

**5 MEALS**

**1 BAG**

**SHOPPING MADE SIMPLE**



# The Basics of Good Nutrition

A person's diet through every stage of life will play a role in their quality of life and possibly their family's quality of life as well. Follow these basic tips to ensure that you are meeting your basic nutritional needs.

## Standards for a Healthy Diet

The U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (DHHS) have created a set of Dietary Guidelines for Americans that is updated every five years. The guidelines are intended to encourage Americans to consume a healthy diet that will help promote health, achieve and maintain a healthy weight, and prevent disease.

The two main concepts of the 2010 Dietary Guidelines for Americans are:

- Maintain calorie balance over time to achieve and sustain a healthy weight
- Focus on consuming nutrient-dense (high in nutrients) foods and beverages

Get started today by following these quick steps outlined by ChooseMyPlate.gov on how to balance calories, increase good food intake, and decrease bad food intake.

### Balancing Calories:

- Enjoy your food, but eat less
- Avoid oversized portions

### Foods to Increase:

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1%) milk

### Foods to Reduce:

- Compare sodium in foods like soup, bread, and frozen meals, and choose the foods with lower numbers
- Drink water instead of sugary drinks



When starting down the path of healthy eating, it is important to take one step at a time. Begin by choosing one or two of these helpful tips created by the USDA and found at ChooseMyPlate.gov.

### Build a healthy plate

- Make half your plate fruits and vegetables
- Switch to skim or 1% milk

- Make at least half your grains whole
- Vary your protein food choices
- Keep your food safe to eat - learn more at [www.FoodSafety.gov](http://www.FoodSafety.gov)

### **Cut back on foods high in solid fats, added sugars, and salt**

- Choose foods and drinks with little or no added sugars
- Look out for salt (sodium) in foods you buy - it all adds up
- Eat fewer foods that are high in solid fats

### **Eat the right amount of calories for you**

- Enjoy your food, but eat less
- Cook more often at home, where you are in control of what's in your food
- When eating out, choose lower calorie menu options
- Write down what you eat and drink to keep track of how much you are consuming
- If you drink alcoholic beverages, do so sensibly - limit to 1 drink a day for women or to 2 drinks a day for men

### **Be physically active your way**

- Pick an activity that you find enjoyable
- Start off with 10 minutes of physical activity; every minute counts

Note to parents: It is important for parents to understand that they are their child's role model. Be sure to encourage your child to live a healthy life by setting a positive example ([ChooseMyPlate.gov](http://ChooseMyPlate.gov)).

## **Nutrition Tools**

The USDA created [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to assist Americans in living a healthier life. This site is packed full of information and tools for ages 2 years and older. They provide videos, games, sample menus, recipes and much more. Be sure to check out these useful pages:

- BMI Calculator
- Understanding Food Labels
- SuperTracker
- Daily Food Plans

Not all of these tools are appropriate for those with a physical disability. For example, BMI classifications for individuals with a spinal cord injury differ from the general population. A study published in 2009 by Laughton, et al suggests that more appropriate classifications of overweight and obesity are BMIs of 22 to 24.9 kg/m<sup>2</sup> and ≥25 kg/m<sup>2</sup>, respectively. These BMI ranges have been designed to take into account the lower muscle and bone mass, as well as the higher percent body fat that is present in those with a spinal cord injury. The SuperTracker tool is also designed for the general population. If you have a condition that affects your mobility or suppresses your metabolism, this tool will overestimate calorie needs. However, the SuperTracker can still be used to record the amount of calories consumed each day from foods and beverages. This could be helpful when trying to gain, lose, or maintain weight.

## S.M.A.R.T. Goals

A healthy lifestyle is created by making better choices each day which become healthy habits that last a lifetime. This can be achieved by making S.M.A.R.T. goals.

**Specific**  
**Measurable**  
**Attainable**  
**Relevant**  
**Time-framed**

Attempting to change your entire lifestyle all at once can be overwhelming and may prove futile. Setting S.M.A.R.T. goals will provide you with a manageable method for achieving the change you desire. To better understand how to create S.M.A.R.T. goals, check out the example below.

**Regular Goal:** Eat healthier food.

**S.M.A.R.T. Goal:** Eat one serving of fresh vegetables with each meal this week.



## References

Dietary Guidelines Consumer Brochure. United States Department of Agriculture, 2014. <http://www.choosemyplate.gov/print-materials-ordering/dietary-guidelines.html>. Accessed February 20, 2014.

Executive Summary. Dietary Guidelines for Americans, 2010. <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/ExecSumm.pdf>. Accessed February 20, 2014.

Laughton GE, Buchholz AC, Martin Ginis KA, Goy RE. Lowering body mass index cutoffs better identifies obese persons with spinal cord injury. *Spinal Cord* 2009; 47: 757-762.

U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010. <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>. Accessed February 20, 2014.

# Healthy Eating Survival Kit



Cut out empty calories

Carry a snack pack



Portion, portion, portion



Drink water throughout the day



Indulge occasionally



Load up on veggies

## Cut Out Empty Calories

Empty calories are those found in foods and drinks that lack nutritional value. That would include sodas, juices, desserts, and junk food.

## Carry a Snack Pack

One of the best defenses to a bad food choice is having healthy food with you at all times. Grab some nuts, fruit, and whole grain crackers each morning before leaving the house.

## Portion, portion, portion

Knowing the correct portion size is key to not overeating. Use the serving sizes printed on the Nutrition Facts Label as a portion guide.

## Drink Water Throughout the Day

Drinking water is a great way to save money and calories throughout the day. Water is needed to keep the body functioning properly and efficiently.

## Indulge Occasionally

You could drive yourself crazy trying to avoid all of your favorite foods and drinks! Instead, indulge in a small serving of the item you crave for a special occasion. After you indulge, get right back to making healthy choices.

## Load Up on Veggies

Vegetables are packed with fiber and other important nutrients like vitamins and minerals. The fiber will help fill you up and the vitamins and minerals will make you feel good and energized!



# Adjusting Calories for Individuals with Spinal Cord Injury

## Estimating Your Calorie Amount

Paraplegia:  $27.9 \text{ kcal} \times \text{kilograms of body weight} = \text{calories needed per day}$

Quadriplegia:  $22.7 \text{ kcal} \times \text{kilograms of body weight} = \text{calories needed per day}$

- This equation will provide you with the amount of calories needed to maintain your current weight
- How to convert pounds to kilograms:  $\# \text{ of pounds} \div 2.2 = \# \text{ of kilograms}$
- To use this equation for weight loss, use your calculated ideal body weight (IBW) in the equation above

## Calculating Your Ideal Body Weight

- First, measure your wrist in centimeters to determine your frame size.

### Women

Frame Size	Height under 5'2"	Height 5'2" to 5'5"	Height over 5'5"
Small	Wrist size < 5.5"	Wrist size < 6"	Wrist size < 6.25"
Medium	Wrist size 5.5" to 5.75"	Wrist size 6" to 6.25"	Wrist size 6.25" to 6.5"
Large	Wrist size > 5.75"	Wrist size > 6.25"	Wrist size > 6.5"

### Men

Frame Size	Height over 5'5"
Small	Wrist size 5.5" to 6.5"
Medium	Wrist size 6.5" to 7.5"
Large	Wrist size > 7.5"

- Then, locate your ideal body weight on one of the charts below using your height and frame size. Add 10 to 15 pounds to the weight range to adjust for paraplegia.

## WOMEN

Weight in Pounds

HEIGHT (In Shoes)+		SMALL FRAME	MEDIUM FRAME	LARGE FRAME
Feet	Inches			
4	10	102-111	109-121	118-131
4	11	103-113	111-123	120-134
5	0	104-115	113-126	122-137

5	1	106-118	115-129	125-140
5	2	108-121	118-132	128-143
5	3	111-124	121-135	131-147
5	4	114-127	124-138	134-151
5	5	117-130	127-141	137-155
5	6	120-133	130-144	140-159
5	7	123-136	133-147	143-163
5	8	126-139	136-150	146-167
5	9	129-142	139-153	149-170
5	10	132-145	142-156	152-173
5	11	135-148	145-159	155-176
6	0	138-151	148-162	158-179

Source of basic data Build Study, 1979. Society of Actuaries and Association of Life Insurance Medical Directors of America, 1980.

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Courtesy of the Metropolitan Life Insurance Company.

## MEN

Weight in Pounds

HEIGHT (In Shoes)+		SMALL FRAME	MEDIUM FRAME	LARGE FRAME
Feet	Inches			
5	2	128-134	131-141	138-150
5	3	130-136	133-143	140-153
5	4	132-138	135-145	142-156
5	5	134-140	137-148	144-160
5	6	136-142	139-151	146-164
5	7	138-145	142-154	149-168
5	8	140-148	145-157	152-172
5	9	142-151	148-160	155-176
5	10	144-154	151-163	158-180
5	11	146-157	154-166	161-184
6	0	149-160	157-170	164-188
6	1	152-164	160-174	168-192
6	2	155-168	164-178	172-197
6	3	158-172	167-182	176-202
6	4	162-176	171-187	181-207

Source of basic data Build Study, 1979. Society of Actuaries and Association of Life Insurance Medical Directors of America, 1980.

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Courtesy of the Metropolitan Life Insurance Company.

## Example

Gender = Female

Height = 5'3"

Wrist Circumference = 6.2"

Frame Size = Medium

IBW = 121-135 pounds

Type of Injury = Paraplegia

Adjusted IBW = 106 to 125 pounds

- Calculations
- 121 pounds minus 10 to 15 pounds = 111 to 106 pounds
- 135 pounds minus 10 to 15 pounds = 125 to 120 pounds

This person's adjusted IBW would range from 106 to 125 pounds.

## References

Peiffer SC, Blust P, Leyson JF. Nutritional Assessment of the Spinal Cord Injured Patient. *J Am Diet Assoc*, 1981; 78: 501-505.

MedlinePlus. <http://www.nlm.nih.gov/medlineplus/ency/imagepages/17182.htm>.

Metropolitan Height and Weight Tables for Men and Women. <http://www.bcbst.com/MPManual/HW.htm>





# Five-Dinner Grocery Bags: The Basics

By Carleton Rivers, MS, RD, LD

NCHPAD has created a series of weekly meals specific for individuals with a spinal cord injury. Many of the meals that make up our Five-Dinner Grocery Bags include basic ingredients that are known as staples in any cook's kitchen. Take this grocery list to the store with you to make sure your kitchen is stocked with the basic items that you'll need for future recipes.

## Grocery List

### Grains & Bread Products:

- All-purpose flour
- Uncle Ben's Ready Rice: Whole Grain Brown
- Whole-wheat pasta noodles

### Oils, Condiments & Spices:

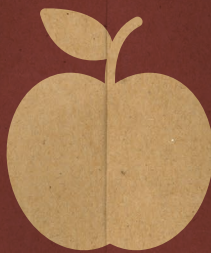
- Extra-virgin olive oil
- Canola oil
- Non-stick cooking spray
- Balsamic vinegar
- Kosher salt or sea salt
- Ground black pepper
- Chicken seasoning
- Italian seasoning
- Dijon mustard



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**WEEK 1**

# 5-Dinner Grocery List

## **Deli**

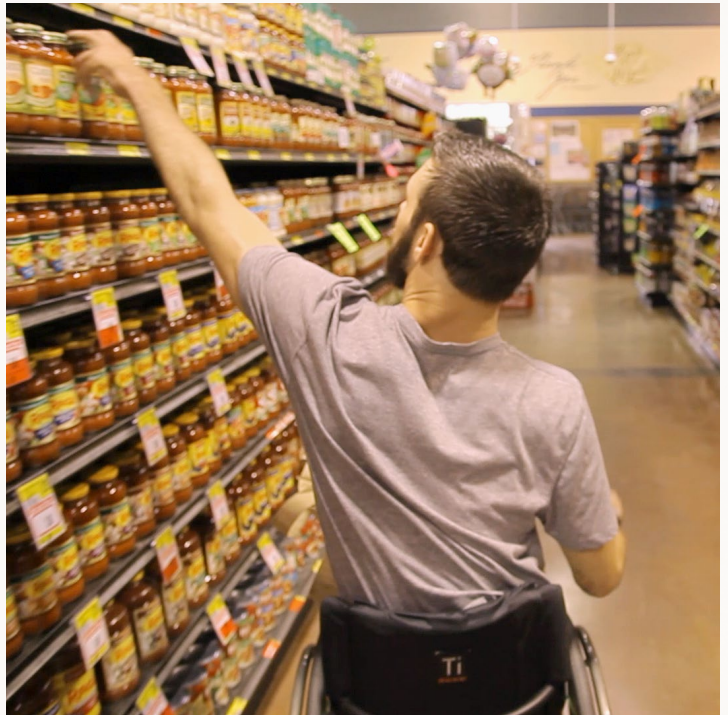
- 1 rotisserie chicken

## **Produce**

- Fresh dill
- 8 fresh asparagus spears
- 1 large bag of fresh spinach
- 1 large red bell pepper
- 1/2 medium sweet onion
- 1 sweet potato
- 1 medium tomato
- 1/2 pint grape tomatoes
- 1 avocado
- 1 lemon

## **Oils, Condiments, & Spices**

- 1 small jar of basil pesto
- White wine vinegar
- Olive oil
- Olive oil cooking spray
- Kosher salt
- Pepper



## **Canned Goods**

- 1 can black beans

## **Grains & Bread Products**

- 2 (8-inch) whole wheat tortillas
- 2 bags of Uncle Ben's 90-Second Rice (1 Brown and 1 Wild)

## **Dairy Products**

- Small bag of shredded reduced-fat mozzarella cheese
- 1 teaspoon parmesan cheese
- 1/2 cup shredded cheddar cheese
- 1 Tablespoon butter

## **Meats**

- 2 salmon fillets (fresh or frozen)
- 2 halibut fillets (fresh or frozen)
- 2 boneless skinless chicken breasts

## **Additional Kitchen Supplies**

- Aluminum foil
- Wooden skewers (optional)

# Rotisserie Chicken over Fresh Salad

## Ingredients:

- 1/2 rotisserie chicken, skin removed
- 4 cups of fresh spinach
- 1/4 red bell pepper, diced or sliced
- 2 slices of sweet onion
- 1/2 medium tomato, diced
- 1/2 avocado, diced
- 1/2 cup black beans, drained (save the rest for another recipe)
- 1/4 cup cheddar cheese
- 2 Tablespoons olive oil
- 1 Tablespoon white wine vinegar
- Pinch salt and pepper

## Directions:

- Fill 2 large bowls or plates with spinach leaves and top evenly with shredded chicken, bell pepper, avocado, onion, tomato, black beans, and cheddar cheese.
- Mix olive oil, vinegar, salt and pepper in a small bowl and pour over each bowl of salad. Enjoy!

## NUTRITION FACTS

Servings 2.0 per recipe  
Amount Per Serving

Calories 452	% Daily Value*
Total Fat 28 g	43 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 16 g	-
Polyunsaturated Fat 3 g	-
Trans Fat 0 g	-
Cholesterol 39 mg	13 %
Sodium 502 mg	21 %
Potassium 1064 mg	30 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 10 g	39 %
Sugars 4 g	-
Protein 33 g	65 %
Vitamin A	127 %
Vitamin C	79 %
Calcium	22 %
Iron	23 %



\*The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

# Baked Dill Salmon with Rice and Asparagus

## Ingredients:

- 2 salmon fillets (frozen or fresh)
- Cooking spray
- 3/4 Tablespoons finely chopped fresh dill
- Dash of salt and pepper
- 2 wedges of lemon
- 1 bag of Uncle Ben's 90-Second Brown Rice
- 8 fresh asparagus spears

## Directions:

- Preheat oven to 350°F.
- Place fish on a baking sheet or pan lightly coated with cooking spray (or on aluminum foil); lightly coat fish with cooking spray.
- Sprinkle fish with dill, salt, and pepper.
- Bake for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- While salmon is cooking, spray a medium sauté pan with cooking spray and place over medium heat. Cut bottom off of asparagus and cook in pan for about 6 minutes (or until softened and browned), flipping asparagus after 3 minutes; remove from pan and sprinkle with a pinch of salt.
- Cook rice as directed on package.
- Serve salmon with lemon slices.

## NUTRITION FACTS

Servings 2.0 per recipe  
Amount Per Serving

Calories 335	% Daily Value*
Total Fat 7 g	11 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 1 g	-
Polyunsaturated Fat 1 g	-
Trans Fat 0 g	-
Cholesterol 60 mg	20 %
Sodium 457 mg	19 %
Potassium 246 mg	7 %
Total Carbohydrate 42 g	14 %
Dietary Fiber 4 g	18 %
Sugars 1 g	-
Protein 30 g	59 %
Vitamin A	14 %
Vitamin C	14 %
Calcium	3 %
Iron	13 %



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Recipe modified from <http://www.myrecipes.com/>

# Chicken Pesto Bake with Baked Sweet Potatoes

## Ingredients:

- 2 boneless, skinless chicken breasts
- Salt and pepper (or poultry seasoning)
- 2 teaspoon basil pesto
- 1/2 medium tomato, thin slices
- 3 Tablespoons (1.5 oz.) shredded reduced-fat mozzarella cheese
- 1 teaspoon grated parmesan cheese
- 1 sweet potato
- 1 Tablespoon butter
- Aluminum foil

## Directions:

- Preheat the oven to 400° F.
- Season chicken lightly with salt and fresh pepper (or poultry seasoning).
- Line baking sheet with foil for easy clean-up. Place the chicken on prepared baking sheet and spread pesto evenly over chicken. Bake for 15 minutes or until chicken is no longer pink in center.
- Remove from oven; top with tomatoes, mozzarella and parmesan cheese. Bake for an additional 3 to 5 minutes or until cheese is melted
- While chicken is baking, wash and dry sweet potato; poke holes in potato with a fork and cook in microwave for 5 minutes or until soft. Cut sweet potato in half and serve with 1/2 tablespoon of butter.

## NUTRITION FACTS

Servings 2.0 per recipe  
Amount Per Serving

Calories 309	% Daily Value*
Total Fat 15 g	22 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 3 g	-
Polyunsaturated Fat 0 g	-
Trans Fat 0 g	-
Cholesterol 93 mg	31 %
Sodium 667 mg	28 %
Potassium 295 mg	8 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 2 g	10 %
Sugars 4 g	-
Protein 31 g	62 %
Vitamin A	202 %
Vitamin C	11 %
Calcium	20 %
Iron	4 %



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Recipe modified from <http://www.skinnytaste.com/>

# Halibut Pesto Kebabs with a Fresh Salad

## Ingredients:

- 2 halibut fillets, cut into 1-inch chunks
- 1/2 large red bell pepper, cut into 1-inch chunks
- 1-1/2 Tablespoons basil pesto
- 1 tablespoons white wine vinegar
- Pinch of salt
- Cooking spray
- 1 bag of Uncle Ben's 90-Second Wild Rice
- Wooden skewers (optional)

## Directions:

- Preheat broiler.
- Place fish and bell pepper in a shallow dish and drizzle with pesto and vinegar; toss to coat.
- Let fish mixture stand 5 minutes.
- Thread fish and pepper alternately onto each of 4 (12-inch) skewers; sprinkle evenly with salt (if you don't have skewers, lay fish flat in pan).
- Place skewers on a jelly-roll pan coated with cooking spray.
- Broil for 8 minutes or until desired degree of doneness, turning once.
- Cook rice as directed on package.

NUTRITION FACTS	
Servings 2.0 per recipe Amount Per Serving	
Calories 365	% Daily Value*
Total Fat 10 g	15 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 1 g	-
Polyunsaturated Fat 1 g	-
Trans Fat 0 g	-
Cholesterol 0 mg	0 %
Sodium 1059 mg	44 %
Potassium 801 mg	23 %
Total Carbohydrate 42 g	14 %
Dietary Fiber 2 g	9 %
Sugars 2 g	-
Protein 28 g	57 %
Vitamin A	17 %
Vitamin C	75 %
Calcium	12 %
Iron	12 %



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# Chicken & Black Bean Burrito

## Ingredients:

- 1 cup of rotisserie chicken, skin removed, shredded
- 1/2 cup canned black beans, rinsed
- 1/4 cup shredded cheddar cheese
- 1/4 red bell pepper, diced
- 2 (8-inch) whole-wheat tortillas
- 1/2 ripe avocado, diced
- 1/2 pint grape tomatoes, halved
- 1/4 sweet onion, diced

## Directions:

- Combine shredded chicken, beans, cheese, red bell pepper, onion and tomatoes in a medium pot. Cook on stove over medium heat for about 5 minutes.
  - Heat tortillas on paper towel in microwave for 15 seconds.
  - Fill tortilla with chicken mixture and top with avocado.
- \*Add fat-free plain Greek yogurt for flavor and additional protein.

<b>NUTRITION FACTS</b>	
Servings 2.0 per recipe	
Amount Per Serving	
Calories 455	% Daily Value*
Total Fat 18 g	27 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 6 g	-
Polyunsaturated Fat 1 g	-
Trans Fat 0 g	-
Cholesterol 42 mg	14 %
Sodium 594 mg	25 %
Potassium 590 mg	17 %
Total Carbohydrate 45 g	15 %
Dietary Fiber 11 g	45 %
Sugars 12 g	-
Protein 30 g	61 %
Vitamin A	39 %
Vitamin C	64 %
Calcium	23 %
Iron	15 %



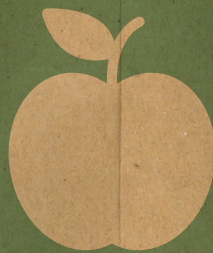
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**1 BAG**

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**WEEK 2**

# 5-Dinner Grocery List

## **Produce**

- Head of garlic
- 1-1/2 cups sliced, fresh mushrooms
- 3 roma tomatoes
- 2 lemons
- 2 medium zucchinis
- 8 oz. small red potatoes
- 2 parsnips
- 2 carrots
- Fresh thyme
- Fresh parsley

## **Grains & Bread Products**

- 4 oz. whole-wheat angel hair pasta
- Whole-wheat flour
- 2 Uncle Ben's Ready Rice: Whole Grain Brown
- 1/2 cup whole-wheat orzo

## **Canned Goods**

- 1 can black beans
- 4-1/4 cup low-sodium chicken broth

## **Meats**

- 3 boneless, skinless chicken breasts
- 1 lb. pork tenderloin

## **Dairy Products**

- 1 cup plain Greek yogurt

## **Oils, Condiments & Spices**

- 1/2 cup salsa
- Black pepper
- Salt
- Italian seasoning
- Dried thyme
- Dried dill
- Nonstick cooking spray
- Olive oil
- Dijon mustard
- Panko breadcrumbs

## **Frozen Items**

- 1 package Green Giant Valley Fresh Steamers: Broccoli Florets 12 oz. bag
- 2 Frozen wild salmon fillets
- 14 oz. package of chopped mixed vegetables (frozen)
- 1 cup frozen spinach
- 1-1/2 cup frozen corn kernels

## **Additional Kitchen Supplies**

- Aluminum Foil



# Chicken Piccata

## Ingredients:

- 4 oz. whole-wheat angel hair or spaghetti pasta
- 1 Tablespoon whole-wheat flour
- Pinch of black pepper
- 1 boneless, skinless chicken breast, butterflied
- Nonstick cooking spray
- 3/4 cup sliced, fresh mushrooms
- 1 garlic clove, minced
- 1 Tablespoon lemon juice (1/2 lemon)
- 1/4 cup low-sodium chicken broth
- 1 teaspoon Italian seasoning
- 1 medium zucchini

## Directions

- Prepare pasta to package directions; drain, rinse and set aside.
- Mix flour and pepper in a shallow dish. One at a time, place chicken pieces in flour mixture and turn to coat.
- Spray a large skillet with cooking spray, turn to medium heat and add chicken. Cook until no longer pink inside (3-4 minutes per side).
- Transfer chicken to a plate and set aside.
- Re-spray skillet with cooking spray, turn heat to medium-high, and cook mushrooms for 3-4 minutes, stirring occasionally.
- Add garlic, lemon juice and chicken stock, stir and cook for 2 minutes.
- Add Italian seasoning and zucchini, bring to a simmer and cook about 5 minutes until zucchini is tender.
- Toss pasta in the skillet with sauce. Serve topped with chicken.

## NUTRITION FACTS

Servings 2.0 per recipe  
Amount Per Serving

Calories 310	% Daily Value*
Total Fat 5 g	8 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 1 g	-
Polyunsaturated Fat 0 g	-
Trans Fat 0 g	-
Cholesterol 33 mg	11 %
Sodium 131 mg	5 %
Potassium 539 mg	15 %
Carbohydrates 51 g	17 %
Dietary Fiber 8 g	33 %
Sugars 7 g	-
Protein 24 g	47 %
Vitamin A	8 %
Vitamin C	56 %
Calcium	3 %
Iron	15 %

\*The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Recipe modified from [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Heart-Healthy-Recipes\\_UCM\\_465114\\_RecipeLanding.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Heart-Healthy-Recipes_UCM_465114_RecipeLanding.jsp)

# Chicken-Vegetable Soup with Orzo and Spinach

## Ingredients

- 4 cups low-sodium chicken broth
- 3 cups water
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried dill
- 2 boneless, skinless chicken breasts
- 1/2 cup whole-wheat orzo
- 14 oz. package of chopped mixed vegetables (frozen)
- 1 cup frozen spinach
- 2 teaspoons lemon juice

## Directions

- Add chicken broth, water, thyme, and dill into a large, heavy-duty pot. Bring to a boil over high heat.
- When boiling, use tongs to add chicken breasts into the water. Cover, lowering heat to medium or medium-low, so liquid is at a simmer. Cook until chicken is fully-cooked, about 15 to 20 minutes. (Cut into the chicken to check that it is fully cooked.) When chicken is done, use tongs to transfer chicken from soup onto a plate. Carefully, cut chicken into a few pieces to cool quickly.
- Stir in orzo, frozen vegetables, spinach, and lemon juice. Let soup cook over medium heat until orzo is cooked, about 10 minutes.
- Meanwhile, when chicken has cooled down, cut into chunks. Add chicken to the soup when orzo has cooked its 10 minutes, stirring and cooking until chicken is warm, just a couple minutes. Remove soup from heat and serve.

NUTRITION FACTS	
Servings 6.0 per recipe	
Amount Per Serving	
Calories 159	% Daily Value*
Total Fat 2 g	2 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	-
Polyunsaturated Fat 0 g	-
Trans Fat 0 g	-
Cholesterol 27 mg	9 %
Sodium 242 mg	10 %
Potassium 199 mg	6 %
Carbohydrates 21 g	7 %
Dietary Fiber 5 g	20 %
Sugars 4 g	-
Protein 15 g	30 %
Vitamin A	45 %
Vitamin C	8 %
Calcium	5 %
Iron	6 %



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Recipe modified from [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Heart-Healthy-Recipes\\_UCM\\_465114\\_RecipeLanding.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Heart-Healthy-Recipes_UCM_465114_RecipeLanding.jsp)

# Burrito Bowl

## Ingredients

- Uncle Ben's Ready Rice: Whole Grain Brown
- 1/2 cup salsa (restaurant-style, or your favorite store-bought brand)
- 1 can black beans, rinsed and drained
- 3 roma tomatoes, diced
- 1-1/2 cups corn (fresh, canned, or frozen)
- Romaine lettuce, chopped
- 1 cup of plain Greek yogurt
- Other additions: onion, green onion, bell pepper, avocado, cilantro

## Directions

- Cook rice using directions on package.
- While rice is cooking, prep your vegetables by washing and chopping into small pieces.
- Layer your bowl: start with rice, then black bean, then vegetables.
- Top with salsa and Greek yogurt.

NUTRITION FACTS	
Servings 3.0 per recipe Amount Per Serving	
Calories 378	% Daily Value*
Total Fat 3 g	5 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	-
Polyunsaturated Fat 0 g	-
Trans Fat 0 g	-
Cholesterol 3 g	1 %
Sodium 611 mg	25 %
Potassium 1008 mg	29 %
Total Carbohydrates 70 g	23 %
Dietary Fiber 15 g	60 %
Sugars 8 g	-
Protein 22 g	45 %
Vitamin A	20 %
Vitamin C	26 %
Calcium	12 %
Iron	20 %



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# Crispy Pork Medallions and Roasted Root Vegetables

## Ingredients:

### Crispy Pork Medallions

- 2 Tablespoons Dijon mustard
- 1 (1-pound) pork tenderloin, trimmed and cut into 8 medallions
- 1/2 cup panko (Japanese breadcrumbs)
- 1 Tablespoon chopped fresh thyme
- 1 Tablespoon minced fresh parsley
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 Tablespoons extra-virgin olive oil

### Roasted Root Vegetables

- 8 oz. small red potatoes, quartered
- 2 carrots, thinly sliced
- 2 parsnips, thinly sliced
- 1 Tablespoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 minced garlic clove

## Directions

- Preheat oven to 450°.
- Combine red potatoes, carrots, and parsnips in a medium bowl. Add olive oil, salt, freshly ground black pepper, and garlic; toss well to coat. Line a baking sheet with aluminum foil and fill with vegetable mixture. Bake at 450° for 28 minutes, stirring after 10 minutes.
- While vegetables are cooking, rub mustard evenly over pork medallions. Combine panko, thyme, parsley, salt, and pepper in a large bowl. Dredge pork in panko mixture. Heat a large ovenproof skillet (cast iron works well) over medium-high heat. Add oil to pan; swirl to coat. Add pork; sauté 2 minutes or until golden brown. Turn pork. Place skillet in oven; bake at 450° for 8 minutes or until pork reaches 145°. Let stand 3 minutes.

NUTRITION FACTS		Protein 25 g	50 %
Servings 4.0 per recipe Amount Per Serving		Vitamin A	2 %
		Vitamin C	4 %
		Calcium	2 %
		Iron	13 %
Calories 241	% Daily Value*	*The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
Total Fat 11 g	16 %		
Saturated Fat 2 g	11 %		
Monounsaturated Fat 7 g	-		
Polyunsaturated Fat 1 g	-		
Trans Fat 0 g	-		
Cholesterol 74 g	25 %		
Sodium 267 mg	11 %		
Potassium 427 mg	12 %		
Total Carbohydrates 8 g	3 %		
Dietary Fiber 1 g	2 %		
Sugars 0 g	-		

# Wild Salmon with Broccoli & Rice

## Ingredients

- 2 frozen wild salmon fillets, thawed
- Salt
- Black pepper
- 2 lemon slices
- 1 package Green Giant Valley Fresh Steamers: Broccoli Florets 12 oz. bag
- Uncle Ben's Ready Rice: Whole Grain Brown

## Directions

- Preheat oven broiler.
- Line a baking sheet with aluminum foil and place salmon fillets on top. Sprinkle with salt and pepper. Place in broiler and cook for about 7 minutes or until fish is cooked through.
- While fish is cooking, prepare steamer bag and rice using package instructions.
- Serve fish with lemon slices and enjoy!

## NUTRITION FACTS

Servings 2.0 per recipe  
Amount Per Serving

Calories 353	% Daily Value*
Total Fat 6 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	-
Polyunsaturated Fat 0 g	-
Trans Fat 0 g	-
Cholesterol 45 g	25 %
Sodium 403 mg	17 %
Potassium 113 mg	3 %
Total Carbohydrates 48 g	16 %
Dietary Fiber 7 g	28 %
Sugars 4 g	-
Protein 26 g	52 %
Vitamin A	0 %
Vitamin C	108 %
Calcium	4 %
Iron	10 %



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**5 MEALS**

**1 BAG**

**SHOPPING MADE SIMPLE**



**WEEK 3**



# 5-Dinner Grocery List

## Produce

- 4 medium-size beets
- 2 cups of baby arugula
- 2 cups of spinach
- 1/4 lb. sugar snap peas (fresh or frozen)
- 1 carrot
- 1 yellow bell pepper (or whatever color you prefer)
- 1 head of garlic
- 1 pint of cherry or grape tomatoes
- 1 large sweet onion
- Rhubarb
- 2 lemons
- Strawberries

## Grains & Bread Products

- 6 oz. corkscrew pasta
- 1 package of Uncle Ben's Ready Rice: Whole Grain Brown
- Unbleached, all-purpose flour

## Canned Goods

- 1 can of chick peas (a.k.a. garbanzo beans)
- 1 cup chicken stock or canned low-sodium chicken broth

## Meats

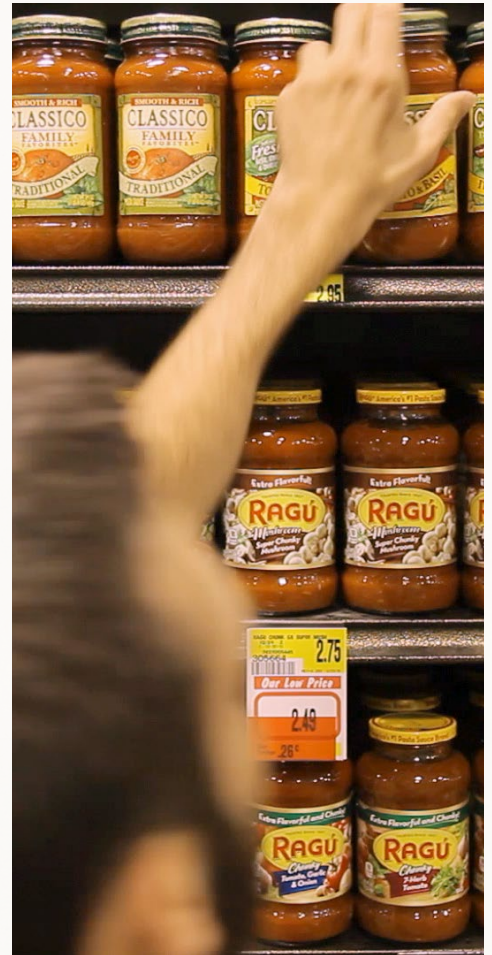
- 3 boneless, skinless chicken breasts
- Boneless, skinless chicken tenderloins or cutlets (about 1-1/2 lb.)
- 1 lb. pork tenderloin
- 2 tilapia fillets, fresh or frozen

## Dairy Products

- 6 oz. soft goat cheese (or feta cheese), crumbled
- 3 Tablespoons unsalted butter

## Oils, Condiments & Spices

- Chicken seasoning (like McCormick Montreal Seasoning)
- Dijon mustard
- Canola oil
- Extra-virgin olive oil
- Balsamic vinegar
- Red wine vinegar
- Ground coriander
- Salt
- Black pepper
- Brown sugar
- Small jar of capers
- Sliced almonds



# Balsamic-Roasted Beet Salad with Baked Chicken

## Ingredients:

- 4 medium-size beets, tops removed and scrubbed
- 1/4 cup balsamic vinegar
- 1/4 cup extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- Ground black pepper
- 2 cups of baby arugula
- 3 Tablespoons almond slices
- 2 oz. soft goat cheese (or feta cheese), crumbled
- 3 teaspoons chicken seasoning (McCormick Montreal Chicken Seasoning works well)
- 1 Tablespoon canola oil
- 3 boneless, skinless chicken breasts

## Directions

- Preheat oven to 400°F.
- Wrap the beets individually in aluminum foil and place them on a sheet pan. Roast them for 50 minutes to 1 hour, depending on their size, until the beets are tender through the center.
- While the beets are cooking, heat 1 tablespoon of canola oil in a large pan (cast iron skillet works well) on medium heat. Sprinkle each chicken breast with 1 teaspoon of chicken seasoning (more or less depending on how you like your chicken) and place chicken in pan. Place cover on pan and cook chicken for about 7 minutes on EACH side. If chicken breasts are thick, you may need to cut them in half to speed up cooking. Chicken is done when the center is white and there is no pink present. Once chicken is cooked, set aside.
- Whisk together the vinegar, olive oil, mustard, 1 teaspoon of salt, and 1/2 teaspoon of pepper and set aside.
- After the beets are done cooking, unwrap each beet and set aside for 10 minutes until they are cool enough to handle. Peel the beets over a piece of parchment paper or over the sink to prevent staining of the cutting board or any other surface. While the beets are still warm, cut each one in half and then each half into 4 to 6 wedges and place them in a large mixing bowl. As you're cutting the beets, toss them with half of the vinaigrette, 1/2 teaspoon salt, and a sprinkle of pepper.
- Place the arugula in a separate bowl and toss it with enough vinaigrette to moisten. Plate the arugula and top with beets, almonds, and goat cheese. Serve warm or at room temperature with chicken breast.

<b>NUTRITION FACTS</b>			
Servings 3.0 per recipe Amount Per Serving		Sugars 8 g	-
Calories 426		Protein 30 g	60 %
Total Fat 29 g	% Daily Value*	Vitamin A	12 %
Saturated Fat 5 g	27 %	Vitamin C	12 %
Monounsaturated Fat 15 g	-	Calcium	8 %
Polyunsaturated Fat 3 g	-	Iron	12 %
Trans Fat 0 g	-	* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
Cholesterol 82 mg	27 %	Recipe modified from <a href="http://www.foodnetwork.com/recipes/ina-garten/balsamic-roasted-beet-salad-recipe.html">http://www.foodnetwork.com/recipes/ina-garten/balsamic-roasted-beet-salad-recipe.html</a>	
Sodium 696 mg	29 %		
Potassium 744 mg	21 %		
Carbohydrates 15 g	5 %		
Dietary Fiber 3 g	13 %		

# Pasta Primavera

## Ingredients

- 6 oz. corkscrew pasta
- 1/4 lb. sugar snap peas, halved lengthwise (fresh or frozen)
- 1 carrot, shredded
- 1/2 yellow bell pepper, cut into thin strips (or whatever color is cheapest)
- 2 Tablespoons extra-virgin olive oil
- Salt and pepper
- 1/2 cup of chick peas (a.k.a. garbanzo beans)
- 2 cloves garlic, thinly sliced
- 1/2 pint cherry tomatoes, halved
- 2 oz. goat cheese (or feta cheese), crumbled

## Directions

- Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Add the sugar snap peas, carrots and bell pepper to the boiling water during the last 2 minutes of cooking. Reserve 1/4 cup cooking water, then drain the pasta and vegetables and return to the pot.
- Meanwhile, heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the garlic and cook until just golden, about 30 seconds. Add the tomatoes and 1/2 teaspoon salt; cook until the tomatoes begin to wilt, about 2 minutes. Stir in 1/4 cup of the reserved cooking water. Pour the tomato mixture over the pasta and vegetables. Add half the goat cheese, 1/2 cup chick peas, drizzle with 1 tablespoon of olive oil and toss to combine.
- Divide the pasta among bowls. Top with the remaining goat cheese and drizzle with olive oil.

<b>NUTRITION FACTS</b>	
Servings 2.0 per recipe Amount Per Serving	
Calories 507	% Daily Value*
Total Fat 22 g	34 %
Saturated Fat 6 g	31 %
Monounsaturated Fat 11 g	-
Polyunsaturated Fat 2 g	-
Trans Fat 0 g	-
Cholesterol 13 mg	4 %
Sodium 466 mg	19 %
Potassium 796 mg	23 %
Carbohydrates 60 g	20 %
Dietary Fiber 12 g	47 %
Sugars 9 g	-
Protein 19 g	38 %
Vitamin A	114 %
Vitamin C	94 %
Calcium	11 %
Iron	26 %



\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Recipe modified from <http://www.foodnetwork.com/recipes/food-network-kitchens/pasta-primavera-recipe.html>

# Roast Pork with Sweet Onion-Rhubarb Sauce

## Ingredients

- 4 teaspoons extra-virgin olive oil, divided
- 1-1/2 teaspoons ground coriander
- 1 teaspoon kosher salt, divided
- 1/4 teaspoon ground pepper
- 1 lb. pork tenderloin, trimmed
- 1 large sweet onion, sliced
- 2-4 Tablespoons water
- 2 cups diced rhubarb
- 1/4 cup red wine vinegar
- 1/4 cup brown sugar

## Directions

- Preheat oven to 450°F.
- Mix 1 teaspoon oil, coriander, 1/2 teaspoon salt and pepper in a small bowl. Rub the mixture into pork. Heat 1 teaspoon oil in a large ovenproof skillet over medium-high heat. Add the pork and cook, turning occasionally, until brown on all sides, 5 to 7 minutes. Transfer the pan to the oven and roast the pork until an instant-read thermometer registers 145°F, about 15 to 17 minutes. Let rest 5 minutes before slicing.
- Meanwhile, heat the remaining 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and the remaining 1/2 teaspoon salt; cook, stirring occasionally, until browned, 7 to 8 minutes. Add 2 tablespoons water; continue cooking, stirring often, until the onion is soft, 5 to 7 minutes more, adding water a tablespoon at a time if necessary to prevent burning. Stir in rhubarb, vinegar and brown sugar and cook, stirring often, until the rhubarb has broken down, about 5 minutes. Spoon the sauce over the sliced pork and serve.

NUTRITION FACTS		Vitamin A	1 %
Servings 4.0 per recipe Amount Per Serving		Vitamin C	17 %
Calories 289		Calcium	9 %
Total Fat 9 g		Iron	12 %
Saturated Fat 2 g		* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
Monounsaturated Fat 5 g		Recipe modified from <a href="http://www.eatingwell.com/recipes/roast_pork_with_sweet_onion_rhubarb_sauce.html">http://www.eatingwell.com/recipes/roast_pork_with_sweet_onion_rhubarb_sauce.html</a>	
Polyunsaturated Fat 1 g			
Trans Fat 0 g			
Cholesterol 83 mg			
Sodium 358 mg			
Potassium 790 mg			
Carbohydrates 22 g			
Dietary Fiber 2 g			
Sugars 18 g			
Protein 28 g			

# Tilapia with Sautéed Vegetables & Rice

## Ingredients

- 2 tilapia fillets, fresh or frozen, thawed
- Canola oil
- Pinch of salt and pepper
- 1 Tablespoon extra-virgin olive oil
- 1/2 pint (1 cup) grape or cherry tomatoes, halved
- 1/2 bell pepper (any color)
- 1 package of Uncle Ben's Ready Rice: Whole Grain Brown

## Directions

- Preheat broiler. Coat a small baking sheet or glass baking dish with canola oil using a paper towel.
- Slice tomatoes and bell pepper and place on one side of the baking sheet.
- Drizzle the tilapia fillets with olive oil and season with salt and pepper. Arrange the fillets in a single layer on the prepared baking sheet and broil until cooked through and the flesh flakes easily with a fork, about 6 to 8 minutes. Set aside to cool slightly.
- Prepare rice as directed on package.

## NUTRITION FACTS

Servings 2.0 per recipe  
Amount Per Serving

Calories 382	% Daily Value*
Total Fat 12 g	18 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 5 g	-
Polyunsaturated Fat 1 g	-
Trans Fat 0 g	-
Cholesterol 25 mg	8 %
Sodium 45 mg	2 %
Potassium 188 mg	5 %
Carbohydrates 44 g	15 %
Dietary Fiber 5 g	18 %
Sugars 4 g	-
Protein 29 g	58 %
Vitamin A	13 %
Vitamin C	79 %
Calcium	5 %
Iron	13 %

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Recipe modified from <http://www.foodnetwork.com/recipes/giada-de-laurentiis/broiled-tilapia-with-mustard-chive-sauce-recipe.html>

# Chicken Piccata & Strawberry Fields Salad

## Ingredients

- 2 large lemons
- Boneless, skinless chicken tenderloins or cutlets (about 1-1/2 lb.)
- Salt and ground black pepper
- 1/2 cup unbleached all-purpose flour
- 4 Tablespoons canola oil
- 1 small garlic clove, minced (about 1 teaspoon)
- 1 cup chicken stock or canned low-sodium chicken broth
- 2 Tablespoons small capers, drained
- 3 Tablespoons unsalted butter, softened
- 2 cups fresh spinach
- 2 oz. of goat cheese (or feta cheese)
- 1 cup sliced strawberries
- Handful of slice almonds
- Extra-virgin olive oil
- Balsamic vinegar

## Directions

- Adjust oven rack to lower-middle position, set large heatproof plate on rack, and heat oven to 200°F.
- Halve one lemon pole to pole. Trim ends from one half and cut crosswise into slices 1/8 to 1/4 inch thick; set aside. Juice remaining half and whole lemon to obtain 1/4 cup juice; reserve.
- Divide spinach between 4 plates and top with strawberries, cheese, and almonds. Set aside.
- Sprinkle both sides of cutlets with salt and pepper. Measure flour into pie tin or shallow baking dish. Working one cutlet at a time, coat with flour, and shake to remove excess.
- Heat heavy-bottomed 12-inch skillet over medium-high heat until hot, about 2 minutes; add 2 tablespoons oil and swirl pan to coat. Lay half of chicken pieces in skillet. Sauté cutlets, without moving them, until lightly browned on first side, 2 to 2 1/2 minutes. Turn cutlets and cook until second side is lightly browned, 2 to 2 1/2 minutes longer. Remove pan from heat and transfer cutlets to plate in oven. Add remaining 2 tablespoons oil to now-empty skillet and heat until shimmering. Add remaining chicken pieces and repeat.
- Add garlic to now-empty skillet and return skillet to medium heat. Sauté until fragrant, about 10 seconds for garlic. Add stock or broth and lemon slices, increase heat to high, and scrape skillet bottom with wooden spoon or spatula to loosen browned bits. Simmer until liquid reduces to about 1/3 cup, about 4 minutes. Add lemon juice and capers and simmer until sauce reduces again to 1/3 cup, about 1 minute. Remove pan from heat and swirl in butter until butter melts and thickens sauce; swirl in parsley. Spoon sauce over chicken and serve immediately.
- Drizzle salad with olive oil and balsamic vinegar. Serve alongside chicken.

<b>NUTRITION FACTS</b>			
Servings 4.0 per recipe Amount Per Serving		Total Carbohydrates 17 g	6 %
		Dietary Fiber 2 g	6 %
		Sugars 3 g	-
Calories 389	% Daily Value*	Protein 28 g	56 %
Total Fat 23 g	36 %	Vitamin A	37 %
Saturated Fat 8 g	42 %	Vitamin C	63 %
Monounsaturated Fat 10 g	-	Calcium	5 %
Polyunsaturated Fat 3 g	-	Iron	10 %
Trans Fat 0 g	-	* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
Cholesterol 76 mg	25 %	Recipe modified from <a href="http://okilleatthat.tumblr.com/post/18609389602/chicken-piccata">http://okilleatthat.tumblr.com/post/18609389602/chicken-piccata</a>	
Sodium 459 mg	19 %		
Potassium 502 mg	14 %		

**5 MEALS**

**1 BAG**

**SHOPPING MADE SIMPLE**



**WEEK 4**

# 5-Dinner Grocery List

## **Meats**

- 4 boneless, skinless chicken breasts
- 2 tilapia fillets

## **Produce**

- 1 head of broccoli
- 1 bunch of parsley
- 1 bag of baby spinach
- 8 spears of asparagus
- 1/2 pint of grape tomatoes
- 1/4 cup red onion
- 1/2 cup yellow onion
- 2 lemons
- 5 cloves of garlic

## **Canned Goods**

- 1 (14.5 oz.) can of diced tomatoes
- 1 (14.5 oz.) can of diced tomatoes with basil, oregano, and garlic
- 2 (2.5 oz.) cans of sliced black olives
- 1 (15.5 oz.) can of cannellini beans
- 1 (6 oz.) can of tuna

## **Condiments, Oils, and Spices**

- Extra-Virgin Olive oil
- Balsamic vinegar
- Salt
- Black Pepper
- Italian seasoning
- Flour
- Dijon mustard
- 2 Tablespoons dry white wine
- 1 Tablespoon of capers (optional)

## **Refrigerated/Frozen**

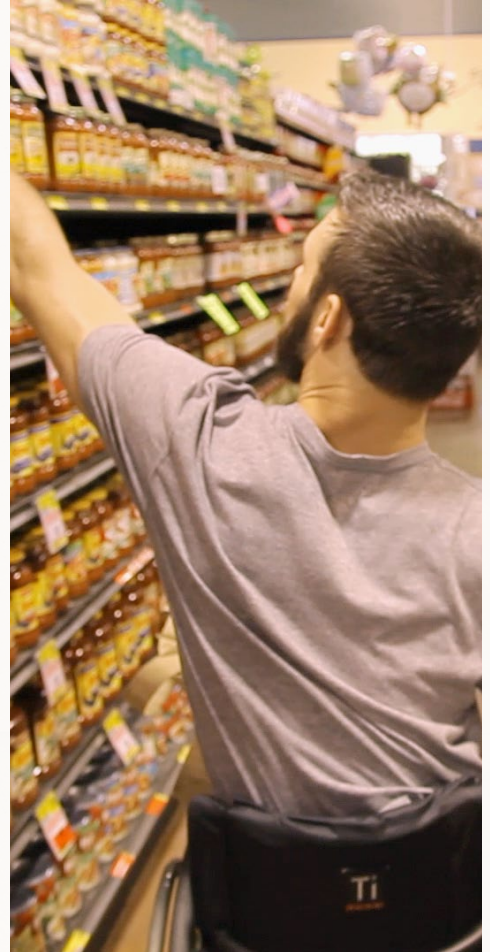
- 2 Tablespoons butter
- 2 Tablespoons Parmesan cheese
- 1 (9 oz.) package of cheese refrigerated tortellini
- 4 eggs or 1 cup egg beaters
- 1 package of Birds Eye Steamfresh frozen mixed vegetables

## **Grains**

- 1 bag Uncle Ben's 90-Second Instant Brown Rice

## **Additional Kitchen Items**

- Aluminum foil
- 1 Reynolds oven bag, large size






# Tuscan Style Tilapia and Cannellini Beans with Steamed Vegetables

## Ingredients

- 1 Reynolds oven bag, large size
- 1/2 Tablespoon flour
- 2 teaspoons Italian seasoning, divided
- 1 teaspoon lemon zest
- 1/2 teaspoon salt
- 1/2 pint grape tomatoes
- 1/2 can (15.5 oz.) cannellini beans, drained (save the other half can for another recipe)
- 1 clove garlic, sliced
- 2 Tablespoons cooking (dry) white wine
- 2 tilapia fillets (4 to 6 oz. each)
- 1/2 Tablespoon extra-virgin olive oil
- Juice of 1/4 lemon (1/2 Tablespoon of juice)
- Lemon slices (optional)
- 1 package of Birds Eye Steamfresh frozen mixed vegetables

## Directions

- Preheat oven to 400°F.
- Place Reynolds oven bag in a 13x9x2 inch pan. Add flour, 1 teaspoon of Italian seasoning, lemon zest, and salt to the bag; gently squeeze bag to blend seasonings. Add tomatoes to the oven bag; gently squeeze bag to crush tomatoes. Add beans, garlic, and wine to bag. Turn bag several times to mix ingredients. Arrange ingredients in an even layer in the bag. Roll down open end of the bag 3 times to hold open.
- Brush tilapia with olive oil and lemon juice. Sprinkle fish with remaining Italian seasoning (1 teaspoon); place fish in even layer on bean mixture in bag.
- Unroll oven bag and close with nylon tie. Cut six 1-inch slits in the top of the bag. Tuck ends of bag in pan.
- Bake for 15 minutes or until fish flakes and beans are hot. Carefully cut top of the bag open. Spoon sauce over fish and garnish with lemon slices, if desired.
- While fish is baking, cook frozen vegetables as directed on package.

NUTRITION FACTS		Iron	25%
Servings: 2.0 per recipe Amount per serving		*The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
Calories 314	% Daily Value*	Recipe modified from <a href="http://www.reynoldskitchens.com/">http://www.reynoldskitchens.com/</a>	
Total Fat 6 g	9%		
Saturated Fat 2 g	8%		
Monounsaturated Fat 3 g	-		
Polyunsaturated Fat 1 g	-		
Trans Fat 0 g	-		
Cholesterol 25 mg	8%		
Sodium 772 mg	32%		
Potassium 443 mg	13%		
Total Carbohydrate 30 g	10%		
Dietary Fiber 10 g	40%		
Sugars 7 g	-		
Protein 32 g	64%		
Vitamin A	11%		
Vitamin C	126%		
Calcium	15%		


# Lemon Chicken with Broccoli and Brown Rice

## Ingredients

- 1 cup broccoli florets
- 2 boneless, skinless chicken breast halves
- 2 teaspoons garlic, minced
- 2 Tablespoons Parmesan cheese, grated
- 1 Tablespoon capers (optional)
- 4 slices of lemon
- 2 Tablespoons butter
- 1/4 cup fresh parsley, chopped (optional)
- 1 bag of Uncle Ben's 90-Second Brown Rice

## Directions

- Preheat oven to 450°F.
- Tear off two 12x18-inch sheets of aluminum foil and place on the counter.
- Place one chicken breast in the center of each piece of foil and arrange broccoli around it. For each chicken breast, spread 1 teaspoon garlic over each chicken breast, then top with 1 tablespoon of Parmesan cheese, 1/2 tablespoon of capers and top with 2 lemon slices. Add 1 tablespoon of butter on top of lemon slices.
- Fold up sides of aluminum foil to close off chicken. Not too tight though. You want to be sure to leave room for heat circulation.
- Place packets on to a cookie sheet and bake 18 to 22 minutes in the oven.
- Right before the chicken is done baking, cook rice as directed on the package.
- When done, remove packets from oven. Open packets carefully by cutting along top folds with a sharp knife, allowing steam to escape. Then open top of foil.
- Garnish with freshly chopped parsley.

NUTRITION FACTS		Iron	16%
Servings: 2.0 per recipe Amount Per Serving		*The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
Calories 459	% Daily Value*	Recipe modified for <a href="http://www.reynoldskitchens.com/">http://www.reynoldskitchens.com/</a>	
Total Fat 18 g	28%		
Saturated Fat 9 g	47%		
Monounsaturated Fat 5 g	-		
Polyunsaturated Fat 0 g	-		
Trans Fat 0 g	-		
Cholesterol 98 mg	33%		
Sodium 319 mg	13%		
Potassium 223 mg	6%		
Total Carbohydrate 46 g	15%		
Dietary Fiber 6 g	23%		
Sugars 1 g	-		
Protein 32 g	65%		
Vitamin A	27%		
Vitamin C	156%		
Calcium	10%		

# Tuna and White Bean Salad

## Ingredients:

- 1-1/2 Tablespoons lemon juice (about 3/4 lemon)
- 1/2 Tablespoon extra-virgin olive oil
- 1/2 teaspoon minced garlic
- 1/2 teaspoon Dijon mustard
- Freshly ground black pepper
- 1/2 cup of canned cannellini beans, rinsed and drained
- 1/4 cup chopped red onion
- 1 (2.5 oz.) can sliced black olives
- 1 cup of canned diced tomatoes (save the rest of can for another recipe)
- 1-1/2 cup of baby spinach
- 1 (6 oz.) can of solid white tuna packed in water, drained and flaked

## Directions:

- Whisk the lemon juice, oil, garlic, mustard, and black pepper in a large bowl.
- Place the remaining ingredients in the bowl and toss to coat. Enjoy!

## NUTRITION FACTS

Servings 2.0 per recipe  
Amount per serving

Calories 229	% Daily Value*
Total Fat 7 g	10%
Saturated Fat 0 g	2%
Monounsaturated Fat 4 g	-
Polyunsaturated Fat 0 g	-
Trans Fat 0 g	-
Cholesterol 15 mg	5%
Sodium 701 mg	29%
Potassium 643 mg	18%
Total Carbohydrate 20 g	7%
Dietary Fiber 4 g	15%
Sugars 3 g	-
Protein 22 g	43%
Vitamin A	48%
Vitamin C	37%
Calcium	8%
Iron	19%

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# Italian Chicken and Tortellini with Asparagus

## Ingredients

- 2 boneless, skinless chicken breast halves
- 1/2 teaspoon dried Italian seasoning
- 1 package (9 oz.) refrigerated cheese tortellini
- 1 can (14.5 oz.) diced tomatoes with basil, garlic and oregano (do NOT drain can)
- 1/2 can (from a 2.5 oz. can) sliced olives, drained
- 8 stalks of asparagus
- 1/2 Tablespoon extra-virgin olive oil
- 1/4 teaspoon salt

## Directions

- Preheat oven to 450°F.
- Place two 18x12 pieces of heavy aluminum foil on the counter. Center 1 chicken breast on each sheet and sprinkle with Italian seasoning. Arrange tortellini around chicken and spoon tomatoes and olives over top.
- Fold up sides of aluminum foil to close off chicken. Be sure to leave room for heat circulation.
- Bake 20-25 minutes on a cookie sheet.
- While the chicken is cooking, place 1/2 tablespoon of olive oil in a skillet over medium heat. Rinse asparagus and cut off the bottom of the stalks. Place asparagus in the skillet and cook for 8-10 minutes until tender, stirring occasionally.
- When chicken is done, remove from oven and slit the top of the packet to release steam. Carefully open the foil package. Serve with asparagus.

## NUTRITION FACTS

Servings: 2.0 per recipe  
Amount per serving

Calories 643	% Daily Value*
Total Fat 16 g	24%
Saturated Fat 5 g	25%
Monounsaturated Fat 5 g	-
Polyunsaturated Fat 1 g	-
Trans Fat 0 g	-
Cholesterol 103 mg	34%
Sodium 1152 mg	48%
Potassium 462 mg	13%
Total Carbohydrate 82 g	27%
Dietary Fiber 8 g	31%
Sugars 18 g	-
Protein 43 g	86%
Vitamin A	21%
Vitamin C	52%
Calcium	24%
Iron	30%



\*The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

# QUICK VEGETABLE FRITTATA

## Ingredients

- 1/2 cup thinly slice yellow onion
- 1-1/2 cups of chopped fresh spinach
- 1 teaspoon of minced garlic
- 1/2 (14.5 oz.) can of diced tomatoes, drained
- 1/2 Tablespoon balsamic vinegar
- 1/8 teaspoon ground black pepper
- 4 eggs beaten well or 1 cup of egg beaters

## Directions

- Spray 8-inch oven-proof sauté pan with cooking spray (cast iron pans work well). Heat over medium-high heat. Add onion and cook until onion is tender (about 3 minutes). Add spinach and garlic and cook until spinach wilts (about 2-3 minutes). Stir in tomatoes, vinegar, and pepper.
- Beat eggs in a separate bowl and pour evenly over spinach mixture. Cook until the edges begin to set (about 2-3 minutes). Gently pull edges back while tilting the pan to allow eggs to run beneath. Repeat a couple of times. Reduce the heat to medium, cover and cook 8-10 minutes until the top is almost set.
- Preheat broiler. Uncover skillet and place the skillet under the broiler. Broil for 2 minutes or until top is lightly browned. Cut into 2 wedges.

NUTRITION FACTS	
Servings 2.0 per recipe	
Amount per serving	
Calories 208	% Daily Value*
Total Fat 10 g	15%
Saturated Fat 4 g	20%
Monounsaturated Fat 0 g	-
Polyunsaturated Fat 0 g	-
Trans Fat 0 g	-
Cholesterol 420 mg	140%
Sodium 291 mg	12%
Potassium 508 mg	15%
Total Carbohydrate 8 g	3%
Dietary Fiber 2 g	7%
Sugars 3 g	-
Protein 15 g	31%
Vitamin A	59%
Vitamin C	29%
Calcium	10%
Iron	18%



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**5 MEALS**

**1 BAG**

**SHOPPING MADE SIMPLE**



**WEEK 5**

# 5-Dinner Grocery List

## **Protein**

- 4 boneless, skinless chicken breasts
- 15 oz. can of Albacore tuna, in water
- 1 egg
- 1/4 lb. or 4 oz. sliced deli ham
- Slivered almonds

## **Dairy**

- 1/4 cup of feta cheese
- 1 (4 oz.) container plain fat-free yogurt
- 2 oz. sharp provolone

## **Produce**

- 1 bag (at least 4 cups) of baby spinach
- 1 medium onion
- Pint cherry tomatoes
- 1 red bell pepper
- 1 lime
- 1 lemon
- Celery
- 2 cloves garlic
- 2 heads of broccoli
- 2 medium red potatoes
- 1 bunch thyme
- Fresh basil
- 1 pint strawberries

## **Frozen**

- 2 frozen tilapia filets
- 16 oz. frozen green beans

## **Grains and Bread Products**

- 1/2 lb. Rotini pasta
- 1 box Uncle Ben's 90-Second Instant Brown Rice
- 1 small box of Wheaties cereal

## **Canned Goods**

- 1/2 cup grated parmesan cheese
- 1 small container light mayonnaise

## **Condiments, Oils, and Spices**

- 1 packet Italian dressing mix
- Italian seasoning
- Black pepper
- Salt
- Garlic powder
- White wine or balsamic vinegar
- Extra-virgin olive oil
- Dijon mustard
- Zesty Italian dressing

## **Additional Kitchen Supplies**

- Aluminum foil
- Non-stick cooking spray



# One Pan Dinner: Chicken, Potatoes and Broccoli

## Ingredients

- 2 boneless, skinless chicken breasts
- 2 medium red potatoes
- 2 heads of broccoli
- 3 Tablespoons of olive oil
- 1 Italian dressing mix packet
- Non-stick cooking spray

## Directions

- Preheat oven to 350°F.
- Cut chicken breasts in half. Cut potatoes into small chunks and broccoli into florets.
- Spray a 9x9 pan with cooking spray. Place the chicken in the middle, potatoes on one side and broccoli on the other side. Top with 1/4 - 1/2 of Italian dressing packet and drizzle with olive oil.
- Cover with aluminum foil and bake at 350°F for 45 minutes to 1 hour.



## NUTRITION FACTS

Servings 2.0 per recipe  
Amount Per Serving

Calories 544	% Daily Value*
Total Fat 23 g	35 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 15g	-
Polyunsaturated Fat 2 g	-
Trans Fat 0 g	-
Cholesterol 75 mg	25 %
Sodium 1083 mg	45 %
Potassium 1529 mg	44 %
Total Carbohydrate 57 g	19 %
Dietary Fiber 10 g	40 %
Sugars 15 g	-
Protein 36 g	72 %
Vitamin A	21 %
Vitamin C	368 %
Calcium	26 %
Iron	11 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes were analyzed on [www.myfitnesspal.com](http://www.myfitnesspal.com)




# One Pot Tuna Casserole with Green Beans and Almonds

## Ingredients

- Non-stick cooking spray
- 1/2 medium onion
- 1/2 red bell pepper, chopped
- 1 stalk celery, chopped
- 15 oz. canned, low-sodium Albacore tuna in water, drained
- 1 Tablespoon light mayonnaise
- 1-1/2 Tablespoons of fat-free, plain yogurt
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes
- 1/4 cup multigrain cereal flakes, unsweetened (Wheaties)
- 16 oz. frozen green beans, thawed
- 1 clove fresh garlic, minced
- 1 Tablespoon almonds, dry roasted and unsalted

## Directions

- Preheat oven to 350°F.
- Spray a medium oven-safe pan with cooking spray and heat over medium-high heat.
- Add chopped onion, bell pepper, and celery to the pan and cook until vegetables are soft, about 4-5 minutes. Stir occasionally.
- Turn off heat. Into the pan, add tuna, mayonnaise, yogurt, and pepper. Stir.
- Spread cereal on top of ingredients and place pan in the oven to cook for about 20 minutes or until warm.
- While the tuna casserole is cooking, spray a pan with cooking spray. Add green beans, garlic, and almonds.
- Cook green bean mixture over medium-high heat until warm, about 2-3 minutes. Serve with tuna casserole.

NUTRITION FACTS		Calcium	14 %
Servings 2.0 per recipe Amount Per Serving		Iron	20 %
Calories 420	% Daily Value*	* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	
Total Fat 9 g	14 %	Adapted from <a href="http://www.heart.org">www.heart.org</a>	
Saturated Fat 0 g	1 %		
Monounsaturated Fat 2 g	-		
Polyunsaturated Fat 2 g	-		
Trans Fat 0 g	-		
Cholesterol 80 mg	27 %		
Sodium 671 mg	28 %		
Potassium 543 mg	16 %		
Total Carbohydrate 29 g	10 %		
Dietary Fiber 8 g	31 %		
Sugars 11 g	-		
Protein 57 g	114 %		
Vitamin A	24 %		
Vitamin C	96 %		

# Garlic Parmesan Chicken with Spinach-Strawberry Salad

## Ingredients

- 1/4 cup grated parmesan cheese
- 1 Tablespoon Italian seasoning
- 1/8 teaspoon pepper
- 1/4 teaspoon garlic powder
- 2 boneless, skinless chicken breasts
- 1 egg, slightly beaten
- 2 cups of baby spinach
- 1/2 cup sliced strawberries
- 1-1/2 Tablespoons slivered almonds, toasted
- 1/4 cup crumbled feta cheese

## Dressing

- 1 Tablespoon white wine or balsamic vinegar
- 2 Tablespoons olive oil
- 1 garlic clove, minced
- Dollop of Dijon mustard

## Directions

- Preheat oven to 400°F.
- Combine cheese, Italian seasoning, pepper, and garlic powder.
- Dip chicken in egg, then coat with cheese mix. Place in a shallow baking dish and bake for 20-25 minutes. For easy clean-up, line baking dish with aluminum foil.
- While chicken is cooking, put baby spinach in a medium bowl. In a small bowl, whisk together the vinegar, oil, garlic and Dijon mustard to make dressing. Pour dressing over spinach and toss well. Top with strawberries, almonds, and feta cheese.



## NUTRITION FACTS

Servings 2.0 per recipe  
Amount Per Serving

Calories 417	% Daily Value*
Total Fat 27 g	42 %
Saturated Fat 8 g	38 %
Monounsaturated Fat 14 g	-
Polyunsaturated Fat 3 g	-
Trans Fat 0 g	-
Cholesterol 190 mg	63 %
Sodium 718 mg	30 %
Potassium 339 mg	10 %
Total Carbohydrate 9 g	3 %

Dietary Fiber 2 g	8 %
Sugars 3 g	-
Protein 37 g	73 %
Vitamin A	63 %
Vitamin C	52 %
Calcium	26 %
Iron	13 %

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Adapted from <http://emeals.com/meal-plans/>

# Italian Pasta Salad

## Ingredients

- 1/2 lb. Rotini pasta
- 3/4 cups zesty Italian salad dressing, divided
- 1/4 cup fresh basil, thinly sliced
- 1/4 lb. sliced deli ham, sliced into small squares
- 2 oz. sharp provolone, cut into small chunks
- 1/4 medium onion, diced
- 1/2 pint cherry tomatoes, cut in half

## Directions

- Broil pasta according to package instructions; drain, rinse with cold water, and set aside.
- Toss the pasta with 1/2 cup of the dressing, then add in the basil, salami, provolone, onion, and tomatoes; mix well to combine. Add in the rest of the dressing, if needed, and toss well to combine. Chill until serving, or serve at once.

NUTRITION FACTS	
Servings 4.0 per recipe Amount Per Serving	
Calories 397	% Daily Value*
Total Fat 16 g	25 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 3 g	-
Polyunsaturated Fat 0 g	-
Trans Fat 0 g	-
Cholesterol 35 mg	12 %
Sodium 790 mg	33 %
Potassium 206 mg	6 %
Total Carbohydrate 48 g	16 %
Dietary Fiber 3 g	12 %
Sugars 5 g	-
Protein 15 g	30 %
Vitamin A	13 %
Vitamin C	14 %
Calcium	13 %
Iron	15 %

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# Lemon Thyme Tilapia Packets with Brown Rice

## Ingredients

- 2 tilapia filets (fresh or frozen), thawed
- Salt and pepper
- A touch of olive oil
- 1 lemon
- 2 cups of spinach leaves, washed
- 3 sprigs of fresh thyme
- 1 bag of Uncle Ben's 90-Second Instant Brown Rice

## Directions

- Preheat oven to 425°F. Lightly spray 2 large sheets of foil with cooking spray.
- Slice lemon into 8 slices and discard the 2 end pieces. Place 3 slices of lemon horizontally in the center of the foil. Place a handful of spinach on top of lemon. Place tilapia filets on top of spinach, sprinkle with salt and pepper to taste, drizzle with a little olive oil, and place thyme sprigs on top of fish.
- Fold up packets and place in preheated oven on baking sheet. Bake for 20 minutes and remove from oven. Cook rice according to directions on the box.
- When fish is removed from oven, allow to rest in for a few minutes before opening packet. Discard lemon slices and thyme sprigs.

## NUTRITION FACTS

Servings 2.0 per recipe  
Amount Per Serving

Calories 413	% Daily Value*
Total Fat 13 g	20 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 5 g	-
Polyunsaturated Fat 1 g	-
Trans Fat 0 g	-
Cholesterol 41 mg	14 %
Sodium 693 mg	29 %
Potassium 394 mg	11 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 6 g	25 %
Sugars 0 g	-
Protein 27 g	54 %
Vitamin A	57 %
Vitamin C	84 %
Calcium	9 %
Iron	13 %



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