

# Week 1 Shopping List

## Proteins & Dairy

- 1 8-oz pkg dried black beans
- 1 8-oz pkg dried white beans
- 8 oz low-fat cheddar cheese
- 1 pint 1% cottage cheese
- 5 oz low-fat Jarlsberg Light cheese
- 1 pkg low-fat string cheese
- 8 oz boneless, skin-less chicken breast
- 1 dozen eggs
- 7 oz sliced low-sodium uncured lean ham
- ½ gallon low-fat milk (skim, unsweetened rice, almond or soy milk)
- 5 oz lean pork chop
- 5 oz salmon fillet
- 5 oz flank steak
- 8 oz 99% lean ground turkey (or 1 container firm tofu)
- 6 oz sliced deli-fresh low-sodium turkey breast
- 1 24-oz container nonfat plain Greek-style yogurt

## Veggies/Fruit

- 5 medium Empire apples
- 2 10-oz bags arugula
- 1 avocado
- 3 bananas
- 1 bag frozen green beans
- 1 bag frozen blueberries
- 1 bag frozen broccoli
- 1 small head red cabbage
- 1 small head white cabbage
- 1 1-lb bag carrots
- 1 bunch celery
- 1 cucumber
- 1 bulb garlic
- 1 grapefruit
- 2 kiwi
- 2 lemons
- 1 head romaine lettuce
- 1 pint sliced mushrooms
- 2 red onions
- 4 oranges
- 1 bunch Italian flat-leaf parsley
- 3 pears

- 2 small red potatoes
- 2 small Yukon Gold potatoes
- 1 bag frozen strawberries
- 1 pint grape tomatoes
- 1 tomato

## Whole Grains

- 1 loaf sliced rye bread
- 1 pkg whole-wheat buns
- 1 box Kashi Heart to Heart Honey Toasted Oat cereal
- 1 pkg whole-grain crispbreads
- 1 container 5-minute oatmeal
- 1 pkg whole-wheat pitas
- 1 pkg brown rice
- 1 pkg whole-wheat spaghetti

## Nuts/Seeds/Oils

- 1 6-oz bag unsalted raw almonds
- 1 jar unsalted almond butter
- 1 small bag ground flaxseed
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- 1 bottle olive oil cooking spray
- 1 6-oz bag unsalted raw walnuts

## Extras

- 1 container ground cinnamon
- 1 container hummus
- 1 jar Dijon mustard
- 1 container ground black pepper
- 1 container chocolate whey protein powder
- 1 container dried rosemary or 1 pkg fresh rosemary
- 1 container low-sodium salsa
- 1 container sea salt
- 1 container stevia powder
- 1 container low-sodium tomato sauce
- 1 bottle apple cider vinegar
- 1 bottle balsamic vinegar



## Clean Reuben Sandwich

*Serves 2. Hands-on time: 16 minutes. Total time: 20 minutes.*

### INGREDIENTS:

#### COLESLAW

- 2 cups coarsely shredded white cabbage
- 1½ cups coarsely shredded red cabbage
- ½ cup shredded carrots
- 1 tbsp chopped fresh Italian-leaf parsley
- ¼ cup apple cider vinegar
- ¾ cup nonfat plain Greek-style yogurt

- 1 tsp stevia powder
- ¼ tsp ground black pepper
- ¼ tsp sea salt, optional

#### SWEET TOMATO DRESSING

- ¼ cup nonfat plain Greek-style yogurt
- 5 grape tomatoes, diced
- ¼ tsp stevia powder
- Dash sea salt, optional

#### SANDWICH

- 4 slices rye bread
- 1 oz Jarlsberg Light cheese, sliced

- 2 oz low-sodium uncured lean ham, sliced
- 1 oz deli-fresh low-sodium turkey breast, sliced

### INSTRUCTIONS:

**ONE:** Prepare coleslaw: In a medium bowl, combine cabbages, carrots and parsley. Stir in vinegar, yogurt, stevia, pepper and salt, if desired. Cover and marinate in refrigerator for 10 minutes.

**TWO:** Meanwhile, prepare Sweet Tomato Dressing: In a small bowl, stir together yogurt, tomatoes, stevia and salt until evenly mixed. While stirring, mash tomatoes to release their juices. Set aside.

**THREE:** Assemble 1 sandwich by dividing 2 tbsp Sweet Tomato Dressing among 2 slices of bread. Place ½ oz cheese on 1 slice of bread. Add 1 oz ham and ½ oz turkey over top of cheese. Pile about ¼ cup coleslaw on top of ham and turkey. Finish with second slice of bread and press firmly. Broil sandwich either in toaster oven or oven for 2 minutes, flip and broil for 2 more minutes. Repeat with remaining ingredients to assemble second sandwich. To serve, cut sandwich in half and serve with ¾ cup coleslaw on the side.

*Nutrients per sandwich (1 cup coleslaw, 2 tbsp dressing, ½ oz cheese, 1½ oz meat, 2 slices bread):* Calories: 286, Total Fat: 4 g, Sat. Fat: 1.5 g, Carbs: 36 g, Fiber: 6 g, Sugars: 12 g, Protein: 28 g, Sodium: 757 mg, Cholesterol: 30 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: 1,499, Fat: 53 g, Sat. Fat: 11 g, Carbs: 165 g, Fiber: 33 g, Sugars: 42 g, Protein: 100 g, Sodium: 2,343 mg, Cholesterol: 76 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
<b>Egg Sandwich:</b> 4 scrambled egg whites and 1 oz low-fat cheddar cheese in 1 whole-wheat bun 1 grapefruit		25 almonds	<b>Ham &amp; Pear Salad:</b> 3 oz ham, 1 oz low-fat cheddar cheese, 1 thinly sliced pear, 7 walnuts and 3 cups arugula with 2 tbsp balsamic vinegar, ½ tsp Dijon and 1 tsp <b>EVOO</b> 1 sliced pita, warmed	10 carrot sticks and 3 tbsp hummus	1 serving Clean Reuben Sandwich (see recipe, p. TK; save leftovers for later this week) 1 orange

T	TOTAL NUTRIENTS    Calories: 1,587, Fat: 45 g, Sat. Fat: 8 g, Carbs: 196 g, Fiber: 40 g, Sugars: 51 g, Protein: 113 g, Sodium: 1,510 mg, Cholesterol: 102 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
<b>Winter Oatmeal</b> <b>A</b>		5 oz Greek yogurt with ½ cup sliced thawed strawberries	1 serving Clean Reuben Sandwich (leftovers) 1 kiwi	3 celery stalks with 2 tbsp almond butter	5 oz baked pork chop, 1 cup steamed green beans and ½ cup cooked black beans mixed with ¾ cup brown rice 1 cup arugula with 1 tbsp balsamic vinegar and ½ tsp <b>EVOO</b>

W	TOTAL NUTRIENTS    Calories: 1,526, Fat: 35 g, Sat. Fat: 9 g, Carbs: 207 g, Fiber: 40 g, Sugars: 71 g, Protein: 109 g, Sodium: 1,841 mg, Cholesterol: 252 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Kashi Heart to Heart Honey Toasted Oat cereal with 1 sliced banana and ½ cup low-fat milk		½ cup 1% cottage cheese with ¾ cup sliced thawed strawberries	<b>Turkey Sandwich:</b> 3 oz sliced turkey breast, 1 oz low-fat cheddar cheese, 1 slice avocado, 1 slice red onion and 1 lettuce leaf on 1 whole-wheat bun 1 orange	1 quartered hardboiled egg spread with 2 tbsp hummus (common Middle Eastern pairing)	2 oz whole-wheat spaghetti, 4 oz cooked ground turkey (or firm tofu, crumbled), 1 cup steamed broccoli florets and ¾ cup tomato sauce 2 cups lettuce and 5 chopped walnuts with 1 tbsp balsamic vinegar and ½ tsp <b>EVOO</b>

T	TOTAL NUTRIENTS    Calories: 1,558, Fat: 51 g, Sat. Fat: 11 g, Carbs: 170 g, Fiber: 33g, Sugars: 66 g, Protein: 116 g, Sodium: 2,350 mg, Cholesterol: 224 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
<b>Protein Shake:</b> Blend 1 cup low-fat milk, ¼ cup chocolate whey protein powder, ½ cup strawberries with ice and cinnamon, to taste		1 banana with 2 tbsp almond butter	<b>Chef's Salad:</b> Shred 2 oz each ham and sliced turkey breast, 1 oz Jarlsberg Light cheese and 1 hardboiled egg. Add mixture to 3 cups lettuce, 5 cucumber slices and 5 grape tomatoes with 2 tbsp balsamic vinegar and 1 tsp <b>EVOO</b> 1 orange	1 toasted whole-wheat pita (cut into 8 triangles) and ½ cup salsa	<b>Turkey Burger:</b> Form 4 oz ground turkey into burger patty, broil and top with 2 to 3 slices avocado, 1 slice tomato and 1 lettuce leaf on 1 whole-wheat bun 1 cup coleslaw (leftovers from Clean Reuben Sandwich recipe) 1½ cups sautéed mushrooms

F	TOTAL NUTRIENTS    Calories: 1,725, Fat: 43 g, Sat. Fat: 8 g, Carbs: 258 g, Fiber: 53 g, Sugars: 61 g, Protein: 97 g, Sodium: 1,397 mg, Cholesterol: 80 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
<b>Blueberry-Pear Oatmeal</b> <b>B</b>		1 low-fat string cheese	1 serving Rosemary Chicken & Potato Salad with Sweet Lemon Vinaigrette (see recipe, p. TK; save leftovers for tomorrow) on 2 cups lettuce 1 apple	½ cup 1% cottage cheese with 2 whole-grain crispbreads and 1 small halved banana	<b>Mexican Pita:</b> 1 toasted whole-wheat pita filled with ¾ cup cooked black beans, ¼ cup chopped sautéed mushrooms, 2 tbsp salsa, 2 tbsp chopped red onion and ½ cubed avocado

S	TOTAL NUTRIENTS    Calories: 1,755, Fat: 44 g, Sat. Fat: 6 g, Carbs: 224 g, Fiber: 45 g, Sugars: 75 g, Protein: 134 g, Sodium: 979 mg, Cholesterol: 156 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
<b>Egg White &amp; Veggie Omelette</b> <b>C</b> 2 slices rye toast 1 cup thawed strawberries		5 oz Greek yogurt with 1 sliced kiwi and 1 tsp stevia	1 serving Rosemary Chicken & Potato Salad with Sweet Lemon Vinaigrette (leftovers), heated in microwave for 1 to 2 minutes 20 almonds	1 sliced pear with 1 oz low-fat cheddar cheese	5 oz baked salmon with 1 sliced clove garlic, 1 cup steamed green beans and ¾ cup brown rice 1 cup lettuce and 5 grape tomatoes with 2 tsp balsamic vinegar and ½ tsp <b>EVOO</b>

S	TOTAL NUTRIENTS    Calories: 1,597 Fat: 49 g, Sat. Fat: 9 g, Carbs: 193 g, Fiber: 30 g, Sugars: 65 g, Protein: 108 g, Sodium: 1,678 mg, Cholesterol: 89 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 toasted whole-wheat pita with 2 tbsp almond butter and 4 thin apple slices Eat remaining apple		<b>Choco Blueberry Shake:</b> Blend 1 cup low-fat milk, ¼ cup chocolate whey protein powder, ½ cup frozen blueberries	<b>Open-Face Tomato Melt:</b> Top each of 2 slices rye bread with 2 slices tomato, ¼ minced garlic clove, ½ tsp <b>EVOO</b> and ½ oz Jarlsberg Light cheese; broil 1 orange	1 whole-wheat pita and 3 tbsp hummus	5 oz broiled flank steak 1 cup coleslaw (leftovers from Clean Reuben Sandwich recipe) 1 cup arugula and 5 chopped walnuts with 2 tsp balsamic vinegar and ½ tsp <b>EVOO</b>

## Menu PLAN

# Week 1

**EVOO** = extra-virgin olive oil

**A** **Winter Oatmeal:** ½ cup uncooked oatmeal (cooked to package instructions) with 1 cup low-fat milk and 1 diced small apple. Add 1 tbsp flaxseed, ½ tsp cinnamon and 5 chopped walnuts.

**B** **Blueberry-Pear Oatmeal:** ½ cup uncooked oatmeal (cooked to package instructions) with 1 cup low-fat milk, 1 diced pear and ¼ cup frozen blueberries. Add 1 tbsp flaxseed, ½ tsp cinnamon and 5 chopped walnuts.

**C** **Egg White & Veggie Omelette:** 4 egg whites, 1 oz Jarlsberg Light cheese, 5 sliced grape tomatoes, 5 sliced mushrooms and ground black pepper, to taste







## Rosemary Chicken & Potato Salad

WITH SWEET LEMON VINAIGRETTE

**Serves 2. Hands-on time:** 10 minutes. **Total time:** 30 minutes.

### INGREDIENTS:

- 2 small red potatoes, scrubbed well
- 2 small Yukon Gold potatoes, scrubbed well
- ½ lb boneless, skinless chicken breast
- ½ cup diced red onion
- 1 medium Empire apple, unpeeled and diced (about ¾ cup)
- ⅓ cup chopped celery
- ½ cup cooked white beans
- 1 tsp dried rosemary or 1 tbsp fresh rosemary
- ⅓ tsp ground black pepper
- Sea salt, to taste

### VINAIGRETTE

- ¼ cup fresh lemon juice (about 1½ lemons)
- 1 tbsp extra-virgin olive oil
- 2 tsp stevia powder

### INSTRUCTIONS:

**ONE:** In a medium saucepan, add potatoes and cover completely in water. Bring to a boil over high heat and cook potatoes for 15 minutes or until fork tender. Drain and let cool before cutting potatoes into bite-size pieces.

**TWO:** In a separate medium saucepan, add chicken and cover completely in water. Set over

medium-high heat and poach chicken for 15 to 20 minutes or until cooked through and no longer pink in center. Drain and let cool before cutting chicken into bite-size pieces.

**THREE:** In a large bowl, add potatoes, chicken, onion, apple, celery, beans, rosemary, pepper and salt.

**FOUR:** Prepare vinaigrette: In a medium bowl, whisk together lemon juice, oil and stevia. Pour vinaigrette over potato-chicken mixture and stir gently to coat.

**Nutrients per 2½-cup serving:** Calories: 441, Total Fat: 9 g, Sat. Fat: 1.5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 3 g, Carbs: 58 g, Fiber: 9 g, Sugars: 8 g, Protein: 35 g, Sodium: 104 mg, Cholesterol: 65 mg

## Cauliflower & Broccoli Au Gratin

**Serves 4. Hands-on time:** 15 minutes. **Total time:** 45 minutes.

### INGREDIENTS:

- 2 cups fresh cauliflower florets
- 2 cups fresh broccoli florets
- 1 small yellow onion, sliced in rings
- 3 tsp olive oil, divided
- 1 carrot, peeled and finely chopped
- 1½ cups low-fat milk
- 2 tbsp arrowroot powder
- ½ cup shredded light Gouda cheese
- ½ cup shredded light Havarti cheese
- 1 tbsp dry mustard
- ½ tsp ground black pepper

- Sea salt, to taste, optional
- 2 tbsp whole-wheat bread crumbs

### INSTRUCTIONS:

**ONE:** Preheat oven to 350°F. Fill a medium saucepan with water, about 1 inch high. Bring to a boil. Place cauliflower and broccoli in a steamer basket and set in saucepan. Reduce to medium heat and cover with lid for 5 minutes, until cauliflower and broccoli are tender. Remove from burner and set aside to cool.

**TWO:** In a large saucepan over medium-high heat, sauté onion in 2 tsp oil for 1 to 2 minutes, until translucent. Add carrot and milk and heat for 3 minutes, constantly stirring. In a small bowl, whisk together 2 tbsp cold water and arrowroot powder. Add mixture to saucepan with milk mixture and stir for 1 minute. Stir in cheeses and mix until melted. Season with mustard, pepper and salt, if desired.

**THREE:** In a small skillet over medium-high heat, brown bread crumbs in remaining 1 tsp oil for 3 minutes.

**FOUR:** In an 8 x 8 glass dish, add cauliflower and broccoli in an evenly distributed layer. Pour cheese-carrot mixture over top, then sprinkle with bread crumbs and bake for 25 minutes. Let cool for 5 minutes before serving.

**STORAGE:** Leftovers can be kept in refrigerator in an airtight container for up to 4 days.




**Nutrients per 1½-cup serving:** Calories: 232, Total Fat: 9 g, Sat. Fat: 4 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 26 g, Fiber: 3 g, Sugars: 8 g, Protein: 14 g, Sodium: 263 mg, Cholesterol: 28 mg

## Your Guide to Spice Pairing

Follow our spice dos and don'ts to personalize your daily mini-meals and better suit your tastes.

BY JOANNE LUSTED



SPICE	FLAVOR	WORKS WELL WITH	DOESN'T WORK WELL WITH
<b>CARDAMOM</b> (whole or ground)	Sweet, intense, pungent, earthy	Indian recipes; curry, cinnamon, clove, ginger, mint	Mexican and Caribbean cuisine; rosemary, dill
 <b>CAYENNE PEPPER</b>	Hot, spicy, little actual taste	Mexican, Italian and Caribbean fare; any spice or herb to add heat, such as paprika, chile powder and cumin, or lime juice and cilantro	In large quantities or alone as a seasoning to add flavor (cayenne simply adds heat)
 <b>CINNAMON</b>	Sweet, woody, hot, aromatic	Mexican and Moroccan recipes; allspice, nutmeg, cumin, paprika, mint, thyme, ginger, fennel, cloves	Alone on savory items such as meats or fish
<b>CUMIN</b> (whole or ground)	Slightly bitter, warm, pungent, nutty	Middle Eastern, Indian, Cuban, Mexican and Tex-Mex dishes; chile powder, coriander, lime, paprika, dill, onion powder, garlic powder	Lavender, rosemary, sage, tarragon
 <b>GINGER</b>	Rich, sweet, warm, spicy, woody	Indian, Caribbean and Asian cuisines; allspice, anise, coriander, chile peppers, cinnamon, nutmeg, curry, cumin, cilantro, mint, thyme	Sage, tarragon
<b>PAPRIKA</b> (sweet)	Pungent, earthy, sweet, woody	Hungarian, Spanish and Moroccan fare; cumin, chile powder, flat-leaf parsley, coriander, citrus, thyme, oregano, dill, cinnamon, saffron, mint	Thai and Japanese foods