

Week 1 Shopping List

- Proteins & Dairy
 - 1 16-oz bag dried white beans
 - 4 oz extra-lean ground beef
 - 2 3-oz bison burger patties
 - 4 oz low-fat cheddar cheese
 - 1 pint 1% cottage cheese
 - 7 oz boneless, skin-less chicken breasts
 - 1 container low-sodium meatless chili (at least 2 cups)
 - 1 dozen eggs
 - 1 8-oz pkg low-fat feta
 - ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
 - 10 oz pork tenderloin (freeze 3 oz for Week 2)
 - 4 oz tilapia fillet
 - 4 4-oz albacore tuna steaks
 - 3 oz deli-fresh, low-sodium sliced turkey breast
 - 1 16-oz container nonfat plain Greek-style yogurt
- Veggies/Fruit
 - 3 apples
 - 1 large avocado
 - 2 bananas
 - 1 head bok choy (or Chinese cabbage)
 - 1 head broccoli
 - 1 1-lb bag carrots
 - 1 head celery
 - 2 large fennel bulbs
 - 1 bulb garlic
 - ½ lb red or green seedless grapes
 - 2 pink or red grapefruits
 - 2 lemons
 - 1 head Boston lettuce
 - 1 head iceberg lettuce
 - 2 large yellow or white onions
 - 2 oranges
 - 1 pint 100% orange juice
 - 1 16-oz bag frozen peas and carrots blend
 - 2 pears
 - 1 pineapple
 - 3 sweet potatoes
 - 1 4-oz box unsweet-ened raisins
- Whole Grains
 - 2 9-oz pkg spinach
 - 2 oz fresh mung bean sprouts
 - 1 16-oz bag frozen whole strawberries
 - 1 bunch thyme leaves
 - 3 medium tomatoes
- Nuts/Seeds/Oils
 - 1 6-oz bag unsalted roasted almonds
 - 1 jar unsalted almond butter
 - 1 12-oz bag unsalted soy nuts
 - 1 bottle extra-virgin olive oil
 - 1 bottle olive oil
 - Olive oil cooking spray
 - 1 bottle sesame seed oil
 - 1 jar unsalted natu-ral peanut butter
 - 1 12-oz bag unsalted sunflower seeds
 - 1 6-oz bag unsalted walnut halves
- Extras
 - 1 box low-sodium vegetable broth
 - 1 small jar ground cinnamon
 - 1 jar raw honey
 - 1 container dried oregano
 - 1 small bottle ground black pepper
 - 1 container vanilla protein powder
 - 1 bottle sea salt
 - 1 bottle low-sodium soy sauce
 - 1 bottle apple cider vinegar
 - 1 bottle balsamic vinegar



Tuna WITH BRAISED FENNEL & CARROTS

Serves 4. Hands-on time: 10 minutes. Total time: 35 minutes.

INGREDIENTS:

- 2 tsp olive oil, divided
- 4 4-oz albacore tuna steaks
- ¼ tsp sea salt, divided
- ¼ tsp ground black pepper, divided
- 1 large onion, sliced
- ½ lb carrots (about 5 small), peeled and sliced into matchsticks
- 1 large fennel bulb, sliced (save fronds and stalks for another use)
- ¾ cup low-sodium vegetable broth
- 1 clove garlic, minced
- 1 tsp raw honey
- 1 tbsp chopped fresh thyme
- 2 tbsp apple cider vinegar

INSTRUCTIONS:

ONE: Heat 1 tsp oil in a large sauté pan over medium-high heat. Sprinkle tuna with ⅓ tsp salt and ⅓ tsp pepper. Sear tuna in pan until lightly browned, about 1 to 1½ minutes per side. Remove tuna from pan, place on plate and tent with foil to keep warm.

TWO: Add remaining 1 tsp oil to pan with onion, carrots and fennel. Cook for 5 to 7 minutes, until vegetables soften. Lower heat to medium and mix in broth, garlic and remaining ⅓ tsp salt and ⅓ tsp pepper. Cover and cook for 10 more minutes.

THREE: Stir honey, thyme and vinegar into vegetables. Place tuna steaks over top, cover and cook for another 5 to 7 minutes. Serve each tuna steak with 1 cup braised vegetables.

Nutrients per serving (1 tuna steak and 1 cup vegetables): Calories: 170, Total Fat: 5 g, Sat. Fat: 1 g, Monounsaturated Fat: 2.5 g, Polyunsaturated Fat: 1.5 g, Omega-3s: 690 mg, Omega-6s: 301 mg, Carbs: 16 g, Fiber: 4 g, Sugars: 6 g, Protein: 15 g, Sodium: 238 mg, Cholesterol: 22 mg

NOTE: Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult. This initial list will provide a foundation for two weeks. As you approach Week Two, take a quick kitchen inventory, as you may have a little less or a little more left over.

| M | TOTAL NUTRIENTS Calories: 1,573, Fat: 56 g, Sat. Fat: 8 g, Carbs: 200 g, Fiber: 31 g, Sugars: 49 g, Protein: 81 g, Sodium: 1,083 mg, Cholesterol: 185 mg | | | | |
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| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| 1 serving Breakfast Phyllo Bites (see recipe, p. 80; save leftovers for later this week) | | ½ cup 1% cottage cheese with 1 tsp honey and ½ cup sliced thawed strawberries | 1½ cups “Fried” Rice A mixed with ½ cup fresh mung bean sprouts | 10 grapes ¼ cup sunflower seeds | 3 oz bison burger with 2 slices tomato, 2 to 3 thin slices avocado and 2 iceberg lettuce leaves on whole-wheat roll Baked Sweet Potato Fries: Slice 1 large sweet potato, mist with cooking spray and bake at 375°F for 30 minutes. Season with sea salt and black pepper, to taste. |
| 1 orange | | | | | |

| T | TOTAL NUTRIENTS Calories: 1,634, Fat: 47 g, Sat. Fat: 11 g, Carbs: 222 g, Fiber: 36 g, Sugars: 79 g, Protein: 105 g, Sodium: 1,197 mg, Cholesterol: 134 mg | | | | |
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| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| 1¼ cups Post Shred-ded Wheat Spoon Size Wheat ‘n Bran with ¾ cup low-fat milk | | 2 tbsp peanut butter 1 banana | Spinach Salad B | 1 pear 2 oz low-fat cheddar cheese | 1 serving Tuna with Braised Fennel & Carrots (see recipe, p. 76; save leftovers for later this week); ¾ cup cooked whole-wheat penne pasta; 4 steamed broccoli spears |

| W | TOTAL NUTRIENTS Calories: 1,551, Fat: 41 g, Sat. Fat: 7 g, Carbs: 197 g, Fiber: 29 g, Sugars: 52 g, Protein: 107 g, Sodium: 844 mg, Cholesterol: 203 mg | | | | |
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| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| 1 cup Greek yogurt mixed with 1 cup chopped apple, ½ tsp honey and ¼ tsp cinnamon | | ½ grapefruit drizzled with ½ tsp honey | 1 serving Breakfast Phyllo Bites (leftovers); 1 cup low-sodium meatless chili topped with ½ cup shredded iceberg lettuce and 2 to 3 thin slices avocado, chopped | 1 cup pineapple chunks 10 almonds | 1½ cups Fried Rice (leftovers) with 4 oz baked chicken breast and 1 cup chopped steamed bok choy |

| T | TOTAL NUTRIENTS Calories: 1,770, Fat: 53 g, Sat. Fat: 11 g, Carbs: 230 g, Fiber: 54 g, Sugars: 71 g, Protein: 116 g, Sodium: 1,336 mg, Cholesterol: 139 mg | | | | |
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| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| ¾ cup cooked oatmeal with ¼ cup raisins, ½ cup low-fat milk and 7 broken walnut halves | | 2 oz chopped avocado, ½ cup chopped tom-ato, 1 hard-boiled egg white, crum-bled, and sea salt and black pepper, to taste | 1 serving Tuna with Braised Fennel & Carrots (leftovers), 1 cup cooked white beans and 1 tsp lemon zest 1 apple | 2 slices Ezekiel toast with 2 tbsp peanut butter | 4 oz baked pork tenderloin 1 cup steamed spinach 1 baked sweet potato sprinkled with 2 tbsp sunflower seeds and sea salt and black pepper, to taste |

| F | TOTAL NUTRIENTS Calories: 1,802, Fat: 38 g, Sat. Fat: 9 g, Carbs: 261 g, Fiber: 42 g, Sugars: 61 g, Protein: 113 g, Sodium: 1,567 mg, Cholesterol: 257 mg | | | | |
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| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| 1 serving Breakfast Phyllo Bites (leftovers) topped with 1 chopped pear and ½ tsp honey | | ¾ cup low-sodium meat-less chili and 1 sliced carrot | 1 chopped tomato sautéed with 1 tsp olive oil, 1 crushed clove gar-lic and 4 oz extra-lean ground beef. Mix with 1½ cups cooked whole-wheat penne and season with sea salt and black pepper, to taste | ½ sectioned grapefruit and 1 sectioned orange tossed with 1 tsp honey | 3 oz baked chicken breast sprinkled with ½ tsp dried oregano and sea salt and black pepper, to taste; 1 cup cooked peas and carrots blend with ¾ cup cooked quinoa and 1 oz low-fat feta |

| S | TOTAL NUTRIENTS Calories: 1,552, Fat: 60 g, Sat. Fat: 10 g, Carbs: 184 g, Fiber: 33 g, Sugars: 49 g, Protein: 91 g, Sodium: 1,350 mg, Cholesterol: 65 mg | | | | |
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| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| 2 slices Ezekiel toast with 2 tbsp almond butter and 1 sliced banana | | ½ cup cooked oatmeal and 1 cup sliced thawed strawberries | 1 cup 1% cottage cheese, ½ cup chopped pineapple, ½ tsp honey and 7 broken walnut halves 2 stalks celery with 1 tbsp peanut butter | ½ raw fennel bulb ¼ cup sunflower seeds | 4 oz baked tilapia with juice from ½ lemon ¾ cup cooked brown rice 2 cups sliced steamed bok choy |

| S | TOTAL NUTRIENTS Calories: 1,535, Fat: 44 g, Sat. Fat: 6 g, Carbs: 189 g, Fiber: 37 g, Sugars: 70 g, Protein: 108 g, Sodium: 1,474 mg, Cholesterol: 132 mg | | | | |
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| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| Orange Cream Smooth-ie: Blend 6 oz 100% orange juice with 4 oz low-fat milk, 1 oz vanilla protein powder and ¼ cup Greek yogurt | | 10 grapes ¼ cup soy nuts | Turkey Chili Sandwich: 3 oz sliced turkey breast on 1 whole-wheat roll, topped with ¼ cup heated low-sodium meatless chili, ¼ cup shredded iceberg lettuce and ¼ cup grated low-fat cheddar cheese | Baked Apple C ½ cup Greek yogurt | Bison Burger Salad: 3 oz bison burger, 3 cups Boston lettuce, ½ cup each cooked white beans and chopped tomato, 4 thin slices avocado, 1 cup sliced fennel bulb, 1 tbsp balsamic vinegar and 1 tsp EVOO |

Menu PLAN

Week 1

EVOO = extra-virgin olive oil

A “Fried” Rice: 2 cups cooked brown rice sautéed with 1 cup thawed peas and carrots blend. Mix with 2 tsp sesame seed oil, 2 tsp soy sauce and ¼ cup soy nuts. Makes 3 cups (save leftovers for later this week).

B Spinach Salad: 3 cups spinach, 3 oz cubed cooked pork tenderloin, 2 slices sweet onion, ¼ cup raisins, 7 broken walnut halves, 1 tsp EVOO, 1 tbsp bal-samic vinegar, and sea salt and black pepper, to taste

C Baked Apple: Spray 2 sheets of phyllo dough with cooking spray and fold in half (totaling 4 layers). Peel, core and slice 1 small apple. Place apple in center of phyllo and sprinkle with 1 tsp honey and ¼ tsp cinnamon. Fold in sides and roll. Bake at 350°F for 35 minutes.

Menu PLAN

week 2

EVOO = extra-virgin olive oil

Strawberry Kefir Shake: Purée 1½ cups low-fat strawberry kefir with 1 tbsp ground flaxseed, 2 oz vanilla protein powder, 1 cup crushed ice and ½ cup plain unsweetened soy milk. Makes 3 cups (save leftovers for later this week).

Beet & Carrot Slaw: 3 oz grated raw beet, 1 grated carrot, ½ cup chopped cucumber, 1 tsp EVOO, 1 tbsp each balsamic vinegar and 100% orange juice, and sea salt and black pepper, to taste

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| M | TOTAL NUTRIENTS Calories: 1,542 , Fat: 45 g , Sat. Fat: 12 g , Carbs: 225 g , Fiber: 35 g , Sugars: 77 g , Protein: 90 g , Sodium: 946 mg , Cholesterol: 91 mg | | | | |
| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| 1¼ cups Post Shred-ded Wheat Spoon Size Wheat 'n Bran with ¾ cup low-fat milk 1 cup sliced pineapple | | 2 stalks celery ¼ cup soy nuts | Roast Beef Salad: 3 cups Romaine lettuce, 4 oz sliced roast beef, ½ cup each chopped tomato, orange sections and chopped cucumber, 2 tbsp balsamic vinegar, 1 tsp EVOO and 1 tbsp sunflower seeds; 10 grapes | 4 multigrain flaxseed crackers with 2 tbsp hummus 1 banana | 1 serving Butternut Squash Ravioli with Mushroom Sauce (see recipes, p. 79; save leftover Butternut Squash Ravioli for later this week), 1 oz goat cheese, 1 cup sliced steamed Brussels sprouts and 2 tbsp pine nuts |
| T | TOTAL NUTRIENTS Calories: 1,759 , Fat: 47 g , Sat. Fat: 6 g , Carbs: 249 g , Fiber: 50 g , Sugars: 85 g , Protein: 113 g , Sodium: 1,034 mg , Cholesterol: 126 mg | | | | |
| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| 1 toasted whole-wheat English muffin with 2 tbsp almond butter 1 apple | | 1 cup Greek yogurt, 1 tsp honey, ½ cup pomegranate seeds | 1 serving Beet & Orange Salad with Whole-Wheat Israeli Couscous (see recipe, p. 80; save leftovers for later this week); 3 oz baked chicken breast; 1 cup cooked edamame | 1 Gnu Foods Flavor & Fiber Cinnamon Raisin Bar ½ grapefruit | 3 oz broiled catfish with juice from ½ lemon and ½ tsp dried oregano ¾ cup cooked wild rice 1 cup steamed broccoli florets |
| W | TOTAL NUTRIENTS Calories: 1,564 , Fat: 44 g , Sat. Fat: 12 g , Carbs: 218 g , Fiber: 36 g , Sugars: 71 g , Protein: 94 g , Sodium: 1,322 mg , Cholesterol: 108 mg | | | | |
| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| ¾ cup cooked oatmeal, 1 cup low-fat milk and 1 cup thawed blueberries | | ½ grapefruit 10 walnut halves | 1 serving Butternut Squash Ravioli (leftovers) with Asian Sauce (see recipe, p. 79) ¾ cup cooked brown rice with 1 scrambled egg white and ½ cup cooked peas and carrots blend | 1½ cups Strawberry Kefir Shake A | 1 Steak Roll-Up B 1 cup low-sodium corn soup 1 orange |
| T | TOTAL NUTRIENTS Calories: 1,710 , Fat: 49 g , Sat. Fat: 8 g , Carbs: 224 g , Fiber: 38 g , Sugars: 74 g , Protein: 111 g , Sodium: 1,550 mg , Cholesterol: 215 mg | | | | |
| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| 1 cup Greek yogurt mixed with 15 sliced grapes and 2 tbsp sunflower seeds | | 2 stalks celery with 2 tbsp peanut butter | 3 oz roast beef on 1 whole-wheat English muffin with 1 romaine lettuce leaf, 1 slice tomato and 1 tsp Dijon mustard 1 apple | 8 multigrain flaxseed crackers with ¼ cup hummus and ½ cup sliced cucumber | 12 broiled large shrimp (eat 6 shrimp and save 6 for later this week) mixed with 1 serving Beet & Orange Salad with Whole-Wheat Israeli Couscous (leftovers), ¾ cup cooked chickpeas and juice from ½ lemon |
| F | TOTAL NUTRIENTS Calories: 1,662 , Fat: 39 g , Sat. Fat: 11 g , Carbs: 223 g , Fiber: 36 g , Sugars: 65 g , Protein: 123 g , Sodium: 1,190 mg , Cholesterol: 401 mg | | | | |
| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| 1½ cups Strawberry Kefir Shake (leftovers) 1 hardboiled egg | | ¾ cup cooked couscous with ½ cup cooked broccoli florets | 1 Steak Roll-Up (leftovers) 1 cup cooked cubed butternut squash, 7 broken walnut halves and a sprinkle of cinnamon 1 banana | 1 cup sliced pineapple | 4 oz baked turkey breast with 1 cup mushrooms, sautéed with 1 tsp olive oil, ½ cup sliced onions and ½ tsp fresh sage 1 cup steamed sliced carrots 1 cup cooked brown rice |
| S | TOTAL NUTRIENTS Calories: 1,586 , Fat: 43 g , Sat. Fat: 8 g , Carbs: 202 g , Fiber: 34 g , Sugars: 53 g , Protein: 114 g , Sodium: 1,136 mg , Cholesterol: 243 mg | | | | |
| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| 3 scrambled egg whites with ¼ cup chopped tomato and ½ oz goat cheese on 1 toasted whole-wheat English muffin | | 1 orange ¼ cup soy nuts | Shrimp & Grain Salad: 1 cup cooked wild rice, 6 large broiled shrimp (leftovers), 5 sliced grapes, ¼ cup pomegranate seeds, 5 broken walnut halves, 1 tsp EVOO and 2 tbsp balsamic vinegar | 1 cup cooked chickpeas sautéed with ½ tsp each cumin, paprika and cayenne | 1 serving Butternut Squash Ravioli (leftovers) with Tomato-Sage Sauce (see recipe, p. 79) 3 oz broiled pork tenderloin |
| S | TOTAL NUTRIENTS Calories: 1,549 , Fat: 49 g , Sat. Fat: 7 g , Carbs: 199 g , Fiber: 36 g , Sugars: 56 g , Protein: 95 g , Sodium: 1,033 mg , Cholesterol: 143 mg | | | | |
| BREAKFAST | | SNACK 1 | LUNCH | SNACK 2 | DINNER |
| ¾ cup cooked oatmeal topped with 1 tbsp each almonds and broken walnut halves, 1 tsp honey and 1 sliced banana | | 1 cup low-sodium corn soup | 2 cups Beet & Carrot Slaw C 4 oz broiled catfish ¾ cup cooked couscous | 1 cup cooked edamame sautéed with ½ tsp olive oil, ½ cup cooked peas and carrots blend and ¼ tsp fresh thyme | 3 oz baked chicken breast with 1 tsp soy sauce 1 cup roasted sliced Brussels sprouts 1 baked sweet potato |



Butternut Squash Ravioli

& THREE SAUCES

Serves 4. Hands-on time: 45 minutes. Total time: 1 hour, 10 minutes.

INGREDIENTS:

- 1 lb butternut squash, peeled, seeded and chopped into 1-inch pieces (about 5 cups)
- 1 clove garlic, peeled and smashed
- 28 to 30 whole-wheat dumpling or wonton wrappers

INSTRUCTIONS:

ONE: Heat squash, garlic and 1 cup water in a wide saucepot over medium-high heat. Cover and cook for 18 to 20 minutes, until squash is very soft. Drain in a colander. Return squash mixture to pot and mash with a potato masher or fork until smooth.

TWO: Place pot with squash over medium heat and cook for about 3 minutes, stirring constantly, so excess water can evaporate; set aside to cool.

THREE: Meanwhile, bring a large pot of water to a boil over high heat. Assemble ravioli: Place 1 tbsp mashed squash mixture in center of each wrapper. With wet fingers, moisten outer edge of each wrapper, then fold in half diagonally (corner to corner) and seal to form triangle. Cook stuffed wrappers for 3 to 4 minutes in boiling water. To serve, place 7 to 8 stuffed wrappers in a dish and top with 1 of Three Sauces.

Nutrients per 7 to 8 ravioli: Calories: 242, Total Fat: 1 g, Sat. Fat: 0.25 g, Carbs: 53 g, Fiber: 4.5 g, Sugars: 4 g, Protein: 7 g, Sodium: 327 mg, Cholesterol: 5 mg

Three Sauces:

TOMATO-SAGE SAUCE

Serves 4.

INGREDIENTS:

- 2 tsp olive oil
- 2 cloves garlic, minced
- 2 medium tomatoes, seeded and chopped
- 2 tsp chopped fresh sage
- ¼ tsp each sea salt and ground black pepper

INSTRUCTIONS:

Heat oil in a small saucepan over medium-high heat. Stir in garlic and cook for 1 minute. Then toss in tomatoes, sage, salt and pepper. Cook for 2 minutes; serve immediately.

Nutrients per ⅓-cup serving: Calories: 37, Total Fat: 2.5 g, Sat. Fat: 0.25 g, Carbs: 3 g, Fiber: 1 g, Sugars: 1.5 g, Protein: 1 g, Sodium: 130 mg, Cholesterol: 0 mg

ASIAN SAUCE

Serves 4.

INGREDIENTS:

- 8 tsp low-sodium soy sauce
- 2 slices ginger (¼ inch each), smashed
- 4 tsp thinly sliced green onion
- 4 tsp sesame seed oil

INSTRUCTIONS:

In small bowl, blend all sauce ingredients with ½ cup water. Serve immediately.

Nutrients per ¼-cup serving: Calories: 51, Total Fat: 4.5 g, Sat. Fat: 0.5 g, Carbs: 1.5 g, Fiber: 0.25 g, Sugars: 0.25 g, Protein: 1 g, Sodium: 401 mg, Cholesterol: 0 mg

MUSHROOM SAUCE

Serves 4.

INGREDIENTS:

- 2 tsp olive oil
- 1 medium onion, chopped
- 4 cups white mushrooms, sliced
- 1 tsp chopped fresh thyme
- ¼ tsp each sea salt and ground black pepper

INSTRUCTIONS:

Heat oil in a medium saucepan over medium-high heat. Add onion and sauté for 2 minutes, until soft. Add mushrooms, thyme, salt and pepper and cook for another 2 to 3 minutes. Serve immediately.

Nutrients per ½-cup serving: Calories: 81, Total Fat: 2.5 g, Sat. Fat: 0.25 g, Carbs: 11 g, Fiber: 1 g, Sugars: 3.4 g, Protein: 4 g, Sodium: 136 mg, Cholesterol: 0 mg

Week 2

Shopping List

Proteins & Dairy

- 7 oz catfish fillets (freeze 4 oz for use later this week)
- 1 8-oz pkg semi-soft goat cheese
- 6 oz boneless, skinless chicken breast
- 1 16-oz bag dried chickpeas
- 1 qt low-fat strawberry kefir
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 pint unsweetened plain soy milk
- 7 oz deli-style, low-sodium sliced lean roast beef
- 12 large shrimp (21 to 25 per lb)
- 8 oz sirloin steak
- 4 oz boneless, skinless turkey breast
- 1 16-oz container nonfat plain Greek-style yogurt

Veggies/Fruit

- 2 apples
- 3 bananas
- 4 medium beets
- 1 pkg frozen blueberries
- 1 bag frozen edamame
- 1 large English cucumber
- ½ lb red or green seedless grapes
- 1 head romaine lettuce
- 2 8-oz pkg white mushrooms
- 1 bunch green onions
- 2 medium yellow or white onions
- 5 oranges
- 1 pomegranate or 1 container fresh pomegranate seeds
- 1 bunch fresh sage
- 1 9-oz pkg spinach
- 1 pint Brussels sprouts
- 1 large butternut squash
- 3 medium tomatoes

Whole Grains

- 1 box whole-wheat Israeli couscous
- 1 box multigrain flaxseed crackers
- 1 pkg whole-wheat dumplings or wonton wrappers (**TRY:** Tang's Natural Whole Wheat Dumpling Wrappers or Wonton Wrappers)
- 1 pkg whole-wheat English muffins
- 1 bag ground flaxseed
- 1 box wild rice

Nuts/Seeds/Oils

- 1 container hummus
- 1 8-oz pkg unsalted pine nuts

Extras

- 1 container cayenne pepper
- 1 container ground cumin
- 1 piece fresh ginger
- 1 Gnu Foods Flavor & Fiber Cinnamon Raisin Bar
- 1 jar Dijon mustard
- 1 container paprika
- 1 box low-sodium corn soup (**TRY:** Imagine Light In Sodium Organic Creamy Harvest Corn Soup)

Web Bonus! For printer-friendly versions of our shopping lists, visit cleaneatingmag.com/shoppinglists

Beet & Orange Salad

WITH WHOLE-WHEAT
ISRAELI COUSCOUS

Serves 4.

Hands-on time: 10 minutes.

Total time: 35 minutes.

INGREDIENTS:

- Olive oil cooking spray
- 3 medium beets, peeled, trimmed and diced
- 1½ cups whole-wheat Israeli couscous
- 2 oranges, peeled and sectioned (about 2 cups)
- 1 tbsp orange zest
- 2 tbsp chopped green onion, green part only
- 1 tsp extra-virgin olive oil
- 1 tbsp 100% orange juice
- 1 tsp apple cider vinegar
- Pinch each sea salt and ground black pepper
- 4 tsp chopped pine nuts, for garnish

INSTRUCTIONS:

ONE: Heat oven to 450°F.

Spray 1 large roasting pan with cooking spray. Place beets in pan in a single layer. Cover with aluminum foil and cook in oven for 15 minutes. Then uncover and cook for another 10 minutes, until beets are tender when pierced with a fork; set aside to cool.

TWO: While beets are cooling, boil 2 cups water in a medium pot over high heat. Pour in couscous, lower heat to medium and cover. Cook for 12 minutes, then fluff with a fork.

THREE: In a large bowl, gently toss beets with oranges and zest, onion, oil, orange juice, vinegar, salt and pepper. To serve, place ¾ cup couscous on each of 4 plates, top each with ¾ cup beet mixture and sprinkle with 1 tsp nuts.

Nutrients per serving (¾ cup beet-citrus salad, 1 tsp pine nuts, ¾ cup couscous): Calories: 227, Total Fat: 3 g, Sat. Fat: 0.25 g, Carbs: 46 g, Fiber: 9 g, Sugars: 11 g, Protein: 7 g, Sodium: 87 mg, Cholesterol: 0 mg

Breakfast Phyllo Bites

Serves 4. Hands-on time: 20 minutes. Total time: 35 minutes.

INGREDIENTS:

- 4 egg whites
- 1 whole egg
- 1 tsp dried oregano
- 1 tsp extra-virgin olive oil
- 12 cups spinach, roughly chopped
- 1 clove garlic, minced
- 1 medium tomato, finely diced
- ¼ cup crumbled low-fat feta cheese
- 8 sheets whole-wheat phyllo dough
- Olive oil cooking spray

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Heat medium nonstick sauté pan over medium-high heat. In a bowl, whisk egg whites, egg and oregano. Pour egg mixture into pan, stirring gently until set, about 2 minutes. Place scrambled eggs on a plate to cool.

TWO: Wipe sauté pan clean, add oil and heat over medium heat. Gradually add spinach and garlic until

spinach is wilted (you should be left with about 1 cup cooked spinach). Place spinach mixture in a bowl and set aside to cool, about 5 minutes.

THREE: In a medium bowl, gently toss together scrambled eggs, spinach mixture, tomato and feta; set aside.

FOUR: Working quickly, roll out 1 sheet of phyllo onto a clean work surface. Mist with cooking spray. Place a second sheet on top and mist again with cooking spray. Cut phyllo lengthwise into 4 strips (each about 3¼-inch wide). Place ¼ cup filling onto 1 end of 1 strip. Fold corner over filling to opposite side of strip, making a triangle. Fold triangle up to meet straight side, then across again. Continue folding over triangle until you reach end of phyllo strip. Mist with cooking spray. Repeat this procedure with remaining 3 strips and 6 phyllo sheets, assembling a total of 16 phyllo bites.

FIVE: Transfer phyllo bites to baking sheet and bake in preheated oven for 10 to 11 minutes, until golden brown around edges.

FREEZE IT: To freeze, place phyllo bites on a sheet pan in a single layer and place in freezer for 20 minutes, until solid. Then gently transfer them to a freezer bag and seal tightly, removing as much air as possible. Breakfast Phyllo Bites can be frozen for up to 6 months.

Nutrients per 4 phyllo bites: Calories: 214, Total Fat: 6 g, Sat. Fat: 2 g, Monounsaturated Fat: 2.5 g Polyunsaturated Fat: 1 g, Carbs: 31 g, Fiber: 5 g, Sugars: 1 g, Protein: 12 g, Sodium: 495 mg, Cholesterol: 55 mg

How to assemble Phyllo Bites



1. Working quickly, roll out 1 sheet of phyllo onto a clean work surface. Mist with cooking spray. Place a second sheet on top and mist again with cooking spray.



4. Fold corner over filling to opposite side of strip, making a triangle.



2. Cut phyllo lengthwise into 4 strips (each about 3¼-inch wide). **TIP:** Cut phyllo in half lengthwise, then halve each section again for 4 even strips; no measuring required!



5. Fold triangle up to meet straight side, then across again. Continue folding over triangle until you reach end of phyllo strip.



3. Place ¼ cup filling onto 1 end of 1 strip.



6. Mist with cooking spray. ©