

WEEK 4 MEAL PLAN

MEALS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Scrambled Eggs & Roasted Potatoes with Tangerines	Healthy Flourless Banana Pancakes + Strawberries	Oatmeal & Flaxseed & Apple	Total Cereal & Flaxseed & Banana	Egg Toast and Strawberries	Oatmeal & Flaxseed & Apple	Total Cereal & Flax Seed & Banana
LUNCH	Chickpea Salad Sandwich	Leftovers: 3 Bean Chili Bowl	Spicy Garlic Salmon, Brown Rice, Broccoli	Hearty Puttanesca Pasta with Turkey Meat + Italian Salad	Hearty Puttanesca Pasta with Turkey Meat + Italian Salad	Garlic Herb Oven Chicken with Lemon Herb Mediterranean Salad	Crispy Tofu, Broccoli, and Spinach Rice Bowl
DINNER	3 Bean Chili Bowl	Spicy Garlic Salmon, Brown Rice, Broccoli	Hearty Puttanesca Pasta with Turkey Meat + Italian Salad	Leftovers: 3 Bean Chili Bowl	Garlic Herb Oven Chicken with Lemon Herb Mediterranean Salad	Crispy Tofu, Broccoli, and Spinach Rice Bowl	Garlic Herb Oven Chicken with Lemon Herb Mediterranean Salad

SNACKS	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Apple with Peanut Butter	Grapes with Mixed Nuts	Yogurt + Strawberries + Almonds	Mixed Nuts with Strawberries	Mixed Nuts with Apple	Yogurt + Strawberries + Almonds	Grapes with Mixed Nuts

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

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Scrambled Eggs & Roasted Potato

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

Serving	Nutrition	Time
Calories: 192	Carbs (g): 12g	Prep Time: 10 min
Serves: 2	Protein (g): 10g	Cook Time: 25 min
Size: 1/3 cup	Fat (g): 11g	Total Time: 35min (Inc. roasted potatoes)

Ingredients:

3 Eggs, medium
2 tsp Sunflower Oil
1/6 tsp Salt and Pepper (each)
2 (1 cup) 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 2 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 1/3 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: 2	Protein (g): 3g	Cook Time: 25 min
Size: 1 cup	Fat (g): 8g	Total Time: 30 min

Ingredients:

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

Dressing:

1/2 tbsp Olive oil (drizzle after baking)
1/2 tsp Lemon zest
1 tbsp Lemon juice
1/2 tsp Dijon mustard
1 Garlic, cloves minced.
1 tsp Rosemary, minced
1/6 tsp Red pepper flakes
1/6 tsp Sea salt
1/6 tsp Freshly ground black pepper.

Topping:

1 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](#) (See Recipe)

Chickpea Salad Sandwich

Link to Recipe: <https://shaneandsimple.com/best-chickpea-salad-sandwich-recipe-quick-easy/>

Serving	Nutrition	Time
Calories: 336	Carbs (g): 47g	Prep Time: 15 min
Serves: 2	Protein (g): 16g	Cook Time: 0 min
Size: 1 Sandwich	Fat (g): 11g	Total Time: 15 min

Ingredients:

Chickpea Salad Mix

3/4 cup	Beans, garbanzo, canned (chickpeas)
1/2 Tbsp	Peanut Butter
1/2 Tbsp	Yogurt, non-fat
1/2 Tbsp	Mustard
1/2 Tbsp	Honey
2 Tbsp	Sunflower Seeds
1/4 cup	Celery, stalk, cut half lengthwise and finely chopped.
2 tbsp	Onion, white, finely chopped.
1 tsp	Dill, dried
1/2 tsp	Salt
1/2 tsp	Black pepper, ground
2 Tbsp	Relish, sweet or sour (optional)



The Sandwich

4 slices	Bread, Whole Grain
4 slices	Lettuce, green leaf
4 slices	Tomato, regular (1/2)

Directions:

1. Rinse and drain chickpeas.
2. To a large bowl add the chickpeas and mash with a fork or [potato masher](#), leaving a few of the bean's whole for texture.
3. To a medium bowl add the peanut butter, yogurt, mustard, and honey. Wisk until everything is combined. Pour the dressing over the chickpeas and add the onion, celery, and if preferred the optional sweet relish. Stir everything together until well combined.
4. Enjoy right away or let chill in the fridge to prep the sandwich.
5. Wash and dry tomatoes and lettuce.
6. Toast bread if preferred toasted.
7. **Prepare One Serving:** On a plate, lay out one bread and spread with a little over 1/2 cup of chickpea salad mix. Top with a slice of lettuce and a slice of tomato. Add second bread to close as a sandwich.

Apples with Peanut Butter

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

Serving	Nutrition	Time
Calories: 238	Carbs (g): 20g	Prep Time: 5 min
Serves: 2	Protein (g): 8g	Cook Time: 0 min
Size: 1/2 cup	Fat (g): 17g	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.

3 Bean Chili Bowl

Link to Recipe: <https://www.thespruceeats.com/four-bean-chili-479573>

Serving	Nutrition	Time
Calories: 324	Carbs (g): 42g	Prep Time: 10 min
Serves: 6	Protein (g): 17g	Cook Time: 40 min
Size: 1 3/4 cups	Fat (g): 11g	Total Time: 50 min

Ingredients:

1 1/4 cup	Black beans, cooked, rinsed
1 1/4 cup	Cannellini beans, cooked, rinsed
1 1/4 cup	Kidney beans, cooked, rinsed
1 1/4 cup	Tomato, diced
1 1/4 cup	Tomato, paste, canned
1 1/4 cup	Water
1 cup	Onion, chopped
1 cup	Red bell pepper, chopped
1 cup	Sweet yellow corn
1 1/2 tbsp	Chili powder
2 tbsp	Flax seed ground
1/2 tsp	Salt
1 1/2 tsp	Black Pepper
1 1/2 tsp	Cumin, ground
1 1/2 tsp	Garlic, fresh, minced
1 1/2 tsp	Oregano, dry leaves
1/2 tsp	Rice vinegar.
1/2 tsp	Cayenne Pepper
1/2 tsp	Paprika



Topping:

1/3 cup	Onion, white died (1 tbsp per soup bowl)
2/3 cup	Cheese, Cheddar, Shredded (or cheese of choice)
1/3 cup	Pumpkin seeds (sprinkle lightly on chili)

Directions:

1. Prep Step: Cut the vegetables and shred the cheese.
2. Heat a large pot over medium heat. Add onion, peppers and garlic and cook until softened, about 4 minutes, adding a bit of water as needed.
3. Add chili powder, flax seed, cumin and oregano and sauté 1 minute. Add all other ingredients and stir.
4. Bring to a boil then lower heat, cover, simmer for 40-45 minutes.
5. **Prepare One Serving:** In a bowl, scoop 1 3/4 cups of chili and top with 1 tbsp of chopped onions, 2 tbsp of shredded cheese and sprinkle 1 tbsp of pumpkin seeds.
6. Once cool, transfer the remaining 3-bean chili into a container with lid and refrigerate for future meals.

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.

Mixed Nuts & Grapes

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

Serving	Nutrition	Time
Calories: 186	Carbohydrate (g): 17g	Prep Time: 5 min
Serves: 2	Protein (g): 6g	Cook Time: 0 min
Size: 1/2 cup	Fat (g): 12g	Total Time: 5 min

Ingredients:

2 tbsp Pumpkin seeds, unsalted
2 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 3 tbsp of mixture almonds, walnuts, and pumpkin seeds.

Spicy Garlic Salmon

Link to Recipe: <https://www.allrecipes.com/recipe/74567/spicy-garlic-salmon/>

Serving	Nutrition	Time
Calories: 303	Carbohydrate (g): 2g	Prep Time: 10 min
Serves: 4	Protein (g): 23g	Cook Time: 30 min
Size: 1/2 cup	Fat (g): 23g	Total Time: 40min

Ingredients:

2 tbsp	Sunflower oil (for pan)
2 cloves	Garlic, crushed.
1 tbsp	Red chili pepper flakes, dried
1 tbsp	Olive oil
1 tsp	Dijon, mustard
2 tbsp	Lime juice, fresh
1/4 tsp	Sea salt to taste.
1/4 tsp	Black Pepper
4 (3.5 oz)	Salmon fillet

Serve with:

3/4 cup	Brown Rice
1 cup	Broccoli, steamed



Directions:

1. Preheat oven to 400 degrees F (200 degrees C). Line a medium baking dish with aluminum foil. Lightly grease foil with sunflower oil.
2. Prepare the [Brown Rice](#) recipe. While Brown Rice is boiling, prepare the Salmon (Step 3).
3. With a mortar and pestle, grind together the garlic, chili pepper, and olive oil. Mix into a thick paste with the mustard, lime juice, salt, and pepper. Place the salmon fillets in the prepared baking dish, and coat with the paste mixture.
4. Bake salmon 12 to 15 minutes in the preheated oven, or until fish is easily flaked with a fork.
5. While Salmon is baking, prepare the [Steamed Broccoli](#).
6. **Prepare One Serving:** On a plate, serve 1 salmon fillet with 3/4 cup [Brown Rice](#) and 1 cup [Steamed Broccoli](#).
7. Once remaining fillets are cool, transfer to container with lid and refrigerate for lunch next day.

Brown Rice

Serving	Nutrition	Time
Calories: 109	Carbohydrate (g): 35g	Prep Time: 2 min
Serves: 10*	Protein: 4g	Cook Time: 20 min
*Size: ~1/2 cup	Fat (g): 1.5g	Total Time: 32 min (with 10 min for steaming)

Ingredients:

Meals Serving: Serving size for Spicy Garlic Salmon is 3/4 cups (163 calories) [Total of 3 cups]. Serving size for Crispy Tofu, Broccoli, and Spinach Rice is 1/2 cup (109 calories) [Total of 2 cups].

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

Boiling Method (20-30 minutes)

1 cup Brown Rice, long grain (**makes 3 cups**)
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 3/4 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.

Steamed Broccoli

Link to Recipe: https://www.simplyrecipes.com/recipes/steamed_broccoli/

Serving	Nutrition	Time
Calories: 64	Carbohydrate (g): 12g	Prep Time: 5 min
Serves: 4	Protein (g): 4g	Cook Time: 10 min
Size: 1 cup	Fat (g): 1.5g	Total Time: 15 min

Ingredients:

4 cups Broccoli
1 tbsp Lemon juice
2 tsp Sesame seeds



Directions:

1. Prep the broccoli crowns and stems: Cut the crowns away from the large stems of the broccoli. Break the crown up into bite-sized florets. Rinse the broccoli florets thoroughly.
2. Peel and discard the thick outer skin of the stems. Slice the stems or cut them into quarters lengthwise.
3. Bring steamer water to a boil: Place $\frac{3}{4}$ to 1 inch of water in a saucepan with a steamer and bring to a boil. Note that if you do not have a steamer, you can simply put the broccoli directly into an inch of boiling water.
4. Add the broccoli to the steamer and cover; reduce heat to medium and let cook for 5-6 minutes. The broccoli is done when you can pierce it with a fork. As soon as it is pierce-able, remove from heat, place in serving dish.
5. **Prepare One Serving:** On a plate, serve 1 cup of broccoli, drizzle a few drops of lemon juice and sprinkle 1/2 tsp of sesame seeds. Serve with [Spicy Garlic Salmon](#).
6. Transfer remaining broccoli to container with lid and refrigerate for next day lunch.

Note: Green vegetables like broccoli will turn from vibrant green to drab olive green at about the 7-minute mark of cooking. So, watch the time, and do not let the broccoli overcook!

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 tsp	Cinnamon ground
1 cup	1% milk
2 tsp	Flaxseed ground
1	Apple medium (chopped)
½ cup	Water (optional)
2 tbsp	Almonds chopped or whole
2 tbsp	Walnuts, chopped or whole
1 tbsp	Pumpkin Seeds



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 ½ cups of oatmeal into a bowl.

Yogurt, Strawberries & Almonds

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

Serving	Nutrition	Time
Calories: 172	Carbs (g): 17g	Prep Time: 5 min
Serves: 2	Protein (g): 17g	Cook Time: 5 min
Size: ½ cup	Fat (g): 9g	Total Time: 10 min

Ingredients:

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



Directions:

1. Chop strawberries and almonds.
2. **Prepare One Serving:** Scoop 1/2 cup of yogurt in a bowl, top with ½ cup strawberries, 1 tbsp of almonds and 1 tsp of ground flax seed. Mix gently. Drizzle with ½ tsp of honey.

Hearty Puttanesca Pasta with Turkey

Link to Recipe: <https://reluctantentertainer.com/healthy-ground-turkey-puttanesca/>

Serving	Nutrition	Time
Calories: 385	Carbs (g): 35g	Prep Time: 10 min
Serves: 6	Protein (g): 27g	Cook Time: 30min
Size: 1 1/2 cups	Fat (g): 17g	Total Time: 40 min

Ingredients:

9 oz	Whole wheat penne pasta (2 oz:1 cup) (4.5 cups cooked)
9 cups	Water (Ratio 1:1)
1 1/2 tbsp	Sunflower oil
2 1/4 tbsp	Minced garlic
1 1/2 tbsp	Capers
3 tsp	Dried oregano
1 1/2 tsp	Red pepper flakes
9	Kalamata olives, pitted and halved
1 (21-oz) can	No-salt added crushed tomatoes.
3 tbsp	Tomato paste or pureed
3 tbsp	Ground flaxseed
8 tsp	Basil, dried leaves
1/2 tsp	Sea salt
1/2 tsp	Black pepper
14 oz	Ground turkey (~2 cups)
6 tbsp	Parmesan cheese shredded
6 tsp	Basil, dried leaves



Directions:

1. Bring a 5-quart pot of water to a boil and cook the pasta according to the package instructions (about 10 minutes). Semi-firm results “al dente.” Drain, rinse with cold water and set aside.
2. While pasta is cooking, make [Everyday Italian Salad](#) (see recipe) and refrigerate.
3. Make [Homemade Croutons](#), baking.
4. Set a large nonstick skillet over medium heat and add the oil. Once the oil is hot, add the garlic, capers, oregano, red pepper flakes, and olives. Cook until the garlic is just beginning to turn golden, 2 to 3 minutes, being careful not to burn it.
5. Reduce the heat to low and add the ground turkey and break up meat with a fork.
6. Cook until turkey meat is tender about 7-10 minutes.
7. Add the tomatoes, tomato paste and flax seed. Bring to a simmer, cover, and cook for 15 minutes.
8. Remove from the heat, fold in the cooked pasta and basil, then season to taste with salt and pepper.
9. **Prepare One Serving:** On a plate, scoop 1 1/2 cups of pasta and top with 1 tbsp of parmesan cheese, and 1 tsp of dried basil. Serve with 1 1/2 cups of [Everyday Italian Salad](#).
10. Once remaining pasta is cool, transfer to container with lid and refrigerate. Serve for two additional meals.

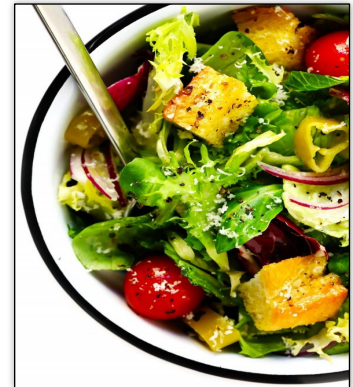
Everyday Italian Salad

Link: <https://www.gimmesomeoven.com/everyday-italian-salad/>

Serving	Nutrition	Time
Calories: 158	Carbs (g): 11g	Prep Time: 10 min
Serves: 6	Protein (g): 4g	Cook Time: 5 min
Size: 1 1/2 cups	Fat (g): 9g	Total Time: 15 min

Italian Salad Ingredients:

2 cups	Romaine lettuce – chopped
3 cups	Green kale – chopped
1/2	Small red onion, peeled and thinly sliced
2 cups	Cherry Tomato (halved)
1 cup	Homemade croutons (See Recipe)
1	Green bell pepper, sliced
1	Carrot, thinly sliced in discs
5 tsp	Shredded parmesan cheese



Italian Vinaigrette Ingredients:

3 tbsp	Olive oil
1 tbsp	Red wine vinegar
1 tsp	Dijon mustard
1/2 tsp	Dried oregano
1/2 tsp	Sea salt
1/2 tsp	Freshly cracked black pepper
1 1/2	Garlic glove, minced

Directions:

1. To make the vinaigrette: 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.
2. To make the salad combine all ingredients in a large salad bowl. Transfer 1/3 of salad to smaller bowl.
3. Store larger salad bowl in refrigerator for two additional meals. Store 1/3 of dressing separate in refrigerator.
4. In smaller salad bowl, drizzle 1/3 of the dressing and toss well.
5. **Prepare One Serving:** On a plate serve 1 1/2 cups of salad mix. Serve with [Healthy Puttanesca Pasta with Turkey](#).

Homemade Croutons

Link to Recipe: <https://www.bowlofdelicious.com/homemade-whole-wheat-cROUTONS/>

Serving	Nutrition	Time
Calories: 143	Carbs (g): 46g	Prep Time: 5 min
Serves: 6	Protein (g): <1g	Cook Time: 10 min
Size: 1 cup	Fat (g): 3g	Total Time: 15 min

Ingredients:

1 slice	Whole wheat bread cubed
4 tsp	Extra-virgin olive oil
1/6 tsp	Salt
1/3 tsp	Pepper
1/3 tsp	Dried parsley
1/3 tsp	Dried basil
1/3 tsp	Dried rosemary
1/3 tsp	Ground garlic



Directions:

1. Mix cubed bread, olive oil, salt, pepper, and all spices in a large bowl until bread is evenly coated.
2. Transfer bread cubes to a parchment-lined baking sheet.
3. Spread evenly so croutons as much as possible so they do not overlap.
4. Bake at 400 degrees for approximately 10 minutes, or until toasted.
5. Once toasted, let cool. Sprinkle as desired on salad.

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
Serves: 2	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.

Mixed Nuts with Strawberries

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

Link to Picture: <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
1/2 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 1/4 cup of sliced Strawberries.

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): 25g	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.

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
2 tbsp Almonds
2 tbsp Sunflower Seeds
2 tbsp Pumpkin Seeds
1 Apple



Directions:

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

Lemon Herb Mediterranean Salad

Link to Recipe: <https://easyandhealthyrecipes.com/lemon-herb-mediterranean-pasta-salad/> *adapted

Serving	Nutrition	Time
Calories: 324	Carbs (g): 26g	Prep Time: 15 min
Serves: 6	Protein (g): 8.5g	Cook Time: 0 min
Size: 2 1/4 cup	Fat (g): 22g	Total Time: 15 min

Ingredients:

For Lemon Herb Dressing:

1/4 cup	Olive oil
2 tbsp	Fresh squeezed lemon juice
2 tbsp	Red wine vinegar
2 tbsp	Water
2 tbsp	Finely chopped fresh parsley
2 tsp	Garlic, minced
2 tsp	Dried basil
2 tsp	Dried Oregano
1/2 tsp	Salt
1/4 tsp	Cracked pepper, to taste

For Salad:

3 cup	Romaine lettuce leaves, washed and dried
3 cup	Spinach, fresh, washed, and dried
1	Cucumber, fresh, large, diced
2	Bell pepper, red, large deseeded and cut into thin strips
3	Tomatoes, regular, large, chopped
1 cup	Beans, white, canned (drained and rinsed)
1/2	Onion, red, thinly sliced
1/2 cup	Cheese, feta, crumbled
1/3 cup	Olives, sliced.

Top with:

1 1/2 cup Avocado, peeled, pitted, and chopped**

**Optional: Add 1/2 avocado to salad after salad is mixed and save 1/2 to be used tomorrow. If you choose not to mix it in. Avocado may brown for next day lunch if mixed in with salad.

Served with [Garlic Herbed Oven Chicken](#) (see recipe)

Directions:

1. Prepare the [Garlic Herbed Oven Chicken](#) first. While chicken is baking, prepare the salad.
2. Cut vegetables for the salad.
3. Whisk together all the marinade/dressing ingredients.
4. Combine all ingredients for salad in large bowl. Toss with marinade/dressing.
5. **Prepare One Serving:** Place 2 cups of salad on a plate and add one 3 oz of [Garlic Herbed Oven Chicken](#).
6. Transfer the remaining half of the salad to a container with lid. Refrigerate overnight and serve next day for lunch.

Garlic Herbed Oven Chicken

Link: <https://www.budgetbytes.com/garlic-herb-baked-chicken-breast/>

Serving	Nutrition	Time
Calories: 189	Carbs (g): 1g	Prep Time: 10 min
Serves: 6	Protein (g): 21g	Cook Time: 25 min
Size: 3 oz piece	Fat (g):11g	Total Time: 35 min

Ingredients:

1 1/2 tbsp	Butter, room temperature
1 tbsp	Sunflower oil
1 1/2 tsp	Parsley, dried leaves
1 1/2 tsp	Oregano, dried leaves
1 1/2 tsp	Basil, dried leaves
1/3 tsp	Garlic powder
1/3 tsp	Onion powder
1/3 tsp	Thyme powder
1/3 tsp	Salt
1/3 tsp	Freshly cracked pepper
18 oz	Chicken Thighs (6, 3 oz pieces)



Directions:

1. Preheat the oven to 400°F. Stir together the butter, parsley, oregano, basil, garlic powder, onion powder, salt, and some freshly cracked pepper (about 15 cranks of a pepper mill) until well combined and paste-like in texture.
2. Place the chicken thigh (recommend removing skin) on a baking sheet or in a casserole dish, making sure they are not crowded (a couple of inches of space between and around each thigh). Spread garlic herb butter over the surface of each thigh.
3. Place the chicken in the oven and bake for 20 minutes. The total cooking time may vary with the size and thickness of the chicken thigh, so use a meat thermometer to ensure the internal temperature of the thickest end of the breast has reached 165°F.
4. Once the chicken has baked through, let it rest for about 5 minutes before slicing and serving.
5. **Prepare One Serving:** On a plate place one chicken thigh. Serve with [Lemon Herb Mediterranean Salad](#).
6. Transfer remaining thighs to a container with lid and refrigerate for next day lunch.

Crispy Tofu, Broccoli, and Spinach Rice Bowl

Link to Recipe: <https://www.forkintheroad.co/crispy-tofu-and-broccoli-rice-bowl/#recipe>

Serving	Nutrition	Time
Calories: 424	Carbs (g): 23g	Prep Time: 10 min
Serves: 4	Protein (g): 20g	Cook Time: 25 min
Size: 2 cups	Fat (g): 18g	Total Time: 35min

Ingredients:

Tofu Ingredients

- 3 tsp Oil, sesame, or sunflower for Tofu
- 12 oz Tofu, extra firm, pressed and cut into cubes (~1.5 cup)

Veggie Ingredients

- 2 tsp Oil, sesame, or sunflower for vegetables
- 2 cup Broccoli florets
- 1 1/2 cup Spinach, frozen
- 1 cup Kale, shredded
- 1/2 cup Onion, white, thinly sliced

Sauce Ingredients

- 3 Tbsp Soy sauce, low sodium
- 2 Tbsp Apple cider vinegar
- 2 Tbsp Oil, Sesame Oil
- 1 Tbsp Ginger, fresh, minced
- 2 tsp Garlic, fresh, minced
- 1 tbsp Honey
- 4 Tbsp Peanut Butter, creamy
- 1 tsp *Optional: chili powder or chili flakes (if preferred hot)

Topping

- 1 cup Carrot, shredded or cut into strips
- 1/4 cup Green scallions, thinly sliced (whites and greens)
- 1 tsp *Sesame Seeds (*Optional as garnish)

Serve with:

- 1/2 cup Brown Rice (Leftovers)



Directions:

1. Prepare Brown Rice first. See Brown Rice Recipe.
2. Prepare the ingredients: Chop and shred the vegetables and tofu. Drain the spinach.
3. Cook crispy tofu: Heat a large pan over medium-high heat, then add 2/3 of oil. Add tofu cubes cook until brown and crispy, about 20 minutes. To make tofu crispy, let it cook for 4-5 minutes per side and don't stir until it is brown and crispy. Then stir to cook all sides. Once crispy to desired texture, remove from pan and set aside.
4. While tofu is cooking, cook vegetables: In another pan, add remaining half of oil over medium-high heat. Add broccoli florets, spinach, kale and onion, stirring to coat in oil. Then cover with a lid and cook until the vegetables are soft and begin to brown, about 15 minutes. If the vegetables are beginning to get too brown, add a small amount of water to the pan.
5. While vegetables are cooking, make sauce. In a small bowl, add sauce ingredients. Whisk to combine. Set it aside.
6. **Prepare One Serving:** In a bowl, scoop 1/2 cup of brown rice, add 1 cup of cooked vegetables and 1/3 cup of fried tofu, and top with 1/4 cup of shredded carrots. Generous drizzle of 3 tablespoons of sauce. Sprinkle 1 tbsp of green onion. Optional: sprinkle 1/4 tsp of sesame seeds. Serve with 1/2 cup of brown rice.
7. Once remaining ingredients is cool, transfer to container with lid. Store in refrigerator to use the following day.

Grocery List Week 4

* 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		
Ground Turkey	12 oz	
Eggs	5	
Salmon Filet	14 oz	
Chicken Thighs	14 oz	
PROTEIN - VEGETABLE		
Canned Black Beans	2 cups/20 oz	Store dry.
Canned Cannellini Beans	2 cups/ 20 oz	Store dry.
Canned Kidney Beans	42.5 oz	
Walnuts	14 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	28 oz	Refrigerate. Closed Tofu last 5 days in refrigerator.
Sunflower Seeds	2.5 tbsp	Store Dry. Use throughout the weeks.
Edamame	2 1/3 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	6 tbsp	Refrigerate. Wrapped in plastic wrap will last 2 weeks.
1% Milk	3 cups	
Parmesan Cheese	5 tbsp + ½ tsp	
Cheddar Cheese	¾ cup	
Non-Fat Yogurt	12 oz	
GRAINS		
Brown Rice	1 cup	Store Dry. Lasts 1-2 years in pantry.
quinoa	12 oz	Store Dry. Last 4-6 months.
Lentils, dry	1 lb	Store dry. Lasts 6 months in airtight container.
Oats	3 cups	
Total Cereal	4 cups	
Whole Wheat Penne Pasta	19 oz	
Whole Wheat Bread	3 1/3 slices	
Whole Grain Pita	3	
POTATO		
Potatoes	1.3 lbs	Store Dry. Let air flow in dark pantry. Lasts 3-5 weeks.
Sweet Potato	2 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)	12 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	2 tbsp	Refrigerate. Lasts 5-7 days. Tip: Remove wilted leaves & moisture, keep in plastic bag.
Lettuce Romaine	5 ½ cups	Refrigerate. Lasts 7-10 days.
Cherry Tomato	1 ½ cups	
Tomato - Red	5 1/4	Room temperature: 1 week OR Refrigerate: 2 weeks
Tomato Sauce	1 ¾ cup	
Tomato Paste	2 tbsp	
Canned Crushed Tomatoes	14 oz	
Onion - Red	¾	Store dry. Lasts 4 weeks. OR Refrigerate. Last 6 weeks
Onion - Yellow	3	Store dry. Lasts 4 weeks. OR Refrigerate. Last 6 weeks
Onion – White	1 3/4	Refrigerate. Cut in half in plastic bag. Lasts 1-2 weeks.
Full Carrots	1 ¾ medium	Refrigerate. Last 3-4 weeks.
Celery Stalk	1 ½ cups	Refrigerate. Last 2-4 weeks. Wrap package in foil paper.
Green Beans	1 ½ cups	
Green Bell Pepper	3/4	Refrigerate. Keep in plastic bag. Last 1-2 weeks.
Red Bell Pepper	2 1/2	Refrigerate. Keep in plastic bag. Last 1-2 weeks.
Sweet Yellow Corn	1 1/3 cup	
Cucumber	1	
Broccoli	1 crown	Refrigerate. Last 5 days
Cucumber	1	Refrigerate. Keep in plastic bag. Last 1-2 weeks.
Kale	4 cups	
FRUIT		
Avocado	1	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	Room temperature: Unwashed. Lasts 1 week.
Apple	1	Room temperature: Unwashed. Lasts 1-2 weeks.
Limes	1	Room temperature: Last 1 week. OR Refrigerate 2 weeks.
Lemon	1 1/2	Room temperature: Last 1 week. OR Refrigerate 2 weeks
Orange	1	Room temperature: Last 1 week. OR Refrigerate 2 weeks.
Grapes (1lb = 2.5 cups)	2 cups	Refrigerate: Store 1.5 cups. Lasts 1 week.
Banana	3	Room temperature. Last 6 days. OR Refrigerate 9 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	
Butter (soft)	1 tbsp	Black Pepper	6 tsp
Olive Oil	8 1/3 tbsp	Cayenne, Ground	3/4 tsp
Sunflower Oil	15 tbsp	Chili Flake, Red	3 tsp
		Chili Powder, Ground	2 2/3 tsp
SWEETS		Cinnamon, Ground	4 tsp
Honey	2 1/3 tbsp	Cumin, Ground	2 2/3 tbsp
		Garlic, Powder	1 1/3 tsp
OTHER		Onion, Powder	1 tsp
Sesame Seeds	2 tsp	Oregano, Dried	9 tsp
Apple Cider Vinegar	2 tbsp	Paprika, Ground	3/4 tsp
Flax Seed Ground	9 2/3 tbsp	Table Salt	2 3/4 tsp
Capers	1 tbsp	Dried Basil	4 tsp
Kalamata Olives	6	Dried Parsley	1 1/3 tsp
Rice Vinegar	3/4 tsp	Thyme Powder	1/4 tsp
Red Wine Vinegar	2 3/4 tbsp	Dried Rosemary	1/3 tsp
Baking Powder	4 tsp		
Dijon Mustard	1 3/4 tsp		