

**FOOD PRESCRIPTIONS FOR WEIGHT LOSS STUDY
WEEK 2 MEAL PLAN**

MEALS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Flourless Banana Pancakes	Egg & Sweet Potato Hash + Grapes	Total Cereal & Flax Seed & Banana + Almonds	Toast & Avocado + Yogurt with Apples + Almonds	Oatmeal with Flax Seed, Strawberries & Nuts	Total Cereal & Flax Seed & Banana + Almonds	Egg, Toast, and Strawberries
LUNCH	Smashed Chickpea Salad Sandwich	Mediterranean Lentil Salad	Salmon Foil Packs + Brown Rice	Orange Tofu and Edamame Stir-Fry + Quinoa	Orange Tofu and Edamame Stir-Fry + Quinoa	Turkey Vegetable Chunky Spaghetti + Spinach Salad	Greek Quinoa Salad
DINNER	Mediterranean Lentil Salad	Salmon Foil Packs + Brown Rice	Orange Tofu and Edamame Stir-Fry + Quinoa	Mediterranean Lentil Salad	Turkey Vegetable Chunky Spaghetti + Spinach Salad	Greek Quinoa Salad	Turkey Vegetable Chunky Spaghetti

SNACKS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Edamame with Sriracha Sauce + Orange	Yogurt, Strawberries, & Almonds	Apple + Peanut Butter + Carrot	Mixed Nuts with Strawberries	Yogurt, Strawberries & Almonds	Apple + Peanut Butter + Carrot	Edamame with Sriracha Sauce + Orange

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



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Healthy Flourless Banana Pancakes

Link to Recipe: <https://thebigmansworld.com/fluffy-flourless-banana-smoothie-pancakes-vegan-gluten-free-sugar-free/#wprm-recipe-container-19550>

Serving	Nutrition	Time
Calories: 326	Carbs (g): 46g	Prep Time: 10 min
Serves: 2	Protein (g): 8g	Cook Time: 10 min
Size: 2 (4" rounds)	Fat (g): 15g	Total Time: 20 min

Ingredients:

Prepare Batter:

1 cup	Oatmeal, dry (old fashion)
1/4 cup	1% milk
3/4	Banana
2 tsp	Honey
2 tbsp	Flax Seed, Ground
2 tsp	Baking Powder
1 tbsp	Apple Cider Vinegar
1 tsp	Vanilla Extract
1 tsp	Cinnamon, ground
2 tbsp	Walnuts, chopped

Toppings:

1/4	Banana, sliced
2 tsp	Honey, to drizzle
2 tbsp	Walnuts chopped



Directions:

1. Combine all the batter ingredients in a blender. Blend until smooth.
2. Allow the batter to rest for 5-10 minutes, giving the oats time to absorb liquid and thicken.
3. Preheat a nonstick pan over medium high heat. Once hot, pour 4-1/3 cup size pancakes.
4. Cook for 1-2 minutes or until you can easily slide a spatula underneath. Flip. Cook for another 1-2 minutes on the second side.
5. **Prepare One Serving:** Serve 2 pancakes and top with 2 tbsp of banana and 1 tbsp of chopped walnuts. Drizzle with 1 tsp of honey.

Smashed Chickpea Salad Sandwich

Link to Recipe: <https://vanillaandbean.com/smashed-chickpea-salad-sandwich/>

Serving	Nutrition	Time
Calories: 418	Carbs (g): 50g	Prep Time: 10 min
Serves: 2	Protein (g): 16g	Cook Time: 0 min
Size: 1 Sandwich	Fat (g): 18g	Total Time: 10 min

Ingredients:

For the Chickpea salad:

1 cup	Chickpeas, canned, rinsed, and drained
1/4 cup	Onion, red, finely chopped
1/4 cup	Celery, finely chopped
2 Tbsp	Carrot, shredded
2 Tbsp	Mayonnaise
2 Tbsp	Relish or Dill Pickles finely chopped (optional)
2 1/2 tsp	Mustard, stone ground or regular
1 1/2 tsp	Apple Cider Vinegar
1/4 tsp	Salt
1/4 tsp	Dill, dried
1/8 tsp	Turmeric, ground
1/2 tsp	Black pepper, ground

For the Sandwich*:

4 slices	Bread, Whole Grain
1/2 cup	Spinach, fresh, sliced
1/2 cup	Tomato, regular, sliced long
1/4 cup	Avocado, diced

*Topping with sprouts is optional.



Directions

1. Using a potato masher, rough-mash the chickpeas until most are smashed but there are still some whole chickpeas left. Add the celery, onion, carrot, mayo, mustard, vinegar, salt, dill, turmeric and black pepper. Mix well. Taste for seasoning adjustment.
2. Toast bread, if preferred.
3. **Prepare One Service:** On a plate, place two slices of bread. Top and spread 3/4 cup of chickpea salad, split evenly on both bread slices. Top with 2 tbsp of avocado, 1/4 cup of tomato and 1/4 cup of spinach.

Edamame with Sriracha Sauce

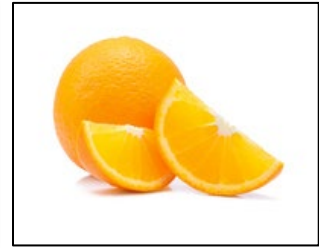
Link to Photo: <https://fastcurries.com/2019/04/03/instant-pot-spicy-edamame/>

Link to Photo: <https://dictionary.cambridge.org/us/dictionary/english/orange>

Serving	Nutrition	Time
Calories: 157	Carbs (g): 18g	Prep Time: 5min
Serves: 2	Protein (g): 10g	Cook Time: 5 min
Size: 1 cup	Fat (g): 6g	Total Time: 10 min

Ingredients:

- 1 cup Edamame
- 2 tbsp Sriracha Sauce
- 1 cup Orange, small, sliced



Directions:

1. Place frozen edamame in a saucepan with water about 1" above beans. Heat until boiling for a few minutes.
2. Remove from heat and drain.
3. **Prepare One Serving:** Place 1/2 cup of edamame in a bowl. Top with 1 tbsp of sriracha sauce. Serve with 1/2 cup of orange slices.

Mediterranean Lentil Salad

Link to Recipe: <http://thymeandtoast.com/mediterranean-lentil-salad/>

Serving	Nutrition	Time
Calories: 407	Carbs (g): 48g	Prep Time: 15 min
Serves: 6	Protein (g): 19g	Cook Time: 20 min
Size: 2 cups	Fat (g): 17g	Total Time: 35 min

Ingredients:

1 3/4 cup	Dry lentils (makes 3 1/2 cups cooked)
2	Dried bay leaf
1/2	Chopped red onion (1 cup)
6	Small radishes, chopped
4	Celery stalks (2 cups)
1	Green bell pepper, chopped 1/2 cup-3/4
6 cups	Chopped fresh spinach (5 cups if wilt)
1/2 cup	Parsley, chopped

Toppings:

3/4 cups	Feta cheese
6 tbsp	Ground Flax Seed

Dressing:

6 tbsp	Lemon juice
4 tbsp	Olive oil
2	Garlic clove, minced
1 tsp	Salt
3	Whole Grain Pita



Directions:

1. Add the lentils and bay leaf to a pot with water covering them by 3 inches. Bring to a boil and reduce to a simmer, cooking uncovered for 15-20 minutes, or until al dente (but not mushy). Once the lentils are done, drain and set aside to cool.
2. Meanwhile, add the vegetables (onion, radish, celery, bell pepper, spinach, and parsley) to a mixing bowl.
3. Make the dressing by combining the lemon juice, olive oil, garlic, and salt in a jar or small bowl.
4. Once the lentils have cooled, combine them with the vegetables and toss with the dressing.
5. **Prepare One Serving:** In a bowl, scoop out 2 cups of the Lentil Salad. Top with 1 tbsp of flax seed and 2 tbsp of feta cheese. Serve with 1/2 Pita Slice.
6. Transfer the remaining salad to a container with lid and refrigerate for lunch tomorrow.

Eggs with Sweet Potato Hash

[Link to Recipe: Photo credit Beachbody.com](#)

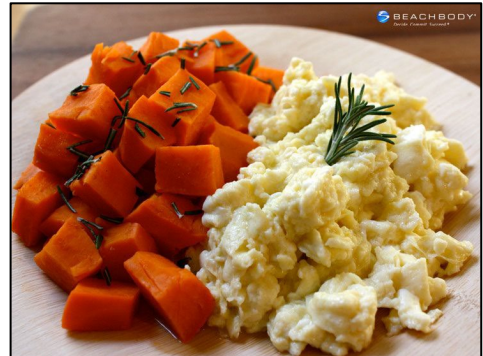
Serving	Nutrition	Time
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Calories: 223	Carbs (g): 16g	Prep Time: 5 min
Serves: 2	Protein (g): 12g	Cook Time: 5 min
Size: ½ cup	Fat (g): 18g	Total Time: 10 min

Ingredients:

3	Eggs
2 tsp	Sunflower oil
1 cup	Grapes
2 tbsp	Monterey Jack Cheese Shredded
1/2 cup	Avocado Slices

Serve with 2 servings of **Kickstart Sweet Potato Hash** (see Recipe)



Directions:

****Make Kickstart Sweet Potato Hash First (see Recipe)**

1. Use 2 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 egg scramble on a plate, serve with ½ cups of grapes and 1 cup of **Kickstart Sweet Potato Hash**. Sprinkle ½ tbsp of cheese over eggs and potatoes. Add 1/4 avocado slices.

Kickstart Sweet Potato Hash **Leftovers

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: 4	Protein (g): 3g	Cook Time: 10 min
Size: 1 cup	Fat (g): 2g	Total Time: 15 min

Ingredients:

1 lbs	Sweet potatoes (3 medium, peeled, cut in 1/2-inch pieces)
1 1/2	Garlic cloves (minced)
1/2	Small onion (chopped)
1/2	Small red bell pepper (chopped)
1/2	Small green bell pepper (chopped)
1/2 tbsp	Paprika
1/6 tsp	Kosher or sea salt to taste
1/6 tsp	Freshly ground black pepper
2 tbsp	Sunflower oil
2 tbsp	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 and cut in cubes and set aside.
2. While sweet potato is in microwave, sauté garlic, onion, and bell peppers for about 4 minutes in 2 tbsp oil. Add 2 tbsp 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.

Note: Serving Size: 4 (Freeze ½ of the Sweet Potato for next week breakfast).

Freezing Extra Sweet Potato Hash

Once cooled, pour remaining potato hash into freezer bag and seal tight. Freeze until the following week.

Thawing the Extra Sweet Potato Hash

Remove sweet potato from freezer and thaw in microwave or on stovetop. Suggest also transferring frozen sweet potato hash from freezer to refrigerator the night before.

Yogurt, Strawberries, & Almonds

Link to Photo: [Photo credit Beachbody.com](#)

Serving	Nutrition	Time
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Calories: 197	Carbs (g): 18g	Prep Time: 5 min
Serves: 2	Protein (g): 8g	Cook Time: 5 min
Size: 1 cup	Fat (g): 12g	Total Time: 10 min

Ingredients:

1 cup	Non-Fat Yogurt
1 cup	Strawberries (chopped)
2 tbsp	Almonds (chopped)
1 tsp	Honey
2 tbsp	Ground Flax Seed



Directions:

1. Chop strawberries and almonds.
2. **Prepare One Serving:** Scoop 1/2 cup of yogurt in a bowl, top with 1/2 cup strawberries, 1 tbsp of almonds and 1 tbsp of ground flax seed. Mix gently. Drizzle with 1/2 tsp of honey.

Salmon Foil Packs with Quinoa

Link to Recipe: <https://www.delish.com/cooking/recipe-ideas/recipes/a51594/salmon-foil-packs-recipe/>

Serving	Nutrition	Time
Calories: 318	Carbs (g): 24 g	Prep Time: 10 min
Serves: 4	Protein (g): 28 g	Cook Time: 20 min
Size: 1 foil pack	Fat (g): 13 g	Total Time: 30 min

Ingredients:

Sauce:

¼ cup	Soy sauce
1-piece	Ginger, grated
2	Cloves garlic, grated
1 tbsp	Honey

Foil Pack:

4	Salmon pieces (4.0 oz each)
1	Red bell peppers, cut into 1" pieces.
2	Medium carrots cut in thick discs
1	Crown broccoli, cut into florets (4 cups)
2	Red onions, cut into ½" half moons



Toppings:

2	Green onions, chopped
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Directions:

1. Preheat oven to 375°.
2. Make sauce: In a small bowl, combine soy sauce, ginger, garlic, and honey.
3. Prepare 4 12"-x-18" heavy duty foil pieces. Place a salmon fillet onto the foil. Put 1/2 cup of a handful of onions, 1/4 cup of red bell pepper, 1/4 cup of carrots and 1 cup of broccoli. Drizzle 2 tbsp of sauce over fish and vegetables. Foil close foil over food and crimp each edge tightly. Repeat three more times and create a total of four Salmon foil packs.
4. Place foil packets on a heavy sheet pan and bake for 20 minutes – carefully open foil packets as steam will escape.
5. **Prepare One Serving:** On a plate, plates salmon and vegetables from foil. Serve with Serve two foil packs onto two individual plates. Garnish with green onions. Serve with ½ cup of Quinoa.
6. Let the remaining two packs cool and refrigerate for next day lunch.

How to Cook Quinoa

Link to Recipe: Photo Credit- <https://feelgoodfoodie.net/recipe/how-to-cook-quinoa/>

Serving	Nutrition	Time
Calories: 111	Carbs (g): 20g	Prep Time: 10 min
Serves: 16	Protein (g): 4g	Cook Time: 20 min
Size: ½ cup	Fat (g): 2g	Total Time: 30 min

Plan for the week: 4 servings *Salmon Foil Pack*, 6 servings *Orange Tofu*, and 6 servings *Greek Salad*.

Ingredients:

2 1/2 cup Quinoa (yields 8 cups cooked)
5 cups Water (1:2 ratio)



Directions:

1. Rinse quinoa with water in a fine-mesh strainer.
2. Fill a 2 quart-size saucepan with water.
3. Add the rinsed quinoa to the 2 quart-size saucepan and simmer for about 15-20 minutes, depending on how much you are making at once.
4. Quinoa will be ready when it has absorbed all the water.
5. **Prepare One Serving:** Serve 1/2 cup of quinoa with meals.
6. Transfer the remaining quinoa to container with lid and refrigerate for multiples meals throughout the week.

Cooking Notes: Quinoa is a whole grain. It is a rich source of fiber and protein. Quinoa is cooked in the same way as white rice.

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.

Apple, Carrot, & Peanut Butter

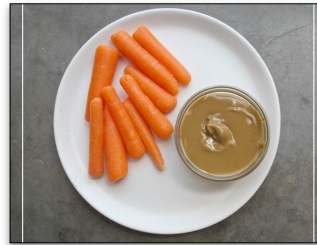
Link to Photo: <https://www.shutterbean.com/2014/carrots-peanut-butter/>

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

Serving	Nutrition	Time
Calories: 155	Carbs (g): 19g	Prep Time: 5min
Serves: 2	Protein (g): 4g	Cook Time: 0 min
Size: 1 cup	Fat (g): 8g	Total Time: 5 min

Ingredients:

1 cup Apple, sliced
1 cup Carrot, sliced
4 tbsp Peanut Butter



Directions:

1. Slice carrots and apples.
2. **Prepare One Serving:** One a plate, serve 1/2 cup of apple, 1/2 cup of carrots and 2 tbsp of peanut butter.

Orange Tofu with Edamame and Quinoa

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

Serving	Nutrition	Time
Calories: 255	Carbs (g): 30g	Prep Time: 15 min (+ drying Tofu earlier)
Serves: 6	Protein (g): 12g	Cook Time: 15 min
Size: 1 1/2 cups	Fat (g): 11g	Total Time: 30 min

****This meal is for three mealtimes.**

Ingredients:

Stir-Fry:

4 tsp	Sunflower oil
18 oz	Extra firm Tofu (1 packet) <i>*takes 1 hour to prep dry tofu</i>
1 cup	Thinly sliced red bell pepper.
2 cup	Carrots thinly sliced.
3 cup	Chopped broccoli.
3/4 cup	Shelled edamame
3 tsp	Grated fresh ginger
2 tsp	Grated fresh garlic
1/2 tsp	Kosher salt and fresh ground black pepper to taste.

Orange Sauce:

2 tsp	Orange zest
3/4 cup	Fresh squeezed orange juice (2 oranges)
1/2 cup	Vegetable broth
4 1/2 tbsp	Honey
3 tbsp	Soy Sauce
1 1/2 tsp	Sriracha
3 tsp	Cornstarch
3 tsp	Ground flaxseed

Topping:

2	Sliced green onion tips
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Note: Serve with **Quinoa** 1/2 cup per plate (Quinoa made earlier in the week, reheat in microwave)

Directions:

- Tofu should be dry by dinner time.** Instructions for earlier: Dry Tofu early (takes 1 hour): Drain the tofu and pat dry with paper towels. Slice the tofu into 5 slabs. Line a plate with a clean kitchen towel, then arrange the tofu in a single layer on the towel. Fold the towel over the cubed tofu and place something heavy on top such as a cast iron skillet. Press the tofu for approximately 1 hour.
- Take dry tofu and stack the slabs on top of each other and slice through them lengthwise, then slice across to make 5 even rows. You should have 50 cubes of tofu. Remove the towel and season the tofu with salt and pepper.
- In a small bowl whisk together all the ingredients for the orange sauce until combined. Set aside.
- Heat 2 tsp of the oil in a large non-stick or cast-iron skillet over medium-high heat. Swirl the oil to coat the bottom of the skillet then add in the cubed tofu and arrange into a single layer. Cook on each side for 1-2 minutes or until golden and crisp. Remove the tofu from the skillet back onto the plate.

5. Add 2 tsp of oil to the skillet and swirl to coat the bottom. Add in the red bell pepper, broccoli, ginger and garlic. Sauté for 1 minute then add the tofu back in along with the edamame and stir everything together.
6. Pour the orange sauce into the skillet and stir until the sauce thickens and everything is coated, about 2-3 minutes.
7. **Prepare One Serving:** On a plate scoop 1 1/2 cup of Tofu vegetable mix. Top with 1 tbsp of chopped green onions. Serve with 1/2 cup of quinoa. (Made earlier in the week – heated measured servings in microwave.)
8. Transfer remaining stir fry to container with lid and refrigerate for next day meal.

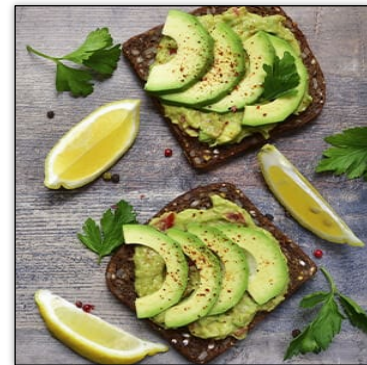
Avocado Toast

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

Serving	Nutrition	Time
Calories: 313	Carbs (g): 40g	Prep Time: 10min
Serves: 2	Protein (g): 8g	Cook Time: 0 min
Size: 2 Toast	Fat (g): 16g	Total Time: 10 min

Ingredients:

2	Whole wheat bread, slice
1	Avocado, sliced
1/4 tsp	Salt
1/2 cup	Spinach, chopped finely
1 tsp	Lime, juice
2 tbsp	Walnuts, chopped
2 tbsp	Flax seed, ground
1 cup	Grapes



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 walnuts and flax seed and mash.
3. **Prepare One Serving:** On a plate, place 1 toast and spread 1/2 cup of avocado, top with 1/4 cup chopped spinach and sprinkle 1/8 tsp of salt, and 1/2 tsp of lime juice. Serve with 1/2 cup of grapes.

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 Pepitas
1/2 cup Strawberries, sliced



Directions:

1. Slice the 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 pepitas. Serve with 1/4 cup of Strawberry slices.

Oatmeal with Flax Seed, Strawberries & Nuts

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

Serving	Nutrition	Time
Calories: 376	Carbs (g): 45g	Prep Time: 5 min
Serves: 2	Protein (g): 15g	Cook Time: 10 min
Size: 1 1/2 cup	Fat (g): 16g	Total Time: 15 min

Ingredients:

1 cup	Oatmeal, Old Fashion
2 tsp	Cinnamon ground
1 cup	Milk, 1%
2 tbsp	Flaxseed ground
1 cup	Strawberries (chopped)
½ cup	Water (optional)
2 tbsp	Almonds chopped or whole



Directions:

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

Turkey Vegetable Chunky Spaghetti with Spinach Salad

Link to Recipe: <https://thisdelicioushouse.com/turkey-vegetable-spaghetti/>

Serving	Nutrition	Time
Calories: 497	Carbohydrate (g): 48g	Prep Time: 20 min
Serves: 6	Protein (g): 33g	Cook Time: 20 min
Size: 2 cups	Fat (g): 21g	Total Time: 40 min

Ingredients:

9 oz	Pasta, Spaghetti Whole Grain (9 oz = 4.5 cups cooked)
1 1/2 tbsp	Sunflower Oil
2	Carrot, peeled and diced into small pieces
1 medium	Green Bell Pepper diced and seeded
1 medium	Onion white, diced
2	Garlic cloves, minced
1-lb	Ground Turkey (16 oz)
2 tbsp	Oregano, dried
1 tbsp	Basil, dried
1 tsp	Salt
1/2 tsp	Black Pepper
1 medium	Zucchini, shredded
1/3 cup	Tomato Paste (purchase 6 oz can)
7	Tomato Red, small, diced
12 tbsp	Shredded Mozzarella



Spinach Salad:

6 oz	Spinach, Fresh (6 cups)
1 cup	Grapes, cut in half
1	Cucumber
2 tbsp	Pepitas
6 tsp	Olive Oil

Directions:

1. Prep Step: Cut all the veggies and shred the cheese to prepare for making the pasta sauce and the salad.
2. Cook the spaghetti according to package instructions until al dente, reserving 1 cup of cooking liquid. Set aside. Be sure the pasta is being drained and read to eat once pasta sauce is done.
3. Heat oil in a large skillet over medium heat. Add diced carrots, bell pepper, and onion into small pieces. Add to skillet and sauté for 3-4 minutes until softened, adding the minced garlic during the last minute of cooking.
4. Push the veggies to the side of the pan and add the ground turkey to the middle, breaking up with a spoon. Season with oregano, dried basil, salt, and pepper. Cook through (about 6-7 minutes) then add the tomato paste and zucchini.
5. Sauté for an additional two minutes and then pour in the diced tomatoes. Bring to a simmer and cook for 10 minutes, adding pasta water if the sauce is too thick.
6. While the pasta sauce is cooking, mix prepped ingredients for Spinach Salad in a large bowl.

7. **Prepare One Serving:** On a plate, put 3/4 cup of spaghetti and add 1 1/2 cups of spaghetti sauce. Sprinkle 2 tbsp of mozzarella cheese. Serve with 1 cup of spinach salad mix, top with 1 tbsp of pepitas and drizzle 1 tsp of oil over salad.
8. Transfer remaining pasta, pasta sauce and salad into containers with lid to refrigerate to eat as leftovers for two additional mealtimes.

Greek Quinoa Salad

Link to Recipe: <https://www.spendwithpennies.com/greek-quinoa-salad/>

Serving	Nutrition	Time
Calories: 341	Carbs (g): 45g	Prep Time: 30 min
Serves: 4	Protein (g): 10g	Cook Time: 0 min
Size: 1 1/2 cups	Fat (g): 15g	Total Time: 30 min

Ingredients:

3 cups	Cooked Quinoa (made earlier in the week)
4	Tomato, medium diced
2 cup	Bell pepper, green, diced
1/2 cup	Bell pepper, red, diced
2 cup	Cucumber, diced
1/2 cup	Black olives, sliced
3/4 cup	Red onions, diced
1/3 cup	Feta cheese
1 tbsp	Parsley, chopped

Dressing:

1/4 cup	Olive oil
1/2	Fresh lemon, juiced
2 tbsp	Red wine vinegar
2 tsp	Ground flax seed
1 tsp	Oregano, dried
1/2 tsp	Basil, dried



***Depending on your preference, start with 1/4 cup of dressing and add until desired.*

Directions:

1. Use quinoa from earlier in the week.
2. Cut the vegetables and prepare to bring salad together.
3. In a large bowl, combine tomatoes, green peppers, cucumbers, olives, red onion, and feta cheese, and dressing. Toss to coat evenly.
4. Add 3 cups quinoa from earlier in the week. Mix.
5. **Prepare One Serving:** In a bowl, scoop 1 1/2 cups of Greek Salad. Top with 1/4 tbsp of parsley sprinkled over salad.
6. Transfer the remaining into container with lid to refrigerate overnight for next day lunch.

Egg, Toast, and Strawberries

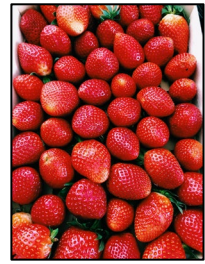
Link to Photo: <https://www.iheartnaptime.net/scrambled-eggs/>

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

Serving	Nutrition	Time
Calories: 248	Carbs (g): 25	Prep Time: 15 min
Serves: 2	Protein (g): 10g	Cook Time: 0 min
Size: 1 cup	Fat (g): 12g	Total Time: 15 min

Ingredients:

2	Eggs, medium
2 slices	Wheat Toast
1 cup	Strawberries, sliced
1 tsp	Sunflower Oil
1/2	Avocado



Directions:

1. Slice strawberries, set aside.
2. Use 1 tsp of sunflower oil to coat the pan.
3. Crack 2 eggs into a bowl. Using a fork whisk eggs. Add to the pan and scramble.
4. **Prepare One Serving:** On a plate, serve $\frac{1}{2}$ scrambled eggs, 1 slice of toast, $\frac{1}{4}$ avocado and $\frac{1}{2}$ cup of sliced strawberries.

Grocery List Week 2

Food	Quantity	Storage & Prep Tips
PROTEIN - ANIMAL		
Salmon	16 oz	Freeze. Pull out Friday night to thaw in refrigerator
Eggs	5	
Ground turkey	8 oz	
PROTEIN - VEGETABLE		
Canned Chickpeas	15 oz	Store dry
Walnuts	6 Tbsp	Store dry. Used throughout the weeks
Almonds	5 2/3 Tbsp	Store dry. Used throughout the weeks
Peanut Butter	4 Tbsp	Store dry. Used throughout the weeks
Tofu, Extra Firm	12 oz	Refrigerate. Closed Tofu last 5 days in refrigerator
Sunflower Seeds	3 Tsp	Store Dry. Use throughout the weeks
Edamame	2 cups	Freezer. Take portion out as needed
Hummus	1 cup (8 oz)	Refrigerate. Use throughout the week, lasts 5-6 days.
PROTEIN – DAIRY		
Feta Cheese	1.5 cups	Refrigerate. Wrapped in plastic wrap will last 2 weeks
1% Milk	2.5 cups	
Yogurt	32 oz	
Mozzarella Cheese	½ cup	
GRAINS		
Oats	3 cups	Store Dry. Lasts 1-2 years in pantry
Quinoa	1 ½ cups	Store Dry. Last 4-6 months
Lentils, dry	2 cups	Store dry. Lasts 6 months in airtight container
Total Cereal	2 cups	
Whole Wheat Bread	4 slices	
Whole Grain Pasta	4 oz	

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

Food	Quantity	Storage & Prep Tips
VEGETABLES		
Garlic Bulbs (10-12 cloves each)	6 cloves	Store dry. Unpeeled last 3 to 5 months Refrigerate: Peeled last 5-7 days
Basil Fresh Leaves	2 tbsp	Refrigerate. Lasts 5-7 days Tip: Remove wilted leaves & moisture, keep in plastic bag.
Parsley	1 cup + 1.5 tbsp	Refrigerate. Lasts 5-7 days Tip: Remove wilted leaves & moisture, keep in plastic bag.
Lettuce Spinach	4 cups	Refrigerate. Lasts 5-7 days
Tomato - Red	10	Room temperature: 1 week OR Refrigerate: 2 weeks
Ginger	2-inch piece	
Tomato paste	¼ cup	
Onion - Red	3	
Onion – White	½	
Onion – Green	3	Store dry. Lasts 4 weeks. OR Refrigerate. Last 6 weeks
Full Carrots	5	
Celery Stalk	4 stalks	Refrigerate. Cut in half in plastic bag. Lasts 1-2 weeks.
Green Bell Pepper	2.5	Refrigerate. Last 3-4 weeks.
Red Bell Pepper	3.5	Refrigerate. Last 2-4 weeks. Wrap package in foil paper.
Radishes	6	Refrigerate. Keep in plastic bag. Last 1-2 weeks.
Broccoli	1 crown	Refrigerate. Keep in plastic bag. Last 1-2 weeks.
Cucumber	3	
Kale	1 cup	Refrigerate. Last 5 days
Zucchini	1 medium	Refrigerate. Keep in plastic bag. Last 1-2 weeks.
FRUIT		
Avocado	0.5	Refrigerate. Ripe avocado, slow ripening. Lasts 3 days. Room temperature. In brown bag, speeds ripening
Strawberries		
Apple	3	Room temperature. Unripe, allow to ripen lasts 4-7 days
Lemon	2.5	Room temperature: Unwashed. Lasts 1 week.
Orange	3	Room temperature: Unwashed. Lasts 1-2 weeks
Grapes (1lb = 2.5 cups)	1 cup	Room temperature: Last 1 week. OR Refrigerate 2 weeks
Banana	3	Room temperature: Last 1 week. OR Refrigerate 2 weeks

Ingredients you need at home (not included in delivery)

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Ingredient	Quantity	Ingredient	Quantity
FATS		SPICES	
Olive Oil	9 tbsp	Bay Leaf	2
Sunflower Oil	3.5 tbsp	Black Pepper	6 1/4 tsp
		Cinnamon, Ground	7 tsp
SWEETS		Garlic, Powder	1/8 tsp
Honey	6 1/3 tbsp	Oregano, Dried	1 1/3 tbsp
		Table Salt	2 1/4 tsp
		Basil, Dried	2 tsp
OTHER			
Vegetable Broth	1/4 cup		
Apple Cider Vinegar	2 tbsp		
Flax Seed Ground	8 1/3 tbsp		
Soy Sauce	6 tbsp		
Vanilla Extract	2 tsp		
Corn Starch	2 tsp		
Sriracha Sauce	2 1/3 tbsp		
Red Wine Vinegar	2 1/2 tbsp		
Canned Black Olives	10 tbsp		
Baking Powder	4 tsp		