

FOOD PRESCRIPTIONS FOR WEIGHT LOSS STUDY

WEEK 1 MEAL PLAN

MEALS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Eggs & Sweet Potato Hash & Grapes	KP Quesadilla with Orange	Avocado Toast with Yogurt and Strawberries	Total Cereal with Grapes and Flax Seed	Oatmeal & Flax Seed & Apple	Total Cereal & Banana & Flax Seed	Oatmeal & Flax Seed & Apple
LUNCH	Crunchy Chickpea Salad with Whole Wheat Toast (no cooking needed)	Leftovers: White Bean and Kale Soup	Leftovers: Fish Tacos with Lime Cream and Mango Salsa	Leftovers: Crunchy Chickpea Salad with Whole Wheat Toast (no cooking needed)	Leftovers: Chicken Cutlets with Tomatoes and Onions & Green Bean Salad + Brown Rice	Leftovers: Turkey Burrito + Arugula Side Salad	Leftovers: Black Bean and Sweet Potato Bowl
DINNER	White Bean and Kale Soup	Fish Tacos with Lime Cream and Mango Salsa	Chicken Cutlets with Tomatoes and Onions & Green Bean Salad + Brown Rice	Leftovers: White Bean and Kale Soup	Turkey Burrito + Arugula Side Salad	Black Bean and Sweet Potato Bowl	Leftovers: Turkey Burrito + Arugula Side Salad

SNACKS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Grapes Walnuts Almonds Pumpkin Seeds	Yogurt w/ Honey Strawberries Almonds & Walnuts, Flax Seed	Apple Almonds Walnuts Sunflower seeds	Carrot Peanut Butter Almonds with Grapes	Strawberries Almonds Walnuts Sunflower seeds	Yogurt w/ Honey Strawberries Almonds & Walnuts, Flax Seed	Grapes Walnuts Almonds Pumpkin Seeds

*Snacks can be eaten at any point during the day
Review snack instructions in your customized meal plan*



Table of Contents

Eggs with Sweet Potato Hash	3
Kickstart Sweet Potato Hash	4
Crunchy Chickpea Salad.....	5
Mixed Nuts & Grapes	6
White Bean and Kale Soup with Avocado	7
KP Quesadilla	8
Strawberry, Yogurt and Nuts	9
Fish Tacos with Lime Cream and Mango Salsa	10
Avocado Toast with Yogurt & Strawberries	11
Mixed Nuts with Apple	12
Chicken Cutlets with Tomatoes and Onions	13
Green Bean Salad with Cilantro Sauce	14
Brown Rice	15
Total Cereal with Grapes & Flax Seed.....	17
Carrot, Peanut Butter, and Almonds with Grapes.....	18
Oatmeal Breakfast.....	19
Mixed Nuts with Strawberries	20
The Best Turkey Burrito	21
Arugula Side Salad.....	23
Total Cereal with Banana & Flax Seed	24
Black Bean and Sweet Potato Bowl.....	25
Grocery List Week 1.....	26

Eggs with Sweet Potato Hash

Link to Recipe: [Beachbody.com](https://www.beachbody.com)

Serving	Nutrition	Time
Calories: 279	Carbs (g): 18g	Prep Time: 5 min
Serves: 2	Protein (g): 14g	Cook Time: 5 min
Size: ½ cup	Fat (g): 15g	Total Time: 10 min

Ingredients:

3 Eggs
2 tsp Sunflower oil
1 cup Grapes
1/4 cup Cheese, Monterey Jack, Shredded
1/4 cup Avocado, slices

Serve with:

2 servings of [Kickstart Sweet Potato Hash](#) (see Recipe on the next page)



Directions:

****Make [Kickstart Sweet Potato Hash](#) First (see Recipe)**

1. Use 1 tsp of sunflower oil in the frying pan.
2. Crack 3 eggs into a bowl. Using a fork whisk eggs. Add to the pan and scramble.
3. **Prepare One Serving:** Place 1/3 cup of scrambled eggs on a plate, serve with ½ cups of grapes and 1 cup of [Kickstart Sweet Potato Hash](#). Sprinkle 2 Tbsp of cheese over eggs and potatoes. Add 2 Tbsp avocado slices.

Kickstart Sweet Potato Hash

Serving Size: 2

Link to Recipe: <https://kickstart.pcrm.org/en/recipes/sweet-potato-hash-125707>

Serving	Nutrition	Time
Calories: 129	Carbs (g): 27g	Prep Time: 5 min
Serves: 2	Protein (g): 3g	Cook Time: 10 min
Size: 1 cup	Fat (g): 2g	Total Time: 15 min

Ingredients:

1 1/2 cup	Potato, sweet, peeled, cut in 1/2-inch pieces
1 tsp	Garlic cloves, minced
1/4 cup	Onion, white, chopped
1/4 cup	Bell pepper, red, chopped
1/4 cup	Bell pepper, green, chopped
1 tsp	Paprika
1/8 tsp	Salt
1/8 tsp	Black pepper, ground
1 Tbsp	Sunflower oil
2 tsp	Water



Directions:

1. Wash Sweet Potato and dry with towel. With a fork puncture sweet potatoes on all sides to ensure heat escapes and microwave for 5-6 minutes until tender. Let cool, cut in cubes and set aside.
2. While sweet potato is in microwave, sauté garlic, onion, and bell peppers for about 4 minutes in 1 tbsp oil. Add 2 tsp of water to keep hydrated.
3. Add paprika, salt, and black pepper and continue to cook for 5 minutes, until vegetables are soft. Add the sweet potatoes and cook to heat through. Mix until sweet potatoes are cooked to preference.
4. **Prepare One Serving:** Serve 1 cup of sweet potatoes on a plate.

Crunchy Chickpea Salad

Link to Recipe: <https://www.howsweeteats.com/2020/01/chickpea-chopped-salad/>

Serving	Nutrition	Time
Calories: 335	Carbs (g): 45g	Prep Time: 25 min
Serves: 4	Protein (g): 11g	Cook Time: 0 min
Size: 2 cup	Fat (g): 15g	Total Time: 25 min

Ingredients:

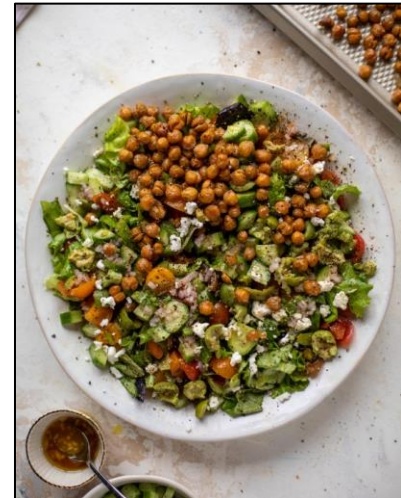
1 cup Beans, chickpea, canned
2 cup Tomato, regular, chopped
2 cup Kale, chopped.
3 cup Cucumber, chopped
1/4 cup Olives (black, 6 oz canned)
1/4 cup Cheese, feta
1 Tbsp Lemon, juice
2 tbsp Olive oil
1 tbsp Apple Cider Vinegar
1 tbsp Parsley, fresh, chopped
4 tsp Basil, dried leaves
1/4 tsp Garlic powder
1/4 tsp Table salt
1/4 tsp Ground black pepper

Toppings:

4 tbsp Sunflower seeds
4 tbsp Pepitas

Serve with:

2 slice Whole Grain, Pita
2 cup Orange, slice



Directions:

1. Rinse chickpeas, drain, and remove any loose shells. Add to bowl.
2. Add tomatoes, kale, cucumbers, black olives, feta, fresh parsley, fresh basil, garlic powder, salt, and pepper.
3. Dress the salad with juice of 1 lemon, red wine vinegar, and olive oil.
4. Mix all together.
5. **Prepare One Serving:** Serve 2 cup of salad mixed onto a plate. Sprinkle 1 tsp of sunflower seeds and 1 tsp of pumpkin seeds. Serve with 1/2 pita slice and 1/2 cup of oranges.
6. Transfer the remaining salad to a container with a lid and refrigerate until Tuesday's lunch. Keep in an airtight container.

Mixed Nuts & Grapes

Link to Photo: <https://www.dreamstime.com/stock-image-almonds-grapes-almond-nuts-white-background-image36574491>

Serving	Nutrition	Time
Calories: 238	Carbohydrate (g): 19g	Prep Time: 5 min
Serves: 2	Protein (g): 7g	Cook Time: 0 min
Size: 3/4 cup	Fat (g): 17g	Total Time: 5 min

Ingredients:

2 tbsp Pepitas, unsalted
4 tbsp Almonds, unsalted
2 tbsp Walnuts halves
1 cup Grapes



Directions:

1. Place all nuts in a bowl and mix.
2. Wash, dry and prepare grapes. Slice if preferred.
3. **Prepare One Serving:** Serve 1/2 cup of grapes with 1/4 cup of mixture almonds, walnuts, and pumpkin seeds.

White Bean and Kale Soup

Link to Recipe: <https://thekitchengirl.com/instant-pot-vegan-tuscan-white-bean-kale-soup/>

Serving	Nutrition	Time
Calories: 273	Carbohydrate (g): 43g	Prep Time: 15 min
Serves: 6	Protein (g): 14g	Cook Time: 25 min
Size: 1 ½ cup	Fat (g): 8g	Total Time: 40 min

Ingredients:

2 tbsp	Sunflower oil
1 cup	Onion, white, chopped
1 cup	Carrot, diced
1 cup	Celery Stalks, diced
5 Tbsp	Garlic, finely chopped, 5 cloves
3 1/2 cup	Tomato, canned, diced, with juices
3 cup	Cannellini Beans, drained and rinsed
3 3/4 cup	Vegetable Broth
1 tsp	Salt
1 tsp	Italian Seasoning, dried
1/2 tsp	Crushed Red Pepper, dried
4 cup	Kale fresh, 1 bunch chopped



Topping:

3/4 cup	Mozzarella Cheese, Shredded
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Directions:

1. Cut all vegetables for the soup (10 minutes).
2. In a 5-qt soup pot on medium-high heat, heat oil until it shimmers (about 2 minutes).
3. Add onions, carrots, celery, and garlic; sauté a few minutes until slightly tender, stirring as needed.
4. Stir in tomatoes, vegetable stock, beans, salt, Italian seasoning, and crushed red bell pepper.
5. Bring the soup just to a boil; then lower heat and simmer 10 minutes, stirring as needed.
6. Add kale to the pot and continue simmering until kale is wilted.
7. **Prepare One Serving:** In a large soup bowl, serve 1 ½ cup of White Bean and Kale Soup. Sprinkle 2 tbsp of cheese on soup.
8. Transfer remaining soup (once cool) to container with lid and refrigerate for future meals.
9. Leftovers will be eaten on day 2 for lunch and day 4 for dinner.

KP Quesadilla

Link to Recipe: Photo Credit <https://myquietkitchen>

Serving	Nutrition	Time
Calories: 452	Carbs (g): 38g	Prep Time: 15 min
Serves: 2	Protein (g): 20g	Cook Time: 15 min
Size: 1 cup (1 quesadilla)	Fat (g): 26g	Total Time: 30 min

Ingredients:

2 tsp	Sunflower oil
1 cup (4 oz)	Cheese, Monterey Jack, shredded
2 cup	Spinach, chopped
1/4 cup	Onion, chopped
1/4 cup	Mushroom, chopped
1/4 cup	Bell pepper, green, chopped
2	Tortilla, Whole Grain
2 tbsp	Cilantro, chopped
1 cup	Orange, sliced



Directions:

1. Chop the vegetables and fruit to prepare for quesadilla (about 15 min).
2. Heat the oil in a large saucepan over medium heat.
3. Stir in the bell peppers, onion, spinach, and mushrooms.
4. Cook and stir until the vegetables have softened, about 10 minutes.
5. Heat grill. Place wheat tortillas until soften lightly, do not let it overcook.
6. **Prepare One Serving:** Layer 1/4 cup cheese on half of each tortilla and add 1/2 cup veggie mixture and top with 1/4 cup of more cheese. Fold the tortilla in half and flip until cooked. About 3 minutes. Place quesadilla on a plate and slice in half or in threes. Serve with 1/2 cup of orange slices.

Strawberry, Yogurt and Nuts

Link to Recipe: https://www.orojel.it/magazine/salute-tavola/kiwi_e_frutta_secca_uno_spuntino_perfetto

Serving	Nutrition	Time
Calories: 289	Carbs (g): 20g	Prep Time: 10 min
Serves: 2	Protein (g): 11g	Cook Time: 0 min
Size: 1 cup	Fat (g): 20g	Total Time: 10 min

Ingredients:

1 cup	Yogurt, non-fat
1 cup	Strawberries, chopped
4 tbsp	Almonds, chopped
2 tbsp	Walnuts, chopped
2 tbsp	Flax seed ground
1 tsp	Honey



Directions:

1. Chop berries and nuts into small pieces.
2. **Prepare One Serving:** Scoop 1/2 cup of yogurt into a bowl or glass. Add 1/2 cup of chopped strawberries, 2 tbsp almonds, 1 tbsp walnuts and 1 tbsp flax seed to yogurt and stir well. Drizzle with 1/2 tsp of honey on top.

Fish Tacos with Lime Cream and Mango Salsa

Link to Recipe: <https://www.myrecipes.com/recipe/fish-tacos-lime-crema-mango-salsa#nutrition>

Serving	Nutrition	Time
Calories: 382	Carbohydrate (g): 48g	Prep Time: 23 min
Serves: 4	Protein (g): 31g	Cook Time: 10 min
Size: 2 Tacos	Fat (g): 10g	Total Time: 33 min

Ingredients:

Mango Salsa:

2 cup Mango, peeled, diced
1/4 cup Onion, red, diced
2 Tbsp Cilantro freshly chopped.
1/2 cup Tomato, red, chopped
1 tsp Lime, juice

Avocado Lime Cream:

1/2 cup Non-Fat Yogurt
1/2 cup Cilantro, fresh chopped
3 Tbsp Lime, fresh juice
1 cup Avocado

Tacos:

12 oz Tilapia (Four 3 oz fillets)
1/8 tsp Salt
1/8 tsp Black pepper, ground
8 Corn Tortillas

Topping:

2 cup Red Cabbage, shredded
1 tsp Lime, cut into 4 sections.



Directions:

1. To prepare salsa, combine first 5 ingredients in a bowl. Gently mix. Cover and refrigerate until ready to serve.
2. To prepare Avocado Lime Cream, place yogurt and next 3 ingredients (through avocado) in a food processor or blender; process until smooth. Cover and refrigerate.
3. To prepare tacos, preheat grill, pan, or skillet to medium-high heat. Sprinkle fish with salt and pepper. Place fish on grill, pan, or skillet coated with cooking spray; cook 5 minutes on each side or until fish flakes easily when tested with a fork. Remove fish and break each fillet separately and into chunks with a fork. You will use half a fillet per taco.
4. While fish cooks, warm tortillas on skillet (do not let dry out).
5. **Prepare One Serving:** On a plate, place 2 tortillas and 1.5 oz or half the fillet (or 1/4 cup) to each tortilla. Top each taco with 1/4 cup of cabbage, 2 tbsp of lime-cream and 1/4 cup of mango salsa.
6. Transfer remaining fish, salsa, cabbage, lime cream and tortillas to containers with lid and refrigerate overnight for lunch the next day.

Avocado Toast with Yogurt & Strawberries

Link to Recipe: <https://reciperunner.com/orange-tofu-edamame-stir-fry/>

Serving	Nutrition	Time
Calories: 426	Carbs (g): 43g	Prep Time: 15min
Serves: 2	Protein (g): 16g	Cook Time: 0 min
Size: 1 Toast + 1/2 cup parfait	Fat (g): 24g	Total Time: 15 min

Ingredients:

2	Bread, Whole Grain
1/2 cup	Avocado, sliced
1/4 tsp	Salt
1/4 cup	Spinach, chopped finely
1 tsp	Lime, juice
2 tbsp	Flax seed, ground
1 cup	Yogurt
4 tbsp	Almonds, chopped
2 tbsp	Pepita
1 cup	Strawberries, chopped
1 tsp	Honey



Directions:

1. Toast whole wheat bread slice in toaster/convection oven to your preference.
2. Cut avocado and remove the seed and place in bowl. Add flax seed and mash.
3. Chop strawberries into small pieces.
4. **Prepare One Serving:** On a plate, place 1 toast and spread 1/4 cup of avocado, top with 2 Tbsp chopped spinach and sprinkle 1/8 tsp of salt, and 1/2 tsp of lime juice. Serve with 1/2 cup yogurt, mixed with 2 tbsp of almond and 1 tbsp of pumpkin seeds, 1/2 cup strawberries and drizzle with 1/2 tsp of honey.

Mixed Nuts with Apple

Link to Photo: https://www.123rf.com/photo_116305166_bowl-with-organic-mixed-nuts-on-table-space-for-text.html

Link to Photo: <https://www.applesfromny.com/varieties/>

Serving	Nutrition	Time
Calories: 233	Carbs (g): 18g	Prep Time: 5 min
Serves: 2	Protein (g): 7g	Cook Time: 0 min
Size: 1/4 cup	Fat (g): 17g	Total Time: 5 min

Ingredients:

2 tbsp Walnuts
4 tbsp Almonds
2 tbsp Sunflower Seeds
2 tbsp Pepita
1 cup Apple



Directions:

1. Slice the apple.
2. **Prepare One Serving:** In a bowl, serve 1 tbsp of walnuts, 2 tbsp of almonds, 1 tbsp of sunflower seeds and 1 tbsp of pumpkins seeds. Serve with 1/2 cup of apple slices.

Chicken Cutlets with Tomatoes and Onions

Link to Recipe: <https://ifoodreal.com/chicken-breast-with-tomatoes/>

Serving	Nutrition	Time
Calories: 240	Carbs (g): 10g	Prep Time: 10 min
Serves: 4	Protein (g): 33g	Cook Time: 15 min
Size: 1 chicken breast	Fat (g): 8g	Total Time: 25 min

Ingredients:

4-3.5 oz pieces Chicken breast
1/2 tsp Salt
1/4 tsp Black pepper, ground
3 tsp Sunflower oil
1 cup Onion, chopped
2 1/2 cup Tomato, regular, cut into half-moon shapes.
2 Tbsp Tarragon, ground
1 1/2 Tbsp Basil, ground
4 tsp Basil, dried leaves



Directions:

1. Lightly season the chicken with salt and pepper.
2. Heat 1 teaspoon of oil in a large nonstick skillet on medium to high heat.
3. If needed, work in batches and cook cutlets 2-3 minutes per side.
4. Add another teaspoon of oil, if needed. Transfer cutlets to a serving plate and cover to stay warm.
5. Add final teaspoon of olive oil to the skillet and sauté onions for 3 minutes. Add tomatoes and cook 2-3 minutes.
6. Stir in ground tarragon and basil. Once simmered, turn heat off.
7. Add tomato-onion mixture on the chicken cutlets.
8. **Prepare One Serving:** Serve one chicken breast with 2/3 cups of tomato mixture onto a plate. Serve with 1/2 cup of Brown Rice (prepared earlier the week) and 1 cup of Green Beans with Cilantro Sauce (See Recipe)
9. Transfer remaining chicken and tomato mixture to container with lids and refrigerate for leftovers the next day.

Green Bean Salad with Cilantro Sauce

Link to Recipe: <https://www.vegiessavetheday.com/green-bean-salad/>

Serving	Nutrition	Time
Calories: 240	Carbs (g): 12g	Prep Time: 15 min
Serves: 4	Protein (g): 4g	Cook Time: 5 min
Size: 1 cup	Fat (g): 15g	Total Time: 20 min

Ingredients:

1 lb. (3 cup) Green beans
1 cup Cherry tomatoes, halved (use remaining tomatoes in stock)

Cilantro Sauce:

1 Tbsp Garlic clove, minced.
1 cup Cilantro, fresh chopped
2 teaspoons Lemon Juice (1/4 lemon)
1/4 cup Olive oil
1/4 teaspoon Sea Salt
1/4 teaspoon Black Pepper Ground

Topping:

4 teaspoon Sunflower seeds



Directions:

1. Line the green beans up on a cutting board and trim the stem end.
2. Prepare an ice bath by placing cold water and ice cubes in a large bowl. Set aside.
3. In a large pan, bring 1-2 inches of water to a boil. Add the whole trimmed green beans to the pot. Allow to cook for about 2 minutes until they are bright green. Do not overcook the beans.
4. Quickly remove the beans from the water with kitchen tongs and place in the ice bath to stop the cooking. Allow them to cool completely.
5. Slice the cooled beans into 1–2-inch pieces. Place them in a salad bowl along with the tomatoes.
6. Prepare the sauce by placing the Cilantro Sauce ingredients in the bowl of a food processor. Pulse until a sauce is formed, scraping down the sides of the bowl, as necessary. You should still be able to see small bits of cilantro leaves in the sauce. Taste and add salt and pepper, if needed.
7. Add the sauce to the green beans and tomatoes and toss well to coat.
8. **Prepare One Serving:** Serve 1 cup of green bean tomato salad onto plate. Sprinkle 1 tsp of sunflower seeds.
9. Transfer remaining salad to container with lid and refrigerate for lunch the next day.

Brown Rice

Link to Recipe: <https://cookieandkate.com/perfect-brown-rice-recipe/>

Serving	Nutrition	Time
Calories: 109	Carbohydrate (g): 23g	Prep Time: 2 min
Serves: 8*	Protein (g): 3g	Cook Time: 20 min
Size: ~1/2 cup	Fat (g): 1g	Total Time: 32 min (with 10 min for steaming)

*4 servings Black Bean and Sweet Potato Bowl, 4 servings Chicken Cutlet

Ingredients:

Note: The fastest method to cook brown rice is the Boiling Method, reduces cooking time by 10 min by adding more water. **Pick one method!**

1 cup uncooked rice makes 3 cups cooked rice (ratio 1:3)
1 cup uncooked rice needs 2 cups of water (ratio 1:2)

Absorption Method (30-45 minutes)

1 1/2 cups Brown rice, long grain (**makes 4.5 cups**)
3 cups Water
1 tsp Salt

Boiling Method (20-30 minutes)

1 1/2 cups Brown Rice, long grain (**makes 4.5 cups**)
3 cups Water
3/4 tsp Salt

*Equipment Needed: 2-3 qt. Saucepan and Strainer



Directions:

Absorption Method

1. Add rice to a fine-meshed strainer. Rinse and wash under cool running water until the water runs clear, usually in about 1 minute. Shake and lightly press with hands to drain excess liquid.
2. In a medium pot add the rice, water, and salt. Bring to a boil over medium-high heat. Once the water comes to a boil then stir a few times.
3. Cover and reduce to a simmer over low heat. The water should be slightly bubbling, and you may see steam exiting the sides of the lid. Cook until the rice absorbs the water, about **35 to 45** minutes.
4. Turn off the heat and keep the rice covered for 10 minutes. Fluff the rice with a fork and serve hot.

Boiling Method

1. Add rice to a fine-meshed strainer. Rinse and wash under cool running water until the water runs clear, usually in about 1 minute. Shake and lightly press with hands to drain excess liquid.
2. Pour water and salt into large pot. Bring the water and salt to a boil.
3. Add the rice, cook uncovered, stirring occasionally over medium heat until the rice is tender, about **30 minutes**. Adjust the heat as needed to maintain a steady boil but does not cause the water to overflow.

4. Drain the cooked rice in a strainer or colander removing all the water. Return the rice to the empty hot pot, cover and allow it to sit for 5 to 10 minutes. Fluff the rice with a fork and serve hot.
5. **Prepare One serving:** Serve ½ cup of Brown Rice with the meal.
6. Once remaining rice is cool, transfer to container with lid. Store in refrigerator to use the following three days.

Total Cereal with Grapes & Flax Seed

Link to Recipe: <https://www.goodfon.com/wallpaper/zavtrak-hlopya-kukuruznye.html>

Serving	Nutrition	Time
Calories: 359	Carbs (g): 50g	Prep Time: 10 min
Serves: 2	Protein (g): 12g	Cook Time: 0 min
Size: 1 1/2 cups	Fat (g): 15g	Total Time: 10 min

Ingredients:

2 cup TOTAL Whole Grain Cereal
1/2 tsp Cinnamon, ground
2 Tbsp Flaxseed, ground
4 Tbsp Walnuts chopped or halved.
1 cup 1% Milk
2/3 cup Grapes, halved.



Directions:

1. Slice the grapes in half.
2. **Prepare One Serving:** Mix 1 cup cereal, 1/4 tsp cinnamon, 1 tbsp flaxseed, 2 tbsp walnuts in bowl. Add 1/2 cup of milk and 1/3 cup of grapes.

Carrot, Peanut Butter, and Almonds with Grapes

Link to Photo: <https://www.shutterstock.com/2014/carrots-peanut-butter/>

Link to Photo: <https://unsplash.com/photos/18uzMKQxYA4>

Serving	Nutrition	Time
Calories: 319	Carbs (g): 29g	Prep Time: 5 min
Serves: 2	Protein (g): 10g	Cook Time: 0 min
Size: 1 cup	Fat (g): 21g	Total Time: 5 min

Ingredients:

1 cup Carrots, chopped or sliced
4 Tbsp Peanut Butter
2 Tbsp Almonds
1 cup Grapes



Directions:

1. Slice the carrots into desired shape.
2. Wash and dry grapes.
3. **Prepare One Serving:** In a bowl, serve 2 tbsp of peanut butter with 1/2 cup of sliced carrots and top with 1 tbsp of almonds. Serve with 1/2 cup of grapes.

Oatmeal Breakfast

Link to Recipe: <https://www.eatthismuch.com/recipe/nutrition/apple-cinnamon-oatmeal-frittata,56419/>

Serving	Nutrition	Time
Calories: 380	Carbs (g): 49g	Prep Time: 10 min
Serves: 2	Protein (g): 14g	Cook Time: 5 min
Size: 1 1/2 cups	Fat (g): 16g	Total Time: 15 min

Ingredients:

- 1 cup Oatmeal, Old Fashion
- 1 tsp Cinnamon ground
- 1 cup Milk, 1%
- 2 tbsp Flaxseed ground
- 1 cup Apple medium (chopped)
- ½ cup Water (optional)
- 2 Tbsp Almonds chopped or whole
- 2 Tbsp Walnuts, chopped or whole



Directions:

1. Heat milk in a saucepan and simmer. Remove from heat.
2. Add raw oats and wait until the liquid absorbs. (For thinner consistency, pour small amounts of boiled water, let sit and repeat, if necessary, until you reach the texture you desire.)
3. Add cinnamon, ground flax seeds, apple (chopped in bite size pieces), chopped almonds and walnuts.
4. Stir all ingredients together.
5. **Prepare One Serving:** Scoop 1 ½ cups of oatmeal into a bowl.

Mixed Nuts with Strawberries

Link to Photo: https://www.123rf.com/photo_116305166_bowl-with-organic-mixed-nuts-on-table-space-for-text.html

Link to Photo: <https://unsplash.com/s/photos/strawberry>

Serving	Nutrition	Time
Calories: 201	Carbs (g): 19g	Prep Time: 5 min
Serves: 2	Protein (g): 6g	Cook Time: 0 min
Size: 1/4 cup	Fat (g): 13g	Total Time: 5 min

Ingredients:

2 tbsp Walnuts
2 tbsp Almonds
1 tbsp Sunflower Seeds
1 tbsp Pumpkin Seeds
2 cup Strawberries, sliced



Directions:

1. Slice strawberries.
2. **Prepare One Serving:** In a bowl, serve 1 tbsp of walnuts, 1 tbsp of almonds, 1/2 tbsp of sunflower seeds and 1/2 tbsp of pumpkins seeds. Serve with 1 cup of sliced Strawberries.

The Best Turkey Burrito

Link to Recipe: <https://www.culinaryhill.com/saucy-turkey-tacos/>

Serving	Nutrition	Time
Calories: 401	Carbs (g): 36g	Prep Time: 15 min
Serves: 6	Protein (g): 26g	Cook Time: 15 min
Size: 1 burrito	Fat (g): 18g	Total Time: 30 min

Ingredients:

For taco seasoning:

1 1/2 tbsp	Chili powder
2 tsp	Cumin
1 tsp	Paprika
3/4 tsp	Ground coriander
1/3 tsp	Cayenne pepper
3/4 tsp	Salt

For the burritos:

1 1/2 tbsp	Sunflower Oil
1 1/2	Medium white onion, finely chopped
4	Cloves garlic, minced
1 1/2 tsp	Dried oregano
14 oz	Ground turkey
12 oz	Tomato sauce
3 tsp	Apple cider vinegar
1 1/2 tsp	Brown sugar
1/4 tsp each	Salt and freshly ground black pepper
6	Whole Wheat Flour Tortillas

For the Toppings or Filling:

1/2 cup	Shredded Monterey Jack Cheese
3 cups	Shredded Romaine
2	Red tomato, diced
3/4 cup	Onion, diced
1/2 cup	Cilantro, chopped

Serve with [Arugula Side Salad](#) (See Recipe)



Directions:

To make the burrito seasoning:

1. In a small bowl, whisk together taco seasoning ingredients.

To make the burritos:

2. In a large skillet over medium-high heat, heat oil until shimmering. Add onion and cook until softened, about 5 minutes. Stir in taco seasoning, garlic, and oregano until fragrant, about 30 seconds.
3. Add ground turkey and cook, stirring occasionally, until almost cooked through but still slightly pink, about 2 minutes.
4. Stir in tomato sauce, vinegar, salt, pepper, and brown sugar. Bring to a simmer, cook until thickened, about 4 minutes.
5. Heat skillet and cook two wheat flour tortillas, flipping until soft. Do not overcook.

6. **Prepare One Serving:** Place 1 tortilla on a plate and scoop 1 cup of burrito mix and place on tortilla. Top with 1/2 cup of shredded Romaine, 1 tbsp of cheese, 2 tbsp of tomato, cilantro and onion. Roll the tortilla to make a burrito. Serve with 2 cups of **Arugula Side Salad** (See Recipe).
7. Transfer remaining burrito mix to container with lid and refrigerate for lunch the next day.

Arugula Side Salad

Link to Recipe: <https://www.wellplated.com/anytime-arugula-salad/>

Serving	Nutrition	Time
Calories: 244	Carbs (g): 11g	Prep Time: 15 min
Serves: 6	Protein (g): 5g	Cook Time: 0 min
Size: 1 1/2 cups	Fat (g): 21g	Total Time: 15 min

Ingredients:

6 cup	Arugula
1 1/2 cup	Medium carrots - shaved into ribbons
1 1/2 cup	Large Tomato - cubed
6 tbsp	Feta Cheese – crumbled
6 tbsp	Walnuts – chopped
3 tbsp	Parsley – chopped
3 tsp	Basil, dried leaves, sprinkled

For the dressing:

4.5 tbsp	Freshly lemon juice ~1/2 medium lemon
4.5 tbsp	Balsamic vinegar
6 tbsp	Extra-virgin olive oil
3/4 tsp	Kosher salt

Topping:

3/4 cup	Avocado, sliced
6 teaspoons	Sunflower seeds



Directions:

1. Place the arugula, carrots, parsley, basil and tomatoes in a large bowl.
2. In a small bowl or large measuring cup, whisk together the dressing ingredients: lemon juice, balsamic vinegar, olive oil, and salt.
3. Separate half of the salad mixture and half of the dressing (DO NOT MIX). Save 1/2 of the avocado in refrigerator. Transfer food to containers with lid and refrigerate for lunch the next day.
4. Remaining half - Toss salad mix in bowl with dressing.
5. **Prepare One Serving:** On a plate, serve 1 1/2 cups of salad mix. Top with 2 Tbsp avocado sliced, and 1 tsp of sunflower seeds. Serve with [The Best Turkey Burrito](#) recipe.

Total Cereal with Banana & Flax Seed

Link to Recipe: <https://www.eatthis.com/banana-cooking-tips/>

Serving	Nutrition	Time
Calories: 355	Carbs (g): 49g	Prep Time: 10 min
Serves: 2	Protein (g): 14g	Cook Time: 0 min
Size: 1 1/2 cups	Fat (g): 14g	Total Time: 10 min

Ingredients:

2 cups	Total Cereal
1/2 tsp	Cinnamon, ground
2 tbsp	Flaxseed, ground
4 tbsp	Almonds chopped or halved.
1 cup	1% Milk
1 cup	Banana, Sliced.



Directions:

1. Slice banana into coin-like pieces.
2. **Prepare One Serving:** In a bowl, pour 1 cup cereal, 1/4 tsp cinnamon, 1 tbsp flaxseed, 2 tbsp almonds in bowl. Add 1/2 cup of milk and top with 1/2 cup of sliced bananas.

Black Bean and Sweet Potato Bowl

Link: <https://asimplepalate.com/blog/nourishing-black-bean-sweet-potato-bowl/>

Serving	Nutrition	Time
Calories: 348	Carbs (g): 52g	Prep Time: 10 min
Serves: 4	Protein (g): 13g	Cook Time: 30 min
Size: 2 1/2 cups	Fat (g): 11g	Total Time: 40 min

Ingredients:

- 3 Potato, sweet, diced into 1-inch cuts
 - 1 Tbsp Oil, sunflower
 - 1/4 tsp Salt
 - 2 cups Brown rice, cooked earlier this week
 - 2 cup Water
 - 1 (14 oz.) Beans, black, canned (undrained)
 - 1/4 tsp Garlic, powder
 - 1/2 tsp Cumin, ground
 - 1/2 tsp Paprika, ground
 - 1/2 tsp Chili, powder
 - 1/4 tsp Salt
 - 1/4 tsp Black Pepper, ground
 - 4 cup Kale, chopped
 - 1 tsp Oil, sunflower
 - 1/4 tsp Garlic, powder
- Serve with:*
- 1/2 Avocado, sliced
 - 2 Lime, juice
 - 4 tsp Pepitas



Directions:

1. Dice sweet potato, chop kale, sliced avocado and limes. Set aside.
2. Preheat oven to 375F. Place diced sweet potatoes on a sheet pan and toss with 1 tablespoon of oil and sprinkle salt. Roast for 25 minutes - flip halfway through to cook evenly.
3. Open cans of black beans (do not drain) and place in a pan. Mix in black pepper, paprika, cumin, chili powder and garlic powder. Cook on LOW heat for 3-5 minutes. Turn heat off when done.
4. In a separate pan, sauté kale with oil, salt to taste, and 1/4 teaspoon garlic powder for about 5 minutes until soft.
5. **Prepare One Serving:** In a bowl, add 1/2 cup of brown rice, 1/2 cups of black bean mix, 1 cup of cooked kale and 1/2 cup of diced sweet potato. Top with 2 tbsp of avocado, 1 tsp of pepitas and sprinkle juice for 1/2 a lime.
6. Transfer remaining black bean, kale and sweet potato to containers with lid and refrigerate for two more meals.

Grocery List Week 1

*Because of variations and/or challenges with supply chain, we may need to substitute some items because of lack of availability.

Food	Quantity	Storage & Prep Tips
PROTEIN - ANIMAL		
Chicken breast, skinless, boneless	14 oz	Freeze. Pull out Friday night to thaw in refrigerator.
Ground Turkey	12 oz	
Tilapia	12 oz	
Eggs	3	Refrigerate. Lasts about 3 weeks.
PROTEIN – VEGETABLE		
Canned Black Beans	1 ¾ cup	Store dry.
Canned Chickpeas	7.5 oz (1/2 can)	Store dry.
Canned Cannellini Beans	44 oz	Store dry.
Walnuts	8 2/3 tbsp	Store dry. Used throughout the weeks.
Almonds	13 tbsp	Store dry. Used throughout the weeks.
Pumpkin Seeds	11 1/3 tbsp	Store dry. Used throughout the weeks.
Peanut Butter	2 Tbsp	Store dry. Used throughout the weeks
Sunflower Seeds	4 1/3 tbsp	Store Dry. Use throughout the weeks.
Hummus	6 tbsp	Refrigerate.
PROTEIN – DAIRY		
Feta Cheese	6 2/3 tbsp	Refrigerate. Wrapped in plastic wrap will last 2 weeks.
Non-fat Plain Yogurt	28 oz	Refrigerate.
Monterey Jack Cheese	20 oz	Refrigerate. Wrapped in plastic wrap will last 2 weeks.
1% Milk, Vitamin A&D	4 cups	Refrigerate.
GRAINS		
Long Grain Brown Rice	1.5 cups dry	Store Dry. Lasts 1-2 years in pantry.
Old Fashioned Oats	2 cups	Store Dry. Lasts 1-2 years in pantry.
Whole Wheat Tortilla	6	Refrigerate. Lasts 3-4 weeks.
Total Cereal	4 cups	Store Dry.
Whole Grain Bread	7 slices	Store dry. Lasts 5 to 7 days.
Corn Tortillas	8	Refrigerate. Lasts 6-8 weeks.
POTATO		
Sweet Potato	1 lbs	Store Dry. Let air flow in dark pantry. Lasts 3-5 weeks

Food	Quantity	Storage & Prep Tips
VEGETABLES		
Garlic Bulbs (10-12 cloves each)	17.5 cloves	Store dry. Unpeeled last 3 to 5 months Refrigerate: Peeled last 5-7 days
Basil Fresh Leaves	8 tbsp	Refrigerate. Lasts 5-7 days. Tip: Remove wilted leaves & moisture, keep in plastic bag.
Parsley	¾ cup	Refrigerate. Lasts 5-7 days. Tip: Remove wilted leaves & moisture, keep in plastic bag.
Lettuce Spinach	½ cup	Refrigerate. Lasts 5-7 days
Lettuce - Romaine	1 head	Refrigerate. Lasts 7-10 days
Tomato - Red	21	Refrigerate. Lasts 2 weeks.
Canned Tomato Sauce	8 oz	Store dry.
Oregano	2 tbsp	Refrigerate. Lasts 1 week.
Onion - Red	1 cup	Store dry. Lasts 4 weeks. OR Refrigerate. Last 6 weeks
Onion - Yellow	1.5	Store dry. Lasts 4 weeks. OR Refrigerate. Last 6 weeks
Onion – White	2.5	Store dry. Lasts 4 weeks. OR Refrigerate. Last 6 weeks
Onion – Green	8	Refrigerate. Lasts 1-2 weeks.
Green Beans	1 lb	Refrigerate. Lasts 7 days.
Full Carrots	7.5	Store dry. Lasts 4 weeks. OR Refrigerate. Last 6 weeks
Mexican Squash or Zucchini	4	Refrigerate. Cut in half in plastic bag. Lasts 1-2 weeks.
Green Bell Pepper	¾ cup	Refrigerate. Last 1-2 weeks.
Red Cabbage	2 cups	Refrigerate. Lasts about 2 weeks.
Red Bell Pepper	7	Refrigerate. Last 1-2 weeks.
Green Beans	1 lb	Refrigerate. Keep in plastic bag. Last 1-2 weeks.
Mushrooms	¾ cup	Refrigerate. Last 4-7 days.
Brown Mushrooms	½ cup	Refrigerate. Last 4-7 days.
Mint	3 tbsp	Refrigerate. Lasts 3 to 5 days.
Cucumber	2.5	Refrigerate. Lasts about 1 week.
Kale	1 bunch	Refrigerate. Keep in original container. Lasts 5-7 days.
Cilantro	2 bunches	Refrigerate. Keep in plastic bag. Last 1-2 weeks.
Arugula	5 oz	Refrigerate. Lasts 7 days.
Celery	4 stalks	Refrigerate. Lasts 2-4 weeks.
FRUIT		
Kiwi	4	Refrigerate. Lasts 5 to 10 days
Avocado	7	Room temperature. Unripe, allow to ripen lasts 4-7 days. Refrigerate. Ripe avocado, slow ripening. Lasts 3 days. Room temperature. In brown bag, speeds ripening.
Pear	2	Refrigerate once ripe. Lasts 3 to 5 days.
Apple	2.5	Refrigerate. Lasts 4-6 weeks.
Limes	5.5	Refrigerate. Lasts 3-4 weeks.
Lemon	3 ¼	Refrigerate. Lasts 2-3 weeks.
Orange	3	Refrigerate. Lasts 3-4 weeks.
Seedless Grapes (1lb = 2.5 cups)	2 ¾ cups	Room temperature: Unwashed. Lasts 1 week.
Banana	1	Room temperature. Last 6 days. OR Refrigerate 9 days.
Mango	2 cups	Refrigerate once ripe. Lasts 5 days.

Ingredients you need at home (not included in delivery)

*Because of variations/challenges with supply chain, we may need to substitute some items because of lack of availability

Ingredient	Quantity	Ingredient	Quantity
FATS		SPICES	
Olive Oil	23 tsp	Italian Seasoning	1 tsp
Sunflower Oil	20 tsp	Crushed Red Pepper	1/2 tsp
		Kosher Salt	3/4 tsp
SWEETS		Cumin	1 ½ tsp
Brown Sugar	1 tsp	Paprika	3/4 tsp
Honey	3 tsp	Coriander, Ground	1/2 tsp
		Chili Powder	1 tbsp
OTHER		Cayenne Pepper	¼ tsp
Vegetable Broth	64 oz (2-32 oz boxes)	Dried Oregano	1 tsp
Apple Cider Vinegar	16 2/3 tbsp	Dried Parsley	1 tbsp
Balsamic Vinegar	1 tbsp	Dried Basil	2 tsp
Canned Black Olives	2 tbsp	Tarragon, Ground	2 tbsp
Red Wine Vinegar	½ tbsp	Sea Salt	1 tsp
		Table Salt	2 1/4 tsp
		Garlic Powder	1/8 tsp
		Ground Pepper	2 1/2 tsp
		Cinnamon, Ground	7 tsp
		Sweet Paprika	½ tbsp