining ¼ tsp salt and ¼ tsp of pepper. Dredge the chicken in the flour shaking off excess. (Discard any leftover chicken)
4. Heat the remaining 1 TBS oil in a large skillet over medium heat. Add the chicken, skinned-side down, and cook until well browned on the bottom, about 5 minutes. Remove from the heat.
5. After the veggies have been roasting for 15 minutes, stir them and place one piece of chicken, skinned-side up, in each corner of the baking sheet. (Set the skillet aside) Return the veggies & chicken to the oven and roast until the chicken is cooked through and the veggies are tender, about 20 minutes more.
6. When the chicken and veggies have about 10 minutes left, return the skillet to medium heat. Add shallot and cook, stirring, about 1 minute. Whisk the reserved broth mixture again, add to the pan and bring to a boil. Cook, stirring occasionally, until reduced by about half, about 8 minutes. Stir in mustard and vinegar. Serve the chicken & veggies w/ the sauce.

Salmon & Kale: Makes 2 Servings (335 Calories per serving)

Ingredients: ½ TBS olive oil, ½ large shallot, thinly sliced, ½ C chicken broth, 1/8 C water, 1 lb Kale, stems removed & coarsely chopped, ½ lb salmon filet, cut into 2 portions, 1/8 tsp salt, 1/8 tsp pepper, 1/8 C low fat sour cream, 1 tsp horseradish, ½ tsp dried dill

1. Heat oil in a large skillet over medium heat. Cook shallot, stirring, until beginning to soften, about 2 minutes. Add broth, water and half the kale; cook, stirring, until slightly wilted, about 1 minute. Add remaining kale and cook until tender, about 8 minutes.
2. Sprinkle fish with salt & pepper and place on the kale. Cover and cook until the fish is just cooked through, 5-7 minutes.
3. Meanwhile, combine sour cream, horseradish & dill in a bowl. Serve the fish & kale w/ the sauce.

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Creamy Fettuccine w/ Brussels Sprouts & Mushrooms: Makes 3 Servings (385 Calories per serving)

Ingredients: 6 oz. whole wheat fettuccine, ½ TBS olive oil, 2 C sliced mixed mushrooms, 2 C thinly sliced Brussels sprouts, ½ TBS minced garlic, 1 TBS sherry vinegar, 1 C milk, 1 TBS flour, ¼ tsp salt, ¼ tsp pepper, ½ C shredded Asiago cheese

1. Cook pasta in a large pot until tender. Drain, return to pot and set aside.
2. Meanwhile, heat oil in a large skillet over medium heat. Add mushrooms and Brussels sprouts and cook, stirring often, until the mushrooms release their liquid, 8-10 minutes.
3. Add garlic and cook, stirring, about 1 minute. Add vinegar, scraping up any brown bits; bring to boil and cook, stirring, until almost evaporated, about 10 seconds.
4. Whisk milk and flour in a bowl; add to the skillet w/ salt and pepper. Cook stirring until the sauce bubbles and thickens, about 2 minutes. Stir in Asiago cheese until melted. Add the sauce to the pasta; gently toss.

Chicken & Spinach Soup w/ Fresh Pesto: Makes 2 servings (204 Calories per serving)

Ingredients: 2 tsp plus 1 TBS extra virgin olive oil, divided, ½ C chopped carrot or diced red bell pepper, 8 oz chicken breast cut into quarters, 1 large minced garlic clove, 5 C reduced-sodium chicken broth, 1 ½ tsp dried marjoram, 6 oz. coarsely chopped baby spinach, 1 15oz can rinsed cannellini beans or great northern beans, ¼ C grated Parmesan cheese, 1/3 C lightly packed fresh basil leaves, ground pepper to taste, ¾ C croutons for garnish

1. Heat 2 tsp oil in a large saucepan over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently until the chicken begins to brown, 3-4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.
2. With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.
3. Combine the remaining 1 TBS oil, Parmesan and basil in a food processor. Process until a coarse paste forms, adding a little water and scraping down the sides as necessary.
4. Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season w/ pepper. Heat until hot. Garnish with croutons, if desired.

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