

Day 1 of 7

Breakfast

Disclaimer - I am not a professional.

1 Yogurt, Granola and Fruit

1 Buttered English Muffin

Per Serving (excluding unknown items): 713 Calories; 33g Fat (40.1% calories from fat); 27g Protein; 83g Carbohydrate; 13g Dietary Fiber; 34mg Cholesterol; 389mg Sodium; 35g Total Sugars; 1mcg Vitamin D; 368mg Calcium; 5mg Iron; 850mg Potassium; 657mg Phosphorus. Exchanges: .

Lunch

Mediterranean Chickpea Salad

6 oz 1% low-fat milk

Per Serving (excluding unknown items): 593 Calories; 36g Fat (53.7% calories from fat); 21g Protein; 50g Carbohydrate; 10g Dietary Fiber; 35mg Cholesterol; 811mg Sodium; 19g Total Sugars; trace Vitamin D; 480mg Calcium; 4mg Iron; 809mg Potassium; 418mg Phosphorus. Exchanges: .

Dinner

Baked Salmon with Broccoli and Rice

Red Wine

Snack - Sweet Potato Chips

Per Serving (excluding unknown items): 1000 Calories; 11g Fat (11.0% calories from fat); 39g Protein; 158g Carbohydrate; 10g Dietary Fiber; 64mg Cholesterol; 2345mg Sodium; 11g Total Sugars; 0mcg Vitamin D; 265mg Calcium; 8mg Iron; 1759mg Potassium; 672mg Phosphorus. Exchanges: .

Day 2 of 7

Breakfast

Oatmeal and Fruit

Snack - Green tea and honey

Per Serving (excluding unknown items): 403 Calories; 6g Fat (13.7% calories from fat); 18g Protein; 72g Carbohydrate; 8g Dietary Fiber; 16mg Cholesterol; 171mg Sodium; 40g Total Sugars; 0mcg Vitamin D; 487mg Calcium; 3mg Iron; 902mg Potassium; 576mg Phosphorus. Exchanges: .

Lunch

1 Flatbread Mushroom Pizza
30 g PRINGLES BBQ FLAVOR POTATO CHIPS

Per Serving (excluding unknown items): 625 Calories; 28g Fat (39.3% calories from fat); 27g Protein; 69g Carbohydrate; 3g Dietary Fiber; 40mg Cholesterol; 1060mg Sodium; 7g Total Sugars; trace Vitamin D; 554mg Calcium; 4mg Iron; 409mg Potassium; 425mg Phosphorus. Exchanges: .

Dinner

1 Mexican Street Corn Linguine
Red Wine
Snack - Popcorn Bowl

Per Serving (excluding unknown items): 971 Calories; 34g Fat (36.2% calories from fat); 27g Protein; 109g Carbohydrate; 11g Dietary Fiber; 57mg Cholesterol; 841mg Sodium; 13g Total Sugars; trace Vitamin D; 381mg Calcium; 6mg Iron; 929mg Potassium; 558mg Phosphorus. Exchanges: .

Day 3 of 7

Breakfast

1 Spinach and Feta Omelette with Toast
1 Applesauce PB Bars
6 oz 1% low-fat milk

Per Serving (excluding unknown items): 707 Calories; 38g Fat (47.6% calories from fat); 29g Protein; 66g Carbohydrate; 7g Dietary Fiber; 213mg Cholesterol; 736mg Sodium; 28g Total Sugars; 1mcg Vitamin D; 461mg Calcium; 4mg Iron; 749mg Potassium; 574mg Phosphorus. Exchanges: .

Lunch

1 Greek Salad
Quick and Easy Chicken Noodle soup
Snack - Iron-Rich Trail Mix

Per Serving (excluding unknown items): 588 Calories; 36g Fat (52.7% calories from fat); 23g Protein; 50g Carbohydrate; 6g Dietary Fiber; 61mg Cholesterol; 1074mg Sodium; 26g Total Sugars; trace Vitamin D; 197mg Calcium; 5mg Iron; 1068mg Potassium; 347mg Phosphorus. Exchanges: .

Dinner

1 Roasted Chicken, Potatoes. Green Beans
Red Wine
Snack - Popcorn Bowl

Per Serving (excluding unknown items): 650 Calories; 17g Fat (29.0% calories from fat); 29g Protein; 64g Carbohydrate; 9g Dietary Fiber; 64mg Cholesterol; 181mg Sodium; 4g Total Sugars; trace Vitamin D; 71mg Calcium; 4mg Iron; 1517mg Potassium; 424mg Phosphorus. Exchanges: .

Day 4 of 7

Breakfast

1 Banana and Fruit Smoothie and Toast

Per Serving (excluding unknown items): 217 Calories; 2g Fat (7.4% calories from fat); 8g Protein; 46g Carbohydrate; 5g Dietary Fiber; 3mg Cholesterol; 101mg Sodium; 30g Total Sugars; 1mcg Vitamin D; 294mg Calcium; 1mg Iron; 678mg Potassium; 123mg Phosphorus. Exchanges: .

Lunch

1 Whole Wheat Pasta Salad
Quick and Easy Chicken Noodle soup
1 Applesauce PB Bars

Per Serving (excluding unknown items): 971 Calories; 49g Fat (44.8% calories from fat); 33g Protein; 104g Carbohydrate; 9g Dietary Fiber; 56mg Cholesterol; 1251mg Sodium; 26g Total Sugars; trace Vitamin D; 192mg Calcium; 7mg Iron; 1075mg Potassium; 458mg Phosphorus. Exchanges: .

Dinner

1 Shrimp and Cheese Quiche
Red Wine
Snack - Sweet Potato Chips

Per Serving (excluding unknown items): 821 Calories; 35g Fat (44.8% calories from fat); 32g Protein; 64g Carbohydrate; 5g Dietary Fiber; 315mg Cholesterol; 879mg Sodium; 12g Total Sugars; 1mcg Vitamin D; 459mg Calcium; 3mg Iron; 1127mg Potassium; 469mg Phosphorus. Exchanges: .

Day 5 of 7

Breakfast

1 Whole Wheat English Muffin with Egg, green grapes
6 oz 1% low-fat milk
Snack - applesauce with yogurt

Per Serving (excluding unknown items): 547 Calories; 11g Fat (17.3% calories from fat); 32g Protein; 86g Carbohydrate; 7g Dietary Fiber; 209mg Cholesterol; 481mg Sodium; 60g Total Sugars; 1mcg Vitamin D; 582mg Calcium; 3mg Iron; 918mg Potassium; 652mg Phosphorus. Exchanges: .

Lunch

1 Creamy Spinach and Potato Soup:
Buttered English Muffin
Snack - Green tea and honey

Per Serving (excluding unknown items): 467 Calories; 21g Fat (38.2% calories from fat); 13g Protein; 62g Carbohydrate; 7g Dietary Fiber; 37mg Cholesterol; 942mg Sodium; 21g Total Sugars; trace Vitamin D; 329mg Calcium; 3mg Iron; 741mg Potassium; 392mg Phosphorus. Exchanges: .

Dinner

Fish Burger and Sweet Potato Fries
Red Wine
Snack - Popcorn Bowl

Per Serving (excluding unknown items): 973 Calories; 23g Fat (24.8% calories from fat); 28g Protein; 130g Carbohydrate; 19g Dietary Fiber; 27mg Cholesterol; 1443mg Sodium; 13g Total Sugars; trace Vitamin D; 267mg Calcium; 7mg Iron; 1437mg Potassium; 388mg Phosphorus. Exchanges: .

Day 6 of 7

Breakfast

Whole wheat toast topped with mashed avocado and tomatoes
Snack - Iron-Rich Trail Mix

Per Serving (excluding unknown items): 521 Calories; 31g Fat (50.7% calories from fat); 14g Protein; 53g Carbohydrate; 11g Dietary Fiber; 1mg Cholesterol; 303mg Sodium; 13g Total Sugars; 0mcg Vitamin D; 156mg Calcium; 4mg Iron; 894mg Potassium; 301mg Phosphorus. Exchanges: .

Lunch

Mushroom Frittata

Greek Salad

6 oz 1% low-fat milk

No-Bake Apple Peanut Butter Bars

Per Serving (excluding unknown items): 814 Calories; 52g Fat (55.2% calories from fat); 35g Protein; 60g Carbohydrate; 6g Dietary Fiber; 407mg Cholesterol; 586mg Sodium; 36g Total Sugars; 2mcg Vitamin D; 522mg Calcium; 5mg Iron; 1310mg Potassium; 739mg Phosphorus. Exchanges: .

Dinner

1 Rice with chicken, snap peas, & broccoli

Red Wine

Snack - Popcorn Bowl

Per Serving (excluding unknown items): 664 Calories; 20g Fat (34.0% calories from fat); 28g Protein; 61g Carbohydrate; 8g Dietary Fiber; 62mg Cholesterol; 1229mg Sodium; 10g Total Sugars; 0mcg Vitamin D; 76mg Calcium; 3mg Iron; 1036mg Potassium; 411mg Phosphorus. Exchanges: .

Day 7 of 7

Breakfast

1 Whole Wheat English Muffin with Egg, mushrooms

Smoothie - Strawberries N' Creams

Per Serving (excluding unknown items): 548 Calories; 17g Fat (26.7% calories from fat); 21g Protein; 84g Carbohydrate; 10g Dietary Fiber; 224mg Cholesterol; 507mg Sodium; 49g Total Sugars; 2mcg Vitamin D; 625mg Calcium; 4mg Iron; 959mg Potassium; 486mg Phosphorus. Exchanges: .

Lunch

Flatbread Mushroom Pizza

1 Snack Creamy Cottage Cheese Veggie Dip

Per Serving (excluding unknown items): 656 Calories; 22g Fat (29.9% calories from fat); 42g Protein; 74g Carbohydrate; 5g Dietary Fiber; 54mg Cholesterol; 1376mg Sodium; 18g Total Sugars; 3mcg Vitamin D; 875mg Calcium; 5mg Iron; 936mg Potassium; 749mg Phosphorus. Exchanges: .

Dinner

1 Spaghetti and sausage, veggies, and marinara sauce

Red Wine

Per Serving (excluding unknown items): 973 Calories; 17g Fat (18.3% calories from fat); 32g Protein; 139g Carbohydrate; 9g Dietary Fiber; 37mg Cholesterol; 888mg Sodium; 15g Total Sugars; trace Vitamin D; 101mg Calcium; 9mg Iron; 1397mg Potassium; 512mg Phosphorus. Exchanges: .

A Short Disclaimer - I am not a professional.

I am not endorsing any software or making any dietary recommendations. I am not a professional, and this meal plan is not a substitute for consulting one should you require one.

I created this meal plan with help from several sources, including Chat GPT and MasterCook software. It represents my attempt to produce a sample week of meals that approach or exceed the general recommended daily nutrients and calorie requirements. I don't care where the nutrients come from, so this is not, for example, a vegan meal plan. The ingredients are not restricted in any way. I list meat, milk, cheese, and even some red wine and chocolate in meals.

I used the tools of The MasterCook software to perform the nutritional analysis. The software has this disclaimer: The Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

By the end of a given day, the meals are approximately 2000 calories, meet most general average nutritional requirements, and keep fat at a reasonable level. I am finished fiddling with this plan, however it may need more work. For example, the protein reports high - averaging around 143% of average requirements. You could replace some protein, such as meat, cheese or yogurt, with calories from fruit or fruit juices. But vitamins A and C are also high. (Consider empty calories?). An easy way to increase protein is to substitute milk for almond milk in the smoothie recipes, and serve larger meat portions. Do some research on how much protein you personally need before adjusting.

The average grams of daily protein in this plan is around 78g. According to Medical News Today: Researchers recommended that adults should ideally consume protein in the range of 1.2-1.6 g per kg of body weight daily, to prevent age-related muscle loss or sarcopenia. (I have also read 1.0 gm per kg of body weight). 2 g per kg of body weight is probably too much unless you are very active. So this amount of protein (78g) is probably okay if you weigh around 120 -160 lbs. If you weigh less, more, are pregnant, nursing, are a child, or are very active, you might want to make adjustments to this 'average' plan.

To reach some nutritional requirements, I had to include beverages in this diet. Not just any beverages: to satisfy carbs and calcium requirements without blowing protein, I needed to add smoothies made with almond milk as well as adding 1% milk to meals. I also added empty calories occasionally.

Without listing salt as an ingredient in any recipe, 100% of the sodium requirement was realised in the plan. So sodium requirements were met through items like bread or cheese. Salt and pepper to taste at your own risk.

To determine your personal nutritional needs consider using the DRI calculator at National Agricultural Library or the U.S. DEPARTMENT OF AGRICULTURE: visit: <https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator/results>

Then you could ask Chat GPT to recommend ingredients or recipes to help you boost or reduce specific nutrients in the diet. For example ask Chat GPT: Can you find me a snack recipe to help boost carbs but limit protein?

Yogurt, Granola and Fruit

Servings: 1

1/2 cup Greek yogurt, vanilla, nonfat (5.3 oz)
1/2 cup berries
1 tablespoon mixed nuts, chopped
1/2 cup granola

In a bowl, layer fruit, yogurt, granola and top with nuts.

Serve the banana on the side or slice it and add as another layer on top of the granola.

Buttered English Muffin

Servings: 1

1 whole wheat english muffin, toasted
1 tablespoon butter

Mediterranean Chickpea Salad

Servings: 4

2 cups chickpeas, canned, roasted
1 tablespoon olive oil
2 cups spinach, roughly chopped
1 cup cherry tomato, halved
1 medium cucumber, diced
1/2 medium red onion, sliced thin
1/2 cup feta cheese, crumbled
1/4 cup olives, pitted and chopped
2 tablespoons fresh parsley, chopped
1/2 cup croutons, for carbs
6 tablespoons olive oil, dressing
6 tablespoons fresh lemon juice, dressing
2 cloves garlic, minced, dressing
1 tablespoon oregano, dressing

Cook the chicken as desired and serve on the side or slice and add to salad.

Drain, rinse and cook the chickpeas in a covered pan with a tbs of olive oil on med-low for 5-10 minutes.

Add 1/2 the garlic to the chickpeas for the last 3 minutes. Allow the garlic

chickpeas to cool.

Meanwhile, wash and chop vegetables into bite size pieces. Pit and half the olives. Mince the garlic.

In a small bowl, whisk together the extra virgin olive oil, red wine vinegar, minced garlic, dried oregano, salt, and black pepper to make the dressing. You can also add a squeeze of fresh lemon juice for extra tanginess, if desired.

In a large mixing bowl, chickpeas, diced cucumber, halved cherry tomatoes, thinly sliced red onion, halved Kalamata olives, crumbled feta cheese, chopped fresh parsley. Toss gently to combine.

Pour the dressing over the chickpea salad and toss until everything is evenly coated. Taste the salad and adjust the seasoning if needed, adding more salt, pepper, or lemon juice to taste.

Cover the bowl with plastic wrap and refrigerate the chickpea salad for at least 30 minutes to allow the flavors to meld together.

Serve the Mediterranean Chickpea Salad chilled as a refreshing and nutritious side dish or light meal.

Baked Salmon with Broccoli and Rice

Servings: 2

6 ounces salmon fillet, baked
1 cup broccoli, baked
1 1/2 cups rice pilaf, steamed
1 tablespoon paprika
1 tablespoon onion powder
1/2 medium lemon

Preheat oven to 425 degrees.

Place salmon and broccoli in a baking pan, sprinkle with spices and squirt with juice from lemon.

Bake until salmon cooked through - around 15 minutes.

In the meantime, add one chicken boullion cube to 1 1/2 cups of water. Add rice and boullion water to rice cooker and steam.

Serve.

Red Wine

6 ounces red wine

Snack - Sweet Potato Chips

Servings: 2 (original Recipe serves 3)

Note: Scaling affects only items in the Ingredient Amount column, values in the Directions portion must be scaled manually.

1/2 pound sweet potatoes, washed and peeled, slice 1/8-inch
2 teaspoons olive oil
1 1/3 dashes salt

Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.

Using a mandoline slicer or a sharp knife, slice the sweet potatoes into thin rounds, about 1/8 inch thick.

In a large bowl, toss the sweet potato slices with olive oil, salt, and any optional seasonings like paprika and garlic powder until evenly coated.

Arrange the sweet potato slices in a single layer on the prepared baking sheet, making sure they don't overlap.

Bake in the preheated oven for 15-20 minutes, flipping halfway through, until the sweet potato chips are golden brown and crispy.

Remove from the oven and let cool slightly before serving. Enjoy your homemade sweet potato chips as a healthy and crunchy snack!

Oatmeal and Fruit

Servings: 1

1/2 cup oatmeal
1 cup 1% low-fat milk
1/2 cup berries, I use mixed frozen berries.
1/4 cup yogurt, low fat, I use greek vanilla 0% fat
1 teaspoon honey
1 teaspoon cinnamon

Cook the oatmeal in the milk as per directions.
(Example: In a small pot , bring milk to boil, add oatmeal, reduce heat and simmer for 5 minutes.)

After two minutes of simmering, add applesauce, cinnamon, and honey to oatmeal and stir.

Place the oatmeal in bowl, spread yogurt on top, then finish with a layer of fruit.

Snack - Green tea and honey

8 ounces green tea, ready to drink
2 teaspoons honey

Flatbread Mushroom Pizza

Servings: 1

1 naan, flatbread
1 tablespoon mayonnaise, light
1 clove garlic, minced
1/4 cup mushrooms, chopped
1/4 cup spinach, chopped, roughly
1/4 cup mozzarella cheese, part skim milk, shredded

Preheat oven 450 degrees.

Fry the bacon, remove reserving 2 tbsp of fat. Chop and set aside

In the same pan, using the reserved fat, fry the mushrooms and add 1/2 garlic at the end.

Mix the other half garlic with the mayo.

Arrange flatbread on an oven pan. Spread with garlic mayo.

Top with, in order, mozzarella cheese, spinach, bacon, pepperoni and mushrooms - arrange evenly.

Bake in oven for 3-4 minutes until cheese, melted

Flip to broil on high for 1-2 minutes until cheese bubbling.

Remove, cool a bit, cut into slices.

Mexican Street Corn Linguine

Servings: 2

170 g spaghetti, linguine or spaghetti
1 cup corn kernels, fresh or frozen
1 small red bell pepper, sliced into thin strips
2 green onions, chopped
1/4 cup chopped fresh cilantro, or 56ml evaporated milk
1/2 cup whole milk
1/4 cup feta cheese, crumbled Cotija or
1/4 cup shredded Monterey Jack cheese
1 tablespoon butter
1 tablespoon olive oil
1 teaspoon paprika, smoked
1 teaspoon ground cumin
1 teaspoon chili powder
Juice of 1/2 lime

Salt and black pepper, to taste

1/4 teaspoon cayenne pepper (optional for heat)

Cook the pasta according to package instructions, reserving 1/2 cup of the pasta water.

In a large skillet, melt butter with olive oil over medium-high heat.

Add the bell pepper and sauté for about 5 minutes, until softened.

Stir in the corn, green onions, smoked paprika, cumin, chili powder, and cayenne pepper (if using). Season with salt and black pepper. Cook for another 5 minutes until the corn is slightly charred.

Reduce heat to medium, then add the milk and reserved pasta water, stirring to combine.

Stir in shredded Monterey Jack cheese and mix until melted and creamy.

Add the cooked pasta, tossing to coat evenly.

Remove from heat and stir in lime juice and chopped cilantro.

Top with crumbled Cotija or feta cheese before serving.

Red Wine

6 ounces red wine

Snack - Popcorn Bowl

3 cups popcorn

1 tablespoon I CAN'T BELIEVE IT'S NOT BUTTER! 45% VEGETABLE OIL SPREAD, ORIGINAL

Spinach and Feta Omelette with Toast

Servings: 1

1 large eggs

1/4 cup spinach, chopped

1 tablespoon feta cheese, crumbled

1 tablespoon olive oil

2 slices whole wheat bread, toasted

2 teaspoons light cream cheese, for the toast

Crack the eggs into a bowl and beat them with a fork until well combined. Season with salt and pepper to taste

Heat the olive oil or butter in a non-stick skillet over medium heat.

Add the chopped spinach to the skillet and sauté for 1-2 minutes until wilted

If using additional vegetables like tomatoes, onions, or bell peppers, add them to the skillet and sauté for another 1-2 minutes until softened.

Pour the beaten eggs into the skillet, tilting the pan to spread them evenly.

Cook the eggs for 2-3 minutes, gently lifting the edges with a spatula and tilting the skillet to let the uncooked eggs flow to the bottom, until the bottom is set and the top is slightly runny.

Sprinkle the crumbled feta cheese evenly over one half of the omelette.

Carefully fold the other half of the omelette over the filling, creating a half-moon shape.

Cook the omelette for another 1-2 minutes until the cheese is melted and the eggs are cooked through.

Slide the omelette onto a plate and serve hot with a slice of buttered toast on the side.

Applesauce PB Bars

Servings: 8

1 cup rolled oats
1/2 cup unsweetened applesauce
1/2 cup peanut butter, smooth or chunky
1/4 cup honey, adjust according to taste
1/4 cup chopped nuts, optional, such as almonds or walnuts
1/4 cup dried fruit, optional, such as raisins
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon

Preheat your oven to 350°F (175°C). Grease or line an 8x8 inch baking pan with parchment paper, leaving some overhang for easy removal.

In a mixing bowl, combine the rolled oats, applesauce, peanut butter, honey or maple syrup, vanilla extract, cinnamon (if using), and a pinch of salt. Mix until well combined.

If desired, fold in the chopped nuts and dried fruit into the mixture.

Transfer the mixture into the prepared baking pan. Use a spatula or your hands to press the mixture evenly into the pan.

Bake in the preheated oven for 20-25 minutes, or until the edges are golden brown and the top is set.

Remove from the oven and let it cool in the pan for about 10 minutes.

Once cooled slightly, use the parchment paper overhang to lift the bars out of the pan. Place them on a cutting board and slice into bars or squares.

Allow the bars to cool completely before serving or storing in an airtight

container. They can be stored at room temperature for a few days, or longer in the refrigerator.

Greek Salad

1 ounce spinach, chopped, roughly
1 ounce lettuce
1/4 cup cherry tomato, halved
1/4 cup cucumber, chopped
1/2 ounce feta cheese, crumbled
2 tablespoons vinaigrette
16 green grapes, on the side or in the salad

Quick and Easy Chicken Noodle soup

Servings: 6

1 tablespoon butter
1/2 cup chopped onion
1/2 cup chopped celery
4 cans chicken broth (14.5 ounce)
1 can vegetable broth (14.5 ounce)
1/2 pound chopped cooked chicken breast
1 1/2 cups egg noodles
1 cup sliced carrots
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
salt and ground black pepper to taste

Melt butter in a large pot over medium heat. Add onion and celery and cook until just tender, about 5 minutes.

Add chicken broth, vegetable broth, chicken, egg noodles, carrots, basil, oregano, salt, and pepper. Stir to combine and bring to a boil.

Reduce heat and simmer for 20 minutes.

Snack - Iron-Rich Trail Mix

Servings: 6

1/4 cup almonds
1/4 cup cashew
1/4 cup pumpkin seeds
1/4 cup dried apricots
1/4 cup dried figs
1/4 cup dark chocolate
1/4 teaspoon cinnamon

In a mixing bowl, combine the almonds, cashews, pumpkin seeds, dried apricots, dried figs, and dark chocolate chips (if using).

If desired, sprinkle the ground cinnamon over the mixture for added flavor.

Transfer the trail mix to an airtight container or divide it into individual snack-sized portions.

Roasted Chicken, Potatoes. Green Beans

Servings: 2

7 ounces chicken breasts
2 medium potatoes, 1-inch cubes
1 cup green beans, high carb veggie

Preheat oven to 450 degrees

Add chicken, seasoned as you like. Bake 20-30 minutes depending on size

Add sweet potatoes and vegetables, Bake 10-15 minutes more.

Red Wine

6 ounces red wine

Snack - Popcorn Bowl

3 cups popcorn
1 tablespoon I CAN'T BELIEVE IT'S NOT BUTTER! 45% VEGETABLE OIL SPREAD, ORIGINAL

Banana Smoothie

Servings: 1

1 banana
1/4 cup Greek yogurt, nonfat
4 ounces almond milk, sweetened
1/4 Cup spinach
1/4 cup applesauce

Add ingredients to blender and blend until smooth.

Whole Wheat Pasta Salad

Servings: 2

140 grams pasta, cooked, drained

1 cup spinach
1 cup cherry tomatoes, halved
1/2 cup cucumbers, diced
1/2 cup red bell pepper, diced
1/4 cup red onion, sliced thin
1/4 cup olives, pitted and chopped
2 tablespoons crumbled feta cheese
2 tablespoons parsley, chopped
2 tablespoons basil, chopped
1/4 cup olive oil, dressing
2 tablespoons vinegar
1 clove garlic, minced
1 teaspoon mustard
1/2 tablespoon oregano

Quick and Easy Chicken Noodle soup

Servings: 6

1 tablespoon butter
1/2 cup chopped onion
1/2 cup chopped celery
4 cans chicken broth (14.5 ounce)
1 can vegetable broth (14.5 ounce)
1/2 pound chopped cooked chicken breast
1 1/2 cups egg noodles
1 cup sliced carrots
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
salt and ground black pepper to taste

Melt butter in a large pot over medium heat. Add onion and celery and cook until just tender, about 5 minutes.

Add chicken broth, vegetable broth, chicken, egg noodles, carrots, basil, oregano, salt, and pepper. Stir to combine and bring to a boil.

Reduce heat and simmer for 20 minutes.

Applesauce PB Bars

Servings: 8

1 cup rolled oats
1/2 cup unsweetened applesauce
1/2 cup peanut butter, smooth or chunky
1/4 cup honey, adjust according to taste
1/4 cup chopped nuts, optional, such as almonds or walnuts

1/4 cup dried fruit, optional, such as raisins

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

Preheat your oven to 350°F (175°C). Grease or line an 8x8 inch baking pan with parchment paper, leaving some overhang for easy removal.

In a mixing bowl, combine the rolled oats, applesauce, peanut butter, honey or maple syrup, vanilla extract, cinnamon (if using), and a pinch of salt. Mix until well combined.

If desired, fold in the chopped nuts and dried fruit into the mixture.

Transfer the mixture into the prepared baking pan. Use a spatula or your hands to press the mixture evenly into the pan.

Bake in the preheated oven for 20-25 minutes, or until the edges are golden brown and the top is set.

Remove from the oven and let it cool in the pan for about 10 minutes.

Once cooled slightly, use the parchment paper overhang to lift the bars out of the pan. Place them on a cutting board and slice into bars or squares.

Allow the bars to cool completely before serving or storing in an airtight container. They can be stored at room temperature for a few days, or longer in the refrigerator.

Shrimp and Cheese Quiche

Servings: 4

1 pie shell

1/2 pound shrimp, peeled, deveined, and cooked

1 cup shredded cheddar cheese

1/4 cup green onions, chopped

4 large eggs

1 cup CARNATION EVAPORATED LOWFAT 2% MILK, substituted for cream

pinch Salt, and pepper, to taste

1 Pinch nutmeg, optional

Preheat your oven to 375°F (190°C).

Prepare the filling:

-Chop the cooked shrimp into bite-sized pieces.

-In a bowl, whisk together the eggs and half-and-half until well combined. Season with salt, pepper, and a pinch of nutmeg, if using.

-Stir in the shredded cheese, chopped shrimp, and chopped green onions or chives.

Assemble and bake the quiche:

-Pour the egg mixture into the prepared pie crust.

-Place the quiche in the preheated oven and bake for 35-40 minutes, or until the filling is set and the top is golden brown.

-Remove the quiche from the oven and let it cool for a few minutes before slicing and serving.

Enjoy your delicious Shrimp and Cheese Quiche as a savory breakfast, brunch, or light dinner!

Red Wine

6 ounces red wine

Snack - Sweet Potato Chips

Servings: 2 (original Recipe serves 3)

Note: Scaling affects only items in the Ingredient Amount column, values in the Directions portion must be scaled manually.

1/2 pound sweet potatoes, washed and peeled, slice 1/8-inch

2 teaspoons olive oil

1 1/3 dashes salt

Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.

Using a mandoline slicer or a sharp knife, slice the sweet potatoes into thin rounds, about 1/8 inch thick.

In a large bowl, toss the sweet potato slices with olive oil, salt, and any optional seasonings like paprika and garlic powder until evenly coated.

Arrange the sweet potato slices in a single layer on the prepared baking sheet, making sure they don't overlap.

Bake in the preheated oven for 15-20 minutes, flipping halfway through, until the sweet potato chips are golden brown and crispy.

Remove from the oven and let cool slightly before serving. Enjoy your homemade sweet potato chips as a healthy and crunchy snack!

Whole Wheat English Muffin with Egg, green grapes

1 English muffin, whole-wheat

1 tablespoon light cream cheese

1 large egg

16 green grapes

Add spinach bits and whisk. Cover and microwave for 1-1.5 minutes

Meanwhile, toast the english muffin and spread on light cream cheese

Top with microwave poached egg and serve with green grapes on the side.

Snack - applesauce with yogurt

1/2 cup Greek yogurt, nonfat

1/2 cup applesauce

1 tablespoon honey

Creamy Spinach and Potato Soup:

Servings: 2 (original Recipe serves 6)

Note: Scaling affects only items in the Ingredient Amount column, values in the Directions portion must be scaled manually.

2 teaspoons olive oil

1/3 onion, diced

2/3 clove garlic

1 medium potatoes, peeled and diced

1 1/3 cups vegetable broth

1/3 cup spinach, washed and chopped

1/3 cup SILK BARISTA COLLECTION, ORIGINAL ALMONDMILK, almond milk, unsweetened

1 1/3 tablespoons parmesan cheese, grated

Add the olive oil, onion and garlic to a medium size soup pot and cook on medium for 2 minutes.

Add the potatoes, broth and cook on medium high until potatoes soft. Around 15 minutes.

Stir in spinach, almond milk and parmesan cheese. Cook for 5 minutes until spinach has shrunk.

Remove from heat and let cool for 5 minutes. With a hand blender, carefully blend ingredients until smooth.

Buttered English Muffin

Servings: 1

1 whole wheat english muffin, toasted

1 tablespoon butter

Snack - Green tea and honey

8 ounces green tea, ready to drink

2 teaspoons honey

Fish Burger and Sweet Potato Fries

Servings: 1

1 hamburger bun

1 HIGH LINER FISHER BOY FISH FILLETS

1 tablespoon MIRACLE WHIP LIGHT DRESSING

1 tablespoon shredded cheddar cheese

1 medium sweet potato, sliced 1/2" thick

1 cup mixed vegetables, chopped

Preheat the oven to 450

Spread the sweet potato fries on a grease sheet pan

Bake for 10 minutes.

Add vegetable to sheet pan and continue cooking for 10 more minutes

Switch to broil on high and continue to cook for 2-3 minutes.

Meanwhile, cook the fish according to package instructions, toast the hamburger bun and assemble burger with condiments.

Serve burger with roasted sweet potatoe fries and vegetables.

Red Wine

6 ounces red wine

Snack - Popcorn Bowl

3 cups popcorn

1 tablespoon I CAN'T BELIEVE IT'S NOT BUTTER! 45% VEGETABLE OIL SPREAD, ORIGINAL

Whole wheat toast topped with mashed avocado and tomatoes

Servings: 1

2 slices whole wheat bread, toasted

1/4 cup avocado, mashed

1/2 tomato, sliced 1/2" thick

2 teaspoons olive oil

oil

Snack - Iron-Rich Trail Mix

Servings: 6

1/4 cup almonds
1/4 cup cashew
1/4 cup pumpkin seeds
1/4 cup dried apricots
1/4 cup dried figs
1/4 cup dark chocolate
1/4 teaspoon cinnamon

In a mixing bowl, combine the almonds, cashews, pumpkin seeds, dried apricots, dried figs, and dark chocolate chips (if using).

If desired, sprinkle the ground cinnamon over the mixture for added flavor.

Transfer the trail mix to an airtight container or divide it into individual snack-sized portions.

Mushroom Frittata

Servings: 4

8 large eggs
1 cup mushrooms, sliced
1/2 medium onion, diced
2 cloves garlic, minced
1/2 cup shredded cheddar cheese
2 tablespoons olive oil

Preheat the Oven: Preheat your oven to 350°F (175°C).

Prepare the Ingredients: Slice the mushrooms, dice the onion, mince the garlic, and beat the eggs in a bowl.

Saute the Mushrooms and Onions: Heat olive oil in an oven-safe skillet over medium heat. Add the diced onions and sliced mushrooms. Cook until the mushrooms are tender and the onions are translucent, about 5-7 minutes. Add minced garlic and cook for another minute, stirring frequently.

Add the Eggs: Pour the beaten eggs evenly over the mushrooms and onions in the skillet. Stir gently to distribute the vegetables throughout the eggs.

Cook the Frittata: Let the frittata cook on the stovetop for about 5 minutes, until the edges begin to set.

Add Cheese: Sprinkle the shredded cheese evenly over the top of the frittata.

Bake in the Oven: Transfer the skillet to the preheated oven and bake for 10-15 minutes, or until the eggs are fully set and the cheese is melted and bubbly.

Serve: Once cooked, remove the skillet from the oven and let it cool for a few minutes. Slice the frittata into wedges, garnish with fresh herbs if desired, and serve hot. Optional: salt and pepper to taste

Greek Salad

1 ounce spinach, chopped, roughly
1 ounce lettuce
1/4 cup cherry tomato, halved
1/4 cup cucumber, chopped
1/2 ounce feta cheese, crumbled
2 tablespoons vinaigrette
16 green grapes, on the side or in the salad

No-Bake Apple Peanut Butter Bars

Servings: 8

1 cup oats, old fashioned
1/2 cup apple slices, dried
1/2 cup peanut butter, creamy
1/4 cup honey, or maple syrup
1/4 teaspoon ground cinnamon

In a large mixing bowl, combine the oats and chopped dried apple slices. In a small saucepan, heat the peanut butter, honey (or maple syrup), cinnamon, and salt over low heat. Stir continuously until the mixture is well combined and smooth.

Pour the peanut butter mixture over the oats and apples. Stir until everything is evenly coated.

Line an 8x8 inch baking dish with parchment paper. Transfer the mixture into the dish, then press it down firmly and evenly.

Place the dish in the refrigerator and chill for at least 1-2 hours, or until firm. Once chilled, remove the mixture from the dish and cut into bars or squares.

These bars should provide a good balance of carbohydrates, fiber, and healthy fats from the oats, apples, and peanut butter. Plus, since they're no-bake, they're quick and easy to make! You can adjust the size of each bar to fit your desired calorie range.

Rice with chicken, snap peas, & broccoli

Servings: 4

12 ounces chicken breast, skinless, boneless, meat only, cut into thin strips
6 tablespoons teriyaki sauce
3 tablespoons sesame oil
1 cup broccoli floret
1 cup sugar snap peas
1 cup carrot strips, matchstick
1 cup red bell pepper, cut thin strips
2 cups RICE, steamed, was cauliflower rice
1/2 cup scallions, thinly sliced

In a medium bowl, combine chicken, 1/2 the teriyaki sauce, and 1 1/2 tsp oil. Set aside

Place a large, rimmed, sheet pan in the oven and preheat to 400 degree F.

In a large bowl, combine broccoli, snap peas, carrots, bell pepper, and 1 tablespoon oil. Toss to coat.

Carefully remove pan from oven. Coat with non-stick spray. Return to oven and cook 15 minutes

Meanwhile, in another bowl, add the cauliflower rice and toss with the remaining oil.

Carefull remove pan from oven and add the rice. Stir gently to combine.

Cook until chicken is done: about 5 minutes more.

Turn the oven to broil/high. Remove pan from oven and drizzle remaining teriyaki sauce. Broil for 3 minutes

Remove from oven and sprinkle with scallion. Serve.

Red Wine

6 ounces red wine

Snack - Popcorn Bowl

3 cups popcorn
1 tablespoon I CAN'T BELIEVE IT'S NOT BUTTER! 45% VEGETABLE OIL SPREAD, ORIGINAL

Whole Wheat English Muffin with Egg, green

grapes

1 English muffin, whole-wheat
1 tablespoon light cream cheese
1 large egg
16 green grapes

Crack egg into a small (1/2 cup sized) microwavable bowl.

Add spinach bits and whisk. Cover and microwave for 1-1.5 minutes

Meanwhile, toast the english muffin and spread on light cream cheese

Top with microwave poached egg and serve with green grapes on the side.

Smoothie - Strawberries N' Creams

Servings: 1

1 cup strawberries, frozen
1/4 cup ricotta cheese
1/2 cup almond milk, sweetened
2 Teaspoons honey

Flatbread Mushroom Pizza

Servings: 1

1 naan, flatbread
1 tablespoon mayonnaise, light
1 clove garlic, minced
1/4 cup mushrooms, chopped
1/4 cup spinach, chopped, roughly
1/4 cup mozzarella cheese, part skim milk, shredded

Preheat oven 450 degrees.

Fry the bacon, remove reserving 2 tbsp of fat. Chop and set aside

In the same pan, using the reserved fat, fry the mushrooms and add 1/2 garlic at the end.

Mix the other half garlic with the mayo.

Arrange flatbread on an oven pan. Spread with garlic mayo.

Top with, in order, mozzarella cheese, spinach, bacon, pepperoni and mushrooms - arrange evenly.

Bake in oven for 3-4 minutes until cheese, melted

Flip to broil on high for 1-2 minutes until cheese bubbling.

Remove, cool a bit, cut into slices.

Red Wine

6 ounces red wine

Snack Creamy Cottage Cheese Veggie Dip

Servings: 1 (original Recipe serves 2)

Note: Scaling affects only items in the Ingredient Amount column, values in the Directions portion must be scaled manually.

1/2 cup cottage cheese

1/4 cup evaporated milk, 2% fat, substituted yogurt

1 1/2 teaspoons lemon juice

1/2 clove garlic, minced

1 dash onion powder

Salt and pepper to taste

1/4 cup baby carrots

1/4 cup cucumbers

In a blender or food processor, combine the cottage cheese, Greek yogurt (if using), lemon juice, minced garlic, and onion powder.

Blend until smooth and creamy. If you prefer a chunkier texture, blend for a shorter time.

Taste the dip and season with salt and pepper to your liking. Blend briefly to incorporate the seasoning.

Transfer the dip to a serving bowl.

Wash and prepare your assortment of veggies for dipping. Cut them into sticks, slices, or bite-sized pieces for easy dipping.

Serve the creamy cottage cheese dip alongside

Spaghetti and sausage, veggies, and marinara sauce

Servings: 1

80 grams pasta

1/2 cup marinara sauce

1/2 Italian sausage link

1/4 cup mushroom

1/4 cup green peppers

1/4 cup spinach

80 grams pasta

Shopping List

Item	Amount/Unit	Location	Recipe	Cost	Coupon
☐ Greek yogurt, vanilla, nonfat (5.3 oz)	1/2 cup	dairy products	Yogurt, Granola and Fruit		
☐ strawberries	2 cups	produce	Yogurt, Granola and Fruit, Oatmeal and Fruit, Smoothie - Strawberries N'Creams		
☐ mixed nuts, dry roasted, with peanuts, without salt added	1 tablespoon	nut and seed products	Yogurt, Granola and Fruit		
☐ granola, homemade	1/2 cup	breakfast cereals	Yogurt, Granola and Fruit		
☐ whole wheat English muffins	4	baked products	Buttered English Muffin, Whole Wheat English Muffin with Egg, green grapes, Buttered English Muffin, Whole Wheat English Muffin with Egg, green grapes		
☐ salted butter	0.313 cup	dairy products	Buttered English Muffin, Mexican Street Corn Linguine, Quick and Easy Chicken Noodle soup, Quick and Easy Chicken Noodle soup, Buttered English Muffin		
☐ canned garbanzo beans	2 cups	legumes and legume products	Mediterranean Chickpea Salad		
☐ olive oil	1.105 cups	fats and oils	Mediterranean Chickpea Salad, Snack - Sweet Potato Chips, Mexican Street Corn Linguine, Spinach and Feta Omelette with Toast, Whole Wheat Pasta Salad, Snack - Sweet Potato Chips, Creamy Spinach and Potato Soup:, Whole wheat toast topped with mashed avocad		
☐ spinach	1.146 quarts	produce	Mediterranean Chickpea Salad, Flatbread Mushroom Pizza, Spinach and Feta Omelette with Toast, Banana Smoothie, Whole Wheat Pasta Salad, Creamy Spinach and Potato Soup:, Flatbread Mushroom Pizza, Spaghetti and sausage, veggies, and marinara sauce		
☐ cherry tomatoes	2 1/2 cups	produce	Mediterranean Chickpea Salad, Greek Salad, Whole Wheat Pasta Salad, Greek Salad		
☐ cucumber	1 medium	produce	Mediterranean Chickpea Salad		

☐	red onions	1/2 medium	produce	Mediterranean Chickpea Salad
☐	feta cheese	0.813 cup	dairy products	Mediterranean Chickpea Salad, Mexican Street Corn Linguine, Spinach and Feta Omelette with Toast
☐	canned ripe olives	1/2 cup	produce	Mediterranean Chickpea Salad, Whole Wheat Pasta Salad
☐	fresh parsley	1/4 cup	produce	Mediterranean Chickpea Salad, Whole Wheat Pasta Salad
☐	croutons	1/2 cup	baked products	Mediterranean Chickpea Salad
☐	lemon juice	0.406 cup	produce	Mediterranean Chickpea Salad, Snack Creamy Cottage Cheese Veggie Dip
☐	garlic	8 1/6 cloves	produce	Mediterranean Chickpea Salad, Flatbread Mushroom Pizza, Whole Wheat Pasta Salad, Creamy Spinach and Potato Soup:, Mushroom Frittata, Flatbread Mushroom Pizza, Snack Creamy Cottage Cheese Veggie Dip
☐	oregano	1 1/2 tablespoons	spices and herbs	Mediterranean Chickpea Salad, Whole Wheat Pasta Salad
☐	1% milk	1 1/2 pounds	dairy products	
☐	salmon fillets	6 ounces	fish and seafood	Baked Salmon with Broccoli and Rice
☐	broccoli	1 cup	produce	Baked Salmon with Broccoli and Rice
☐	rice pilaf	1 1/2 cups	meals, entrees, and side dishes	Baked Salmon with Broccoli and Rice
☐	paprika	1 1/3 tablespoons	spices and herbs	Baked Salmon with Broccoli and Rice, Mexican Street Corn Linguine
☐	onion powder	1.042 tablespoons	spices and herbs	Baked Salmon with Broccoli and Rice, Snack Creamy Cottage Cheese Veggie Dip
☐	lemon	1/2 medium	produce	Baked Salmon with Broccoli and Rice
☐	red wine	2 5/8 pounds	beverages	Red Wine
☐	sweet potato	1 pound	vegetables and vegetable products	Snack - Sweet Potato Chips

☐	salt	1/3 teaspoon	spices and herbs	Snack - Sweet Potato Chips, Shrimp and Cheese Quiche, Snack - Sweet Potato Chips
☐	old-fashioned rolled oats	2 1/2 cups	breakfast cereals	Oatmeal and Fruit, Applesauce PB Bars, Applesauce PB Bars
☐	1% milk	1 cup	dairy products	Oatmeal and Fruit
☐	low fat yogurt, plain	1/4 cup	dairy products	Oatmeal and Fruit
☐	honey	0.959 cup	jams and jellies	Oatmeal and Fruit, Snack - Green tea and honey, Applesauce PB Bars, Applesauce PB Bars, Snack - applesauce with yogurt, Snack - Green tea and honey, No-Bake Apple Peanut Butter Bars, Smoothie - Strawberries N'Creams
☐	ground cinnamon	2 3/4 teaspoons	spices and herbs	Oatmeal and Fruit, Applesauce PB Bars, Snack - Iron-Rich Trail Mix, Applesauce PB Bars, Snack - Iron-Rich Trail Mix, No-Bake Apple Peanut Butter Bars
☐	green tea, ready to drink	1 pound	beverages	Snack - Green tea and honey
☐				Snack - Green tea and honey
☐	naan	2	baked products	Flatbread Mushroom Pizza
☐	mayonnaise, light	2 tablespoons	fats and oils	Flatbread Mushroom Pizza
☐	white mushrooms	1 3/4 cups	produce	Flatbread Mushroom Pizza, Mushroom Frittata, Flatbread Mushroom Pizza, Spaghetti and sausage, veggies, and marinara sauce
☐	part skim milk mozzarella cheese	1/2 cup	dairy products	Flatbread Mushroom Pizza
☐	PRINGLES BBQ FLAVOR POTATO CHIPS	30 g	snacks	
☐	spaghetti	170 g	cereal grains and pasta	Mexican Street Corn Linguine
☐	canned whole kernel corn	1 cup	produce	Mexican Street Corn Linguine
☐	red bell peppers	1 small	produce	Mexican Street Corn Linguine

☐	green onions	2	produce	Mexican Street Corn Linguine
☐	cilantro	1/4 cup	produce	Mexican Street Corn Linguine
☐	milk	1/2 cup	dairy products	Mexican Street Corn Linguine
☐	shredded Monterey jack cheese	1/4 cup	dairy products	Mexican Street Corn Linguine
☐	cumin	1 teaspoon	spices and herbs	Mexican Street Corn Linguine
☐	chili powder	1 teaspoon	spices and herbs	Mexican Street Corn Linguine
☐	cayenne pepper	1/4 teaspoon	spices and herbs	Mexican Street Corn Linguine
☐	popcorn, air-popped	3 quarts	snacks	Snack - Popcorn Bowl
☐	I CAN'T BELIEVE IT'S NOT BUTTER! 45% VEGETABLE OIL SPREAD, ORIGINAL	1/4 cup	butters and spreads	Snack - Popcorn Bowl
☐	large eggs	15 large	dairy products	Spinach and Feta Omelette with Toast, Shrimp and Cheese Quiche, Whole Wheat English Muffin with Egg, green grapes, Mushroom Frittata, Whole Wheat English Muffin with Egg, green grapes
☐	whole-wheat bread	4 slices	baked products	Spinach and Feta Omelette with Toast, Whole wheat toast topped with mashed avocado and tomatoes
☐	lowfat cream cheese	2 2/3 tablespoons	dairy products	Spinach and Feta Omelette with Toast, Whole Wheat English Muffin with Egg, green grapes, Whole Wheat English Muffin with Egg, green grapes
☐	applesauce	1 3/4 cups	produce	Applesauce PB Bars, Banana Smoothie, Applesauce PB Bars, Snack - applesauce with yogurt
☐	smooth peanut butter	1 1/2 cups	legumes and legume products	Applesauce PB Bars, No-Bake Apple Peanut Butter Bars
☐	hazelnuts	1/2 cup	nut and seed products	Applesauce PB Bars
☐	dried fruit	1/2 cup	baking products	Applesauce PB Bars
☐	vanilla extract	2 teaspoons	spices and herbs	Applesauce PB Bars

☐	spinach	2 ounces	produce	Greek Salad
☐	lettuce	2 ounces	produce	Greek Salad
☐	cucumber	1 1/4 cups	produce	Greek Salad, Whole Wheat Pasta Salad, Greek Salad, Snack Creamy Cottage Cheese Veggie Dip
☐	feta cheese	1 ounce	dairy products	Greek Salad
☐	vinegar and oil salad dressing	1/4 cup	fats and oils	Greek Salad
☐	green grapes	64	produce	Greek Salad, Whole Wheat English Muffin with Egg, green grapes, Greek Salad, Whole Wheat English Muffin with Egg, green grapes
☐	onions	1 cup	produce	Quick and Easy Chicken Noodle soup
☐	celery	1 cup	produce	Quick and Easy Chicken Noodle soup
☐	chicken broth	8 cans	soups, sauces, and gravies	Quick and Easy Chicken Noodle soup
☐	vegetable broth	2 cans	soups, sauces, and gravies	Quick and Easy Chicken Noodle soup
☐	chopped cooked chicken breasts	1 pound	meat and poultry	Quick and Easy Chicken Noodle soup
☐	egg noodles	3 cups	cereal grains and pasta	Quick and Easy Chicken Noodle soup
☐	carrots	2 cups	produce	Quick and Easy Chicken Noodle soup
☐	dried basil	1 teaspoon	spices and herbs	Quick and Easy Chicken Noodle soup
☐	dried oregano	1 teaspoon	spices and herbs	Quick and Easy Chicken Noodle soup
☐	almonds	1/2 cup	nut and seed products	Snack - Iron-Rich Trail Mix
☐	cashews	1/2 cup	nut and seed products	Snack - Iron-Rich Trail Mix
☐	pumpkin seeds	1/2 cup		Snack - Iron-Rich Trail Mix
☐	dried apricots	1/2 cup	produce	Snack - Iron-Rich Trail Mix
☐	dried figs	1/2 cup	produce	Snack - Iron-Rich Trail Mix

☐	dark chocolate	1/2 cup	baking products	Snack - Iron-Rich Trail Mix
☐	chicken breast	1.186 pounds	meat and poultry	Roasted Chicken, Potatoes. Green Beans, Rice with chicken, snap peas, & broccoli
☐	potatoes	3 medium	produce	Roasted Chicken, Potatoes. Green Beans, Creamy Spinach and Potato Soup:
☐	green beans	1 cup	produce	Roasted Chicken, Potatoes. Green Beans
☐	banana	1	produce	Banana Smoothie
☐	Greek yogurt, nonfat	3/4 cup	dairy products	Banana Smoothie, Snack - applesauce with yogurt
☐	almond milk, sweetened, vanilla flavor, ready-to-drink	4 ounces	beverages	Banana Smoothie
☐	pasta	300 grams	cereal grains and pasta	Whole Wheat Pasta Salad, Spaghetti and sausage, veggies, and marinara sauce, Spaghetti and sausage, veggies, and marinara sauce
☐	red bell peppers	1 1/2 cups	produce	Whole Wheat Pasta Salad, Rice with chicken, snap peas, & broccoli
☐	red onions	1/4 cup	produce	Whole Wheat Pasta Salad
☐	crumbled feta cheese	2 tablespoons	dairy products	Whole Wheat Pasta Salad
☐	fresh basil	2 tablespoons	spices and herbs	Whole Wheat Pasta Salad
☐	vinegar	2 tablespoons	spices and herbs	Whole Wheat Pasta Salad
☐	mustard	1 teaspoon	spices and herbs	Whole Wheat Pasta Salad
☐	pie crust	1	baked products	Shrimp and Cheese Quiche
☐	shrimp	1/2 pound	fish and seafood	Shrimp and Cheese Quiche
☐	cheddar cheese	1.563 cups	dairy products	Shrimp and Cheese Quiche, Fish Burger and Sweet Potato Fries, Mushroom Frittata
	green onions	1/4 cup	produce	Shrimp and Cheese Quiche



CARNATION EVAPORATED LOWFAT
2% MILK

ground nutmeg

onions

vegetable broth

SILK BARISTA COLLECTION,
ORIGINAL ALMONDMILK

parmesan cheese

hamburger or hotdog buns

HIGH LINER FISHER BOY FISH
FILLET

MIRACLE WHIP LIGHT DRESSING

sweet potato

frozen mixed vegetables

avocados

red tomatoes

onions

oats

apple

teriyaki sauce

sesame oil

1 cup

1 Pinch

1/3

1 1/3 cups

1/3 cup

0.083 cup

1

1

1 tablespoon

1 medium

1 cup

1/4 cup

1/2

1/2 medium

1 cup

1/2 cup

6 tablespoons

3 tablespoons

milk

spices and herbs

produce

soups, sauces, and gravies

plant-based milk

dairy products

baked products

frozen fish and seafood

salad dressings

vegetables and vegetable
products

vegetables and vegetable
products

produce

produce

produce

cereal grains and pasta

produce

soups, sauces, and gravies

fats and oils

Shrimp and Cheese Quiche

Shrimp and Cheese Quiche

Creamy Spinach and Potato Soup:

Creamy Spinach and Potato Soup:

Creamy Spinach and Potato Soup:

Creamy Spinach and Potato Soup:

Snack - Green tea and honey

Fish Burger and Sweet Potato Fries

Fish Burger and Sweet Potato Fries

Fish Burger and Sweet Potato Fries

Fish Burger and Sweet Potato Fries

Fish Burger and Sweet Potato Fries

Whole wheat toast topped with mashed
avocado and tomatoes

Whole wheat toast topped with mashed
avocado and tomatoes

Mushroom Frittata

No-Bake Apple Peanut Butter Bars

No-Bake Apple Peanut Butter Bars

Rice with chicken, snap peas, & broccoli

Rice with chicken, snap peas, & broccoli

☐	broccoli flowerets	1 cup	produce	Rice with chicken, snap peas, & broccoli
☐	snow peas	1 cup	produce	Rice with chicken, snap peas, & broccoli
☐	carrot	1 cup	produce	Rice with chicken, snap peas, & broccoli
☐	rice	2 cups	cereal grains and pasta	Rice with chicken, snap peas, & broccoli
☐	scallions	1/2 cup	produce	Rice with chicken, snap peas, & broccoli
☐	whole milk ricotta cheese	1/4 cup	dairy products	Smoothie - Strawberries N'Creams
☐	almond milk, sweetened, vanilla flavor, ready-to-drink	1/2 cup	beverages	Smoothie - Strawberries N'Creams
☐	2% milkfat cottage cheese	1/2 cup	dairy products	Snack Creamy Cottage Cheese Veggie Dip
☐	evaporated milk	1/4 cup	dairy products	Snack Creamy Cottage Cheese Veggie Dip
☐	baby carrots	1/4 cup	produce	Snack Creamy Cottage Cheese Veggie Dip
☐	marinara sauce	1/2 cup	soups, sauces, and gravies	Spaghetti and sausage, veggies, and marinara sauce
☐	Italian pork sausage links	1/2	sausages and luncheon meats	Spaghetti and sausage, veggies, and marinara sauce
☐	green bell peppers	1/4 cup	produce	Spaghetti and sausage, veggies, and marinara sauce