

**FOOD PRESCRIPTIONS FOR WEIGHT LOSS STUDY  
WEEK 3 MENU**

MEALS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Scrambled Eggs with Tangerine & Oven Roasted Potatoes	Tofu Scramble & Roasted Potatoes + Grapes	Avocado Toast + Breakfast Yogurt with Strawberries	Total Cereal Breakfast with Banana & Flax Seed	Avocado Toast + Breakfast Yogurt with Strawberries	Total Cereal Breakfast with Banana & Flax Seed	Oatmeal Breakfast with Apple
<b>LUNCH</b>	Favorite Chickpea Salad	Leftovers Lentil Sweet Potato Soup + Broccoli Salad	Leftovers Garlic Butter Tilapia + Brown Rice + Avocado Pineapple & Cucumber Salad	Leftovers Veggie Hummus Avocado Sandwich + Israeli Salad + Orange	Leftovers Veggie Hummus Avocado Sandwich + Israeli Salad + Orange	Leftovers Moroccan Chicken + Brown Rice + Moroccan Eggplant Salad	Leftovers Chickpea Tacos + Everyday Mexican Salad
<b>DINNER</b>	Lentil Sweet Potato Soup + Broccoli Salad	Garlic Butter Tilapia + Brown Rice + Avocado Pineapple & Cucumber Salad	Veggie Hummus Avocado Sandwich + Israeli Salad + Orange	Leftovers Lentil Sweet Potato Soup + Broccoli Salad	Moroccan Chicken + Brown Rice + Moroccan Eggplant Salad	Chickpea Tacos + Everyday Mexican Salad	Leftovers Moroccan Chicken + Brown Rice + Moroccan Eggplant Salad

SNACKS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACK</b>	Apple + Peanut Butter	Yogurt with Mixed Nuts + Grapes	Cantaloupe with Mixed Nuts	Apple + Peanut Butter	Hummus with Veggies and Cantaloupe	Yogurt with Mixed Nuts + Grapes	Hummus with Veggies and Cantaloupe

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



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# Scrambled Eggs with Tangerine

Link to Recipe: <https://recipechampions.com/recipe/soft-scrambled-eggs-and-roasted-breakfast-potatoes/> (photo)

Serving	Nutrition	Time
Calories: 227	Carbs (g): 12g	Prep Time: 10 min
Serves: 2	Protein (g): 13g	Cook Time: 25 min
Size: 1/3 cup	Fat (g): 13g	Total Time: 35min (Inc. roasted potatoes)

## Ingredients:

- 4 Eggs, medium
- 2 tsp Sunflower Oil
- 1/6 tsp Salt
- 1/6 tsp Black pepper, ground
- 2 Tangerines

Serve with **Oven Roasted Potato** (see recipe)



## Directions:

1. Prepare **Oven Roasted Potato** **first**. While potatoes are in oven, start preparing the eggs and fruit.
2. While potatoes are roasting in the oven, pour oil in pan and heat over medium to low heat.
3. Crack 4 eggs into a bowl. Add salt and pepper. Using a fork, whisk eggs.
4. Add eggs to the pan and scramble until cooked and fluffy to preference.
5. Peel tangerines.
6. Remove potatoes from oven and let cool.
7. **Prepare One Serving:** Serve 1/2 cups eggs on a plate, 1 peeled tangerine (1/2 cup) and 1 cup of **Oven Roasted Potato**.

# Oven Roasted Potato

Link to Recipe: <https://www.loveandlemons.com/roasted-potatoes/#wprm-recipe-container-42248>

Serving	Nutrition	Time
Calories: 188	Carbs (g): 30g	Prep Time: 5 min
Serves: 4	Protein (g): 3g	Cook Time: 25 min
Size: 1 cup	Fat (g): 8g	Total Time: 30 min

Serve in Meals (1 cup): Serves 2 Scramble Egg and Serves 2 Tofu Scramble,

## Ingredients:

4 (2.5"-3") Potato, quartered  
2 tbsp Sunflower oil, drizzle before baking  
1 tsp Salt  
1/2 tsp Freshly ground black pepper

### Dressing:

1 tbsp Olive oil (drizzle after baking)  
1 tsp Lemon zest  
2 tbsp Lemon juice  
1 tsp Dijon mustard  
2 Garlic, cloves minced  
1-2 tsp Rosemary, minced  
1/4 tsp Red pepper flakes  
1/4 tsp Sea salt  
1/4 tsp Freshly ground black pepper

### Topping:

2 tbsp Parsley, finely chopped



## Directions:

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.
2. **It is important you quarter the potatoes to cook faster.** Toss the potatoes with sunflower oil, salt, and pepper, and spread evenly on the baking sheet. Roast 25 minutes, or until tender and golden brown around the edges. The timing will depend on the size and freshness of your potatoes.
3. In a small bowl, whisk together the olive oil, lemon zest, lemon juice, mustard, garlic, rosemary, red pepper flakes, salt, and pepper.
4. Drizzle the dressing onto the cooked potatoes and gently toss. You may not need all the dressing. Sprinkle with parsley and serve.
5. **Prepare One Serving:** On a plate serve 1 cup of potato wedges. Serve with [Scramble Eggs with Tangerine](#) (See Recipe)
6. Once remaining potatoes cool, transfer to container with lid. Refrigerate to be used for one more meal the next day.

# Favorite Chickpea Salad

Link: <https://cookieandkate.com/best-chickpea-salad-recipe/>

Serving	Nutrition	Time
Calories: 370	Carbs (g): 41g	Prep Time: 20 min
Serves: 2	Protein (g): 14g	Cook Time: 0 min
Size: 1 1/4 cup	Fat (g): 19g	Total Time: 20 min

## Ingredients:

- 1 cup Beans, garbanzo, canned (chickpeas) rinsed and drained.
- 1/2 cup Bell Pepper, red, chopped.
- 1/2 cup Parsley, fresh, chopped
- 1/4 cup Onion, red, chopped
- 1/2 cup Celery, stalk, chopped
- 1 1/2 Tbsp Oil, olive
- 1 Tbsp Lemon, fresh, (from 1 large lemon)
- 1 Garlic cloves, minced.
- 1/4 tsp Salt
- 1/4 tsp Black Pepper, ground
- 1 Pita, whole grain
- 2 Tbsp Cheese, feta, crumbled.
- 2 Tbsp Pepitas



## Directions:

1. In a medium bowl, combine all the ingredients. Toss until combined. Taste and add additional lemon juice, salt, or pepper if necessary.
2. Serve immediately, or chill until you're ready to serve.
3. **Prepare One Serving:** In a bowl, serve 1 1/4 cup of Chickpea Salad, top with 1 tbsp of feta cheese and 1 tbsp of pepitas. Serve with 1/2 slice of pita.

# Apples with Peanut Butter

Link to Photo: <https://www.eatingwell.com/recipe/266368/apple-wedges-peanut-butter/>

Serving	Nutrition	Time
Calories: 223	Carbs (g): 16g	Prep Time: 5 min
Serves: 2	Protein (g): 8g	Cook Time: 0 min
Size: 1/2 cup	Fat (g): 16g	Total Time: 5 min

## Ingredients:

1 cup            Apple  
4 tbsp           Peanut Butter



## Directions:

1. Cut 1 apple into slices.
2. **Prepare One Serving:** On a plate serve 1/2 cup of sliced apples and 2 tbsp of peanut butter.

# Lentil Sweet Potato Soup

Link to Recipe: <https://veggiesociety.com/sweet-potato-lentil-stew-recipe/>

Serving	Nutrition	Time
Calories: 244	Carbs (g): 36g	Prep Time: 10 min
Serves: 6	Protein (g): 12g	Cook Time: 40 min
Size: 2 cup	Fat (g): 7g	Total Time: 50 min

## Ingredients:

- 1 1/2 tbsp Sunflower oil
- 1/2 cup Onion, white, chopped
- 1 tsp Salt
- 1 cup Celery
- 1 cup Carrot
- 3 Garlic cloves, minced
- 1 tsp Cumin, ground
- 1 tsp Paprika, ground
- 1 tsp Coriander, ground
- 1 tsp Basil, ground or dried
- 3 Tbsp Flax Seed, Ground
- 1 tsp Onion powder
- 1 Bay leaf
- 1 cup Lentils, green, dry (Ratio 1:2.5)
- 3 cup Water (Ratio 1:3)
- 1 tsp Salt
- 1 tsp Black Pepper
- 2 cup Potato, Sweet, cut into 1/2 inch cubes
- 2 cup Tomatoes, regular, diced
- 1 cup Spinach, frozen
- 6 Tbsp Cilantro, chopped
- 2 Tbsp Lime, juice fresh
- 6 tsp Sunflower Seeds
- Topping: 1 1/2 tsp of red chili flakes (optional for a dash of heat)



## Directions:

1. Prep Step: Cut all the vegetables and prepare the spices.
2. Heat a large pot over medium heat. Add oil and a splash of water (1 tbsp) and sauté the diced onion with a pinch of sea salt until translucent. Stir in the carrot and celery. Cook a few more minutes until softened.
3. Add the garlic and give it a good stir before adding the spices: cumin, **smoked** paprika, coriander, onion powder, basil, salt, black pepper, bay leaf, and flax seed.
4. Meanwhile rinse the lentils then add them into the pot. Cover with water and bring to a simmer. Cook covered on low flame for 30 minutes.
5. WHILE LENTILS ARE COOKING – Make the Broccoli and Cranberry Salad
6. Taste and adjust seasonings (to preference), then add the sweet potatoes and tomato to the stew. Cook another 10 to 15 minutes until softened. Discard bay leaf.

7. Ladle about 1/3 of the stew into a blender and puree until smooth. Add it back into the pot with the stew and stir to combine. If the stew is too thick for your liking just add more water to stretch it out a bit. Remember to adjust seasonings.
8. Add the spinach and cook just a couple of minutes until cooked through. Remove from heat and stir in some lime juice to balance out the flavors.
9. **Prepare One Serving:** Using a ladle, serve 2 cup of lentil soup in a bowl. Sprinkle 1 tsp of sunflower seeds and garnish with 1 Tbsp of chopped cilantro leaves. Optional: add a dash of chili flakes for spice if you prefer. Serve with a 1/2 cup of Broccoli Salad with Cranberries.
10. Transfer remaining soup to container with lid and refrigerate. Leftovers will be used for two more mealtimes.



# Broccoli Salad with Cranberries

Link to Photo: <https://www.vegiessavetheday.com/broccoli-salad-2/>

Serving	Nutrition	Time
Calories: 147	Carbs (g): 10g	Prep Time: 10 min
Serves: 6	Protein (g): 3g	Cook Time: 40 min
Size: 3/4 cup	Fat (g): 12g	Total Time: 50 min

## Ingredients:

1 medium Broccoli crown, florets, and stem, chopped (5 cups)  
1/4 cup Cranberries, dried, unsweetened  
1/3 cup Mayonnaise  
1 1/2 tbsp Apple Cider Vinegar  
1 tbsp Ground flaxseed  
1/2 tsp Salt  
1/2 tsp Black Pepper

### Topping:

6 tsp Sunflower seeds  
6 tsp Pumpkin Seeds



**\*Note: If you prefer, you may steam broccoli first.**

## Directions:

1. Place the broccoli, and cranberries in a large bowl.
2. Combine the mayo, flax seed, vinegar, and salt and pepper in a small bowl and mix well.
3. Pour the dressing over the salad and toss well. Set aside in the refrigerator for 15 minutes while lentils are cooking.
4. **Prepare One Serving:** On a plate, serve 3/4 cups of broccoli mix and top with 1 tsp of pumpkin seeds and 1 tsp of sunflower seeds and mix well. Serve with Lentil Sweet Potato Soup.
5. Transfer remaining salad and seeds in separate containers and refrigerate for two more meals in the week.

# Tofu Scramble with Roasted Potatoes

Link to Photo: <https://www.elephantasticvegan.com/mushroom-spinach-tofu-wrap/>

Serving	Nutrition	Time
Calories: 182	Carbs (g): 18g	Prep Time: 10 min
Serves: 2	Protein (g): 8g	Cook Time: 5 min
Size: 3/4 cup	Fat (g): 10g	Total Time: 15 min

## Ingredients:

6 oz	Firm Tofu chopped and crumbled (~1 cup)
1/2 cup	Chopped spinach
1/4 cup	Chopped onions
1 tbsp	Sunflower oil
1/2 cup	Chopped mushrooms
1/4 tsp	Salt
1/4 tsp	Black pepper
1	Garlic clove, chopped
1 cup	Grapes

Serve with **Oven Roasted Potato** (made earlier in the week)



## Directions:

1. Drain and dry tofu. Place tofu block between a couple of paper towels and press firmly to drain as much water as possible before crumbling for the scramble. Set it aside.
2. In a frying pan, add oil and heat. Add mushrooms, garlic clove, and onions and let lightly brown.
3. Add tofu and spinach. Add salt and pepper. Stir and cook until tofu and vegetables are warmed through.
4. **Prepare One Serving:** On a plate serve 1 cup of Tofu Scramble and add 1/2 cup of grapes with 1 cup of Oven Roasted Potatoes (from earlier in the week).

# Yogurt with Mixed Nuts and Grapes

Link to Photo: <https://in.pinterest.com/pin/6544361930988472/>

Serving	Nutrition	Time
Calories: 356	Carbs (g): 29g	Prep Time: 10 min
Serves: 2	Protein (g): 15g	Cook Time: 0 min
Size: 3/4 cup	Fat (g): 22g	Total Time: 10 min

## Ingredients:

1 cup Grapes, (may slice in 1/2)  
4 tbsp Almonds, chopped.  
4 tbsp Pumpkin Seeds  
1/2 tsp Honey  
1 1/2 cup Non-Fat Yogurt



## Directions:

1. Chop walnuts and if preferred, slice grapes in half.
2. **Prepare One Serving:** Scoop 3/4 cup of yogurt onto glass or small bowl. Add 1/2 cup of grapes and 2 tbsp of almonds and 2 tbsp of pumpkin seeds. Drizzle with 1/4 tsp of honey.

# Garlic Butter Tilapia

Link to Recipe: <https://bestrecipebox.com/foil-pack-white-fish/>

Serving	Nutrition	Time
Calories: 238	Carbs (g): 9g	Prep Time: 15 min
Serves: 4	Protein (g): 32g	Cook Time: 20 min
Size: 1 fillet	Fat (g): 9g	Total Time: 35 min

## Ingredients:

1 lb (4 oz)	Tilapia, fillet (4 fillet – 4 oz each)
1 lb	Cauliflower, cut into florets.
1 bunch	Asparagus, sliced (~12 spears)
2 medium	Squash yellow or green, sliced.
1 medium	Carrot sliced julienne.
1/6 tsp	Salt
1/6 tsp	Pepper Ground
2 tbsp	Butter, melted
2 cloves	Garlic cloves, minced.
1 tbsp	Lemon Juice
1 tsp	Thyme, dried
1 tsp	Oregano, dried
4 tbsp	Parsley, fresh chopped



Serve with:

1/2 cup	Brown Rice (See Recipe)
1/2 cup	Avocado Pineapple Cucumber Salad (See Recipe)

## Directions:

1. Preheat oven to 450°F. Tear four pieces of heavy-duty aluminum foil large enough to wrap each fish and veggies pack.
2. Start preparing Brown Rice while the oven is preheating.
3. Cut and prepare vegetables.
4. Place each fish fillet in the center of each piece of foil and then divide the veggies (cauliflower, squash, zucchini & carrot) between each foil pack. Season with salt and pepper.
5. In bowl, whisk together the melted butter, garlic, lemon juice, dried thyme, and oregano.
6. Divide the garlic butter over the fish packets. Fold the foil over to almost cover the fish and veggies completely. Leave a small opening on top to release steam.
7. Place on a baking sheet pan and bake fish until cooked through, depending on the size and the thickness of your fish, 15-20 minutes. When a fork easily cuts through and the fish flakes, it is cooked!
8. **Prepare One Serving:** On a plate, place one packet of fish fillet and veggies and sprinkle with 1 Tbsp of parsley over fish. Serve with Avocado, Pineapple Cucumber Salad and Brown Rice.

# 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: 10*	Protein (g): 3g	Cook Time: 20 min
Size: ~1/2 cup	Fat (g): 1g	Total Time: 32 min (with 10 min for steaming)

Meals Serving: \*4 servings Garlic Butter Tilapia, 6 servings Moroccan Chicken

## 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 3/4 cups Brown rice, long grain (**makes 5 1/2 cups**)  
3 1/2 cups Water (ratio 1:2)  
1 tsp Salt

### Boiling Method (20-30 minutes)

1 3/4 cups Brown Rice, long grain (**makes 5 1/2 cups**)  
3 1/2 cups Water  
1 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.

# Avocado, Pineapple and Cucumber Salad

Link: <https://www.runninginaskirt.com/avocado-pineapple-cucumber-salad-recipe/>

Serving	Nutrition	Time
Calories: 106	Carbs (g): 16g	Prep Time: 15 min
Serves: 4	Protein (g): 1g	Cook Time: 20 min
Size: 1/2 cup	Fat (g): 5g	Total Time: 35 min

## Ingredients:

1 cup	Avocado, cubed
2 cup	Pineapple, cubed
1/2 cup	Cucumber, sliced
1/2	Lime juice, fresh
1/2 cup	Cilantro fresh, chopped
1/8 tsp	Salt



## Directions:

1. Cut the avocado in half and remove the pit. Remove the skin from the avocado. Cut in cubes. Set aside.
2. Slice and cube pineapple (core removed). Set aside.
3. Slice a cucumber in small pieces. Set aside.
4. Combine avocado, pineapple, and cucumber in a bowl and toss gently with lime juice, salt, and chopped cilantro,
5. **Prepare One Serving:** In a bowl, scoop 1/2 cup of Avocado, Pineapple and Cucumber Salad. Serve with Garlic Butter Tilapia.
6. Place remainder in a sealed container and serve with leftover Garlic Butter Tilapia for lunch tomorrow.

# Avocado Toast with Yogurt & Strawberries

Link to Photo: <https://theallthingslovelyblog.com/beautiful-breakfasts-avocado-toast-and-greek-yogurt/>

Serving	Nutrition	Time
Calories: 383	Carbs (g): 38g	Prep Time: 15min
Serves: 2	Protein (g): 14g	Cook Time: 0 min
Size: 1 Toast + 1 cup parfait	Fat (g): 21g	Total Time: 15 min

## Ingredients:

2	Whole wheat bread, slice
1/2 cup	Avocado, sliced
1/6 tsp	Salt
1/2 cup	Spinach, chopped finely
1/2 tsp	Lime, juice
1 tbsp	Flax seed, ground
1 cup	Yogurt
1 cup	Strawberries, fresh, sliced
2 Tbsp	Almonds, chopped
2 Tbsp	Walnuts, chopped
2 tsp	Pumpkin Seeds
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 1/4 cup chopped spinach and sprinkle 1/8 tsp of salt, and 1/4 tsp of lime juice. Serve with 1/2 cup yogurt, mixed with 1 tbsp of almond and 1 tsp of pumpkin seeds, 1/2 cup strawberries and drizzle with 1/2 tsp of honey.



# Cantaloupe with Mixed Nuts

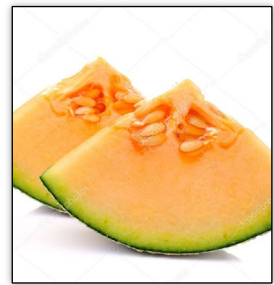
Link to Photo: [https://www.123rf.com/photo\\_116305166\\_bowl-with-organic-mixed-nuts-on-table-space-for-text.html](https://www.123rf.com/photo_116305166_bowl-with-organic-mixed-nuts-on-table-space-for-text.html)

Link to Photo: <https://depositphotos.com/38299409/stock-photo-cantaloupe-melon-slices.html>

Serving	Nutrition	Time
Calories: 305	Carbs (g): 15g	Prep Time: 5min
Serves: 2	Protein (g): 10g	Cook Time: 0 min
Size: 1/2 cup fruit, 1/4 cup nuts	Fat (g): 25g	Total Time: 5 min

## Ingredients:

- 1 cup Cantaloupe, sliced or cubed
- 4 tablespoon Walnuts
- 4 tablespoon Almonds
- 2 tablespoon Sunflower Seeds
- 2 tablespoon Pumpkin Seeds



## Directions:

1. Cut cantaloupe into chunks.
2. **Prepare One Serving:** Serve 1/2 cup of cantaloupe in a bowl with 2 tbsp of walnuts, 2 tbsp of almonds, 1 tbsp of sunflower seeds and 1 tbsp of pumpkin seeds.

# Veggie Hummus Avocado Sandwich

Link to Recipe: <https://www.cookwithmanali.com/avocado-tomato-sandwich-with-baby-spinach/>

Serving	Nutrition	Time
Calories: 256	Carbs (g): 32g	Prep Time: 15min
Serves: 6	Protein (g): 9g	Cook Time: 0 min
Size: 1/2 Sandwich	Fat (g): 11g	Total Time: 15 min

## Ingredients:

6	Wheat Bread Slices (toasted if desired)
3/4 cup	Hummus
3 tsp	Olive Oil
3 tbsp	Ground flax seed
3/4 cup	Avocado, chopped
3/4 cup	Cucumber, sliced
3/4 cup	Tomato, regular, sliced
3/4 cup	Spinach, fresh
1 tsp	Lime – juice
3 tbsp	Feta cheese
3 cup	Oranges, peeled and divided



## Directions:

1. Prepare **Israeli Salad** (See Recipe) and set aside in refrigerator while making sandwich.
2. Cut and prepare the veggies and orange for assembling the sandwich. Set it aside.
3. Put two slices of bread (toast if desired) on a plate and spread 1/4 cup of hummus on ONE slice of bread. Sprinkle 1 tbsp of flax seed on the hummus. Drizzle 1 tsp olive oil over the hummus.
4. On the second slice of bread or toast, spread 1/4 cup of avocado, 1/6 tsp lime juice, and 1 tbsp of feta cheese. (Sprinkle remaining lime juice on remaining avocado and wrap tight with plastic wrap before storing in refrigerator to avoid browning).
5. Add 1/4 cup of cucumber slices, 1/4 cup of sliced tomatoes and 1/4 cup of loose fresh spinach. Close sandwich by putting one half on top of the other.
6. Cut sandwich in half.
7. **Prepare One Serving:** Serve half of the sandwich on a plate. Serve with 1/2 cup orange slices, and 2 cups of Israeli Salad.
8. Transfer remaining cut veggies to container with lid and refrigerate for two additional meals.

# Israeli Salad

Link to Recipe: <https://downshiftology.com/recipes/israeli-salad/>

Serving	Nutrition	Time
Calories: 140	Carbs (g): 16g	Prep Time: 15min
Serves: 6	Protein (g): 4g	Cook Time: 0 min
Size: 2 cup	Fat (g): 8g	Total Time: 15 min

## Ingredients:

4 cup Tomato, regular, diced  
3 cup Cucumber, fresh, chopped  
3 cup Bell pepper, red, diced  
3/4 cup Onion, red, diced  
3/4 cup Parsley, chopped finely  
5 tbsp Mint, finely chopped  
1 Lemon, juice fresh  
2 tbsp Olive Oil  
1/4 tsp Salt  
1/4 tsp Pepper

### Topping:

6 tsp Sunflower seeds  
6 tsp Pumpkin Seeds



## Directions:

1. Prep Step: Cut all the vegetables and set aside to assemble the salad.
2. Add all the ingredients to a mixing bowl and stir to combine.
3. **Prepare One Serving:** In a bowl serve 1 1/2 cups of salad. Serve with [Veggie Hummus Avocado Sandwich](#).
4. Transfer remaining salad to a container with lid and refrigerate for next two meals.

# Total Cereal with Banana & Flax Seed

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

Serving	Nutrition	Time
Calories: 336	Carbs (g): 48g	Prep Time: 10 min
Serves: 2	Protein (g): 13g	Cook Time: 0 min
Size: 1 1/2 cups	Fat (g): 10g	Total Time: 10 min

## Ingredients:

2 cups	Total Cereal
1/2 tsp	Cinnamon, ground
2 tbsp	Flaxseed, ground
2 tbsp	Almonds chopped or halved.
1 cup	1% Milk
1	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, 1 tbsp almonds in bowl. Add 1/2 cup of milk and top with 1/2 cup of sliced bananas.

# Hummus with Veggies and Cantaloupe

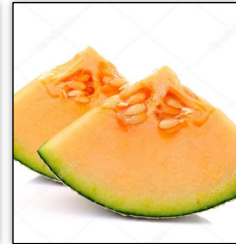
Link to Photo: <https://www.eatthismuch.com/recipe/nutrition/bell-pepper-and-hummus-snack,55847/>

Link to Photo: <https://depositphotos.com/38299409/stock-photo-cantaloupe-melon-slices.html>

Serving	Nutrition	Time
Calories: 217	Carbs (g): 23g	Prep Time: 10 min
Serves: 2	Protein (g): 9g	Cook Time: 0 min
Size: 1 1/2 cups	Fat (g): 9g	Total Time: 10 min

## Ingredients:

- 1/2 cup Hummus
- 4 tsp Sunflower Seeds
- 4 tsp Pumpkin Seeds
- 1/2 cup Red Bell Pepper, sliced
- 1/2 cup Carrot, Medium, sliced
- 1/2 cup Celery Stalk, sliced
- 1 cup Cantaloupe, Cubed or Sliced.



## Directions:

1. Slice bell pepper, carrot, and celery stalk.
2. **Prepare One Serving:** On plate, place 1/4 cup of hummus with 1/4 cup carrot, 1/4 cup celery and 1/4 cup red bell pepper. Serve with 1/2 cup of cantaloupes. Sprinkle 2 tsp of pumpkin seeds and 2 tsp of sunflower seeds over hummus and/or cantaloupe or eat separately.

# Moroccan Chicken

Link to Recipe: <https://www.tipsonlifeandlove.com/recipes-2/juicy-af-moroccan-chicken-recipe>

Serving	Nutrition	Time
Calories: 164	Carbs (g): 3g	Prep Time: 20 min
Serves: 6	Protein (g): 18g	Cook Time: 15min
Size: 2 ½ oz fillet	Fat (g): 9g	Total Time: 35 min

## Ingredients:

16 oz Chicken breasts (6 – 2.5 oz pieces)  
2 tbsp Sunflower oil

### For the marinade:

2 tbsp Olive oil  
1 tbsp Non-Fat Yogurt  
2 tbsp Fresh lemon juice  
1 tbsp Minced garlic  
2 tsp Ground cumin  
1 tsp Ground coriander  
½ tsp Ground cinnamon  
1 tsp Smoked paprika  
1/3 cup Finely chopped fresh cilantro.  
¼ tsp Sea salt  
¼ tsp Black pepper

### Topping:

6 tbsp Chopped fresh cilantro.  
6 tsp Red pepper flakes (optional)



## Directions:

1. **This is a 2-STEP process, where the chicken is pan-fried in a skillet first and then placed in the oven.**
2. Slice chicken breast into even pieces (in this case 6 even slices.) Pat chicken dry with a paper towel.
3. In a large bowl, mix all the marinade ingredients. Add the chicken to marinade mix, ensuring that all the pieces are well coated. Place chicken and marinade in refrigerator for 15 minutes.
4. While chicken is marinating, prep **Moroccan Eggplant Salad** (see recipe) ingredients. Set it aside.
5. Heat oven to 400°F. Use sunflower oil to coat a skillet. Place chicken pieces in a skillet and heat on stove at medium-high heat, sear on both sides for roughly 3 minutes per side, being careful not to burn the chicken. Place the entire skillet in the oven and bake for about 10 minutes. Chicken will be baking with Eggplant for the last 10 minutes.
6. Remove chicken with done and let slightly cool. Each fillet will be sliced to place on top of Eggplant salad.
7. **Prepare One Serving:** On a plate, place 2 ½ oz of sliced chicken strips on top of 1 1/2 cups of **Moroccan Eggplant Salad** and sprinkle 1 tbsp of feta cheese and 1 tbsp of cilantro over salad (optional 1 tsp of red chili flakes.) Serve with 1/2 cup of **Brown Rice** (saved from a batch cooked earlier in the week).
8. Transfer remaining ingredients to container with lid and refrigerate for two additional mealtimes.

# Moroccan Eggplant Salad

Link to Recipe: <https://www.oahufresh.com/recipe/moroccan-eggplant-salad/>

Serving	Nutrition	Time
Calories: 224	Carbs (g): 18g	Prep Time: 10 min
Serves: 6	Protein (g): 4g	Cook Time: 25min
Size: 1 1/2 cups	Fat (g): 16g	Total Time: 35 min

## Ingredients:

2 Eggplant, sliced (~6 cups)  
4 tbsp Sunflower oil  
2 Red bell pepper  
2 Green bell pepper

### For salad after baking:

8 Garlic cloves, sliced  
1/2 cup Parsley finely chopped  
2 tbsp Olive Oil  
2 tbsp Balsamic vinegar  
6 tbsp Apple Cider Vinegar  
1/2 tsp Salt  
1/2 tsp Freshly ground black pepper

### Topping:

6 tbsp Feta cheese crumbled



## Directions:

1. Preheat oven to 400°F.
2. Wash eggplant and cut off stem. Slice eggplant into even round strips. Slice bell peppers, garlic, and parsley. Set aside.
3. Line a large baking pan with parchment paper and spray or sprinkle with sunflower oil. Evenly spread-out eggplants and pepper rounds. Lightly sprinkle sunflower oil on eggplants then sprinkle with salt.
4. Place baking pan with eggplant and bell peppers in oven for 15 min. The chicken will share the oven with the eggplant at the 15-minute mark to cook for an additional 10 minutes.
5. At the time the chicken is placed in the oven, FLIP OVER eggplant and cook for the remaining 10 minutes until they are cooked through and charred well. Remove from oven and let cool for about 5 minutes.
6. In a large bowl, combine the roasted eggplants and peppers with the remaining ingredients (garlic, parsley, olive oil, vinegars, salt, and pepper. Toss lightly and gently combine the ingredients.
7. **Prepare One Serving:** On a plate, serve 1 1/2 cups of Eggplant Salad and sprinkle with 1 tbsp of feta cheese. Serve sliced **Moroccan Chicken** on top of salad. Serve with 1/2 cup of **Brown Rice** (made earlier in the week).
8. Transfer remaining mixture to container with lid and refrigerate for two more mealtimes.

# Chickpea Avocado Tacos

Link to Recipe: <https://www.kimscravings.com/chickpea-avocado-tacos/>

Serving	Nutrition	Time
Calories: 389	Carbs (g): 49g	Prep Time: 15 min
Serves: 4	Protein (g): 15g	Cook Time: 5 min
Size: 2 Tacos	Fat (g): 16g	Total Time: 20 min

## Ingredients:

### For the taco filling:

2 cup	Beans, garbanzo, canned (chickpeas) rinsed and drained.
1/3 cup	Cilantro, fresh, finely chopped, tough stems removed.
1/2 cup	Carrot, fresh, chopped.
1/2 cup	Red cabbage sliced thin.
1/2 tsp	Crushed red pepper flakes.
1/4 tsp	Salt
1/8 tsp	Black pepper



### Added to filling when ready to mash into mix, as needed:

1 cup	Avocado, ripe and mashed one only at time of mixture.
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### For the toppings (for 8 tacos):

8	Corn tortillas
3/4 cups	Cheddar, shredded.
1/2	Red Tomato, chopped.
1	Jalapeño, fresh, sliced (optional)
1/2	Lime, cut into four sections to drizzle on tacos. (4 <sup>th</sup> of a section drizzled on 2 tacos)

### Serve with:

1 cup	<a href="#">Everyday Mexican Salad</a> (See Recipe)
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## Directions:

1. Wash and cut all the vegetables for taco mixture and toppings. Set it aside.
2. Combine all taco filling ingredients in a bowl – except for the avocado – and lightly mash/combine until everything is well incorporated. Mash chickpeas as much or as little as you prefer.
3. Divide the mixture in half and transfer 1/2 to container with lid and refrigerate.
4. Use the remaining half of the mixture and add 1/2 cup avocado to mixture and gently blend. The remaining avocado will be used for an additional meal. Be sure to cover it with saran wrap so it will not brown
5. Heat a dry skillet to warm 4 tortillas. Be sure not to overcook tortilla, tortillas should be foldable.
6. **Prepare One Serving:** On a plate, place two tortillas out flat and top with 3 tbsp of taco filling to each taco. Top with 1 tbsp of cheese, 1 tbsp of chopped tomatoes, 1 tsp of chopped jalapeño (optional), and drizzle lime juice from 1/4 section. Serve with 1 cup of [Everyday Mexican Salad](#).



# Everyday Mexican Salad

Link to Recipe: <https://www.gimmesomeoven.com/everyday-mexican-salad/>

Serving	Nutrition	Time
Calories: 150	Carbs (g): 5g	Prep Time: 10 min
Serves: 4	Protein (g): 4g	Cook Time: 0 min
Size: 1 cup	Fat (g): 13g	Total Time: 10 min

## Mexican Salad Ingredients:

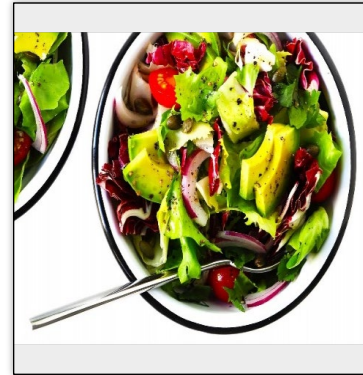
4 ounces Salad greens/lettuce/mixed  
1/3 small Red onion (peeled and thinly sliced)  
1/2 large Red Tomato (chopped)  
1/3 cup Cilantro, fresh (chopped)

## Toppings:

4 tbsp Sunflower seeds  
4 tbsp Feta Cheese, Crumbled

## Cumin-Lime Dressing Ingredients:

2 tbsp Olive oil  
2 tbsp Lime juice, fresh  
1/6 tsp Salt, course  
1/4 tsp Ground cumin  
1/4 tsp Black pepper  
1/6 tsp Garlic Powder



## Directions:

- To Make the Dressing:** Whisk all ingredients together in a bowl (or shake together in a mason jar) until combined. Use immediately or refrigerate in a sealed container for up to 3 days.
- To Make the Salad:** Combine all ingredients in a large salad bowl.
- Prepare One Serving:** In a bowl, serve 1 cup of Everyday Mexican Salad. Drizzle with 1/2 tbsp of Cumin-Lime Dressing. Serve with **Chickpea Avocado Tacos**.
- Transfer remaining salad to container with lid, also save dressing and avocado separately. Refrigerate all three containers for leftover mealtimes in the coming days.

# Oatmeal Breakfast

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

Serving	Nutrition	Time
Calories: 358	Carbs (g): 48g	Prep Time: 10 min
Serves: 2	Protein (g): 13g	Cook Time: 5 min
Size: 1 1/2 cups	Fat (g): 14g	Total Time: 15 min

## Ingredients:

- 1 cup Raw Oatmeal
- 1/2 tsp Cinnamon ground
- 1 cup 1% milk
- 2 tsp Flaxseed ground
- 1 Apple medium (chopped)
- 1/2 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 absorbs the liquid. (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 1/2 cups of oatmeal into a bowl.

# Grocery List Week 3

\* 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
<b>PROTEIN - ANIMAL</b>		
Chicken breast, skinless, boneless	16 oz	Freeze. Pull out Friday night to thaw in refrigerator.
Eggs	3	
Tilapia Filet	14 oz	
Ground Turkey	16 oz	
<b>PROTEIN - VEGETABLE</b>		
Canned Chickpeas	30 oz	
Walnuts	6 Tbsp	Store dry. Used throughout the weeks.
Almonds	10 Tbsp	Store dry. Used throughout the weeks.
Pumpkin Seeds	9 Tbsp	Store dry. Used throughout the weeks.
Peanut Butter	2 Tbsp	Store dry. Used throughout the weeks
Tofu	6 oz	Refrigerate. Closed Tofu last 5 days in refrigerator.
Sunflower Seeds	12 Tbsp	Store Dry. Use throughout the weeks.
Hummus	1.5 cups	Refrigerate. Use throughout the week, lasts 5-6 days.
<b>PROTEIN – DAIRY</b>		
Feta cheese	15 tbsp	Refrigerate. Wrapped in plastic wrap will last 2 weeks.
Non-fat Yogurt	36 oz	
1% Milk	3.5 cups	
Cheddar Cheese	¼ cup	
<b>GRAINS</b>		
Couscous	½ cup	
Whole Wheat Hamburger Buns	4	Store Dry. Lasts 1-2 years in pantry.
Whole Wheat Bread	6 slices	Store dry. Lasts 6 months in airtight container.
Total Cereal	4 cups	
Oatmeal	1 cup	
Corn Tortillas	8	
Green Lentils	¾ cup	
<b>POTATO</b>		
Potatoes	2 2/3 lbs	Store Dry. Let air flow in dark pantry. Lasts 3-5 weeks.
Sweet Potato	4	Store Dry. Let air flow in dark pantry. Lasts 3-5 weeks

Food	Quantity	Storage & Prep Tips
<b>VEGETABLES</b>		
Garlic Bulbs (10-12 cloves each)	16 1/2 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 + 3/4 tbsp	Refrigerate. Lasts 5-7 days. Tip: Remove wilted leaves & moisture, keep in plastic bag.
Mixed Salad Greens	5 oz	
Lettuce Spinach	7 1/2 cups	Refrigerate. Lasts 5-7 days
Lettuce Romaine	1 head	Refrigerate. Lasts 7-10 days
Tomato - Red	9	Room temperature: 1 week OR Refrigerate: 2 weeks
Cauliflower	1 lb	
Jalapeno Pepper	1	
Mint	3 tbsp	
Rosemary	2 tsp	
Onion - Red	3	Store dry. Lasts 4 weeks. OR Refrigerate. Last 6 weeks
Onion - Yellow	1	Store dry. Lasts 4 weeks. OR Refrigerate. Last 6 weeks
Onion – Green		Refrigerate. Cut in half in plastic bag. Lasts 1-2 weeks.
Full Carrots	4	Refrigerate. Last 3-4 weeks.
Celery Stalk	2 1/3 stalk	Refrigerate. Last 2-4 weeks. Wrap package in foil paper.
Green Bell Pepper	1	Refrigerate. Keep in plastic bag. Last 1-2 weeks.
Red Bell Pepper	5	Refrigerate. Keep in plastic bag. Last 1-2 weeks.
Eggplant	1	
Red Cabbage	1/2 cup	
Yellow Squash	2	
Broccoli	4 cups	Refrigerate. Last 5 days
Mushrooms	1/2 cup chopped	Refrigerate. Keep in original container. Lasts 5-7 days.
Cucumber	3.5	Refrigerate. Keep in plastic bag. Last 1-2 weeks.
Zucchini	2.5	Refrigerate. Keep in plastic bag. Last 1-2 weeks.
Kale	1 1/2 cups	
Cilantro	2 1/4 cups	
<b>FRUIT</b>		
Avocado	6	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	2.5	Room temperature: Unwashed. Lasts 1 week.
Apple	3	Room temperature: Unwashed. Lasts 1-2 weeks.
Limes	4 1/4	Room temperature: Last 1 week. OR Refrigerate 2 weeks.
Lemon	5	Room temperature: Last 1 week. OR Refrigerate 2 weeks
Orange	2	Room temperature: Last 1 week. OR Refrigerate 2 weeks.
Grapes (1lb = 2.5 cups)	4 cups	Refrigerate: Store 1.5 cups. Lasts 1 week.
Banana	1	Room temperature. Last 6 days. OR Refrigerate 9 days.
Pineapple	2 cups	

## Ingredients you need at home (not included in delivery)

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

Ingredient	Quantity	Ingredient	Quantity
<b>FATS</b>		<b>SPICES</b>	
Butter (soft)	2 tbsp	Bay Leaf	half
Olive Oil	10 tbsp	Black Pepper	5 tsp
Sunflower Oil	11.5 tbsp	Coriander, Ground	1 ¾ tsp
		Chili Flake, Red	4 tsp
<b>SWEETS</b>		Chili Powder, Ground	3 tbsp
Honey	5 tsp	Cinnamon, Ground	6.5 tsp
Peanut Butter	2 tbsp	Cumin, Ground	4 1/4 tbsp
		Dried Thyme	1 tsp
<b>OTHER</b>		Garlic, Powder	1/6 tsp
Apple Cider Vinegar	1 tbsp	Onion, Powder	3/4 tsp
Flax Seed Ground	11 2/3 tbsp	Oregano, Dried	1 tsp
Mustard	1 tbsp	Smoked Paprika	1 ¾ tsp
Mayonnaise	4 tbsp	Sea Salt	3 tsp
Dijon Mustard	1 tsp	Table Salt	4 tsp
Balsamic Vinegar	1 tbsp	Dried Rosemary	1 tsp
Rice Vinegar	3 tbsp	Dried Basil	¾ tsp
Black Olives	3 tbsp		
Red Wine Vinegar	¾ tbsp		
Dried Cranberries	4 tbsp		