

KIDS EAT IN color®

# Affordable Flavors

DIVERSE FAMILY MEALS FOR UNDER \$500 A MONTH





# Welcome!

Growing up I watched my mom stretch her very limited food dollars around the block three times to feed me and my four siblings. Meals weren't fancy in our house, but they were tasty and balanced. She taught me that riches are simple, flavorful, home-cooked meals with family. And now that's what I hope to share with you.

Now that you have this meal plan, you are part of an amazing community of families who are eating well and saving food dollars!

Starting a new cooking project takes effort. By taking this on, I can tell you care about your family's health! This meal plan can teach you to stretch your food dollars all month long. It can also guide you in adding color and variety to your meals.

There's only one request I have as you get ready to put new meals on the table.

## START SLOW.

I'm a mom of two with a full-time job and many other things going on. If I were to try new recipes every single day for a month, I'd burn out! That's why I suggest easing into it so you don't get overwhelmed.

If you're already feeling overwhelmed, start with one new recipe.  
If you're feeling good, tackle one week. Go at the pace that feels right for you and your family.

You'll learn so many different ways to save money and add nutrients to your meals. Even if you're starting slow, you're making good progress!

When I began this project, I knew I would need a team of dietitians and nutritionists who could bring in different cuisines, foods and spices to create something unique. A meal plan full of flavor and diversity. A meal plan that allowed parents to cook familiar foods but also try new foods. And a meal plan that would make us all feel good about spending less on groceries.

The team that I brought together did it all. And they are cheering you on as you try new things and tweak old favorites to save money.

Ultimately, these meals are flexible. You can try your own spices, your own substitutions, and, of course, you can use whatever is on sale.

## Let's get started!



*Jennifer Anderson*, MSPH, RDN

KIDS EAT IN color® Founder

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# MEET YOUR TEAM



**MORGAN MCGHEE**  
Recipe Creator

Morgan McGhee has committed her career to serving kids and families through school nutrition. She believes a school district can be a change agent when innovative partnerships and collaboration are linked with dynamic leadership. As someone from the American South, Morgan wants to honor the cultural practices of her ancestors while empowering others to see themselves in this meal plan. Our food is enough. You are enough. Share moments with Morgan on Instagram [@MORGHEE](#).



**MIN KWON**  
Recipe Creator

Min Kwon is a registered dietitian, food blogger, and mom of two who is passionate about sharing nutrition and feeding tips. She also creates nourishing meal ideas and recipes for the entire family with a focus on babies and toddlers. Basically, she's the lady with meal ideas who, just like you, is trying to figure out this whole motherhood thing. One thing is certain. All parents need a community, and with regards to nutrition, she hopes to band them together to raise up the next generation of joyous, mindful eaters. Connect with her on Instagram [@KIDFRIENDLY.MEALS](#) and [WWW.MJANDHUNGRYMAN.COM](http://WWW.MJANDHUNGRYMAN.COM).



**CAITLIN SELF**  
Recipe Creator and Meal Plan Coordinator

Caitlin Self, MS, CNS, LDN is a licensed nutritionist and food blogger in Baltimore, Maryland. Caitlin believes that the best way to take control of your health is to get cooking, and is so excited to be a part of this budget-friendly plan! In addition to her clinical practice, which specializes in gut health, she runs her personal food blog, Frugal Nutrition, where she posts delicious, nutrient-dense recipes with price breakdowns to help you improve your health through cooking nutritious meals - even on a budget! Connect with her on Instagram [@FRUGALNUTRITION](#) and at [WWW.FRUGALNUTRITION.COM](http://WWW.FRUGALNUTRITION.COM).



**VENUS [ven-oos] KALAMI**  
Recipe Creator

As a young girl, Venus [ven-oos] Kalam was inspired to work in the field of nutrition to address health disparities. Raised in the multicultural mix of the Bay Area, she is a lover of and advocate for food and food cultures. Currently, she works as a pediatric dietitian and nutrition writer with a special focus in gastroenterology, food allergies, and picky eating. When not jumping from one Zoom meeting to the next, you can catch Venus singing, daydreaming of travel, and fretting over where to plant all of her vegetable seedlings. Her Instagram is [@RAVENOUSVENUS](#).

# MEET YOUR TEAM



**VICTORIA SHOEMAKER**

Recipe Creator

Victoria Shoemaker is a passionate mom and dietitian empowering women and families in food insecure communities. In her rural county, Victoria serves through her dietetics practice as well as a WIC Dietitian, striving to bring ease of mind through positive behavior changes. Specializing in prenatal and postpartum nutrition, Victoria's mission is to fuel women so they can also fuel their families. When she is not in between clients, Victoria spends her time cooking with her toddler, going on long family walks, or trying to keep her tomatoes growing! Connect with her on IG at [@LADYLIKE.DIETITIAN](#).



**DEZI ABEYTA**

Recipe Creator

Dezi Abeyta is a proud husband, father, and a Latino dietitian entrepreneur for his online nutrition business, Foodtalk Nutrition. Dezi has creatively branded himself as the go-to nutrition coach for dads and families. His mission is to empower his fellow "Men of Purpose" to become better health role models for themselves first, and then for their families. Connect with him on IG [@FITDADSCOACH!](#)



**LAURYN WOODRUFF**

Nutrition Analysis

Lauryn is a dietetics student who plans to become a registered dietitian nutritionist. Lauryn has 10 years of experience working in nonprofits fighting hunger and poverty with an emphasis on nutrition education for the low-income population in Washington D.C. She currently works for Maryland SNAP-Ed. When Lauryn is not studying, working, or volunteering, she enjoys being outside with her partner hiking or looking for a new restaurant to try. Connect with her on Instagram at [@VEGGIE\\_QWEEN](#).



**ANDREA MATHIS**

Food photographer

Andrea Mathis is an Alabama-based Registered Dietitian Nutritionist and owner of the healthy food blogs, Beautiful Eats & Things, and Little Eats & Things. After completing her graduate studies at the University of Alabama, Andrea worked in several different healthcare settings including clinical, public health, and long-term care. Andrea believes in achieving optimal health by incorporating healthier eating habits into your lifestyle and making healthy eating fun! When she's not running after her two toddlers, she enjoys creating content to encourage self-love and promote body positivity. Connect with her at [WWW.BEAUTIFULEATSANDTHINGS.COM](http://WWW.BEAUTIFULEATSANDTHINGS.COM), [WWW.LITTLEEATSANDTHINGS.COM](http://WWW.LITTLEEATSANDTHINGS.COM), [@BEAUTIFULEATSANDTHINGS](#) and [@LITTLEEATSANDTHINGS](#).

## Getting Started with *Affordable Flavors*



This meal plan combines some easy recipes and some “from scratch” recipes to save money. Some recipes may require more preparation time. To make this easier, we recommend spending some time once per week preparing food for the week ahead. This “food prep” could be:

- Baking a quick bread for the week
- Chopping fruits or veggies
- Cooking a recipe or two ahead of time

If “food prep” doesn’t work for you, see if you can “chop ahead” while you are making a meal. Chop a little bit extra today to make tomorrow easier. You can also cook two things at once so that you have less food prep on a busy night.

Here are a few of the recipes that you can make ahead of time that will last for two weeks to save time as you go through the meal plan.

- Frozen Chia Jam (*make in week 3 for weeks 3-4*)
- Homemade Oat-Based Granola (*make in week 1 for weeks 1-2, and make in week 3 for weeks 3-5*)
- Garlic Yogurt Sauce (*make in week 2 for weeks 2-3*)
- Veggie Calzones (*make in week 4 for weeks 4-5 and freeze leftovers*)

The “optional” ingredients in the recipes are not included in the price and are not included in the shopping list. If you can find the optional ingredients on sale or if they work in your budget, you can add them for more variety.

Speaking of price, we estimated the costs based on DC-area Walmart prices. Your local store will probably have different prices. Use the shopping lists to compare with the prices at your local store.

Finally, as you are starting out, slowly work in new flavors. Instead of adding the full amount of a new spice, try a small amount until you or your child gets used to it. Or, try serving the sauce or topping on the side. Feel free to serve meals “deconstructed” where you serve each part separate, so that your child can more easily learn to like the different parts of the meal. Serve small portions of new foods to your child as well. A portion might be one teaspoon. They can ask for more if they want more. Starting small helps prevent wasting food!

## Save Money



First, plan your meals for the week using the meal plan and shopping list. Then, check your pantry, fridge and freezer. Use what you already have first. This can help eliminate duplicate purchases.

Remember, these recipes are flexible so that you can take advantage of sales and what you have. If you don’t have zucchini, but you do have yellow squash, use yellow squash. If you have red onions, don’t go buy more yellow or white onions. If limes are on sale, use limes instead of lemons. If a vegetable is out of season and expensive, use a similar vegetable that is in season and less expensive.

If you can't fit all the new spices into your budget at once, try slowly adding them. Buy new spices when they fit in the budget and you will eventually have more spice options.

## Use your benefits



If you receive WIC benefits, look for the **W** next to foods in the meal plan. It means that the food may be part of your WIC package and you can use your benefits to purchase them. Many WIC packages include a fruit and vegetable voucher that is great for purchasing items in this meal plan.

Free and reduced-price school lunches are also a great way to help your budget stretch. You can buy less lunch food when you know that your child will be eating at school.

## Save at the store



If you have a little extra money at the beginning of the week or month, see if you can buy larger containers of non-perishable items that you will use over the month. Some examples include rolled oats, olive oil, a two-pack of frozen whole chickens, honey and raisins, as well as some sturdy produce like apples, onions, potatoes, carrots, lemons and limes.

Try shopping at international grocery stores. These stores usually have a greater variety of food items promoting a diverse diet rich in nutrients. Sometimes produce is also less expensive at these stores.

Take your shopping list to the store with you and stick to it. Also, don't go into the store hungry. You'll be much less likely to make impulse purchases.

Seasonal fruits and vegetables often cost less, so look for items that are cheaper when you're at the store. If you planned to buy oranges, but there is a special sale on kiwifruit, make that swap to your list in the store.

Check for store or generic brands. The ingredients are often the same but they cost less than name brands.

Grab from the back. Stores typically stock shelves from back to front so that the newest items are at the back or on the bottom. By grabbing items from the back, you can be sure you're getting the freshest items with longer shelf-lives.

## Save while Preparing Food



Cook once, enjoy two or even three times. You can enjoy the leftovers as they are or repurpose them (as you'll see in this meal plan) with minimal effort. This will reduce the number of ingredients you need to buy while saving you time and energy.



Make the freezer your best friend. If you have extra ingredients, consider doubling a recipe and freezing the extra for another meal later in the month.

If you get large containers of tomatoes, salsa or canned fruit for a good price, you can use what you need and store leftovers in a jar or container to make them last longer. They freeze well in safe, freezer-friendly containers. I (*Caitlin*) recommend freezing in 1-cup portions so you can thaw only what you need.

Leftover tomato paste can be added to a small ziplock bag and spread out, then frozen. Simply break off a chunk when you need it!

While blocks of cheese don't freeze well, shredded cheese does! If you find shredded cheese on sale, you can freeze some of it in its original bag for future weeks. Crumbled feta cheese also freezes well.

## Learn about Nutrition



**Affordable Foods** is based on the principles of the [U.S. Dietary Guidelines for Americans](#) and [MyPlate](#). It focuses on whole fruits, a variety of vegetables and proteins, and making half your grains whole. In addition, the recipes are flexible so that you can use full-fat dairy for children under 2, and reduced-fat or nonfat dairy for children and adults over 2.

Frozen and canned fruits and vegetables are similar to fresh foods in nutritional value. Often, frozen and canned fruits and vegetables are picked, processed and packaged at their peak ripeness, which comes with great flavor and nutrition.

### ***"I was told I can't eat rice!"***

Did you know that rice is an essential grain in numerous cultural food practices? Brown rice and white rice have different benefits. Brown rice is higher in fiber, which is linked to a heart-healthy diet. White rice has lower levels of arsenic in it and may be the best choice for families with small children.

Enjoying more meatless meals is another way to save money and boost your family's nutrition. Beans, peas and lentils are great sources of protein and much more affordable than animal proteins.

## Embrace your culture



Instead of believing popular ideas on the "healthfulness" of your traditional food practice, consider how the portion size and the food preparation method contribute to a more wholesome, well-balanced diet.

As a Southerner, I (*Morgan*) like to think of "bowls" as the new age "casserole." Start with a whole grain base such as quinoa or brown rice, add a lean protein like a salmon patty, then load with roasted veggies. Optionally, create fresh salsa or make your own sauce with fresh lemon juice and oil.

Herbs and spices are the secret ingredients for transforming ordinary meals into meals that your family loves. Use the spices that are part of your culture and tradition. Feel free to change up the spices in the recipes here.

## Get food support



It's smart to get food support! If you are having trouble making your food last to the end of the month, here are many resources that may be helpful to you.

The Women, Infants, and Children (WIC) program provides food for pregnant and postpartum moms, and children ages 0-5. As a WIC dietitian and a mother, I (*Victoria*) understand the importance of using the resources available to you. You can find your nearest WIC location [here](#). To qualify for WIC, you must provide proof of income and apply in the state in which you live. You automatically qualify if you receive some other benefits (such as SNAP benefits). **Applying for and receiving WIC is MUCH EASIER than applying for and receiving other benefits.**

My (*Jennifer's*) family received WIC support when my youngest brothers were growing up and I will always be grateful for the ways that it helped my family.

Supplemental Nutrition Assistance Program (SNAP - formerly known as Food Stamps) provides a monthly benefit to be used for the purchase of food for you and your family. You can apply in the [state in which you live](#).

SNAP & WIC "Double Up Bucks" are available at many farmers markets. The program doubles your buying power with your SNAP or WIC benefits when you use them at the farmers market. You can ask your local farmers market if they participate in this.

You can also find food assistance help in your area. There are food pantries, soup kitchens, summer feeding sites, and more that can help support your family. Here are three ways to find more help in your area"

[WhyHunger.org/find-food](#) - Search for local emergency food providers and other support services.  
Hotline: 1(800) 5-HUNGRY or text your zip code to 1-800-548-6479

USDA National Hunger Hotline: 1-866-3-HUNGRY or 1-877-8-HAMBRE

[Foodpantries.org](#) - Search for local food pantries and soup kitchens

## Help Your Picky Eater Try New Foods



Start with small changes with your child. When I made the black bean tacos in the meal plan, my child was so angry the beans weren't brown. He's used to seeing brown beans and the spices were slightly



different. To help him eat this new food, I could have used the brown beans he was used to (same cost), and added the new spices. Or I could have used my old spices for the beans and used new black beans instead of brown beans. One change at a time is good for selective kids.

If your child is scared to try new foods, serve a familiar food alongside it. This means, if you're serving new tacos, you might choose to serve rice alongside the new tacos. Your child might choose to just eat rice. That's okay. It often takes kids 10 or more exposures to a new food before they will eat it. Keep serving!

If you have an extremely picky eater, [kidseatincolor.com](http://kidseatincolor.com) has so many free resources to help you help your child learn to like new foods.

## Food Safety for Small Children



Cook things that are hard to make them softer, like raw apples or veggies.

Cut foods lengthwise to make long, skinny pieces. Here's the easy rule of thumb I use, but always go conservative when you think about what your child needs:

- Cut whole foods in eighths and grind seeds and nuts for age 1. Think half of a pinky finger size.
- Quarter whole foods and smash seeds and nuts for age 2.
- Halve whole foods or slivered nut pieces for age 3.
- Most kids are fine to eat unmodified foods at or after age 4.

Some foods to avoid until 4 (*partial list*):

- Spoonfuls of nut or seed butter
- Popcorn
- Chewy candy, hard candy or gum
- Tortilla chips
- Marshmallows
- Whole hot dogs, whole nuts, whole grapes or cherry tomatoes, whole raw carrots, whole apples, whole cheese sticks, large chunks of cheese, and other whole round or hard foods

# 30-DAY MENU

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY  |
|---|---|--|---|--|--|---|
| 1<br>B: Peach Oatmeal Bake<br>S1: No-Bake Oatmeal Energy Balls<br>L: Fish Sticks + Fruit<br>S2: Stovetop Popcorn + Peanuts OR Crackers + Peanut Butter<br>D: Whole Chicken and Root Vegetables Dinner   | 2<br>B: Yogurt Parfait with Jam, Nuts & Granola<br>S1: Banana Nut Butter Ants-on-a-Log<br>L: Chicken Salad with Greens (or Sandwich)<br>S2: Peanut Butter Banana Oat Cookies<br>D: One-Pot Mexican Black Beans and Rice + Baked Tortilla Chips                        | 3<br>B: Peanut Butter Banana Toast<br>S1: Basic Muffins<br>L: Quinoa and Chicken Salad<br>S2: Cheddar + Cucumber Bites<br>D: Egg Tacos with Roasted Vegetables                                 | 4<br>B: Banana Pancakes<br>S1: Apple + Nut Butter Pizza<br>L: Loaded Potatoes with Roasted Vegetables and Chickpeas<br>S2: Mini Egg Salad Toasts<br>D: Leftover One-Pot Mexican Black Beans and Rice + Tortilla Chips           | 5<br>B: Roasted Potato Breakfast Bowls<br>S1: Veggie Frittata Muffins<br>L: Fish and Veggie Platter<br>S2: Egg-in-a-Hole Toasts<br>D: Cheesy Vegetable Skillet   | 6<br>B: Leftover Banana Pancakes<br>S2: Granola + Milk or Yogurt<br>L: Cheesy Vegetable Skillet<br>Leftovers as Nachos or Tostadas<br>S2: Snack Plate with Hard Boiled Eggs<br>D: Cold Peanut Salad                              | 7<br>B: Basic Oatmeal + Eggs on Side (optional)<br>S1: Leftover Basic Muffins<br>L: Sweet Potato Spinach Hash<br>S2: Refried Bean Dip with Baked Tortilla Chips<br>D: Veggie Loaded Meatloaf  |
| 8<br>B: Raisin Cinnamon Oatmeal<br>S1: No-Bake Oatmeal Energy Balls<br>L: Toasted Veggie Sandwich & Cottage Cheese<br>S2: Stovetop Popcorn + Peanuts OR Crackers + Peanut Butter<br>D: Sausage and Veggie Gumbo                               | 9<br>B: Hummus Cucumber Sweet Potato Toast<br>S1: Peanut Butter Yogurt Dip + Apples<br>L: Sausage and Veggie Gumbo Leftovers<br>S2: Snack Quesadillas + Fruit<br>D: Creole Seasoning Chicken Fajitas + Garlic Yogurt Sauce + Coleslaw                                 | 10<br>B: Yogurt Parfait with Jam, Nuts & Granola<br>S1: Veggie Frittata Muffins<br>L: Banana Nut Wrap<br>S2: Basic Oatmeal<br>D: Oven-Baked Fish with Black Eyed Pea Salad                     | 11<br>B: Spiced Tomato Scrambled Eggs with 10-Minute Pizza Dough Flatbread<br>S1: Apple + Nut Butter Pizza<br>L: Fish Sandwich + Leftover Coleslaw<br>S2: Peanut Butter Banana Oat Cookies<br>D: High-Powered Chili + Cornbread | 12<br>B: Zucchini Bread Pancakes<br>S1: Cantaloupe and Cottage Cheese<br>L: Spinach Grilled Cheese with Leftover Black Eyed Pea Salad<br>S2: Refried Bean Dip with Baked Tortilla Chips<br>D: Thai-Inspired Tofu Curry | 13<br>B: Leftover Zucchini Bread Pancakes<br>S1: Granola + Milk or Yogurt<br>L: Loaded Macaroni and Cheese with Leftover Chili<br>S2: Snack Plate with Hummus and/or Hard Boiled Eggs<br>D: Stewed Okra and Tomatoes + Cornbread | 14<br>B: Roasted Potato Breakfast Bowls<br>S1: Basic Muffins<br>L: Tahchin Savory Yogurt and Rice Cake<br>S2: Mini Egg Salad Toasts<br>D: Midnight Mediterranean Pasta  |
| 15<br>B: Peach Oatmeal Bake<br>S1: No-Bake Oatmeal Energy Balls<br>L: Veggie & Hummus Pita Pizza<br>S2: Stovetop Popcorn + Peanuts OR Crackers + Peanut Butter<br>D: Whole Chicken and Root Vegetables Dinner                                 | 16<br>B: Yogurt Parfait with Jam, Nuts & Granola<br>S1: Banana Nut Butter Ants-on-a-Log<br>L: Spiced Chickpea Salad with Cucumber Yogurt Sauce<br>S1: Snack Quesadillas + Fruit<br>D: BBQ Chicken Stuffed Sweet Potatoes with Leftover (or Fresh) Garlic Yogurt Sauce | 17<br>B: Peanut Butter Banana Toast<br>S1: Basic Muffins<br>L: Pan-Fried Tuna Patties with Baked Sweet Potato Fries<br>S2: Cheddar + Cucumber Bites<br>D: One-Pot Rice and Mushroom Soup       | 18<br>B: Roasted Potato Breakfast Bowls<br>S1: Leftover Basic Muffins<br>L: One-Pot Rice and Mushroom Soup Leftovers<br>S2: Peanut Butter Banana Oat Cookies<br>D: Chili Bean Tacos with Peach Salsa and Cilantro Lime Slaw     | 19<br>B: Banana Pancakes<br>S1: Granola + Milk or Yogurt<br>L: Chili Bean Tacos with Peach Salsa and Cilantro Lime Slaw Leftovers<br>S2: Overnight Coconut Chia Pudding<br>D: Sheet Pan Soy Chicken and Veggies        | 20<br>B: Leftover Banana Pancakes<br>S1: Veggie Frittata Muffins<br>L: Sweet Potato and Black Bean Barbecue Wrap + Fruit<br>S2: Snack Plate with Hummus and/or Hard Boiled Eggs<br>D: Fried Rice with Ground Beef                | 21<br>B: Shakshuka with 10-Minute Pizza Dough Flatbread<br>S1: Apple + Nut Butter Pizza<br>L: Leftover Pan-Fried Tuna Patties with Baked Sweet Potato Fries<br>S2: Fried Rice Cakes<br>D: Spaghetti with Classic Tomato Meat Sauce and Roasted Vegetables |
| 22<br>B: Raisin Cinnamon Oatmeal<br>S1: No-Bake Oatmeal Energy Balls<br>L: Zesty Quinoa Bowl<br>S2: Stovetop Popcorn + Peanuts OR Crackers + Peanut Butter<br>D: Spicy Quinoa Tacos   | 23<br>B: Hummus Cucumber Sweet Potato Toast<br>S1: Peanut Butter Yogurt Dip + Apples<br>L: BLT Salad Bowls<br>S2: Snack Quesadillas + Fruit<br>D: Hot Spiced Lentils  | 24<br>B: Yogurt Parfait with Jam, Nuts & Granola<br>S1: Banana Nut Butter Ants-on-a-Log<br>L: Toasted Veggie Sandwich & Cottage Cheese<br>S2: Basic Oatmeal<br>D: Jeweled Rice Pilaf with Beef | 25<br>B: Spiced Tomato Scrambled Eggs with 10-Minute Pizza Dough Flatbread<br>S1: Peanut Butter Banana Oat Cookies<br>L: Veggie Calzones<br>S2: Apple + Nut Butter Pizza<br>D: Dolma (Stuffed Cabbage)                          | 26<br>B: Zucchini Bread Pancakes<br>S1: Granola + Milk or Yogurt<br>L: Salmon Bean Salad or Sandwich<br>S2: Warm Lemon Chia Quinoa Bowls<br>D: Red Beans and Rice with Sautéed Collards                                | 27<br>B: Peanut Butter Banana Toast<br>S1: Veggie Frittata Muffins<br>L: PB and Chia Jam Sandwich<br>S2: Snack Plate with Hummus and/or Hard Boiled Eggs<br>D: Chicken Kabob with Rice and Salad                                 | 28<br>B: Yogurt Parfait with Jam, Nuts & Granola<br>S1: Fried Rice Cakes<br>L: Oven-Baked Veggie Quesadillas<br>S2: Refried Bean Dip with Baked Tortilla Chips<br>D: Bean and Noodle Soup (Aash)  |
| 29<br>B: Shakshuka with 10-Minute Pizza Dough Flatbread<br>S1: Peanut Butter Yogurt Dip + Apples<br>L: Leftover (Frozen) Veggie Calzones<br>S2: Nut Butter-Stuffed Dates<br>D: Ground Gyro Wraps with Yogurt Flatbread and Roasted Vegetables | 30<br>B: Raisin Cinnamon Oatmeal<br>S1: Banana Nut Butter Ants-on-a-Log<br>L: Tahini Tuna Salad Sandwich + Carrot Sticks<br>S2: Fish Sticks + Fruit<br>D: Sausage and Rice Stuffed Peppers with Cornbread   |  |   |  |  | <b>KEY</b><br>B: Breakfast<br>S1: Snack 1<br>L: Lunch<br>S2: Snack 2<br>D: Dinner   |

# SHOPPING LISTS

**Spices This Week**  
 Black pepper, ground  
 Chili powder  
 Cinnamon, ground  
 Cumin, ground  
 Onion powder  
 Smoked paprika,  
 ground

**Optional Ingredients**  
 Avocado  
 Berries  
 Chia Seeds  
 Chocolate Chips  
 Chopped dried fruit  
 Cilantro  
 Coconut flakes  
 Dried Oregano

Granola  
 Grated ginger  
 Hot Sauce  
 Hummus  
 Lime Juice  
 Maple Syrup  
 Minced fresh dill or  
 other soft herb  
 Nuts

Pumpkin puree  
 Sausage  
 Sour Cream  
 Turkey Bacon  
 Vegetable Broth

## Week 1 TOTAL: \$124.29

| SECTION     | AMOUNT | UNIT         | FOOD  | TOTAL  | NOTES   | WIC ITEM |
|-------------|--------|--------------|---|--------|---|----------|
| BAKERY      | 24     | slices       | bread (2 loaves)                              | \$3.96 | 1 loaf (15 large slices, 24 oz.)  | X        |
|             | 8      | each         | tortillas, corn                               | \$2.98 | 80 count  | X        |
| BAKING      | 11     | tsp.         | baking powder                                 | \$1.00 | 47.8 tsp.   |          |
|             | 6      | cup          | flour, all purpose                            | \$1.22 | We recommend buying a 5-lb. bag   |          |
|             | 12     | oz.          | honey   | \$2.44 | Buy the bigger bottle if you can afford it this week, otherwise you will have to sub in sugar for a couple of the recipes calling for honey |          |
|             | 0.5    | cup          | sugar, white                                  | \$1.14 | 20 oz., about 3 cups  |          |
|             | 1      | oz.          | vanilla                                       | \$2.32 | 1 oz. // 6.75 tsp.  |          |
| CANNED FOOD | 1      | 15-oz. can   | beans, chickpeas                              | \$0.48 | 1 can, 1.5 cups // 1.18 for 1 lb. dry, 9.75 cups cooked   | X        |
|             | 8      | oz.          | fruit, peaches, canned                        | \$0.96 | Buy the 15-oz. can and pair leftovers with fish sticks lunch  | X        |
|             | 1      | 13.5-oz. can | spinach, canned                               | \$0.98 | 13.5 oz.  | X        |
|             | 2      | Tbs.         | tomato paste                                  | \$0.72 | 6 oz., 10 Tbs.  |          |
|             | 1      | 14-oz. can   | tomatoes, canned - italian                    | \$0.36 | 15 oz., .36 28 oz., 3.25 cups   | X        |
|             | 1      | 12-oz. can   | tuna  | \$1.58 | 12 oz.  | X        |
| CONDIMENTS  | 5      | Tbs.         | apple cider vinegar                           | \$1.57 | 32 oz., 63 Tbs.   |          |
|             | 4      | Tbs.         | dressing for salad                            | \$0.92 | 16 oz. bottle   |          |
|             | 24     | oz.          | ketchup                                       | \$0.92 | This should last all month  |          |
|             | 30     | oz.          | mayonnaise                                    | \$1.94 | This should last all month  |          |
|             | 2      | tsp.         | mustard                                       | \$0.92 | 12 oz., 22 Tbs., 66 tsp.  |          |
|             | 1.75   | cup          | salsa   | \$0.98 | 24 oz., 2.75 cups   |          |
|             | 2      | Tbs.         | soy sauce, low sodium                         | \$1.32 | 15 oz., 30 Tbs.   |          |
| COOLER      | 14     | oz.          | coleslaw mix                                  | \$1.67 | 16 oz. bag  | X        |
|             | 47     | whole        | eggs  | \$6.24 | 3 packs of 18 eggs  | X        |
| DAIRY       | 14     | Tbs.         | butter (about 2 sticks)                       | \$0.78 | We recommend buying 4 sticks of butter - you'll use it, we promise!   |          |
|             | 8      | oz.          | cheese, cheddar, cubed                        | \$1.74 | Use 6 oz. for cucumber snack and shred remaining 2 oz. for Loaded Potatoes  | X        |
|             | 16     | oz.          | cheese, shredded                              | \$2.77 | \$2.77 for 16 oz., shredded, 5 1/3 cups (16 servings)   | X        |
|             | 1      | gallon       | milk  | \$1.43 | 1 gal / 16 cups   | X        |
|             | 4      | cups         | yogurt, plain (or Greek) - 1 32 oz. container | \$2.48 | 32 oz., 3.75-4 cups   | X        |
| DRY GOODS   | 7.5    | cups         | beans, black beans (1-lb. uncooked)           | \$1.14 | We recommend buying a 1-lb. bag of uncooked black beans, which will yield about 9.75 cups cooked  | X        |
|             | 16     | whole        | crackers                                      | \$0.77 | 16 oz., 140 crackers?   |          |
|             | 34     | Tbs.         | peanut butter                                 | \$2.74 | \$2.74 for 40 oz. / 68 Tbs.   | X        |
|             | 8      | oz. dry      | whole wheat pasta - spaghetti                 | \$1.00 | 16 oz., save half for future weeks  | X        |



## Week 1 TOTAL: \$124.29

| SECTION    | AMOUNT | UNIT        | FOOD                               | TOTAL  | NOTES  | WIC ITEM |
|------------|--------|-------------|------------------------------------|--------|--|----------|
|            | 1      | 16-oz. bag  | lentils (uncooked)                 | \$1.42 |  | X        |
| FREEZER    | 8      | Tbs.        | apple juice concentrate            | \$1.18 | 5.5 cups, 88 Tbs.  |          |
|            | 2      | 12-oz. bags | corn - frozen                      | \$2.00 | 12 oz. bag, 2 2/3 cup  | X        |
|            | 20     | whole       | fish sticks                        | \$3.00 | Buy a bag with at least 40 fish sticks, save half for week 5   |          |
|            | 1.5    | cup         | frozen mixed berries               | \$1.98 | 16 oz., mixed berries  | X        |
| FRUIT      | 3      | medium      | apples                             | \$2.72 | A 3-lb. bag should have about 5 large or 10 small)   | X        |
|            | 14     | whole       | bananas                            | \$2.52 | per banana   | X        |
|            | 1      | whole       | lemons, for the juice              | \$0.56 |  | X        |
|            | 1      | cup         | raisins (6 oz. needed)             | \$1.00 | You only need about 1 cup this week  | X        |
| GRAINS     | 16     | oz.         | quinoa, uncooked                   | \$3.95 | This should last all month   |          |
|            | 1.5    | cup         | rice, uncooked                     | \$2.48 | You need 1 cup this week, but we recommend the 5-lb. bag   |          |
|            | 12     | cup         | rolled oats                        | \$2.46 | Recommend buying in bulk - 42 oz., 15 cups   | X        |
| MEAT       | 1      | whole       | chicken, 4-5-lb.                   | \$5.82 | \$9.94 for 2 whole chickens, 10-13-lb. total   |          |
|            | 1      | lb.         | ground beef                        | \$2.96 | 1-lb.  |          |
| OIL        | 27     | Tbs.        | olive oil                          | \$2.52 | 17 oz. / 34 Tbs.   |          |
| SNACKS     | 16     | oz.         | peanuts, unsalted                  | \$1.98 | 16 oz., 4 cups   |          |
|            | 2      | cups        | popcorn kernels                    | \$1.86 | You'll need about 2 cups in total this month   |          |
|            | 0.33   | cup         | walnuts                            | \$2.14 | 8 oz. halves & pieces, 2 cups  |          |
| SPICES     | 1      | cannister   | spice, black pepper                | \$2.68 | 3 oz. = 36 tsp.  |          |
|            | 1      | jar         | spice, chili powder                | \$0.98 | 3 oz. = 36 tsp.  |          |
|            | 1      | jar         | spice, cinnamon                    | \$0.98 | 2.5 oz. =22.5 tsp.   |          |
|            | 1      | jar         | spice, cumin                       | \$0.98 | 2.5 oz. = 30 tsp.  |          |
|            | 1      | jar         | spice, onion powder                | \$0.98 | 3.25 oz. =29.25 tsp.   |          |
|            | 1      | jar         | spice, paprika, smoked if possible | \$0.98 | 2.5 oz. = 30 tsp.  |          |
|            | 1      | container   | spice, salt                        | \$0.40 | 26 oz. = 122.75 Tbsp.  |          |
|            | 10     | oz.         | spinach, fresh                     | \$1.54 | 10 oz. bag, about 10 cups  | X        |
| VEGETABLES | 5      | whole       | bell pepper                        | \$4.00 | 1 each, green // frozen with onions \$2.26 for 20 oz. // RRP \$1.74 for 12 oz.                                 | X        |
|            | 1      | head        | broccoli                           | \$1.11 | per head // \$1 per 12 oz. frozen  | X        |
|            | 14     | whole       | carrots                            | \$3.44 | We recommend buying a 5-lb bag of carrots to use for the first couple of weeks, and to have extra for snacking | X        |
|            | 4      | rib / stalk | celery                             | \$1.28 | 1 bunch, save two ribs for gumbo next week   | X        |
|            | 1      | bunch       | cilantro                           | \$0.78 | per 1 bunch  |          |
|            | 3      | whole       | cucumber                           | \$1.86 | each   |          |
|            | 3      | heads       | garlic                             | \$0.98 | oOne head of garlic is about 30 cloves. we recommend getting a bag of 3 heads to save money                    | X        |
|            | 2      | whole       | jalapeno                           | \$0.22 |  | X        |
|            | 4      | medium      | onion                              | \$1.94 | We recommend a 3-lb. bag, with about 6 medium onions   | X        |
|            | 5      | lb.         | sweet potatoes                     | \$2.57 | We recommend a 5-lb bag with about 15 potatoes, but you'll need 3-4 this week                                  | X        |
|            | 5      | lb.         | white potatoes                     | \$2.57 | We recommend a 5-lb bag with about 15 potatoes, but you'll need 8-9 this week                                  | X        |

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# SHOPPING LISTS

**Spices This Week**  
 Creole seasoning  
 Garlic powder  
 Oregano, dried  
 Red pepper flakes  
 Paprika, ground  
 Turmeric  
**Things You Should Have From Week One**

Baking powder  
 Butter  
 Carrots  
 Celery  
 Carrots  
 Salad dressing  
 Flour  
 Fresh garlic  
 Mayonnaise

Mustard  
 Peanut butter  
 Peanuts  
 Popcorn kernels  
 Sweet potatoes  
 White rice  
 Salsa  
 Spices (black pepper, salt, chili powder, cinnamon, cumin, onion powder)

Tomato paste  
 Corn tortillas  
 Pasta (8 oz)  
**Optional Ingredients**  
 Avocado  
 Canned Pumpkin  
 Chocolate Chips  
 Chopped Cilantro  
 Chopped Pecans

Crackers  
 Dijon mustard  
 Dried Coconut  
 Nuts  
 Pesto  
 Roasted Red Peppers  
 Sour Cream

## Week 2 TOTAL: \$122.06

| SECTION     | AMOUNT | UNIT         | FOOD   | TOTAL  | NOTES  | WIC ITEM |
|-------------|--------|--------------|--|--------|--|----------|
| BAKERY      | 28     | slices       | bread - 2 loaves                             | \$3.96 | 1 loaf = 15 large slices, 24 oz.   | X        |
|             | 10     | medium       | tortilla, flour                              | \$1.61 | 10 medium tortillas  | X        |
| BAKING      | 1      | tsp.         | active dry yeast                             | \$1.34 | 3 packets, 2.25 tsp. each packet - You'll use approximately 1/2 packet every time you make pizza dough.  |          |
|             | 3      | cups         | cornmeal                                     | \$1.24 | buy a 32-oz. bag, 7.5 cups   |          |
|             | 12     | oz.          | honey  | \$2.44 | Buy a bigger bottle if you can afford it this week, otherwise you will have to sub in sugar for a couple of the recipes calling for honey - 12 oz. = 48 tsp. |          |
| CANNED FOOD | 3      | 15-oz. can   | beans, black eyed peas                       | \$2.28 | 1 can, 1.5 cups  | X        |
|             | 1      | 15-oz. can   | beans, chickpeas                             | \$0.48 | 1 can, 1.5 cups // 1.18 for 1 lb. dry, 9.75 cups cooked  | X        |
|             | 3      | 15-oz. can   | beans, chili, canned                         | \$1.44 | 1 can, 1.5 cups  |          |
|             | 1      | 15-oz. can   | beans, kidney                                | \$0.48 | 1 can, 1.5 cups  | X        |
|             | 1      | 15-oz. can   | beans, red                                   | \$0.48 | 1 can, 1.5 cups  | X        |
|             | 1      | 15-oz. can   | coconut milk                                 | \$1.64 | One 15-oz. can   |          |
|             | 1      | 20-oz. can   | pineapple chunks, canned, or any fruit       | \$0.98 | 20 oz., canned in juice  | X        |
|             | 2      | cup          | tomatoes, canned                             | \$0.67 | 1can 28 oz., 3.25 cups   | X        |
|             | 8      | cup          | tomatoes, canned - italian                   | \$1.34 | 2 cans 28-oz. cans, and use leftover from the plain canned tomatoes  |          |
| CONDIMENTS  | 1      | Tbs.         | soy sauce, low sodium                        | \$1.32 | 15 oz., 30 Tbs.  |          |
| COOLER      | 16     | oz.          | coleslaw mix                                 | \$1.67 | 16-oz. bag   | X        |
|             | 43     | whole        | eggs   | \$4.16 | Buy 2 18 packs of eggs for this week, you should have some left from last week also  | X        |
|             | 16     | Tbs.         | hummus                                       | \$1.82 | 10 oz., 20 Tbs.  |          |
|             | 1      | 14-oz. block | tofu   | \$1.94 | 16 oz. block - can use all of it   | X        |
| DAIRY       | 2 1/3  | cup          | cheese, shredded                             | \$2.77 | 16 oz. bag = 5 1/3 cups; remember shredded cheese freezes well   | X        |
|             | 3      | cups         | cottage cheese                               | \$1.76 | 24 oz., 3 cups   |          |
|             | 1      | gallon       | milk   | \$1.43 | 1 gal / 16 cups  | X        |
|             | 7.25   | cup          | yogurt, plain or greek (2 32-oz. containers) | \$4.96 | 32 oz., 3.75-4 cups  | X        |
| DRY GOODS   | 3      | cups         | beans, black                                 | \$1.14 | Black beans are used a lot on this meal plan - we recommend buying a 1-lb. bag of uncooked black beans, which will yield about 9.75 cups cooked              | X        |
|             | 8      | cups' worth  | bouillon for broth                           | \$3.00 | Broth - bouillon - Orrington Broth Base 2 tsp. per 1 cup broth needed, or any bouillon; can also sub with homemade broth                                     |          |
|             | 3      | Tbs.         | chia seeds                                   | \$7.96 | Need 3 Tbs. this week, but a 16-oz. bag will get you through the month // 32 oz., 76 Tbs.  |          |
|             | 3      | boxes        | mac and cheese                               | \$1.02 | box, 7.25 oz.  |          |
| FREEZER     | 3      | 12-oz. bag   | frozen okra                                  | \$4.02 | Three 12-oz. bags  | X        |
| FRUIT       | 4      | medium       | apple  | \$2.72 | We recommend buying in bulk because you will eat apples every week! A 3-lb. bag should have about 5 large or 10 small.                                       | X        |
|             | 7      | whole        | banana                                       | \$1.26 |  | X        |

## Week 2 TOTAL: \$122.06

| SECTION    | AMOUNT | UNIT   | FOOD                     | TOTAL   | NOTES   | WIC ITEM |
|------------|--------|--------|--------------------------|---------|---|----------|
|            | 1      | whole  | fruit, cantaloupe        | \$2.48  | each  | X        |
|            | 3      | Tbs.   | ginger, fresh            | \$0.75  | 1 small root - freeze leftovers in freezer-safe bag   |          |
|            | 3      | whole  | lemons, juice            | \$1.68  | Should have half a lemon left from last week  | X        |
|            | 3      | whole  | lime                     | \$1.14  | each  | X        |
|            | 3.5    | cup    | raisins                  | \$2.94  | \$2.94 for 20 oz., 3.5 cups // \$1.00 for 6 oz., 1 cup  | X        |
| GRAINS     | 6.5    | cup    | rolled oats              | \$2.46  | 42 oz., 15 cups   | X        |
| MEAT       | 1      | pound  | chicken breast           | \$5.94  | \$18.83 10 lb. frozen breast // 3 lb. for \$5.94  |          |
|            | 13     | oz.    | turkey sausage           | \$2.34  | 13 oz., cooked (you can sub with uncooked if you prefer)  |          |
|            | 2      | lb.    | white fish               | \$10.28 | 4 lb. (frozen fish often shrinks a lot so buy 4 pounds to make sure you have enough fish for 2 recipes) |          |
| OIL        | 17     | oz.    | olive oil                | \$2.52  | \$2.52 for 17 oz. / 34 Tbsp or \$4.76 for 50 Tbs.   |          |
| SPICES     | 2      | Tbs.   | spice, creole seasoning  | \$1.57  | 8 oz.   |          |
|            | 2.5    | tsp.   | spice, garlic powder     | \$0.98  | 3.4 oz. = 30 tsp.   |          |
|            | 1      | tsp.   | spice, oregano, dried    | \$0.98  | 0.87 oz.  |          |
|            | 2.5    | tsp.   | spice, paprika           | \$0.98  | 2.5 oz. = 30 tsp.   |          |
|            | 0.5    | tsp.   | spice, red pepper flakes | \$0.98  | 1.75 oz.  |          |
|            | 2      | tsp.   | spice, turmeric          | \$2.36  | 1.8 oz. =17 tsp.  |          |
| VEGETABLES | 7      | whole  | bell pepper              | \$5.60  | each, green or other  |          |
|            | 2      | whole  | cucumber                 | \$1.24  | each  | X        |
|            | 2      | heads  | lettuce, romaine         | \$2.64  | 3 heads romaine   | X        |
|            | 5      | medium | onion                    | \$1.94  | 3 lb. / 6 onions  | X        |
|            | 1      | medium | red onion                | \$0.78  | Consider buying a bag of onions if you can afford it, but you only need 1 this week                     | X        |
|            | 8      | oz.    | pickles                  | \$1.28  | 32-oz. jar  | X        |
|            | 10     | cup    | spinach, fresh           | \$1.54  | 10-oz. bag, about 10 cups   | X        |
|            | 3      | medium | tomato, fresh            | \$1.05  | 3 Roma tomatoes   | X        |
|            | 3      | whole  | zucchini                 | \$2.28  | 3 zucchini  | X        |

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# SHOPPING LISTS

**Spices This Week:**  
Poultry seasoning  
**Things You Should Have From Past Weeks**  
Active dry yeast  
Apple cider vinegar  
Apple juice concentrate  
Baking powder  
Barbecue sauce

Black beans  
Bouillon for broth  
Carrots  
Chia seeds  
Chicken breast  
Chickpeas  
Cornmeal  
Crackers

Flour *(but you'll need more this week)*  
Fresh garlic  
Honey *(but you'll need more this week)*  
Ketchup  
Mayonnaise  
Onions *(white or yellow)*  
Peanut butter *(but you'll need more this week)*

Popcorn kernels  
Sweet potatoes  
White potatoes  
White rice  
Rolled oats  
Salsa  
Soy sauce  
Spices *(black pepper, chili powder, cinnamon, cumin,*

*onion powder, smoked paprika, creole seasoning, garlic powder, oregano, red pepper flakes, paprika, turmeric, salt)*  
Sugar  
Corn tortillas  
Walnuts  
**Optional Ingredients**  
Ginger  
Green Onions

Hot Sauce  
Sesame Oil  
Sesame Seeds  
Sriracha  
White/Wild Rice

## Week 3 TOTAL: \$108.18

| SECTION     | AMOUNT | UNIT       | FOOD                              | TOTAL  | NOTES  | WIC ITEM |
|-------------|--------|------------|-----------------------------------|--------|--|----------|
| BAKERY      | 4      | slices     | bread                             | \$1.98 | 1 loaf (15 large slices, 24 oz.) - recommend saving half this loaf in the fridge for next week   | X        |
|             | 4      | large      | pita                              | \$2.56 | 6 count white pita - this is the only use for pita on this menu so feel free to use them all or cut into triangles and serve with hummus snack plate |          |
|             | 4      | large      | tortilla, flour or flatbread      | \$1.61 | 10 medium tortillas (plan to save the remaining 6 for next week)   | X        |
| BAKING      | 7.5    | cup        | flour                             | \$1.22 | 5 lb., 18.75 cups  |          |
|             | 53     | tsp.       | honey                             | \$3.82 | buy a big bottle this week!  |          |
|             | 3      | tsp.       | vanilla                           | \$2.32 | 1 oz. = 6.75 tsp.  |          |
| CANNED FOOD | 3.5    | cup        | beans, chickpeas                  | \$1.18 | we recommend buying 1 lb. dry (9.75 cup cooked) this week  | X        |
|             | 2      | 8-oz. can  | canned mushrooms                  | \$2.16 |  | X        |
|             | 1      | 15-oz. can | coconut milk                      | \$1.64 | One 15-oz. can   |          |
|             | 1      | 20-oz. can | fruit, pineapple, chunks, canned  | \$0.98 | 20 oz., canned in juice (for side dish - can swap this out with another fruit of choice)   | X        |
|             | 28     | oz.        | fruit, peaches, canned            | \$1.64 | 15 oz. / 1.64 for 29 oz. (for peach salsa)   | X        |
|             | 8      | oz.        | fruit, peaches, canned            | \$0.96 | 15 oz. / 1.64 for 29 oz. (for peach oatmeal bake)  |          |
|             | 1      | 20-oz. can | fruit, pineapple, crushed, canned | \$0.98 | 20-oz. can, 2.25 oz.   | X        |
|             | 5.5    | cup        | tomatoes, canned                  | \$1.34 | Two 28-oz. cans - 28 oz. = 3.25 cups   | X        |
|             | 2      | 12-oz. can | tuna                              | \$3.16 | 2 cans   | X        |
| CONDIMENTS  | 10     | Tbs.       | barbecue sauce                    | \$0.98 | 18 oz., 32 Tbs.  |          |
|             | 0.25   | cup        | tahini                            | \$3.98 | 15.9 oz. // 1.875 cups   |          |
| COOLER      | 14-16  | oz.        | coleslaw mix                      | \$1.67 | 16-oz. bag - use the whole bag   | X        |
|             | 33     | whole      | egg - Two 18-packs                | \$4.16 | Two 18-packs   | X        |
|             | 24     | Tbs.       | hummus (2 tubs)                   | \$3.64 | Two 10-oz. tubs, 10 oz., 20 Tbs.   |          |
| DAIRY       | 15T    | Tbs.       | butter                            | \$0.78 | We recommend buying 4 sticks of butter - you'll use it, we promise!  |          |
|             | 6      | oz.        | cheese, cheddar, cubed            | \$1.74 | 8 oz. block  | X        |
|             | 2      | oz.        | cheese, feta                      | \$2.12 | 5 oz., crumbled - freeze half of this for later weeks  |          |
|             | 1      | cup        | cheese, shredded                  | \$2.77 | 16 oz., shredded = 5 1/3 cups (16 servings) - you'll use the rest next week  | X        |
|             | 1      | gallon     | milk                              | \$1.43 | 1 gal / 16 cups  | X        |
|             | 5      | cups       | yogurt, plain                     | \$4.96 | 32 oz., 3.75-4 cups  | X        |
| DRY GOODS   | 2      | Tbs.       | peanut butter                     | \$2.74 | 40 oz. / 68 Tbs.   | X        |
|             | 16     | oz. dry    | whole wheat pasta - spaghetti     | \$1.00 | 16 oz.   | X        |
| FREEZER     | 1.5    | cup        | frozen mixed berries              | \$1.98 | 16 oz., mixed, you'll use half to make Chia Jam  | X        |
|             | 2      | cup        | frozen stir fry vegetables        | \$1.42 | 20-oz. bag, 5.25 cups  | X        |

## Week 3 TOTAL: \$108.18

| SECTION    | AMOUNT | UNIT        | FOOD                     | TOTAL  | NOTES  | WIC ITEM |
|------------|--------|-------------|--------------------------|--------|--|----------|
| FRUIT      | 2      | medium      | apple                    | \$2.72 | We recommend buying in bulk because you will eat apples every week! 3-lb. bag should have about 5 lg or 10 small | X        |
|            | 14     | whole       | banana                   | \$2.52 |  | X        |
|            | 8      | whole       | fruit, clementines       | \$3.42 | 3-lb. bag (for side dish - can swap this out with another fruit of choice)                                       | X        |
|            | 0.5    | whole       | lemon                    | \$0.56 |  | X        |
|            | 4      | whole       | lime                     | \$1.52 |  | X        |
|            | 1.5    | cup         | raisins                  | \$2.94 | 20 oz., 3.5 cups   | X        |
| MEAT       | 1      | whole       | chicken, 4-5 lb.         | \$5.82 | \$9.94 for 2 whole chickens, 10-13 lb. total   |          |
|            | 1      | lb.         | ground beef              | \$2.96 | 1 lb.  |          |
|            | 1      | lb.         | ground turkey            | \$2.77 | 1 lb.  |          |
| OIL        | 37T    | Tbs.        | olive oil                | \$4.76 | Buy the bigger bottle of olive oil whenever you can afford it! It's a great bulk purchase                        |          |
| SPICES     | 1      | Tbs.        | spice, poultry seasoning | \$0.98 | 0.95 oz.   |          |
| VEGETABLES | 2      | whole       | bell pepper              | \$1.60 | green, or other  | X        |
|            | 3      | head        | broccoli                 | \$3.33 | The stalk can be peeled, cooked, and eaten!  | X        |
|            | 8      | rib / stalk | celery                   | \$1.28 | 1 bunch - use some for snacking  | X        |
|            | 0.75   | cup         | cilantro                 | \$0.78 | 1 bunch  |          |
|            | 3      | whole       | cucumber                 | \$1.86 |  | X        |
|            | 2      | Tbs.        | mint                     | \$1.98 | 0.5 oz. fresh mint -- you'll use 2 Tbs. next week too if it lasts  |          |
|            | 1      | medium      | onion, red               | \$1.94 | 2-lb. bag = about 4 onions   | X        |
|            | 2      | whole       | zucchini                 | \$1.52 |  | X        |

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# SHOPPING LISTS

**Spices This Week:**  
 Italian seasoning  
**Things You Should Have From Past Weeks**  
 Apple juice concentrate  
 Baking powder  
 Bread (but you'll need more this week)

Chickpeas  
 Bouillon for broth  
 Butter  
 Shredded cheese  
 Chia seeds  
 Frozen corn  
 Cornmeal  
 Crackers  
 Dressing for salad

Flour  
 Fresh fruit (clementines)  
 Honey (but you'll need more this week)  
 Mint  
 Mustard  
 Red onions  
 Peanut butter  
 Peanuts, unsalted

Sweet potatoes  
 Quinoa  
 Raisins  
 Salsa  
 Soy sauce  
 Spices (black pepper, chili powder, cumin, onion powder, smoked paprika, creole seasoning, garlic powder, oregano, red pepper flakes, paprika, turmeric, poultry seasoning, salt)

Frozen spinach  
 Flour tortillas  
 Sugar  
 Corn tortillas  
 Vanilla extract  
**Optional Ingredients**  
 Avocado  
 Ground Cardamom

Marinara Sauce/ Leftover tomato-meat sauce  
 Sour Cream

## Week 4 TOTAL: \$94.22

| SECTION     | AMOUNT | UNIT       | FOOD  | TOTAL  | NOTES  | WIC ITEM |
|-------------|--------|------------|---|--------|--|----------|
| BAKERY      | 20     | slices     | bread (1-2 loaves, depending how much you have left from last week) | \$1.98 | 1 loaf (15 large slices, 24 oz.) - you should have some leftover from last week  | X        |
| BAKING      | 3      | tsp.       | active dry yeast  | \$1.34 | 3 packets, 2.25 tsp. each packet - you'll use approximately 1/2 packet every time you make pizza dough   |          |
|             | 30     | tsp.       | honey   | \$2.44 | 12 oz. / 16 Tbs. / 48 tsp.   |          |
| CANNED FOOD | 1      | 15-oz. can | beans, kidney   | \$0.48 | 1 can, 1.5 cups  | X        |
|             | 1      | 15 oz.     | beans, white  | \$0.48 | 1 can, 1.5 cups  | X        |
|             | 1      | 20-oz. can | fruit, pineapple, chunks, canned                                    | \$0.98 | 20 oz., canned in juice (for side dish - can swap this out with another fruit of choice)   | X        |
|             | 2      | 6 oz.      | salmon, canned  | \$3.64 | 14.75 oz.  | X        |
|             | 4.5    | cup        | tomatoes, canned  | \$1.34 | 2 large 28-oz cans // 28 ounces = 3.25 cups  | X        |
|             | 2      | cup        | tomatoes, canned - Italian  | \$0.67 | 28 oz., 3.25 cups  |          |
| CONDIMENTS  | 1      | cup        | marinara sauce, optional  | \$0.88 | 24 oz. , 2.5 cups  |          |
| COOLER      | 31     | whole      | egg - Two 18-packs  | \$4.16 | Two 18-packs   | X        |
|             | 1      | lb.        | tofu  | \$1.94 | 16 oz. block   | X        |
| DAIRY       | 4      | oz.        | cheese, mozzarella  | \$1.43 | 16 oz. sliced mozz - can use leftovers in quesadillas or add to Toasted Veggie Sandwich  |          |
|             | 1      | cup        | cheese, ricotta cheese  | \$1.88 | 15 oz., 1.75 cups - use leftovers in the veggie frittata   |          |
|             | 2      | cup        | cottage cheese  | \$1.76 | 24 oz., 3 cups   |          |
|             | 9      | cup        | milk  | \$1.43 | 1 gal / 16 cups  | X        |
|             | 11     | cup        | yogurt, greek (plain)   | \$7.44 | Three 32-oz. containers // 32 oz. = about 3.75-4 cups  | X        |
| DRY GOODS   | 5.5    | cup        | beans, black  | \$1.14 | Black beans are used a lot on this meal plan - we recommend buying a 1-pound bag of uncooked black beans, which will yield about 9.75 cups cooked  | X        |
|             |        |            | optional sweet toppings   |        | You may have some room in your budget this week to splurge on some additional toppings for things like oatmeal and ants on a log - consider coconut chips or shredded coconut, chopped nuts, dried fruit, or even mini chocolate chips |          |
|             | 10     | cup dry    | lentils - 3 lb. needed  | \$4.26 | 16 oz., 2.75 cups dry, 7 cups cooked   | X        |
| FRUIT       | 4      | medium     | apple   | \$2.72 | We recommend buying in bulk because you will eat apples every week! 3-lb. bag should have about 5 lg or 10 small.  | X        |
|             | 14     | whole      | banana  | \$1.44 |  | X        |
|             | 1.5    | cup        | fruit, fresh or frozen - Chia Jam Recipe                            | \$1.98 | 16 oz., mixed for jam and yogurt parfaits  | X        |
|             | 4      | whole      | lemon   | \$2.24 |  | X        |
| GRAINS      | 4.5    | cup        | rice, uncooked  | \$2.48 | 5 lb. dry, 12.5 cups dry, 37.5 cups cooked   |          |
|             | 6.5    | cup        | rolled oats   | \$2.46 | 42 oz., 15 cups  | X        |
| MEAT        | 4      | slices     | bacon, turkey   | \$2.36 | 24 slices, 12 oz. - can serve leftover bacon with breakfast!   |          |
|             | 1.5    | lb.        | chicken - dark meat   | \$3.96 | 1-2 lbs chicken thighs, \$1.96 per lb., bone-in adds more flavor!  |          |



## Week 4 TOTAL: \$94.22

| SECTION    | AMOUNT | UNIT        | FOOD                        | TOTAL  | NOTES  | WIC ITEM |
|------------|--------|-------------|-----------------------------|--------|--|----------|
|            | 1      | lb.         | ground beef                 | \$2.96 | 1 lb.  |          |
| OIL        | 38.5   | Tbs.        | olive oil                   | \$4.76 | \$2.52 for 17 oz. / 34 Tbs. or \$4.76 for 50 Tbs.  |          |
| SPICES     | 5.125  | tsp.        | spice, cinnamon             | \$0.98 | You may have some cinnamon left, but you'll probably need more this week.                  |          |
|            | 3      | tsp.        | spice, italian seasoning    | \$0.98 | 0.95 oz.   |          |
| VEGETABLES | 2      | whole       | bell pepper                 | \$1.60 | green, or other  | X        |
|            | 0.5    | head        | broccoli                    | \$1.11 | per head // \$1 per 12 oz. frozen  | X        |
|            | 1      | head        | cabbage                     | \$1.92 | 1 head (final cost by weight)  | X        |
|            | 8      | whole       | carrot                      | \$1.64 | 5 lb. about 6 per lb. (30 carrots) / 0.82 per lb. (6carrots)                               | X        |
|            | 1      | rib / stalk | celery                      | \$1.28 | 1 bunch - use leftovers for snacking (save about 2 ribs for next week)                     | X        |
|            | 1      | bunch       | cilantro                    | \$0.78 | For Aash Soup and save a little for Salmon Bean Salad                                      |          |
|            | 2      | lb.         | collards                    | \$1.96 | 1 bunch = about 1 lb.  | X        |
|            | 2      | whole       | cucumber                    | \$1.24 |  | X        |
|            | 1      | head        | garlic - recommend a 3 pack | \$0.98 | One head of garlic is about 30 cloves. we recommend getting a bag of 3 heads to save money | X        |
|            | 1      | head        | lettuce, romaine            | \$1.87 | 1 head romaine   | X        |
|            | 6      | cup         | lettuce, spring mix         | \$2.56 | 5 oz. (about 5 cups)   | X        |
|            | 5.5    | medium      | onion                       | \$1.94 | 3 lb. = about 6 onions   | X        |
|            | 1      | bunch       | parsley                     | \$0.78 |  |          |
|            | 10     | cup         | spinach, fresh              | \$1.54 | 10-oz. bag, about 10 cups  | X        |
|            | 5      | medium      | tomato, fresh               | \$1.75 |  | X        |
|            | 3      | whole       | zucchini                    | 2.28   |  | X        |

### Disclaimer:

- We priced this menu using DC-area Walmart prices, but we know that your local stores will have different items and prices. This week cost us \$125 USD, but it will cost you more or less depending on local pricing.
- Some WIC items may differ between states and individual participants' packages.

# SHOPPING LISTS

**Things You Should Have From Past Weeks**  
 Active dry yeast  
 Apples  
 Baking powder  
 Chickpeas  
 Butter  
 Carrots  
 Celery

Feta (if you froze the leftovers)  
 Cornmeal  
 Eggs  
 Fish sticks  
 Flour  
 Fresh garlic  
 Honey  
 Olive oil

Red onions (use leftovers instead of buying more white/yellow onions)  
 Peanut butter  
 Rice  
 Rolled oats  
 Spices (black pepper, cinnamon, currin, garlic powder, italian seasoning, oregano, paprika, turmeric, salt)

Tahini  
**Optional Ingredients**  
 Cinnamon  
 Celery Salt  
 Shredded Coconut

| Week 5 TOTAL: \$26.24 |        |            |                       |        |   |          |
|-----------------------|--------|------------|-----------------------|--------|---|----------|
| SECTION               | AMOUNT | UNIT       | FOOD                  | TOTAL  | NOTES   | WIC ITEM |
| BAKERY                | 8      | slices     | bread                 | \$1.98 | 1 loaf (15 large slices, 24 oz.)  | X        |
| CANNED FOOD           | 0.75   | cup        | tomato sauce, canned  | \$0.36 | 15 oz. (you may be able to skip this if you have some left from last week)  |          |
|                       | 1      | 12-oz. can | tuna                  | \$1.58 | 12 oz.  | X        |
| DAIRY                 | 2.33   | cup        | yogurt, greek (plain) | \$2.48 | One 32 oz. tub // 32 oz. = about 3.75-4 cups  | X        |
| DRY GOODS             | 5      | Tbs.       | peanut butter         | \$1.32 | You only need a small jar this week - but feel free to get the larger one if you can afford it because PB is very nutrient dense! 40 oz. / 68 Tbs., \$1.32 for 18 oz. 32 Tbs. | X        |
| FRUIT                 | 3      | whole      | banana                | \$0.54 |   | X        |
|                       | 8      | oz.        | dates                 | 1.98   | 8 oz.   |          |
|                       | 0.75   | cup        | raisins               | \$1.00 | \$2.94 for 20 oz., 3.5 cups // \$1.00 6 oz., 1 cup  | X        |
| MEAT                  | 8      | oz.        | turkey sausage        | \$2.98 | 16 oz., raw   |          |
| VEGETABLES            | 3      | whole      | bell pepper, SWEET    | \$3.36 | Sweet bell peppers recommended if affordable (yellow, orange, red)  | X        |
|                       | 4      | small      | tomato, fresh         | \$1.40 |   | X        |
|                       | 2      | whole      | zucchini              | \$1.52 | each  | X        |

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- Some WIC items may differ between states and individual participants' packages.



# WEEK ONE

DAY 1 -7





# DAY 1

## PEACH OATMEAL BAKE

Yield: 4 servings | Prep time: 10 minutes | Cook time: 45 minutes

### Ingredients

- 1 Tbs. butter, for greasing
- 2 cups milk **(W)**
- 1 egg **(W)**
- ¼ cup honey or maple syrup (*do not serve honey to babies under age 1*)
- 1 tsp. vanilla extract
- 1 ½ cups oats **(W)**
- ¼ tsp. salt
- 1 tsp. cinnamon
- 1 tsp. baking powder
- 1 cup sliced peaches (*canned in juice or fresh*) **(W)**
- 1 cup plain or Greek yogurt, optional, for serving **(W)**

### Directions

1. Preheat oven to 375 degrees F and grease an 8x8-inch baking dish with butter.
2. In a medium bowl, mix oats, salt, cinnamon and baking powder. In a separate bowl, combine milk, egg, honey and vanilla. Add wet mixture to dry, then add peaches. If using canned peaches, be sure to drain before adding.
3. Pour entire mixture into a greased baking dish and spread out evenly.
4. Bake for 40-45 minutes until golden brown on top.
5. Divide between 4 bowls and top with yogurt.

“ This makes me feel like I’m eating peach cobbler for breakfast! Growing up in the south, this was a summer favorite! With canned peaches, my family and I can enjoy this year round!

-VICTORIA

I’m with you there Victoria, I feel like this is like dessert for breakfast! I can’t wait to make this and add some vanilla yogurt on the side.

-VENUS

”

MORGAN



# DAY 1

## NO-BAKE OATMEAL ENERGY BALLS

Yield: ~16-20 balls (4 servings) | Prep time: 10 minutes + chilling time | Cook time: none

### Ingredients

- 1 ½ cups rolled oats **(W)**
- 2 Tbs. chia seeds, optional
- ½ tsp. cinnamon
- ½ cup peanut butter **(W)** or other nut/seed butter of choice
- ¼ cup honey or maple syrup (*do not serve honey to babies under age 1*)
- 1 tsp. vanilla extract
- ¼ cup mix-ins (*100% pumpkin puree **(W)**, chocolate chips, coconut flakes, shredded carrots **(W)**, chopped dried fruit*), optional

### Directions

1. In a large bowl, combine dry ingredients and mix, then add remaining ingredients and stir until thoroughly combined.
2. Cover mixing bowl and chill in refrigerator for at least 30 minutes.
3. Roll into 1-inch balls.

**Note:** Store refrigerated in an airtight container for up to 7 days. Freeze for up to 3 months.



MIN

You can always find energy bites in my fridge - and I love the inclusion of protein-rich chia seeds and peanut butter in these to make a filling and energizing snack!

-CAITLIN

## FISH STICKS + FRUIT

Yield: 4 servings | Prep time: 2 minutes | Cook time: 25 minutes

### Ingredients

- 20 fish sticks (*4 servings*)
- 4 clementines or other servings of fruit **(W)**

### Directions

1. For the fish sticks, follow the package directions and cook fully.
2. Serve with peeled clementines or other fruit of choice.



CAITLIN

# DAY 1

## STOVETOP POPCORN + PEANUTS

(FOR AGES 4+, USE RECIPE BELOW FOR UNDER 4)

Yield: 4 servings | Prep time: 1-2 minutes | Cook time: 5-10 minutes

### Ingredients

2 Tbs. oil  
½ cup popcorn kernels  
Salt, to taste  
1 cup peanuts

### Optional Variations

**Sweet and salty:** Toss in chocolate chips, crushed pretzels and raisins to cooked popcorn

**Garlic and pepper:** Season with garlic powder and black pepper

**Cheesy and savory:** Sprinkle plain popcorn with parmesan cheese

### Directions

1. In a large saucepan over medium heat, combine oil and 2 popcorn kernels to test. Cover pot and wait for kernels to pop, about 2-3 minutes.
2. Once kernels pop, turn off burner. Quickly remove pot from heat and add remaining popcorn kernels.
3. Cover pot and gently shake to evenly coat kernels.
4. Return heat to medium and place pot back on burner. Listen for popping sounds, shaking occasionally, until popping becomes more frequent. Once popping slows to one pop every few seconds, remove lid and transfer popcorn to serving bowl.
5. Sprinkle with salt or optional seasonings and toppings of choice.
6. Mix in peanuts or serve on the side.



VICTORIA

“  
Can someone tell me why I've never thought to make my own stovetop popcorn? I cannot wait to try the sweet and salty variation!  
-VENUS  
”

## CRACKERS + PEANUT BUTTER

Yield: 4 servings | Prep time: 1-2 minutes | Cook time: none

### Ingredients

16 crackers  
6 Tbs. peanut butter (W)

### Directions

1. Spread peanut butter over crackers.

**Note:** If you have extra cheese this week, try crackers with a slice of cheese instead.

# DAY 1

## WHOLE CHICKEN AND ROOT VEGETABLES

Yield: 8 servings | Prep time: 10 minutes | Cook time: 2+ hours

### Ingredients

#### Chicken

- 1 (4-5 lb.) whole chicken, giblets removed
- Salt and black pepper, to taste
- 1 Tbs. onion powder or to taste
- ¼ cup butter, divided
- 1 stalk celery, chopped into large pieces (W)

#### Vegetables

- 2 large potatoes, chopped (W)
- 4 large carrots, chopped (W)
- ½ medium onion, chopped (W)

### Directions

1. Preheat oven to 350 degrees F.
2. Arrange chopped vegetables in the bottom of a large roasting pan.
3. Place chicken in roasting pan, and season generously inside and out with salt, pepper, and the onion powder.
4. Arrange dollops of butter around chicken's exterior. *(Optional: Pull skin away from meat and add butter under skin).*
5. Cut the celery into 3 or 4 large pieces, and place in chicken cavity.
6. **Oven:** Bake uncovered 1 hour and 55 minutes in the preheated oven, to a minimum internal temperature of 180 degrees F (82 degrees C).
7. Remove from oven, cover with aluminum foil, and allow to rest about 20 minutes before serving.
8. **Slow Cooker:** Place vegetables in a large slow cooker. Place seasoned chicken on top. Cover with lid and cook on low for 6-8 hours or until a minimum internal temperature of 180 degrees F (82 degrees C) is reached. serving.

**Note:** You can follow the same instructions and cook two chickens on one large roasting pan. Save the meat from the second chicken for future meals. Also, you can make broth from the carcass, if desired.

### RECOMMENDED ROASTING TIMES FOR WHOLE CHICKEN:

- 2.5-3 lb. = 1 hour 15 minutes
- 3-3.5 lb. = 1 hour 25 minutes
- 3.5-4 lb. = 1 hour 35 minutes
- 4-4.5 lb. = 1 hour 45 minutes
- 4.5-5 lb. = 1 hour 55 minutes
- 5-5.5 lb. = 2 hours 5 minutes
- 5.5-6 lb. = 2 hours 15 minutes
- 6-6.5 lb. = 2 hours 25 minutes
- 6.5-7 lb. = 2 hours 35 minutes
- 7-7.5 lb. = 2 hours 45 minutes



CAITLIN





# DAY 2



## YOGURT PARFAIT WITH JAM, NUTS & GRANOLA

Yield: 4 servings | Prep time: 5 minutes | Cook time: none



DEZI

### Ingredients

3 cups plain (or Greek) yogurt (W)  
¾ cup frozen mixed berries (thawed)  
or ½ cup chia jam (recipe on page 100) or other fruit (W)  
1 ⅓ cup homemade granola (recipe on page 101)

**Optional:** nuts, seeds or flaked coconut (crush toppings for children under 4)

### Directions

1. Divide yogurt into glasses or bowls, about ¾ cup yogurt per serving.
2. Add thawed frozen fruit or swirl in 1-2 Tbs. chia jam.
3. Top with granola, nuts and seeds. Let kids mix and match to their own preference!

“ My son is obsessed with yogurt, and this mama doesn't hate it! I mean in under 5 minutes, a nutritious and filling breakfast on the table. I can serve it every morning and still expose him to a variety of foods by jazzing up the toppings. Fruits, veggies, nuts, seeds, coconut, spices...endless possibilities!

-MIN

## BANANA-NUT BUTTER ANTS-ON-A-LOG

Yield: About 4 servings, about 3 pieces per person | Prep time: 5-10 minutes | Cook time: none

### Ingredients

3 bananas (W)  
About ½ cup nut, seed or peanut butter (W) of choice  
½ tsp. cinnamon, optional  
¼ cup raisins (W)

### Directions

1. Peel bananas and slice in half lengthwise. You should have 6 banana halves.
2. Spread or drizzle about 1 Tbs. nut butter of choice onto each banana half.
3. Dust each half with cinnamon and top with raisins.
4. Slice each in half widthwise to create 12 pieces total. Chop into small pieces for kids under 4.



MIN



# DAY 2

## CHICKEN SALAD WITH LETTUCE OR SANDWICH

Yield: 4 servings | Prep time: 10 minutes | Cook time: none

### Ingredients

½ cup mayonnaise or Greek yogurt (W)  
2 Tbs. lemon juice (W)  
2 cups cubed or shredded leftover chicken  
½ cup shredded carrots (W)  
1 apple, diced (*shred apple for children under 4*) (W)  
1 ⅓ cup chopped walnuts (*crush for children under 4*)  
1 medium garlic clove (W), minced, or ½ tsp. garlic powder  
½ tsp. black pepper  
1-2 tsp. Dijon mustard  
4 servings lettuce or 8 slices whole grain bread (W)

### Directions

1. In a large bowl, combine all ingredients (*except lettuce or bread*) and mix well.
2. **Enjoy as salad:** Mound salad on bed of leafy greens, cooked grains or vegetables.
3. **Enjoy as sandwich:** Load up with any toppings you love, such as lettuce, tomatoes, diced red onion and pickles.

**Note:** This recipe is highly customizable. Feel free to add any diced vegetables or fruit or chopped nuts that you like. You can also add dried fruit.



VENUS

## PEANUT BUTTER-BANANA OATMEAL COOKIES

Yield: About 4 servings | Prep time: 20 minutes | Cook time: 10 minutes

### Ingredients

2 cups rolled oats  
3 bananas, mashed (W)  
½ cup peanut butter (W)  
¼ cup raisins (W)  
1-2 Tbs. chia seeds, optional  
¼ tsp. salt

### Directions

1. Preheat oven to 350 degrees F and line baking sheet with parchment paper.
2. In a large mixing bowl, add oats, mashed banana, peanut butter, salt and chia seeds, if using. Mix well.
3. Fold in raisins and mix again until well combined.
4. Roll dough into balls and flatten slightly with your hands. Place on baking sheet and bake for 10 minutes.
5. Remove cookies and let cool on baking sheet for at least 10 minutes.



# DAY 2

## ONE-POT MEXICAN BLACK BEANS AND RICE + BAKED TORTILLA CHIPS

Yield: 8 servings (save half for leftovers) | Prep time: 10 minutes | Cook time: 35 minutes

### Ingredients

- 1 ½ cups uncooked rice (*about 4 ½ cups cooked*)
- 1 ¾ cup water, for cooking rice
- 1 ½ tsp. olive oil
- ½ medium onion, diced **(W)**
- 1 Tbs. cumin
- 1 ½ tsp. chili powder
- 1 ½ tsp. paprika (*smoked, if possible*)
- Sea salt, to taste (*start with ¼ tsp.*)
- 1 ½ bell pepper, diced **(W)**
- 1 ½ - 2 jalapeno peppers, seeded and chopped **(W)**
- 3 cups cooked & drained black beans (*or 2 cans*) **(W)**
- 1 ⅓ cups frozen corn, thawed (*can use a little more or less*) **(W)**
- 1 ½ cups salsa, optional
- 6 oz. cheddar cheese, shredded, optional
- 8 corn tortillas **(W)** or Baked Corn Tortilla Chips (*see recipe on page 103*)
- ⅓ cup chopped cilantro, optional

### Directions

1. Rinse rice and prepare according to package directions or [recipe on page 98](#).
2. Rinse beans and prepare according to package directions or [recipe on page 97](#). If using canned, skip this step.
3. While rice and beans cook, heat oil in skillet over medium heat. Add onion and sauté for 2 to 3 minutes. Add cumin, chili powder, paprika and salt.
4. Add bell pepper and jalapeno. Cook for an additional 2 to 3 minutes.
5. Add black beans, corn, salsa and cooked rice. Stir to combine.
6. Set oven to broil. Top skillet with shredded cheese (*optional*) and broil 3 to 4 minutes, until cheese is bubbling.
7. Serve with warmed corn tortillas or tortilla chips (*store-bought or see recipe on page 103*) and fresh cilantro (*optional*).

**Note:** You can freeze this for later. To reheat, add a splash of broth or water and butter to rehydrate the rice and microwave or warm on the stovetop or oven.



Beans and rice. Name a more dynamic duo, I'll wait!  
-MORGAN

What about a dynamic trio? Beans, rice, and tortilla chips?!  
-VENUS



DEZI



# DAY 3

## PEANUT BUTTER BANANA TOAST

Yield: About 4 servings | Prep time: 5 minutes | Cook time: none

### Ingredients

4 slices whole wheat bread **(W)**  
4 Tbs. peanut butter **(W)**  
2 cups sliced banana *(or other fruit of choice)* **(W)**  
4 tsp. chia seeds, optional *(if you have them this week)*  
Cinnamon, to taste

### Directions

1. Toast bread. Spread peanut butter *(or other nut/seed butter of choice)*.
2. If using, sprinkle the chia seeds over the peanut butter.
3. Top with banana, cinnamon and whatever other toppings you wish.

**Note:** Try stirring the chia seeds into the peanut butter a bit before adding the banana - this helps everything stay on the bread better!



MIN

## BASIC MUFFINS

Yield: 12 muffins, 6-12 servings | Prep time: 8 minutes | Cook time: 20 minutes

### Ingredients

¼ cup oil  
1 medium egg **(W)**  
1 cup milk **(W)**  
¼ - ½ cup sugar  
½ tsp. salt  
1 Tbs. baking powder  
2 cups flour

### Directions

1. Preheat oven to 400 degrees F. Line 12 muffin cups with muffin liners or grease with oil or butter.
2. In a large bowl, combine oil, egg, milk, sugar and salt. Mix very well with a fork or wire whisk, then add baking powder and flour. Mix again until all of the dough is well moistened, but be careful to not over mix.
3. Spoon the batter into a dozen well oiled muffin cups. Bake for about 20 minutes.
4. Remove from the oven and cool slightly before removing from the pan.

### Optional Variations

**Sweet or Savory Veggie Muffins:** Place 1 cup shredded leftover carrot, zucchini or apple in a dish towel. Squeeze out water, then mix into the batter after adding the flour. Use just ¼ cup sugar for savory veggie muffins.

**Whole Wheat Muffins:** Use half or all whole wheat flour instead of the white flour. Use ⅓ cup brown sugar for the sweetener.

**Cinnamon Raisin Muffins:** Add ½ cup raisins and 1 ½ tsp. cinnamon to the batter. Use ½ cup white sugar for the sweetener.

**Cheese Muffins:** Add ½ to 1 cup shredded cheese to the batter after mixing in the flour. If you are using grated Parmesan, only add ⅓ cup. For the sweetener, only use 2 Tbs. sugar.

**Note:** Freeze leftovers for future snacks!



CAITLIN

# DAY 3

## QUINOA AND CHICKEN SALAD

Yield: About 4 servings | Prep time: 15 minutes | Cook time: 25 minutes

### Ingredients

3 cups shredded cooked chicken (*from Whole Chicken recipe on page 24*) or 1 lb. uncooked chicken breast (*see note*)  
2 cups cooked and cooled quinoa (*from recipe on page 98*) or make fresh from 1 cup uncooked quinoa (*use just 2 cups*)  
2 Tbs. olive oil  
2 cups fresh spinach or other tender greens of choice **W**  
1 bell pepper, diced **(W)**  
½ cup raisins or other dried fruit of choice **(W)**  
4-5 Tbs. vinaigrette or oil and vinegar mix  
Cheese of choice, optional, for topping

### Directions

1. **If you don't have leftover shredded chicken:** In a shallow skillet with ½ cup vegetable broth, simmer chicken breasts until an internal temperature of 165 degrees F is reached, about 15 minutes. Remove from heat and slice chicken into bite-sized pieces.
2. **If you don't have leftover quinoa:** In a medium-sized pot on medium-low heat, pour in 1 cup rinsed quinoa. Stir quinoa for about 2 minutes until fragrant. Add 1 ¾ cups water and bring to a boil. Reduce heat, cover and simmer for 15 minutes.
3. Remove from heat and let sit undisturbed (do not remove lid) for 10 minutes. Remove lid and fluff with fork. Mix olive oil in with cooled quinoa. For best results, let cool completely before preparing salad. (*Note: You will only need 2 cups cooked quinoa for this recipe.*)
4. Layer salad with mixed greens, quinoa and chicken. Top with bell peppers, dried fruit, vinaigrette and cheese, if using. Alternatively, toss the salad together in a large bowl and serve already mixed.

The tahini-dill dressing would go perfectly with this dish!  
-CAITLIN



DEZI

## CHEDDAR CHEESE AND CUCUMBER BITES

Yield: About 4 servings | Prep time: 5 minutes | Cook time: none

### Ingredients

4 oz. cheddar cheese (*shred for young children*), cubed **(W)**  
1 ½ cucumber, sliced **(W)**  
Crackers, optional, for serving

### Directions

1. Place cheese cubes and cucumber slices on a plate or in a bowl.
2. Serve with optional crackers.



DEZI

# DAY 3

## EGG TACOS WITH ROASTED VEGTABLES

Yield: About 4 servings | Prep time: 10 minutes | Cook time: 30 minutes



MIN

### Ingredients

#### Marinade

1 Tbs. apple cider vinegar (*can sub with lemon juice, balsamic or soy sauce*)

3 Tbs. olive oil

2 garlic cloves, minced **(W)**

1 tsp. dried oregano, optional (*if you have it*)

#### Vegetables & Chickpeas (*will save half for another meal later*)

1 (15-oz.) can chickpeas, rinsed and drained **(W)**

1 onion, cut into 1-inch wedges or chunks **(W)**

2 medium carrots, diced into ½-inch pieces **(W)**

2 red bell peppers, diced into ½-inch pieces **(W)**

1 head of broccoli (*about 3 cups*), cut into small florets (*can use frozen, do not thaw*) **(W)**

#### Tacos

1-2 Tbs. butter, as needed

6 eggs, or more, depending on appetite **(W)**

½ cup fresh spinach, chopped **(W)**

12 corn tortillas **(W)**

### Directions

1. Preheat oven to 400 degrees F. Grease a baking sheet or line with parchment paper.

2. In a large bowl, combine the marinade ingredients.

3. Add vegetables to bowl with marinade and toss to coat.

4. Spread vegetables onto baking sheet in a single layer. (*Use 2 trays if needed to prevent crowding.*)

5. Roast for 20-30 minutes, tossing and flipping halfway through.

6. Warm tortillas on stove until soft and pliable, wrap in towel to maintain heat while preparing eggs.

7. In a large skillet, melt the butter over medium-low heat. When sizzling, pour in the whisked eggs and the chopped spinach. Cook to desired doneness and remove from heat.

8. When vegetables are done, chop into smaller pieces and stuff into a warm tortilla with the scrambled eggs.

9. Feel free to add cheese, hot sauce, salsa, avocado or any additional toppings you wish.

**Tip:** For heads of broccoli with a long stem, use the whole thing! You can discard the bottom inch, then peel the tough outer stem before chopping it up to cook with the florets.



Is there anything better than a perfectly roasted vegetable? I love the addition of chickpeas to this mix!

-CAITLIN





# DAY 4

## BANANA PANCAKES

Yield: About 4 servings | Prep time: 10 minutes | Cook time: 10 minutes

### Ingredients

#### Dry

- 1 cup all purpose flour
- 2 tsp. baking powder
- ¼ tsp. salt

#### Wet

- 1 egg, beaten **(W)**
- ¾ cup milk **(W)**
- ½ tsp. vanilla extract
- 1 Tbs. oil or applesauce **(W)**
- 2 ripe bananas, mashed **(W)**
- 1 banana, sliced **(W)**

**Optional:** sprinkle of sugar on each pancake instead of syrup, drizzle with honey or maple syrup, or top with berry chia jam

### Directions

1. In a large bowl, mix dry ingredients.
2. In a separate large bowl, mix wet ingredients, except for sliced banana.
3. Add dry ingredients to wet bowl and mix until just combined. If needed, add splash of milk to make batter thinner, or add a Tbs. flour to thicken.
4. In a nonstick skillet over medium heat, add ⅓ cup batter. Cook about 2 minutes, until bubbles appear on top.
5. Add 4 slices of banana, and an optional sprinkle of sugar before flipping. Flip and cook for another 2 minutes, or until golden brown.
6. Wipe skillet clean between each pancake and rub with more oil or butter. You may need to gradually lower heat the longer you cook.

**Note:** If you are low on honey this week, this recipe is a good place to use sugar instead.



VICTORIA



Banana pancakes are my favorite pancake variation! I love these with whole wheat flour for even more flavor.

-CAITLIN



# DAY 4



VICTORIA

## APPLE AND NUT BUTTER PIZZAS

Yield: 4 servings | Prep time: 5 minutes | Cook time: none

### Ingredients

2 medium-large apples (W)

2-4 Tbs. nut butter or peanut butter (W)

**Optional toppings:** raisins (W), sliced bananas (W), fresh berries (W), chopped nuts (*crush for children under 4*), granola, cinnamon

### Directions

1. Core apples. Cut each apple crosswise into about 6 round slices. Knock out any seeds with a fork.
2. Spread nut butter over each slice and sprinkle with optional toppings of choice.

“ This snack recipe is super cute and easy! I love encouraging kids to play with their food and this is a good recipe for that - they can make different shapes or faces out of the toppings!  
-CAITLIN



# DAY 4

## LOADED POTATOES WITH ROASTED VEGETABLES

Yield: About 4 servings | Prep time: 10 minutes | Cook time: 1 hour, 10 minutes

### Ingredients

4 medium potatoes, scrubbed well (W)

2 Tbs. olive oil

Leftover roasted vegetables and chickpeas (*from Egg Tacos & Roasted Veggies recipe on page 30*) W

½ cup shredded cheese

**Optional toppings:** salsa, fresh cilantro

### Directions

1. Preheat oven to 400 degrees F.
2. Poke each potato on all sides with a fork. Rub with oil.
3. Place on a baking sheet and bake for 45-60 minutes or until soft all the way through when punctured with a fork.
4. Once cooked, allow potatoes to cool slightly. Make a deep longwise cut down the center of each potato, but don't cut all the way through.
5. Divide leftover roasted vegetables and chickpeas among the 4 potatoes and top with cheese (*if using*).
6. Place potatoes back in oven for 5-10 minutes, or until cheese melts.
7. Remove, add toppings of choice, and enjoy!



MIN

## MINI EGG SALAD TOASTS

Yield: About 4 servings | Prep time: 35 minutes | Cook time: 15 minutes

### Ingredients

8 large eggs (W)

4 slices whole wheat bread (W)

2 Tbs. minced onion or green onion (W)

¼ cup mayonnaise

2 Tbs. mustard

½ tsp. salt

¼ tsp. pepper

¼ cup minced fresh dill or other soft herb, optional (*if you can afford it this week*)

### Directions

1. Hard boil eggs. In a small pot, place eggs and fill with enough cold water to cover by 1 inch. Bring to boil over medium-high heat. Once boiling, cover pot and remove from heat. Let stand for 12 minutes, then drain and discard water. Place eggs in a bowl of ice-cold water (water with ice cubes in it) for 10 minutes, then carefully peel. (*Peeling under gently running water can also help.*) Slice in half and let cool for 10-20 minutes.
2. Lightly toast bread and cut each slice into 4 triangles.
3. Once cool, chop the eggs. In a medium-sized bowl, combine eggs with mayonnaise, dill, chives, mustard, salt and pepper. Mix well.
4. Spread egg salad on toast or use with your favorite crackers and dippers.



CAITLIN

## ONE-POT MEXICAN BLACK BEANS AND RICE + BAKED TORTILLA CHIPS

Leftovers - [see page 27 for recipe.](#)

# DAY 5

## ROASTED POTATO BREAKFAST BOWLS

Yield: 4 servings | Prep time: 5 minutes | Cook time: 30 minutes

### Ingredients

2 medium-large potatoes (1 lb.), scrubbed and cut into ½-inch chunks (W)

1-2 Tbs. olive oil

½ tsp. salt

½ tsp. black pepper

Leftover vegetables (spinach or other, if you have it) (W)

4 eggs (W)

**Optional toppings:** leftover shredded cheese, salsa, ketchup, Greek yogurt, sausage or turkey bacon

### Directions

1. Preheat oven to 425 degrees F. Line baking sheet with parchment paper.
2. Toss potato pieces with olive oil, salt, pepper and any other spices of choice. Spread onto lined baking sheet.
3. Bake for 20 minutes. Toss gently with spatula, then return to oven. Increase oven temperature to 475 degrees F and cook for another 10-20 minutes or until desired doneness.
4. Meanwhile, over medium heat, sauté spinach or other vegetables with salt and pepper. Make 4 wells in the pan (adding more oil if needed) and crack an egg into each well. Cover and cook until eggs are set or to desired doneness. (Alternatively, feel free to serve potatoes and vegetables with fried, poached, scrambled, hard-boiled or soft-boiled eggs.)
5. Divide potatoes among 4 bowls and top with vegetables, 1 egg and other toppings.

**Note:** If you have hearty vegetables this week, such as broccoli, you can roast it in the oven at the same times as the potatoes. It should be done after 20 minutes. If you are out of white potatoes, feel free to sub in sweet potatoes instead.



CAITLIN

## VEGGIE FRITTATA MUFFINS

Yield: 12 muffins, 4 servings | Prep time: 10 minutes | Cook time: 20 minutes

### Ingredients

8-10 eggs (W)

½ - ¾ cup leftover ricotta cheese or other cheese (can omit if no cheese available)

¼ tsp. salt

1 ½ cups minced vegetables (I like bell peppers, zucchini, leafy greens, grape tomatoes and onions) (W)

Oil or butter, for greasing muffin pan

### Directions

1. Preheat oven to 350 degrees F. Grease muffin cups with oil or butter of choice.
2. In a large bowl or liquid measuring cup with a spout (easier to pour), whisk eggs. Stir in ricotta and salt until well combined. Set aside.
3. If desired, cook vegetables. (Note: For high-moisture vegetables like spinach and mushrooms, I recommend cooking them.)
4. Distribute vegetables among muffin cups. Pour in whisked eggs.
5. Bake for 18-20 minutes.
6. Loosen edges with a butter knife to remove and serve 2-3 egg muffins per person.

**Note:** I recommend making this with 8-10 eggs, depending on how many you have available for the week.



CAITLIN

# DAY 5

## FISH AND VEGGIE PLATTER

Yield: 4 servings | Prep time: 10 minutes | Cook time: none

### Ingredients

- 2 carrots **(W)**
  - 3 ribs celery, cut into sticks (*modify for children under 4*) **(W)**
  - 1 large cucumber, cut into sticks (*modify for children under 4*) **(W)**
  - 1 (12-oz.) can tuna or other fish of choice, drained **(W\*)**
  - ¼ cup mayonnaise or Garlic Yogurt Sauce (*recipe on page 97*), optional
  - Hot sauce, optional
  - 8 slices whole wheat bread, for serving (*1-2 slices per person*) **(W)**
- \*This item is included in some packages and not in others

### Directions

1. Arrange chopped vegetables on serving dish or platter with bread, toast or crackers.
2. Remove fish from can, drain and set in a medium bowl. Break apart with fork and mix with any optional add-ins such as mayonnaise, garlic yogurt sauce or hot sauce.
3. Serve as an appetizer tray.

**Note:** Feel free to create different flavor combinations with different bites of fish, cucumbers, and celery. Dress it up with optional flavor boosters like mayonnaise, hot sauce and garlic yogurt sauce.



VENUS

## EGG-IN-A-HOLE TOAST

Yield: 4 servings | Prep time: 5 minutes | Cook time: 30 minutes

### Ingredients:

- 4 slices bread **(W)**
- 2 Tbs. butter
- 4 eggs **(W)**
- Pinch salt and pepper
- Additional herbs and spices, optional

### Directions

1. On a cutting board, place the bread. Place a glass or cup (*or a biscuit or cookie cutter*) upside down on the center of the bread and press down to cut out the center hole. The hole should be about 2-3 inches across. Repeat with other slices of bread.
2. In a skillet over medium heat, melt about ½ Tbs. butter. Place the bread (*with a hole in the middle*) on the skillet, then carefully add an egg to the hole. Top with some salt and pepper.
3. Cook on one side until the bottom of the bread gets brown, like a grilled cheese, and the white of the egg is set and mostly cooked, then flip. Cook on the other side for another minute or until desired doneness is reached. Repeat until you have four Egg-in-a-Hole slices of toast.
4. For the circles you cut out, you can crisp them in some butter in the pan at the same time or toast them separately if your pan isn't large enough.
5. Serve with leftover fruit if available.

**Note:** Use a fun cookie cutter here if you have one to make fun “hole” shapes for kids.



CAITLIN



# DAY 5

## CHEESY VEGETABLE SKILLET *(SAVE HALF FOR LEFTOVERS)*

Yield: 8 servings | Prep time: 10 minutes | Cook time: 45 minutes

### Ingredients

2 Tbs. olive oil  
1 yellow onion, diced **(W)**  
2 cups cubed sweet potatoes (*½-inch pieces*) **(W)**  
4 garlic cloves **(W)**, minced, or 2 tsp. garlic powder  
4 tsp. ground cumin  
2 tsp. chili powder  
2 Tbs. tomato paste  
2 cups dry brown lentils, rinsed and drained **(W)**  
2 (15-oz.) cans black beans, rinsed and drained **(W)**  
2 (15-oz.) cans diced tomatoes **(W)**  
2 cups frozen corn **(W)**  
4 cups broth of choice  
2 cups shredded cheddar cheese (*about 8 oz. cheese, shredded*), plus more for leftovers  
8-16 tortillas **(W)**, plus more for leftovers, (*optional, store bought or homemade tortilla chips*)  
**Optional:** avocado **(W)**, cilantro, sour cream, lime juice **(W)**

### Directions

1. Heat oil in large skillet over medium-high heat. Add onion and sweet potatoes and cook for 5 minutes.
2. Add garlic, spices and tomato paste and cook for 1-2 minutes.
3. Add lentils, black beans, diced tomatoes, frozen corn and broth, and bring to boil. Cover, reduce heat and simmer for 30-35 minutes, until lentils are cooked through.
4. Sprinkle cheese over top, then cover with lid until cheese has melted. Alternatively, if you don't have a lid, you can stir in the cheese until gooey, or melt it in your oven.

**Note:** If you want to add extra protein to this dish, brown some ground meat along with onion, then add sweet potatoes and follow the rest of the instructions. You can also fold in whatever cooked protein you have on hand (*meat, poultry, seafood, tofu, tempeh*) towards the end.

**For leftovers:** We recommend serving leftovers as nachos! See recipe for Baked Tortilla Chips on [page 103](#) to use for nachos. Preheat oven to 375 degrees F. Place the tortilla chips on a baking sheet or large skillet, then layer with leftovers and top with some additional cheese. Bake until cheese is melted and dish is warmed through, about 10-15 minutes. Serve!

**Storage tip:** Leftover tomato paste can be added to a ziplock bag, spread out, & frozen. Simply break off a chunk when you need it!



MIN

Yum yum! This is definitely one of my favorite meals! I love eating all of these ingredients on a tostada!!  
-MORGAN

You know Morgan, I could totally see myself eating this nacho style! I might take up one of those optional ingredients and add some sour cream too. A perfect summertime meal!  
-VENUS

# DAY 6

## BANANA PANCAKES

Leftovers - [see page 31 for recipe](#).

## GRANOLA + MILK OR YOGURT

Yield: 4 servings | Prep time: 2-3 minutes | Cook time: none

### Ingredients

1 ½ cup granola ([from recipe on page 101](#)), or more as desired  
Milk or leftover plain or Greek yogurt **(W)**  
Berries (*fresh or thawed from frozen*) or sliced banana **(W)**, optional, to serve

### Directions

1. Divide granola and milk or yogurt among four bowls.
2. Top with fruit, if desired.



CAITLIN

## CHEESY VEGETABLE SKILLET

Leftovers - [see page 36 for recipe](#).

## SNACK PLATE WITH HUMMUS AND/OR EGGS

Yield: 4 servings | Prep time: 10 minutes | Cook time: 15 minutes

### Ingredients

4 oz. hummus (*about 8 Tbs.*)  
4 eggs, optional **(W)**  
4 servings fruit (*canned peaches, canned pineapple chunks, applesauce, bananas, clementines, etc.*) **(W)**  
2 large carrots or 4 servings other vegetable (*peppers, celery, cucumber, etc.*) or leftover pickles **(W)**  
Leftover flatbread, crackers, toast or Basic Muffins ([recipe from page 28](#))

### Directions

1. Hard boil eggs. In a small pot, place eggs and fill with enough cold water to cover by 1 inch. Bring to boil over medium-high heat. Once boiling, cover pot and remove from heat. Let stand for 12 minutes, then drain and discard water. Place eggs in a bowl of ice-cold water (*water with ice cubes in it*) for 10 minutes, then carefully peel. (*Peeling under gently running water can also help.*)
2. Serve hard boiled eggs with hummus and this week's fruit, vegetable, and bread leftovers.

**Note:** This end-of-the-week snack plate is meant to be a smorgasbord of the week's leftovers. Each week you may have something different leftover to add to the mix!



CAITLIN

I love serving a variety of snacky-style foods as a snack tray, and it's a great way to use up whatever you have on hand for the week.  
-CAITLIN

# DAY 6

## COLD PEANUT NOODLE SALAD

Yield: 4 servings | Prep time: 5 minutes | Cook time: 10-15 minutes



MIN

### Ingredients

#### Dressing

- 1/3 cup smooth peanut butter (W)
- 1/4 cup rice wine vinegar or apple cider vinegar
- 2 Tbs. low-sodium soy sauce
- 1-2 Tbs. honey or brown sugar (or unsweetened applesauce for babies)
- 1 large garlic clove, pressed or minced (W)
- 2 Tbs. water to thin (see note)
- 1-2 Tbs. grated ginger, optional

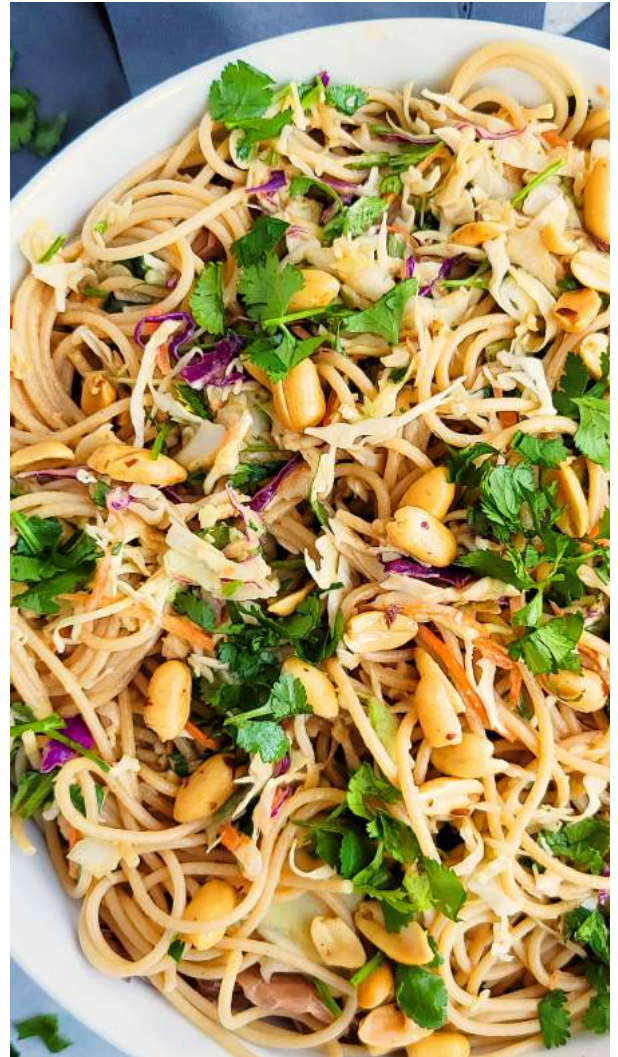
#### Salad

- 8 oz. whole wheat spaghetti (should be half a box), cooked and cooled (W)
- 14 oz. coleslaw mix (or can use any vegetables you have on hand, like carrots, cabbage, bell pepper, or zucchini. Be sure to slice thinly.) (W)
- 1/2 cup cilantro, chopped
- 1/2 cup unsalted peanuts, whole or chopped (crush for children under 4)

### Directions

- For salad:** Cook spaghetti according to package directions. Set aside to cool.
- For dressing:** In a large salad bowl, whisk all dressing ingredients together. If available, can also blend in a food processor or blender. Add water, one Tbs. at time, until you reach the desired consistency. A thinner dressing will be easier to toss, but if it is too thin it will be watery and bland.
- If eating right away, combine remaining salad ingredients (vegetables, cilantro, peanuts) with cooled noodles in the bowl with the dressing. If making ahead, cover and refrigerate salad and dressing separately.

**Note:** Rice wine vinegar will work best for this recipe. If you want to enjoy more Asian-inspired dishes at home, this ingredient is well worth the investment. Apple cider vinegar, white wine vinegar and lime juice are good substitutes. If using apple cider vinegar, use equal amounts as rice vinegar. If using citrus juice, double the



This recipe sounds so good! I make a similar dish with zucchini noodles and almond butter - it has such a great flavor while being equally nutritious!

-MORGAN

Call me crazy you guys, but I could totally see this also being scrumptious with sesame butter (aka tahini)!

-VENUS

# DAY 7

## BASIC OATMEAL + EGGS ON THE SIDE (OPTIONAL)

Yield: 4 | Prep time: 5 minutes | Cook time: 10 minutes

### Ingredients

3 cups milk of choice (W)  
1 ½ cup oats (W)  
¼ tsp. salt  
Sweetener, to taste  
Eggs (W)

### Directions

1. Bring milk to boil on medium-high heat. Add oats, salt and sweetener. Reduce heat. Cover and let cook for 5-10 minutes until liquid absorbed.
2. Cook eggs as desired (*scrambled, fried, etc.*). Serve on the side.

**Note:** Give your oatmeal a boost with 1-2 Tbs. peanut butter per serving, or stir in leftover walnuts and chia seeds!



MORGAN

## BASIC MUFFINS

Leftovers - [see page 28 for recipe.](#)





# DAY 7

## SWEET POTATO SPINACH HASH

Yield: 4 servings | Prep time: 20 minutes | Cook time: 20 minutes

### Ingredients

2-4 medium sweet potatoes (or a mix of potatoes), about 4 cups diced (W)  
2 Tbs. oil, divided  
4 cups (4 large handfuls) fresh spinach (W)  
¼ cup diced onion (W)  
1 clove garlic, minced (W)  
1 (15-oz.) can stewed tomatoes (W)  
4 eggs (one per serving) (W)  
Salt and pepper, to taste  
Hot sauce, optional  
Garlic Yogurt Sauce, optional ([recipe on page 96](#))  
4 slices toast or flatbread, optional

### Directions

1. Preheat oven to 400 degrees F.
2. Drizzle diced potatoes with oil and season to taste with salt and pepper. Place on baking tray and roast until tender (about 20 minutes).
3. In a skillet over medium heat, warm oil and add spinach. Cook until slightly wilted. Remove from pan and pat spinach dry. Set spinach aside.
4. In the same skillet, add onions and garlic and sauté about 1 minute. Add stewed tomatoes to skillet and cook until warmed through and bubbly.
5. In a separate skillet, scramble or fry eggs in oil or butter.
6. Prepare plate by layering sweet potatoes, tomatoes, spinach, and then top with egg. Drizzle with hot sauce or garlic yogurt sauce. Serve with toast or flatbread, if desired.

**Note:** If your child is a picky eater, you may want to start by serving the sweet potato, egg and vegetables separately so that they can see all the components of the dish they are going to eat.

## REFRIED BEAN DIP WITH TORTILLA CHIPS

(SERVE WITH TORTILLAS FOR CHILDREN UNDER 4)

Yield: 4 servings | Prep time: 10 minutes | Cook time: 5 minutes

### Ingredients

1 can black beans, drained and rinsed (W)  
¼ cup salsa, or to taste  
2 Tbs. water  
1 Tbs. butter  
¼ tsp. salt, or more to taste  
Baked Tortilla Chips ([recipe on page 103](#))

### Directions

1. In a small pot over low-medium heat, combine black beans and salsa and heat until warm.
2. Using a fork or potato masher, mash until a refried bean consistency is reached, adding water as needed.
3. Add butter and salt and stir well. Taste and adjust as needed.



MORGAN

It doesn't get much easier than a hash - love the combination of crispy roasted potatoes and simmered tomatoes and spinach. I'll take my egg sunny side up please!  
-CAITLIN



CAITLIN

# DAY 7

## VEGGIE LOADED MEATLOAF

Yield: About 4 servings | Prep time: 5 minutes | Cook time: 55 minutes

### Ingredients

2 tsp. oil  
½ large onion, peeled and diced  
1 clove garlic **(W)**, minced, or ¼ tsp. garlic powder **(W)**  
3 carrots, peeled and diced **(W)**  
½ green bell pepper, chopped **(W)**  
1 (13.5-oz.) can spinach, drained and squeezed dry with paper towel **(W)**  
16 oz. ground beef  
1 tsp. black pepper  
1 tsp. ground cumin  
2 eggs **(W)**  
⅓ cup ketchup, plus extra for topping (*can sub tomato paste or BBQ sauce*)  
⅓ cup oats **(W)** or ⅓ cup breadcrumbs  
¼ tsp. salt

### Directions

1. Preheat oven to 375 degrees F.
2. In a large skillet on medium heat, heat oil. Add vegetables and cook until soft and liquid has evaporated, about 8-10 minutes. Remove pan from heat.
3. In a large bowl, combine ground beef, salt, black pepper, cumin, egg, ketchup and oats. Mix well.
4. Add cooked vegetables to bowl and mix well.
5. Spray oil on nonstick baking sheet or bread pan. Shape meatloaf mixture to a bread loaf form and top meatloaf with additional ketchup, if desired.
6. Bake 45 minutes, until cooked through, or until internal temperature of 165 degrees F is reached.



VICTORIA



Huge fan of meatloaf! Such a great way to sneak some extra veggies in!

-MORGAN

Meatloaf is one of our favorite comfort foods! It's fun to turn them into muffins too

-MIN





# WEEK TWO

DAY 8 - 14





# DAY 8

## PEANUT BUTTER & CINNAMON RAISIN OATMEAL

Yield: 4 servings | Prep time: 10 minutes | Cook time: 10 minutes

### Ingredients

- 3 cups milk of choice (W)
- 1 ½ cup oats (W)
- ¼ tsp. salt
- 2 tsp. honey or sweetener, to taste (*omit for children under 2*)
- 4 Tbs. peanut butter (W)
- ½ cup dried raisins (W) or fruit of choice
- ½ tsp. cinnamon

**Optional topping ideas:** nuts, fruit canned in 100% juice (W), fresh fruit (W), coconut, dried fruit (W), yogurt (W), cinnamon, canned pumpkin (W), mashed banana (W)

### Directions:

1. Bring milk to boil on medium-high heat. Add oats, salt and sweetener. Reduce heat. Cover and let cook for 5-10 minutes until liquid absorbed.
2. Remove from heat. Stir in peanut butter, dried raisins, cinnamon and any other optional toppings.
3. Divide among 4 bowls and enjoy!



MORGAN

## NO-BAKE OATMEAL ENERGY BALLS

Leftovers - [see page 22 for recipe.](#)

## TOASTED VEGGIE SANDWICH + COTTAGE CHEESE

Yield: About 4 servings | Prep time: 10 minutes | Cook time: none

### Ingredients

- 8 slices whole wheat bread (W)
- 1 ½ tomatoes, sliced (W)
- ¾ cucumber, sliced (W)
- ½ cup red onion, chopped or thinly sliced (*can use white or yellow*) (W)
- 1 ½ cups (1.5 large handfuls) fresh spinach (W)
- 4 Tbs. yellow mustard
- 4 Tbs. mayonnaise
- Sea salt and pepper, to taste
- ½ tsp. red pepper flakes, optional
- 1 medium-large avocado, thinly sliced, optional (W)
- 1-2 cups cottage cheese, for serving

### Directions

1. Toast bread and spread mustard inside 4 slices and mayo inside the other 4 slices.
2. Layer on veggies and avocado slices, if using.
3. Sprinkle with salt, pepper and red pepper flakes, if using.
4. Slice diagonally and serve with cottage cheese for a protein-rich side.



DEZI

As a self-proclaimed sandwich connoisseur, I cannot wait to try this!  
-MORGAN



# DAY 8

## STOVETOP POPCORN + PEANUTS *OR* CRACKERS + PEANUT BUTTER

Leftovers - [see page 23 for recipe](#).

## SAUSAGE AND VEGGIE GUMBO

Yield: About 8 servings | Prep time: 10 minutes | Cook time: 30 minutes

### Ingredients

2 Tbs. oil  
1 large (13-oz.) turkey sausage link, sliced (*precooked works well here*)  
2 ribs celery, diced **(W)**  
1 ½ bell peppers, diced **(W)**  
1 zucchini, diced **(W)**  
1 medium onion, chopped **(W)**  
4 cloves garlic, chopped, or 1 tsp. garlic powder **(W)**  
1-2 Tbs. Creole seasoning (*depending on level of spiciness preferred*)  
2 Tbs. butter  
3 Tbs. flour  
2 Tbs. tomato paste  
8 cups water or chicken/vegetable broth (*homemade or from bouillon paste*)  
1 (15-oz.) can red beans, drained **(W)**  
1 ½ cups chopped, frozen, sliced okra **(W)**  
Salt and pepper, to taste  
1 ⅓ cups uncooked medium grain rice, for serving (*4 cups cooked*)  
2 cups water, for cooking rice

### Directions

1. Rinse rice and prepare according to package directions or [recipe on page 98](#).
2. In a large pot on medium heat, heat oil. Add sausage, celery, bell peppers, zucchini, onion, garlic and 1 Tbs. Creole seasoning. Cook, stirring frequently, until onion is translucent.
3. Once onions are translucent, add butter. Let butter melt, sprinkle in flour and stir to coat chopped vegetables.
4. Add tomato paste and mix well to coat sausage and vegetables.
5. Add broth of choice, being sure to scrape any flavorful brown bits off the bottom of the pot.
6. Bring to boil. Once boiling, add red beans and frozen okra. Let simmer for 10 minutes, then taste. For more spice and a deeper flavor, add more Creole seasoning.
7. Serve over cooked rice.



VICTORIA

“Gumbo is such a crowd-pleaser! There’s so much flavor in this recipe, and I love the okra in here!”  
-CAITLIN

# DAY 9

## HUMMUS CUCUMBER TOAST *OR* SWEET POTATO TOAST

Yield: About 4 servings | Prep time: 5 minutes | Cook time: 3 minutes

### Ingredients

- 4 large slices sweet potato, toasted, or regular bread **(W)**
- 8 Tbs. hummus
- 24 slices of cucumber (*6 each*) **(W)**
- Optional:** salt, pepper, garlic powder or other seasonings, for topping

### Directions

1. If using leftovers, reheat sweet potato toasts in a toaster or toaster oven until hot and edges are crispy, about 2-3 minutes.
2. Spread hummus on sweet potato and top with cucumber and any additional spices. Have fun with toppings!



MIN

## PEANUT BUTTER YOGURT DIP

Yield: About 4 servings | Prep time: 3 minutes | Cook time: none

### Ingredients

- $\frac{3}{4}$  cup unflavored plain (*or Greek*) yogurt **(W)**
- 1 Tbs. peanut butter **(W)**
- 1-2 tsp. honey (*for ages 1 and older*)
- $\frac{1}{2}$  tsp. cinnamon
- 2 apples, sliced for serving **(W)**

### Directions

1. Combine all ingredients in a bowl.
2. Serve with apple slices, or any extra veggies, toast or crackers.



MIN

## SAUSAGE AND VEGGIE GUMBO

Leftovers - [see page 44 for recipe.](#)

# DAY 9

## SNACK QUESADILLAS

Yield: 4 servings | Prep time: 2-3 minutes | Cook time: 10 minutes

### Ingredients

2 Tbs. butter or oil, divided  
8 corn tortillas (W)  
1 cup shredded cheese  
Salsa, to taste  
4 servings fruit (W)

### Directions

1. In a skillet over medium heat, melt about 1 tsp. butter.
2. Place corn tortilla on hot skillet to warm. Flip when warm and pliable (*before it becomes crispy*).
3. Add shredded cheese to one side of tortilla, then fold other side to close.
4. When the bottom is looking browned and slightly crisp, flip to cook the other side.
5. Serve with fruit and any leftover salsa or refried beans.

**Note:** If desired, add a bit of fresh or frozen chopped spinach!



CAITLIN

## CREOLE SEASONING CHICKEN FAJITAS WITH COLESLAW AND GARLIC YOGURT SAUCE

Yield: 4 servings | Prep time: 15 minutes | Cook time: 20 minutes

### Ingredients

1 lb. boneless, skinless chicken breast (*about 2 medium breasts*)  
1 Tbs. Creole seasoning  
½ cup broth or water  
½ medium onion, sliced (W)  
2 bell peppers, sliced (W)  
2 Tbs. olive oil  
4 Tbs. Garlic Yogurt Sauce (*recipe on page 96*)  
4-8 medium flour tortillas, corn tortillas (W) or 3 cups cooked rice  
Coleslaw (*recipe on page 97*)

### Directions

1. Season chicken breasts with Creole seasoning.
2. Heat a pan over medium heat. Add the broth and the chicken breasts and cook for about 15 minutes, flipping halfway, until an internal temperature of 165 degrees F is reached.
3. Remove from heat. Slice into pieces lengthwise.
4. Add oil to hot pan and add sliced onions and bell peppers. Cook until onions are translucent. Set aside.
5. Gently toast each tortilla, spread 1 Tbs. sauce, then place chicken and vegetables. Wrap and enjoy with garlicky yogurt coleslaw!

**Note:** We included medium flour tortillas on this week's menu for this dish, but be sure to save some for banana nut wraps.



MORGAN

This looks amazing! I am all for lots of spices and the creole seasoning sounds great.  
-CAITLIN

# DAY 10

## YOGURT PARFAIT WITH JAM, NUTS & GRANOLA

[See page 25 for recipe.](#)

## VEGGIE FRITTATA MUFFINS

[See page 34 for recipe.](#)

## BANANA NUT WRAP

Yield: 4 servings | Prep time: 15 minutes | Cook time: none

### Ingredients

- 4 medium flour tortilla wraps
- 4 bananas **(W)**
- 4 Tbs. nut butter or peanut butter **(W)**
- 4 tsp. honey or maple syrup, or to taste

### Directions

1. Place tortilla on a flat surface. Spread 1 Tbs. *(or more)* of nut butter. Drizzle with honey.
2. Place banana on the edge of the tortilla and start rolling it up until completely wrapped. *(Sharply curved bananas may need to be broken in the middle first.)*
3. Enjoy as is or sliced into bite-sized 'banana sushi'!



MORGAN

This is a great recipe to get kids cookin'! I used to make this with students to show them an alternative to the traditional PB&J that has even more nutrition with fresh banana!

-MORGAN

## BASIC OATMEAL

[See page 39 for recipe.](#)



# DAY 10

## BAKED FISH WITH BLACK EYED PEA SALAD

Yield: 8 servings | Prep time: 20 minutes | Cook time: 10 minutes

### Ingredients

Oil or butter, to grease baking sheet pan, if desired  
2 lb. white fish (*such as tilapia*)  
1 cup milk **(W)**  
2 eggs **(W)**  
1 Tbs. Dijon mustard, optional  
1 cup cornmeal  
½ cup all-purpose or whole wheat flour  
2 tsp. salt  
2 tsp. onion powder  
2 tsp. garlic powder  
1 tsp. pepper  
½ tsp. paprika

### Directions

1. Prepare a large sheet pan by greasing it with oil or lining it with parchment or foil.
2. In a medium bowl or gallon-size bag, whisk together milk, egg and mustard.
3. In a large casserole dish or gallon-size bag, mix cornmeal, flour, salt, onion powder, garlic powder, pepper and paprika.
4. Place fish in milk mixture to coat. Shake off excess. Then, coat both sides in the cornmeal mixture.
5. Place on prepared sheet pan.
6. Broil in oven for 4 minutes on each side with fillets 4 inches from heat source.

**Note:** Save half this fish for tomorrow's Fish Sandwich!

## BLACK EYED PEA SALAD

Yield: 8 servings | Prep time: 8-10 minutes | Cook time: none

### Ingredients

1 large tomato, diced **(W)**  
½ medium onion, diced **(W)**  
1 bell pepper, diced **(W)**  
2 garlic cloves, minced **(W)**  
½ cup lemon juice **(W)**  
Zest of 2 lemons **(W)**  
3 (15-oz.) cans black eyed peas, drained (*3 cans = about 4.5 cups cooked*) **(W)**  
Salt and pepper, to taste

### Directions

1. In a large bowl, mix together all ingredients and season to taste.
2. Refrigerate until ready to serve.
3. Set aside half for leftovers later this week.



MORGAN

One of my first memories EVER involves me eating black eyed peas as a toddler with my grandparents. It's a memory I hold near and dear to my heart and I can't wait to relive it with this wonderful recipe.

-VENUS

# DAY 11

## SPICED TOMATO SCRAMBLED EGGS WITH 10-MINUTE PIZZA DOUGH FLATBREAD

Yield: 4 servings | Prep time: 10 minutes | Cook time: 15 minutes

### Ingredients

2-3 Tbs. oil

½ onion, chopped **(W)**

1 cup canned tomatoes, diced **(W)**

½ tsp. black pepper

½ tsp. turmeric

Salt, to taste

6 eggs **(W)**

Leftover Pizza Dough Flatbread (*from recipe on page 95*) or other bread of choice

Red pepper flakes or cayenne, to taste

### Directions

1. In a medium-sized skillet on medium-high heat, heat oil. Once heated, add chopped onions. Cook until translucent, about 4-6 minutes.
2. To pan, add tomatoes, spices and salt. Mix well. Allow to cook for 5 minutes.
3. Add eggs and mix thoroughly into mixture. Cook mixture until eggs are done, usually 3-5 minutes depending on your stove.
4. Serve with flatbread or other bread of choice.



VENUS



Tomatoes AND spice in eggs, yes please! Always looking for ways to reimagine eggs and will definitely be trying this!

-MORGAN



## APPLE AND NUT BUTTER PIZZAS

[See page 32 for recipe.](#)



# DAY 11

## FISH SANDWICH WITH LEFTOVER COLESLAW

Yield: 4 servings | Prep time: 15 minutes | Cook time: none

### Ingredients

4-5 leftover tilapia filets (*from recipe on page 48*)  
Garlic Yogurt Sauce (*recipe on page 96*) or mayonnaise  
8 slices of bread **(W)**  
Lettuce **(W)**  
Tomato **(W)**  
Sliced pickles **(W)**  
Leftover coleslaw (*from Creole Seasoning Chicken Fajitas recipe on page 97*)  
2 carrots, chopped into sticks, for serving **(W)**

### Directions

1. Reheat fish either on stove top (*recommended*), or in microwave until steaming.
2. Toast bread and spread garlic yogurt sauce on each slice.
3. Add pickles and leftover coleslaw, or serve them on the side.
4. Serve with carrot sticks.

**Note:** You can also enjoy this as tacos by substituting tortillas or taco shells for the bread!



MORGAN

Crispy baked fish + tangy pickles sounds like an amazing combination. I'd be sure to make this in the same week as your coleslaw to enjoy them together!

-CAITLIN

## PEANUT BUTTER-BANANA OATMEAL COOKIES

[See page 26 for recipe.](#)

# DAY 11

## HIGH-POWERED CHILI + CORNBREAD

Yield: 8 servings | Prep time: 10 minutes | Cook time: 40 minutes

### Ingredients:

- 2 Tbs. oil or butter
  - 1 medium onion, diced **(W)**
  - 1 bell pepper, diced **(W)**
  - 1 zucchini, diced **(W)**
  - 3 cloves garlic, diced **(W)**
  - 2 (15-oz.) cans stewed "Italian-Style" tomatoes
  - 3 (15-oz.) cans chili beans *(do not drain or rinse)*
  - 1 (29-oz.) can black beans *(do not drain or rinse)* **(W)**
  - 1 (15-oz.) can kidney beans *(do not drain or rinse)* **(W)**
  - 1 Tbs. chili powder
  - ½ Tbs. cumin
  - ½ Tbs. paprika
  - Salt and pepper, to taste
- Optional toppings:** Chopped cilantro, sour cream or Greek yogurt **(W)**, shredded cheese **(W)**  
Cornbread ([recipe on page 96](#))

### Directions

1. In a large pot over medium-high heat, warm oil or butter. Add bell pepper, onion and zucchini, and sauté until translucent.
2. Add garlic, tomatoes, beans *(with their liquid)* and seasonings. Cook for about 30 minutes to allow the flavors to develop.
3. Serve with suggested toppings such as cilantro, sour cream and cheese.
4. Save at least 2 cups for loaded macaroni and cheese later this week.

**Note:** Save 2 cups for Loaded Chili Mac & Cheese.



MORGAN

Cornbread and chili is an absolute match made in heaven. And I love that we can stretch this dish to boost up mac and cheese later in the week.

-CAITLIN



# DAY 12

## ZUCCHINI BREAD PANCAKES

Yield: 4 servings | Prep time: 10 minutes | Cook time: 15-20 minutes

### Ingredients

#### Dry

- 1 cup all-purpose flour
- 2 tsp. baking powder
- 1 ½ tsp. cinnamon
- ¼ tsp. salt

#### Wet

1 heaping cup shredded zucchini (*about 1 medium zucchini*), excess water squeezed out with paper towel or dish towel **(W)**

- 1 egg, beaten **(W)**
- 2 Tbs. sweetener of choice (*sugar, honey, maple syrup*)
- 1 Tbs. oil or applesauce **(W)**
- ½ tsp. vanilla extract
- ¾ cup milk **(W)**

Oil or butter, for cooking

**Optional:** ¼ cup chopped pecans, raisins **(W)** or chocolate chips

### Directions:

1. In a large bowl, mix all dry ingredients.
2. In a separate large bowl, mix all wet ingredients (*including shredded zucchini*).
3. Add dry ingredients to wet bowl and mix until just combined. If needed, add a splash of milk to make batter thinner, or add a Tbs. flour to thicken.
4. In a nonstick skillet over medium heat, add ⅓ cup batter. Cook about 2 minutes, until bubbles appear on top.
5. Flip and cook another 2 minutes or until golden brown.
6. Wipe skillet clean between each pancake and rub with more oil or butter. You may need to gradually lower heat the longer you cook.

**Note:** You can substitute shredded zucchini with another vegetable such as shredded carrots or sweet potatoes. If you are low on honey this week, this recipe is a good place to use sugar instead.



VICTORIA



# DAY 12

## FRUIT AND COTTAGE CHEESE SNACK

Yield: About 4 servings | Prep time: 5 minutes | Cook time: none

### Ingredients

1-2 cups cottage cheese  
1 medium cantaloupe or other melon, peeled, seeded and diced (or use canned pineapple chunks) (W)  
Crackers, optional, for serving

### Directions

1. In a small dish, combine cottage cheese and cantaloupe.
2. Serve with crackers if desired.



DEZI

## SPINACH GRILLED CHEESE WITH LEFTOVER BLACK-EYED PEA SALAD

Yield: 4 servings | Prep time: 15 minutes | Cook time: 10 minutes

### Ingredients

8 slices whole wheat bread (W)  
8 slices melty cheese (American, Pepperjack, Cheddar, etc.) (W)  
1-2 large handfuls fresh spinach (about 1.5 cups) (W)  
2-3 Tbs. butter or oil, as needed  
**Optional extras:** avocado (W), garlic (W), onion (W), roasted red peppers (W), pesto

### Directions

1. Top one slice of bread with 7-10 spinach leaves, cheese and extras of choice. Cover with another slice of cheese and second slice of bread.
2. In a skillet over medium-high heat, add oil or butter. Place prepared sandwich in the skillet and cook, pressing down with spatula, until brown. Flip sandwich and brown the other side.
3. Repeat until you have 4 sandwiches.
4. Serve with leftover black eyed pea salad.

**Note:** In place of the cheese slices, you could also use about  $\frac{1}{3}$  cup shredded cheese (W) per sandwich.



MORGAN

You had me at grilled cheese! I love shaking up the humble grilled cheese sandwich with different flavor combinations and leftover veggies. I bet roasted red peppers and pesto would be amazing here!

-CAITLIN

## REFRIED BEAN DIP WITH BAKED TORTILLA CHIPS

[See page 40 for recipe.](#)

# DAY 12

## THAI-INSPIRED TOFU CURRY

Yield: 4 servings | Prep time: 15 minutes | Cook time: 25 minutes

### Ingredients

- 1 (14-oz.) block extra-firm tofu (W)
- 1 Tbs. olive oil
- 1 small yellow onion, diced (W)
- 2 garlic cloves, minced (W)
- 1 (15-oz.) can full-fat unsweetened coconut milk (*chilled and unshaken*)
- 1-2 Tbs. Thai red curry paste (*see note*)
- 1 Tbs. low-sodium soy sauce
- 1 medium sweet potato, diced into ½-inch cubes (W)
- 1 medium red bell pepper, chopped into ½-inch pieces (W)
- ½ cup water
- 3 cups (3 large handfuls) fresh spinach (W)
- Freshly squeezed lime juice (W)
- 1 cup uncooked rice (W) or other grain of choice (*such as quinoa, barley or millet*)

### Directions

- 15 Minutes Before Cooking:** Drain and press tofu to remove excess moisture and water. Wrap the tofu in a kitchen towel or between paper towels and place a heavy object on top, like a pan or plate with cans stacked on top. Let drain for at least 15 minutes. Once pressed, slice tofu into 1-inch cubes and pat with clean kitchen linen or paper towel to absorb any excess moisture.
- Rinse rice and prepare according to package directions or [recipe on page 98](#).
- Over medium heat, heat oil in a large pot. Add onion and garlic and cook in oil for 3-5 minutes.
- Scoop out cream from top of can of coconut milk (*about ¼ cup*) and add to pan. Bring to boil over medium heat. Stir in curry paste (*or tomato paste, ginger and red pepper flakes*) and soy sauce. Turn heat down to low. Simmer, without stirring, until fragrant and coconut cream starts to release oil, about 3-5 minutes.
- Add remaining coconut milk and water and return to boil. Add sweet potatoes, bell pepper and tofu. Reduce heat and simmer until vegetables are tender, about 10-15 minutes. Stir in spinach just until wilted.
- Remove from heat. If possible, make this ahead of time and allow to rest for an hour before serving, as curry becomes thicker and more flavorful with time.
- Serve with rice.

**Note:** If you can afford it, we highly recommend using 1-2 Tbs. Thai red curry paste in this recipe. However, if it's not in the budget this week, use this combination of seasonings instead: 1 Tbs. tomato paste, 3 Tbs. freshly grated ginger, ½ tsp. red pepper flakes and additional salt to taste.



MIN



I love love curry! Whether it's Caribbean, Indian or Thai - you can't go wrong with a curry dish!

-MORGAN

Thai flavors are always so rich and delicious - this looks great!

-CAITLIN

# DAY 13

## ZUCCHINI BREAD PANCAKES

Leftover - [see page 52 for recipe.](#)

## GRANOLA + MILK OR YOGURT

[See page 37 for recipe.](#)

## LOADED MACARONI AND CHEESE

Yield: 4 servings | Prep time: 10 minutes | Cook time: 10 minutes

### Ingredients

3 boxes macaroni and cheese (2-3 boxes, depending on appetite)  
2 cups leftover High-Powered Chili ( $\frac{1}{2}$  - 1 cup per person - [recipe on page 51](#))

### Directions

1. Prepare macaroni and cheese according to package directions.
2. Heat up leftover chili on the stove or in the microwave and combine with freshly prepared macaroni and cheese.



MORGAN

Living in Ohio, my husband calls this mac and cheese chili combo "Goulash"! It's great to see family favorites in dietitian-approved recipes!  
-VICTORIA

## SNACK PLATE WITH HUMMUS AND/OR EGGS

[See page 23 for recipe.](#)



# DAY 13

## STEWED OKRA AND TOMATOES WITH CORNBREAD

Yield: 8 servings | Prep time: 10 minutes | Cook time: 30 minutes

### Ingredients

$\frac{2}{3}$  cup uncooked medium grain rice (or about 2 cups cooked)  
1 cup water, for cooking rice  
2 cloves garlic, minced **(W)**  
1 Tbs. oil  
2 cups water or broth of choice  
2 (12-oz.) bags frozen sliced okra **(W)**  
28-30 oz. canned stewed "Italian-Style" tomatoes (can sub with plain canned W if needed)  
 $\frac{1}{4}$  tsp. cayenne pepper  
 $\frac{1}{2}$  Tbs. Creole seasoning  
 $\frac{1}{2}$  tsp. onion powder  
Salt and pepper, to taste  
Cornbread ([see recipe on page 96](#))

### Directions

1. Rinse rice and prepare according to package directions or [recipe on page 98](#).
2. In a medium pot, combine garlic, oil, water, okra, tomatoes and seasonings and bring to a boil.
3. Lower heat, cover and simmer for 20 minutes or until okra is tender.
4. Season with salt and pepper and serve over rice.



MORGAN

I've always found cooking okra to be intimidating, but I can totally rock this recipe! I don't cook with creole seasoning often so thank you, Morgan, for encouraging me to do so.

-MIN

I LOVE okra and get so happy when I see it represented in recipes. It just does not get enough love! I so can't wait to try this recipe.

-VENUS



# DAY 14

## ROASTED POTATO BREAKFAST BOWLS

[See page 34 for recipe.](#)

## BASIC MUFFINS

[See page 28 for recipe.](#)

## TAHCHIN (SAVORY YOGURT AND RICE CAKE)

Yield: 4 servings | Prep time: 10 minutes | Cook time: 1 hour

### Ingredients

2 cups uncooked medium grain rice (6 cups cooked)

3 cups water, for cooking rice

4 eggs (W)

1 ½ cups plain yogurt (W)

Salt, to taste

½ Tbs. turmeric

½ Tbs. cinnamon

1 cup raisins (W)

5 Tbs. olive oil

### Side Salad

1 head chopped romaine lettuce (W)

1-2 carrots, grated (W)

Salad dressing or homemade vinaigrette of choice ([see page 102](#))

### Directions

1. Rinse rice and prepare according to package directions or [recipe on page 98](#).
2. In a large mixing bowl, add eggs, yogurt, salt, turmeric and cinnamon. Mix well to combine. Then, add cooked rice and raisins and gently mix until incorporated.
3. In a large pot on medium heat, add olive oil. Make sure olive oil is hot, then add the entire rice mixture to the pot.
4. Cook over medium heat for 5 minutes, then reduce to low-medium for 25-35 minutes, depending on stove. It is done when rice mixture has set and firmed up.
5. Remove from heat, let cool for 10 minutes.
6. For a fun presentation, loosen up edges of tahchin from pot. Then, place a serving dish on top of pot. Carefully, flip pot over and you will have a beautiful dish to cut into like a cake!
7. Serve with side salad.

**Note:** This is a great way to use up leftover rice. This can also be made in the oven by baking the mixture at 350 degrees F for 25-30 minutes, depending on your oven. You can also incorporate cooked chicken into this mixture for a more traditional take on this dish!



VENUS



I've always been a little intimidated by making this dish (flipping it over seems challenging), but you've made it seem so simple - and I love a nice crusty edge to baked rice dishes.

-CAITLIN

# DAY 14

## MINI EGG SALAD TOASTS

[See page 33 for recipe.](#)

## MIDNIGHT MEDITERRANEAN PASTA

Yield: 4-6 servings | Prep time: 15 minutes | Cook time: 20 minutes

### Ingredients

8 oz. whole wheat linguine, uncooked (*or other pasta*) **(W)**  
3 Tbs. oil  
4 cloves garlic, chopped **(W)**  
1 cup canned tomato, diced **(W)**  
1 (15-oz.) can chickpeas, drained **(W)**  
1 tsp. dried oregano  
Salt, to taste  
½ tsp. black pepper  
½ tsp. garlic powder  
½ tsp. paprika  
3-½ cups fresh spinach **(W)**

### Directions

1. In a medium-sized pot, bring water to boil. Cook whole wheat linguine according to instructions.
2. In a large pan, warm oil. Once heated, add chopped garlic. Cook until just lightly browned.
3. Add tomato, chickpeas, oregano, salt, black pepper, garlic powder and paprika. Bring to a simmer.
4. Add spinach and cook until wilted.
5. Strain linguine and add to pan; stir well to incorporate.
6. Remove from heat and enjoy!



VENUS

Such a quick and delicious meal! I just made something similar last week with chickpea rotini pasta and added tuna, yum yum good!

-MORGAN



# WEEK THREE

DAY 15-21





# DAY 15

## PEACH OATMEAL BAKE

[See page 21 for recipe.](#)

## NO-BAKE OATMEAL ENERGY BALLS

[See page 22 for recipe.](#)

## VEGGIE AND HUMMUS PITA PIZZA

Yield: About 4 servings | Prep time: 10 minutes | Cook time: 15 minutes

### Ingredients

- 1 cup hummus
- 4 large pitas
- 1 bell pepper, thinly sliced (W)
- 1 medium zucchini, sliced (W)
- 2 ¼ tsp. olive oil
- Leftover feta cheese, optional, for topping

### Directions

1. Preheat oven to 350 degrees F and line baking sheet with parchment paper.
2. In a large pan, heat oil over medium-high heat. Cook bell pepper and zucchini slices until tender and lightly browned.
3. Spread hummus over pita and top with bell pepper and zucchini. Place onto baking sheet and bake for 8 to 10 minutes or until pita is toasted.
4. Let cool slightly and slice.



DEZI



You can truly make anything into a pizza! Besides being delicious, veggie loaded pizza recipes like this one also gets my toddler in the kitchen. He helps cut and sprinkle the vegetables on the pizza! His own personal creation.

-VICTORIA

# DAY 15

## STOVETOP POPCORN + PEANUTS *OR* CRACKERS + PEANUT BUTTER

Leftovers - [see page 23 for recipe.](#)

## WHOLE CHICKEN AND ROOT VEGETABLES

Leftovers - [see page 24 for recipe.](#)



# DAY 16

## YOGURT PARFAIT WITH JAM, NUTS & GRANOLA

[See page 25 for recipe.](#)

## BANANA-NUT BUTTER ANTS-ON-A-LOG

[See page 25 for recipe.](#)

## SPICED CHICKPEA SALAD WITH CUCUMBER YOGURT SAUCE

Yield: About 4 servings | Prep time: 15-20 minutes | Cook time: none

### Ingredients

#### Chickpea Salad

1 (15-oz.) can (1.5 cups) chickpeas, drained (W)

¼ cup tahini

½ cup plain or Greek yogurt (W)

1 tsp. garlic powder

Juice of ½ lemon (W)

¼ tsp. ground cumin

¼ tsp. paprika

Salt, to taste

1 rib celery, finely sliced (W)

Bread of choice, for serving (*consider Pizza Dough Flatbread from page 95*)

#### Cucumber Yogurt Sauce

1 ½ cups plain or Greek yogurt (W)

1 cucumber, chopped or grated (W)

¼ tsp. black pepper

Salt, to taste

3-4 Tbs. raisins, soaked in water, optional (W)

1-2 Tbs. dried or fresh mint, optional

### Directions

1. **For chickpea salad:** In a large bowl, add all ingredients together and mix until well incorporated.
2. **For cucumber yogurt:** In a medium-sized bowl, add all ingredients and mix until well-combined.
3. Serve salad and sauce together with whole grain pita, lavash, flatbread or other bread of choice!

**Note:** Both recipes can be made ahead of time. They often taste even better the next 1-2 days!



VENUS

Chickpea salads are my favorite - and this one with spices and a cucumber-yogurt sauce sounds like the perfect lunch! You can stuff it into a pita or serve some flatbread on the side.

-CAITLIN



# DAY 16

## SNACK QUESADILLAS + FRUIT

Leftovers - [see page 46 for recipe](#).

## BARBECUE CHICKEN-STUFFED SWEET POTATOES

Yield: About 4 servings | Prep time: 10 minutes | Cook time: 45-50 minutes

### Ingredients

#### Sweet Potatoes

2 large sweet potatoes (W)

3 tsp. butter

Creole seasoning, to taste

#### Barbecue Chicken

2 cups shredded or chopped leftover chicken ([from Whole Chicken recipe on page 24](#))

½-¾ cup barbecue sauce

1 tsp. red pepper flakes or hot sauce, optional

Salt and pepper, to taste

Plain yogurt, optional, to top (W)



VICTORIA

### Directions

1. Preheat oven to 425 degrees F. Line baking sheet with foil.
2. Prick sweet potatoes all over with fork.
3. Bake for 45-50 minutes on lined baking sheet until fork is easily inserted into thickest part of sweet potato.
4. Meanwhile, in a large bowl, combine shredded or chopped chicken and barbecue sauce. Add any hot sauce or red pepper flakes here, if desired.
5. Once sweet potatoes are cooked, allow to cool slightly. Make a deep cut longwise down the center of each sweet potato, careful not cut all the way through. Season sweet potato flesh with Creole seasoning as desired. Stuff 1 tsp. butter and a third of the barbecue chicken mixture into each sweet potato. Feel free to season with salt and pepper if desired.
6. Top with a dollop of plain yogurt, if desired.

**Note:** If desired, substitute leftover or extra beans from the [Chili Bean Tacos recipe on page 67](#) in place of barbecue chicken.

I love a loaded sweet potato! Smoky BBQ sauce pairs great with sweet potatoes, and I am a big fan of adding tons of toppings! I'll take mine with some coleslaw!

-CAITLIN

# DAY 17

## PEANUT BUTTER BANANA TOAST

[See page 28 for recipe.](#)

## BASIC MUFFINS

[See page 28 for recipe.](#)

## PAN-FRIED TUNA PATTIES WITH BAKED SWEET POTATO FRIES

Yield: 8 servings | Prep time: 10 minutes | Cook time: 25 minutes

### Ingredients

#### Tuna Patties

- 2 (12-oz.) cans tuna, drained **(W)**
- ½ onion, finely chopped **(W)**
- ¼ cup celery, diced **(W)**
- 1 cup flour or breadcrumbs
- 3 eggs, beaten **(W)**
- 1 Tbs. garlic powder
- Salt and pepper, to taste
- 2 Tbs. butter
- 4 Tbs. oil

#### Sweet Potato Fries

- 3 large sweet potatoes, sliced into fry shape **(W)**
- 2-3 Tbs. oil
- Salt and pepper, to taste
- Ketchup, for serving

### Directions

1. Preheat oven to 425 degrees F.
2. In a large bowl, toss sliced sweet potatoes with oil. Transfer to a baking sheet and sprinkle with salt and pepper. Roast 25 minutes.
3. Meanwhile, in a separate medium bowl, mix all tuna patty ingredients except for butter and oil. Form mixture into 1-inch thick patties.
4. In a large skillet, add butter and oil on medium heat. Add 3-4 patties to pan at a time. Fry patties until golden brown on both sides, about 3-5 minutes each side.
5. Sweet potato fries are done when slightly crispy and fork tender. Enjoy by themselves or with ketchup.

**Note:** Frying the patties in a combination of butter and oil gives you flavor from the butter and the higher heat of the oil. If you only have butter, you will need to wipe the pan out between batches to prevent burning.



VICTORIA





# DAY 17

## CHEDDAR + CUCUMBER BITES

Leftovers - see page 29 for recipe.

## ONE-POT RICE AND MUSHROOM SOUP

Yield: 8 servings | Prep time: 15 minutes | Cook time: 1 hour

### Ingredients

2 cups canned chickpeas, drained **(W)**  
1 cup uncooked white rice, optional (*wild rice if you have it*) **(W)**  
3 medium carrots, peeled and chopped **(W)**  
5 ribs celery, chopped **(W)**  
1 medium onion, chopped **(W)**  
2 (8-oz.) cans canned mushrooms, undrained **(W)**  
6 cups vegetable broth  
1 Tbs. poultry seasoning  
½ cup all purpose flour  
Salt and pepper, to taste

### Directions

1. In a large pot, mix together chickpeas, uncooked rice, carrots, celery, onion, mushrooms, broth and poultry seasoning.
2. Bring to a boil, reduce to a simmer and cook for 45 minutes or longer depending on desired consistency. (*If using an electric pressure cooker, allow for a natural release for 15 minutes, then release manually and remove lid.*)
3. In a small bowl, combine flour with about ½ cup liquid from the pot. Whisk together until mostly smooth and set aside.
4. Once rice and vegetables are fully cooked, stir in the flour mixture. (*If using an electric pressure cooker, change setting to sauté.*) Simmer for 5 to 10 minutes more, or until thickened. Add salt and pepper to taste.

**Note:** This dish is often made with wild rice, which we recommend trying if you can find it for an affordable price.



DEZI



Huge fan of “one-pot” recipes so this one is a must-try! Dump everything and wait until it’s done, can’t get easier than that!

-MORGAN



# DAY 18

## ROASTED POTATO BREAKFAST BOWLS

[See page 34 for recipe.](#)

## BASIC MUFFINS

Leftovers - [see page 28 for recipe.](#)

## ONE-POT RICE AND MUSHROOM SOUP

Leftovers - [see page 65 for recipe.](#)

## PEANUT BUTTER-BANANA OATMEAL COOKIES

[See page 26 for recipe.](#)



# DAY 18

## CHILI BEAN TACOS WITH PEACH SALSA AND CILANTRO LIME SLAW

Yield: About 4 servings | Prep time: 15 minutes | Cook time: 15 minutes



VICTORIA

### Ingredients

#### Tacos

8-10 corn tortillas, warmed

#### Chili Beans

2 (15-oz.) cans black beans **(W)**

1 red onion, chopped **(W)**

1 tsp. black pepper

3 Tbs. oil

½ tsp. garlic powder

½ tsp. onion powder

½ tsp. cumin

½ tsp. chili powder

1 tsp. salt

#### Cilantro Lime Slaw

1 (14-oz.) bag cabbage slaw mix

½ bunch cilantro, chopped, or 4 Tbs. dried cilantro **(W)**

1 lime, juiced **(W)**

1 cup mayonnaise

1 tsp. garlic powder

Salt and pepper, to taste

#### Peach Salsa

1 (28-oz.) canned peaches in juice **(W)**, drained (*reserve the juice for later*) and diced

½ onion, chopped **(W)**

½ bell pepper, chopped **(W)**

¼ bunch cilantro, chopped, or 2 Tbs. dried cilantro

½ lime, juiced **(W)**

Pinch salt and pepper

### Directions

1. In a large bowl, combine all peach salsa ingredients and set aside.
2. In a separate large bowl, combine all slaw ingredients and set aside.
3. In a pot over medium heat, add oil. Add onion and saute for 2-3 minutes, until translucent.
4. Add beans and seasonings. Simmer on low for 5-10 minutes. Add salt and pepper to taste.
5. In a warmed tortilla, combine beans, slaw and peach salsa.

Tacos are life here in Texas, and I shall never get tired of them. They're so customizable and I'm loving the spiced beans + peach (my FAVORITE summer fruit) salsa combo!  
-MIN

# DAY 19

## BANANA PANCAKES

Double the recipe - [see page 31 for recipe](#).

## GRANOLA + MILK OR YOGURT

[See page 37 for recipe](#).

## CHILI BEAN TACOS WITH PEACH SALSA AND CILANTRO LIME SLAW

[See page 67 for recipe](#).

## OVERNIGHT COCONUT CHIA PUDDING

Yield: 4 servings | Prep time: 10 minutes + soaking time | Cook time: none

### Ingredients

- 1 (13.5-oz.) can coconut milk
- 2 Tbs. chia seeds
- 1 (20-oz.) can crushed pineapples in 100% juice **(W)**
- ½ cup walnuts (*can sub with granola or other nuts, crush for children under 4*)
- 2 bananas, sliced for topping (*or other available fruit*) **(W)**

### Directions

1. Shake coconut milk can vigorously before opening.
2. Pour all ingredients into a large bowl (alternatively, can divide among 4 containers or jars), and cover.
3. Refrigerate for at least 2 hours before serving. Best if done overnight!

**Note:** If your kitchen tends to be cool and your coconut milk doesn't sound liquid when you shake the can, place the unopened can in a bowl of warm or hot water to increase the temperature, then shake vigorously before opening. If you open it and it's not smooth, you can scoop it out of the can and gently warm it (microwave 30 seconds or low heat on stove top) or blend it in a blender.

Chia puddings remind me of having tapioca pudding, except more nutritious. I love the tropical flare with the addition of coconut milk and pineapple! I can see myself eating this on a beach.

-VENUS

My toddler absolutely LOVES chia pudding, and I love it because it's so easy to whip up with endless flavor combinations!

-MIN



MORGAN





# DAY 19

## SHEET PAN SOY CHICKEN AND VEGETABLES

Yield: 4 servings | Prep time: 25 minutes | Cook time: 20 minutes



MIN

### Ingredients

- 1 lb. (about 2 medium) boneless, skinless chicken breasts, cut into 1-inch pieces
- 2 tsp. olive oil
- 3 carrots, chopped into ½-inch thick pieces **(W)**
- 1 head broccoli, cut or broken into medium-sized florets (about 3 cups) **(W)**
- 2 cups uncooked rice **(W)**
- 3 cups water (plus more for rinsing)

### Sauce

- ¼ cup low sodium soy sauce
- 2 Tbs. olive oil
- 1 Tbs. apple cider vinegar or rice vinegar (see note)
- 2 Tbs. sweetener of choice: honey, brown sugar, juice from canned pineapple **(W)** or unsweetened applesauce **(W)**
- 1 tsp. sesame oil, optional
- 2 cloves garlic, minced **(W)**

### Directions

1. Rinse rice and prepare according to package directions or [recipe on page 98](#). (Save about 4 cups for Fried Rice with 2. Ground Beef and Fried Rice Cakes this week.)
2. Preheat oven to 400 degrees F. Prepare one large (about 18x13 inches) baking dish (or sheet pan) by lightly greasing with olive oil or lining with either parchment paper or foil.
3. In a small bowl, whisk together all of the sauce ingredients.
4. In a large bowl, add the cut up chicken and all the vegetables. Pour sauce over top and toss gently to coat evenly. Allow to marinate for 15 minutes.
5. Pour chicken and vegetable mixture onto the large baking pan in a single layer, discard any remaining sauce.
6. Place in oven and cook for 10 minutes. Remove and toss everything. Place back in oven for 10 more minutes, or until chicken is cooked through to an internal temperature of 165 degrees F is reached. (Total cooking time should be 20-25 minutes.)
7. Enjoy with rice.

**Note:** Rice vinegar (also called “rice wine vinegar”) will work best for this recipe. If you want to enjoy more Asian-style dishes at home, this ingredient is well worth the investment. Apple cider vinegar, white wine vinegar or lime juice are good substitutes. If using apple cider or white vinegar, use equal amounts as rice vinegar. If using citrus juice, double the amount.

I will choose a flavorful sheet pan dinner every time! Love the combination of different flavors and vegetables.

-CAITLIN

# DAY 20

## BANANA PANCAKES

Leftovers - [see page 31 for recipe.](#)

## VEGGIE FRITTATA MUFFINS

[See page 34 for recipe.](#)

## SWEET POTATO AND BLACK BEAN BARBECUE WRAP + FRUIT

Yield: 4 servings | Prep time: 20 minutes | Cook time: 25 minutes

### Ingredients

- 2 medium sweet potatoes, cubed (*about 3 cups*) **(W)**
- 1 Tbs. oil
- Salt and pepper, to taste
- 1 (15-oz.) can black beans, drained **(W)**
- ½ medium onion, sliced **(W)**
- 1 medium bell pepper (*any color*) **(W)**
- 2 Tbs. barbecue sauce
- Garlic Yogurt Sauce (*from recipe on page 96*)
- 4 large tortillas, roti or 8-12 lettuce wraps **(W)**
- 4 servings fruit (*such as clementines or apple slices*) **(W)**

### Directions

1. Preheat oven to 400 degrees F.
2. Combine potatoes with oil, salt and pepper. Place on baking tray and roast for 15 minutes.
3. In a pan over medium heat, sauté onions and bell peppers. Add drained beans, roasted potatoes and barbecue sauce. Stir well to combine and remove from heat.
4. Spread each wrap with Garlic Yogurt Sauce and fill with sweet potato and black bean mixture.
5. Serve with fruit or vegetables of choice.

**Note:** Save 6 flour tortillas for quesadillas next week.



MORGAN

Black beans and sweet potatoes are one of my favorite combinations! I'll definitely be trying this one!

-CAITLIN

# DAY 20

## SNACK PLATE WITH HUMMUS AND/OR EGGS

See page 37 for recipe.

## FRIED RICE WITH GROUND BEEF

Yield: 4 servings | Prep time: 5 minutes | Cook time: 20 minutes

### Ingredients

- 1 Tbs. oil or butter, divided, more as needed
- 1 lb. lean ground beef (*can also use chicken, turkey, or pork*)
- 2 cloves garlic, minced **(W)**
- 2 cups frozen stir-fry vegetables **(W)**
- 3 Tbs. low-sodium soy sauce, divided
- 4 cups cooked and chilled medium grain rice (*leftover from Baked Soy Chicken and Veggies on page 69*)
- Optional toppings: 1 Tbs. sesame oil, chopped green onion or cilantro if you have it



MIN

### Directions

1. Heat half of butter in a large nonstick pan or wok over medium-high heat. Add beef and cook, breaking into small pieces with a spoon, until browned. Add garlic and frozen stir fry vegetables and cook for 2-3 minutes, or until softened. Transfer to bowl and set aside.
2. Add remaining butter to pan over medium-high heat. Add rice, soy sauce and sesame oil, if using. Stir until rice is heated through, 3-4 minutes.
3. Turn heat down to medium-low. Add beef and vegetable mixture back into pan. Mix gently until everything is well-combined and warmed through. Add more soy sauce if desired. If using, drizzle with more sesame oil or top with green onion or cilantro. Serve immediately.

**Note:** It's important to use COOKED and CHILLED rice. Otherwise, you'll end up with mushy, sticky rice.

Fried rice is a favorite in my family. I love how Min was able to create a delicious fried rice recipe with simple ingredients we have around the house! This will become a weekly regular!

-VENUS

# DAY 21

## SHAKSHUKA WITH PIZZA DOUGH FLATBREAD

Yield: 4 servings | Prep time: 15 minutes | Cook time: 25 minutes

### Ingredients

3 Tbs. oil  
½ medium onion, chopped (W)  
2-3 cloves garlic, chopped (W)  
1 cup canned tomatoes, diced (W)  
1 tsp. black pepper  
1 tsp. cinnamon  
1 tsp. turmeric, optional (*if you have it this week*)  
1 tsp. paprika  
Salt, to taste  
½ can chickpeas, drained (W)  
4-6 eggs (*depending on family's appetite*) (W)  
Feta cheese, optional, for topping (*if you can afford it this week*)  
Fresh cilantro or parsley, optional, for topping (*if you have some*)  
1 recipe 10-Minute Pizza Dough ([recipe on page 95](#))  
Olive oil, for drizzling  
Garlic powder or dried herbs, optional

### Directions

- For the Pizza Dough Flatbread:** Preheat oven to 500 degrees F. Follow instructions for [pizza dough on page 95](#).
- Divide dough in two and roll out into two large circles. Place on cornmeal-dusted baking sheets. Poke all over with a fork and brush or drizzle with olive oil. If desired, sprinkle with garlic powder or herbs of choice.
- Bake for about 10 minutes. Let cool for 2-5 minutes, then cut each crust into 4-8 pieces and use for dipping. Set half the pizza crust 'naan' aside and freeze to serve with Spiced Tomato Scrambled Eggs ([recipe on page 49](#)).
- For the Shakshuka:** In a large pan on medium-high heat, heat oil. Add onions and cook until parts of onion are browned.
- Add garlic, cook until fragrant, then add chopped tomatoes and stir to combine.
- Add all spices, salt and chickpeas. Mix well to combine. Let mixture simmer uncovered for 5-10 minutes. With a cooking spoon, create 4-6 wells within the mixture. This is where eggs will go.
- Add 1 egg to each well. If desired, you may season with additional black pepper and salt.
- Cover pan with lid or foil and reduce heat to medium-low. Cook for about 5 minutes. You will know dish is ready when egg whites have fully set and are no longer translucent.
- Turn off heat and if desired, top with crumbled feta and chopped fresh herbs. Serve with flatbread or pita.

**Note:** This shakshuka can also be made in the oven for a hands-free version! After adding the eggs to the mixture, you can bake the dish in the oven at 350-375 degrees F (*depending on your oven*) for 10-12 minutes (*more if the egg whites have not yet set*). Make sure that your pan is oven-safe if you choose to do this. Regarding feta cheese: freeze the leftover for future weeks!



VENUS



This is the FIRST recipe I'll be trying from the meal plan! Everyone always has such great things to say about this dish, I can't wait!

-MORGAN

Shakshuka! So fun to say and to eat!! Love the addition of chickpeas in this recipe. We love enjoying this for dinner. In my opinion, a toasted bread to mop up all the flavorful sauce is a MUST!

-VENUS





# DAY 21

## APPLE AND NUT BUTTER PIZZAS

[See page 32 for recipe.](#)

## PAN-FRIED TUNA PATTIES WITH BAKED SWEET POTATO FRIES

Leftovers - [see page 64 for recipe.](#)

## FRIED RICE CAKES

Yield: 10-12 cakes, 4 servings | Prep time: 10 minutes | Cook time: 20 minutes

### Ingredients

2 eggs **W**  
2 Tbs. soy sauce, more to taste  
2 cups leftover rice (*white or brown*) **(W)**  
1 cup shredded vegetables (*like cabbage, zucchini, carrots, or even corn and peas*) **(W)**  
¼ cup onion, minced **(W)**  
2 Tbs. butter, for cooking  
2 Tbs. oil, for cooking

**Optional mix-ins:** green onions **(W)**, sesame seeds, garlic **(W)**, ginger **(W)**

**Optional toppings:** sesame oil, sriracha, yum yum sauce, mayo, ketchup, Garlic Yogurt Sauce ([from recipe on page 96](#))

### Directions:

1. In a large bowl, beat the egg and the soy sauce. Add the rice, vegetables, and minced onion, and gently mix until well combined.
2. In a skillet over medium-high heat, heat about half the butter and half the oil until butter starts to foam.
3. Working in batches, and adding more butter/oil as needed, scoop about 3 Tbs. (*a little under ¼ cup*) of the mixture and pour onto the pan. Using the back of a measuring cup or spoon, spread out the mixture as needed to form a patty. Your patty should not be wider than your flipping spatula. Do not crowd the pan or they may be too difficult to flip. (*Note: You will need to stir the mixture before scooping each batch to make sure the egg is well combined.*)
3. Cook 3 to 4 minutes, until golden and crisp, then gently flip and cook another 2-3 minutes until fully set.
4. Serve with preferred toppings and enjoy warm or at room temperature!

**Note:** These fried rice cakes are great for using leftovers! Add in your favorite vegetables as long as they are shredded or cut the size of a pea. You can also use frozen stir-fry vegetables if you thaw, drain and chop them first.



CAITLIN

# DAY 21

## SPAGHETTI WITH CLASSIC TOMATO MEAT SAUCE AND ROASTED VEGETABLES

Yield: About 4 servings | Prep time: 10 minutes | Cook time: 20 minutes



VICTORIA

### Ingredients

#### Classic Tomato Meat Sauce

- 1 (28-oz.) can diced or crushed tomatoes (*depending on desired consistency of sauce*) (W)
- 1 ½ Tbs. olive oil
- 4 garlic cloves, diced, or 1 tsp. garlic powder (W)
- 3 tsp. dried oregano
- 16 oz. ground turkey
- 16 oz. whole wheat spaghetti (W)
- Salt and pepper, to taste

#### Roasted Vegetables

- 2 large heads broccoli, chopped into florets (W)
- 2 Tbs. oil
- 1 - 1 ½ tsp. garlic powder
- Salt and pepper, to taste

### Directions

1. Preheat oven to 425 degrees F.
2. In a large bowl, toss broccoli with oil and garlic powder. Lay broccoli flat on baking sheet and lightly sprinkle with salt and pepper. Bake for 20 minutes, until broccoli is fork tender and slightly crispy.
3. Meanwhile, bring a large pot of water to a boil. Add entire box of spaghetti to boiling water. Once al dente, drain pasta and return about half to pot. Save remainder for future use.
4. While spaghetti boils, prepare meat sauce. In a large skillet over medium heat, add oil and ground turkey. Sprinkle turkey with salt and pepper.
5. Add garlic and oregano and stir to combine seasonings. Mix in canned tomatoes and bring to a simmer for 5 minutes.
6. Add pasta sauce to pot with pasta and stir to combine. Add enough pasta so pasta-to-sauce ratio is to your preference.
7. Serve roasted vegetables alongside spaghetti.

**Note:** Can substitute other hearty vegetables (*like Brussels sprouts, carrots, cauliflower, etc.*) in place of broccoli.



# WEEK FOUR

DAY 22 - 28





# DAY 22

## PEANUT BUTTER & CINNAMON RAISIN OATMEAL

[See page 43 for recipe.](#)

## NO-BAKE OATMEAL ENERGY BALLS

[See page 22 for recipe.](#)

## ZESTY QUINOA BOWL

Yield: 4 servings | Prep time: 30 minutes | Cook time: 30 minutes

### Ingredients

#### Tofu

- 2 Tbs. soy sauce
- 1 Tbs. honey or maple syrup (*do not serve honey to babies under age 1*)
- 2 Tbs. lemon juice **(W)**
- ½ tsp. red pepper flakes
- 1 lb. extra firm tofu, pressed\* **(W)**

#### Bowls

- 1 Tbs. oil
- ¼ medium onion, chopped **(W)**
- 1 bell pepper, diced **(W)**
- 2 garlic cloves, minced **(W)**
- 1 medium carrot, sliced into thin coins **(W)**
- 1 cup broccoli florets **(W)**
- ¼ cup vegetable broth
- ½ Tbs. Creole seasoning
- Salt and pepper, to taste
- 2 cups cooked quinoa (*from recipe on page 98*)

### Directions

- 15 minutes before:** Drain and press tofu to remove excess moisture and water. Wrap the tofu in a kitchen towel or paper towels and place a heavy object on top, like a pan or plate with canned goods. Let drain for at least 15 minutes and discard liquid. Once pressed, slice tofu into 1-inch cubes.
- In a medium bowl, mix marinade ingredients. Add diced tofu and toss. Let sit for 10-15 minutes, stirring occasionally.
- In a saucepan over medium-high heat, heat oil. Add vegetables, stirring as needed. After 5 minutes, add tofu, vegetable broth and Creole seasoning. Stir mixture.
- Turn to medium low heat. Cover and cook for 10-15 minutes until tofu is warmed through. Season with salt and pepper as needed.
- Serve warm over quinoa or other grain of choice. If desired, top with extra garlic yogurt sauce.

**Note:** Try the protein and veggie mixture from this recipe on a flatbread with your garlic yogurt sauce for a different application. This recipe is also great with a can of hominy if you can afford it this week.

## STOVETOP POPCORN + PEANUTS *OR* CRACKERS + PEANUT BUTTER

[See page 23 for recipe.](#)



MORGAN



# DAY 22

## SPICY QUINOA TACOS

Yield: 4 servings | Prep time: 10 minutes | Cook time: 25 minutes

### Ingredients

- ½ cup water
- 2 cans black beans, drained and rinsed **(W)**
- 1 ½ cups diced tomatoes (*fresh or canned - about half a can*) **(W)**
- 1 cup corn (*fresh, canned or frozen*) **(W)**
- 1 tsp. cumin
- ½ tsp. paprika
- 1 ½ tsp. chili powder
- ½ tsp. sea salt
- ¾ cup quinoa (*dry/uncooked*), rinsed and drained
- 8 corn tortillas **(W)**
- 2 cups baby spinach **(W)**
- 2 Tbs. plain or Greek yogurt **(W)**
- 1 large avocado, optional (*if available to you this week*) **(W)**

### Directions

1. In a large pot, add water, black beans, tomatoes, corn, cumin, paprika, chili powder and salt. Bring to a simmer.
2. Add quinoa and cook for 12 to 15 more minutes.
3. Warm the corn tortillas on a dry or lightly oiled skillet to make them more pliable and a little sturdier. (*See other options below.*)
4. Place each corn tortilla on a plate and top with spinach, yogurt, quinoa filling and avocado, if using.

**To warm tortillas in the microwave:** Put five or fewer tortillas on a microwavable plate and cover them with a damp paper towel. Microwave in 30-second bursts until they are warmed through.

**To warm tortillas in the oven:** Wrap a stack of five or fewer tortillas in a packet of aluminum foil and bake at 350 degrees F for 15-20 minutes or until heated through. You can do multiple packets of five tortillas each all at the same time.



DEZI

“  
This easy recipe is speaking my language. I love quinoa,  
black beans, and tons of spices.  
-CAITLIN  
”

# DAY 23

## HUMMUS CUCUMBER TOAST *OR* SWEET POTATO TOAST

[See page 29 for recipe.](#)

## PEANUT BUTTER YOGURT DIP

[See page 45 for recipe.](#)

## BLT SALAD BOWLS

Yield: 4 servings | Prep time: 20 minutes | Cook time: 10-15 minutes

### Ingredients:

- 8 eggs (4 servings) **(W)**
- 6 cups spring mix, fresh spinach or chopped romaine lettuce **(W)**
- 2 cups halved cherry tomatoes **(W)**
- ¼ cup olive oil
- 4 slices turkey bacon or substitute other protein
- 1 avocado, chopped, optional (*when they're in season!*) **(W)**

### Directions

1. Hard boil eggs. In a small pot, add enough cold water to cover eggs by 1 inch. Over medium-high heat, bring to a boil. Once boiling, cover pot and remove from heat. Let stand for 12 minutes, then drain and discard water. Place eggs in a bowl of ice-cold water (*water with ice cubes in it*) for 10 minutes, then carefully peel.
2. While eggs are cooling, in a pan over medium heat, cook turkey bacon until crispy. Remove from pan and pat excess oil away with a paper towel. Once cool, chop it into small pieces.
3. To assemble the salads, divide arugula between bowls and top with cherry tomatoes, avocado, chopped turkey bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste.
4. Alternatively, toss the salad together in a large bowl and serve already mixed.

**Notes:** For picky eaters, serve this salad deconstructed with the egg, spring mix, cherry tomatoes, avocado and bacon separated. Bacon or turkey bacon can be cut in half and frozen prior to cooking so you can incorporate it a few times a month.



DEZI

“  
This BLT bowl sounds perfect! I'd love to top this with Morgan's Garlic Yogurt Sauce! Yum!  
-CAITLIN  
”

# DAY 23

## SNACK QUESADILLAS

[See page 46 for recipe.](#)

## HOT SPICED LENTILS (FREEZER FRIENDLY)

Yield: About 17.5 cups cooked; ~35 servings | Prep time: 10 minutes | Cook time: 30-45 minutes

### Ingredients

7 cups dried lentils (*green or brown*) (W)  
14 cups water  
¼ cup oil  
1 medium onion, roughly chopped (W)  
2 Tbs. turmeric  
3 tsp. garlic powder  
1 tsp. black pepper  
1 tsp. cinnamon  
Salt, to taste (*add at end*)

### Batch cook and freeze these to use for

-Hot Spiced Lentils for lunch and dinner on [page 79](#)  
-2 cups for Bean and Noodle Soup (*Aash*) on [page 88](#)  
-1 cup for Jeweled Rice on [page 80](#)

### Directions

1. Using a strainer, rinse lentils and pick out any debris.
2. In a large pot over medium heat, heat oil. Add chopped onion and cook until lightly browned. Stir in spices (*except for salt*).
3. Add rinsed lentils and water to pot, bring to boil and reduce to a simmer. Cover pot with lid and simmer for 20-30 minutes. Check lentils to test doneness. Depending on freshness of lentils, they may need more or less cooking time.
4. Once lentils are soft and tender, turn off heat and add salt to taste.
5. To freeze: Let cool, then divide among freezer bags. One serving is approximately ½ - ¾ cup cooked.

**Note:** Try soaking your lentils overnight the night before for faster cooking the next day.

**Quick tip:** The freshness of lentils impacts the cooking time. The more fresher they are, the faster they will cook. Packages with lots of wrinkled lentils may be older and require a longer cooking time.



VENUS

# DAY 24

## YOGURT PARFAIT WITH JAM, NUTS & GRANOLA

[See page 25 for recipe.](#)

## BANANA-NUT BUTTER ANTS-ON-A-LOG

[See page 25 for recipe.](#)

## TOASTED VEGGIE SANDWICH + COTTAGE CHEESE

[See page 43 for recipe.](#)

## BASIC OATMEAL

[See page 43 for recipe.](#)

## JEWELED RICE PILAF WITH BEEF *(FREEZER FRIENDLY)*

Yield: 7-8 servings | Prep time: 5-10 minutes | Cook time: 30 minutes

### Ingredients

- 3 Tbs. olive oil
- 1 onion, chopped **(W)**
- 3-4 carrots, grated **(W)**
- 1 lb. ground beef
- Salt, to taste
- ½ tsp. cinnamon
- ½ tsp. turmeric
- ½ tsp. black pepper
- ¼ tsp. cumin
- ½ tsp. ground cardamom, optional *(if you happen to have it!)*
- 1 cup raisins **(W)**
- 1 cup cooked lentils *(from Hot Spiced Lentils recipe on page 79)* **(W)**
- 2 cups uncooked medium grain rice *(6 cups cooked)*
- 3 cups water, for cooking rice
- 1 ½ cups plain yogurt, for serving **(W)**

### Directions

1. Rinse rice and prepare according to package directions or [recipe on page 98](#).
2. In a large pot on medium heat, add oil. Add chopped onion and grated carrots and cook until browned.
3. Add ground beef, salt, cinnamon, turmeric, black pepper, cumin and cardamom *(if using)* to pot. Break up ground beef and cook until slightly browned.
4. Add raisins and lentils. Mix to combine.
5. Add rice and gently toss to fully incorporate ingredients. Reduce heat to medium-low and cook for 10-20 minutes.
6. Remove from heat and serve with yogurt.
7. Save leftovers for [Dolma recipe on page 82](#).

**Note:** Cook the lentils and rice ahead of time for best results. This versatile dish freezes well.



VENUS



# DAY 25

## SPICED TOMATO SCRAMBLED EGGS WITH 10-MINUTE PIZZA DOUGH FLATBREAD

[See page 49 for recipe.](#)

## PEANUT BUTTER-BANANA OATMEAL COOKIES

[See page 26 for recipe.](#)

## VEGGIES CALZONES

Yield: 8 medium calzones, 8 servings | Prep time: 20 minutes | Cook time: 8-12 minutes

### Ingredients

2 recipes pizza dough ([recipe on page 95](#))  
1 medium zucchini, chopped **(W)**  
1 cup frozen spinach, thawed, excess liquid squeezed out with dish towel **(W)**  
½ medium onion, minced **(W)**  
1 cup ricotta cheese (*about 8 oz.*)  
4 oz. mozzarella cheese  
½ tsp. salt  
Cornmeal, for dusting baking sheets  
Marinara sauce or leftover tomato-meat sauce, optional, for dipping

### Directions

1. Preheat oven to 500 degrees F and prepare [10-minute pizza dough from page 95](#).
2. Prepare 2 baking sheets by dusting them with cornmeal or covering them with parchment paper.
3. In a large bowl, combine zucchini, spinach and onion. Add ricotta cheese, shredded mozzarella, salt and stir to combine. (*\*Note, can allow family members to choose their own personal fillings based on what you have available and their preferences.*)
4. Divide the dough into 8 equal pieces. On a well-floured surface, roll or stretch each piece of dough into a circle.
5. Divide the filling among the 8 circles, adding it to just one half of the circle.
6. Fold the other half over, then seal the edges by rolling them slightly until a seal is formed.
7. Carefully, using a flat spatula, transfer all 8 calzones to the prepared baking sheets.
8. Bake for 8-12 minutes or until top has started to brown.
9. Serve as is or with marinara sauce for dipping!

**Note:** Freeze leftover calzones for lunch next week!



CAITLIN

# DAY 25

## APPLE AND NUT BUTTER PIZZAS

[See page 32 for recipe.](#)

## DOLMA (STUFFED CABBAGE)

Yield: 7-8 servings | Prep time: 20 minutes | Cook time: 50 minutes

### Ingredients

#### Cabbage

10-12 cups water

Large pinch salt

1 large cabbage head **(W)**

2-3 Tbs. oil

3-4 cups leftover Jeweled Rice ([recipe on page 80](#))

1 ½ cups plain yogurt, to serve **(W)**

#### Tomato Sauce

2 cups canned tomatoes (*whole or diced*) **(W)**

Salt, to taste

½ tsp. black pepper

½ tsp. paprika

2-3 cloves garlic, finely chopped **(W)**

1-2 tsp. fresh parsley **(W)**



VENUS

### Directions

1. In a large pot, bring salted water to boil. Carefully peel off cabbage leaves and place in boiling water. Cook for 2-4 minutes, until leaves become flexible. Remove cabbage leaves from water and set aside to drain for later. Discard cooking water.
2. In the same pot, add canned tomatoes, salt, pepper, chopped garlic and herbs. Bring to boil and reduce to simmer for 10-15 minutes. Mash up tomatoes until sauce appears uniform. If available, the sauce can be blended using a regular or immersion blender.
3. In a baking dish, combine olive oil and sauce.
4. Preheat oven to 350 degrees F.
5. Take a cooked cabbage leaf and fill with about ¼ to ½ cup of Jeweled Rice mixture, depending on the size of the leaf.
6. Fold over 2 sides of cabbage and tightly roll, like a burrito. Repeat until all cabbage leaves are filled, packing them snugly in baking dish. It is okay to stack the dolma on top of each other.
7. Bake in oven for about 30 minutes. Let cool for 10 minutes before serving. Serve with plain yogurt.

**Note:** Instead of cabbage, this recipe can also be made with collard greens, eggplant, zucchini, grape leaves or even bell peppers. Feel free to use whatever is available and accessible. Get your family to help you with rolling the dolma. Boil the cabbage in advance to save time on dinner night!

OMGGGG. 100% choosing this every single time I get the chance. And before you ask, YES I'LL TAKE SECONDS.  
-DEZI

# DAY 26

## ZUCCHINI BREAD PANCAKES

Double the recipe - [see page 52 for recipe](#).

## GRANOLA + MILK OR YOGURT

[See page 37 for recipe](#).

## SALMON BEAN SALAD OR SANDWICH

Yield: 4 servings | Prep time: 10-15 minutes | Cook time: none

### Ingredients

- 2 (6-oz.) cans salmon, drained (**W\***)
  - 1 (15-oz.) can white cannellini or Great Northern Beans, rinsed and drained (**W**)
  - 2 garlic cloves, finely chopped (**W**)
  - ¼ cup chopped fresh cilantro or parsley
  - ½ cup chopped onion (**W**)
  - 1 Tbs. extra virgin olive oil
  - Juice of 1 lemon or more, to taste (**W**)
  - Salt and pepper, to taste
  - 8 slices whole wheat bread or 4 cups of fresh salad greens (**W**)
  - 1 medium avocado, chopped, optional (**W**)
- \*This item is included in some packages and not in others

### Directions

1. In a large bowl, add salmon and break into bite-sized pieces with a fork. Add in remaining ingredients and mix well. Season with salt and pepper to taste.
2. **Enjoy as sandwich:** Spoon one fourth of salad mixture on 1 slice of bread.
3. Top with some greens and another slice of bread. Repeat until you have 4 sandwiches.
4. **Enjoy as salad:** Serve over a bed of greens.

**Note:** Make at least an hour before and chill in the fridge for optimal deliciousness.



MIN



# DAY 26

## WARM QUINOA BOWLS

Yield: 4 servings | Prep time: 5 minutes | Cook time: 5 minutes

### Ingredients

¼ cup milk **(W)**  
3 Tbs. apple juice concentrate or 1-2 Tbs. honey (*do not serve honey to babies under age 1*) **(W)**  
1 ½ cup cooked quinoa (*from about ½ cup uncooked or whatever remaining quinoa you have*)  
1 Tbs. chia seeds, optional (*if you have them this week*)  
¼ tsp. ground cinnamon, optional  
Zest of 1 lemon, optional

### Directions

1. In a medium pot over low-medium heat, combine all ingredients and warm.

**Note:** If desired, increase the amount of milk and cook longer for more of a porridge consistency.



CAITLIN

## RED BEANS AND RICE WITH SAUTÉED COLLARDS

Yield: 4 servings | Prep time: 10 minutes | Cook time: 30 minutes

### Ingredients

1 Tbs. oil  
1 cup diced red bell pepper (*from about 1 large bell pepper*) **(W)**  
½ cup chopped celery **(W)**  
¼ cup diced onion **(W)**  
1 garlic clove, minced **(W)**  
1 Tbs. Italian seasoning  
½ tsp. paprika  
¼ tsp. cumin  
1 cup uncooked medium grain rice  
1 (15-oz.) can large red kidney beans, drained **(W)**  
2 cups vegetable or chicken broth (*can use homemade or bouillon*)  
½ cup stewed "Italian Style" tomatoes or any canned tomatoes **(W)**  
Salt, to taste  
Sautéed Collard Greens **(W)** (*recipe on page 103*), to serve  
Leftover cornbread, optional, to serve



MORGAN



### Directions

1. In a pot over medium-high heat, warm oil. Add bell pepper, celery and onion and sauté until translucent, then add garlic.
2. As soon as garlic is fragrant (*about 30-60 seconds*), add remaining spices (*Italian seasoning, paprika, cumin*), rice, beans, broth and stewed tomatoes. Cover and cook until rice is tender, about 15-20 minutes.
3. Add salt to taste and serve.

I have had variations of rice and bean dishes all over the world, and I love that this method cooks them together in one pot to make it even easier.

-CAITLIN



# DAY 27

## PEANUT BUTTER BANANA TOAST

See page 28 for recipe.

## VEGGIE FRITTATA MUFFINS

See page 34 for recipe.

## PB AND CHIA JAM SANDWICH

Yield: 4 servings | Prep time: 10 minutes | Cook time: none

### Ingredients

8 slices whole wheat bread **(W)**

½ cup chia jam (*recipe on page 100*) or store-bought jam if preferred

⅓ cup nut butter, seed butter or peanut butter of choice **(W)**

Any additional fruit or raw veggies, optional **(W)**

### Directions

1. Toast bread, if desired.
2. Spread nut butter of choice on half the slices of bread. Spread chia jam on the other half.
3. Close each sandwich and slice.

Can someone please tell me why I haven't thought of this before? I can't wait to try this out with other fruits I have on hand!

-VENUS



DEZI



# DAY 27

## SNACK PLATE WITH HUMMUS AND/OR EGGS

[See page 37 for recipe.](#)

## CHICKEN KABOB WITH RICE AND SALAD

Yield: 4 servings | Prep time: 10 minutes + marinating time | Cook time: 30 minutes

### Ingredients

1 ½ - 2 lb. dark meat chicken (*about 4-6 drumsticks or thighs*)  
Juice of 1 lemon **(W)**  
3 Tbs. oil  
1 tsp. turmeric  
1 tsp. black pepper  
1 tsp. garlic powder  
1 tsp. paprika  
Salt, to taste  
1 ½ cup uncooked rice

### Side Salad

1 head chopped romaine lettuce **(W)**  
1-2 grated carrots **(W)**  
Salad dressing or homemade vinaigrette of choice ([see page 102](#))

### Directions

1. Rinse rice and prepare according to package directions or [recipe on page 98](#). (*Can use leftovers for [Fried Rice Cakes on page 73](#).*)
2. In a large bowl, add all ingredients except the rice and salad, and mix well so chicken is uniformly spiced.
3. If time allows, allow chicken mixture to marinate in the fridge for a few hours.
4. About 30 minutes before cooking, preheat oven to 400 degrees F.
5. Transfer chicken to a baking dish and bake for 25-30 minutes or until internal temperature of 165 degrees F is reached. (*Exact timing will depend on oven.*)
6. Let cool for a few minutes before serving with rice and a side salad.

**Note:** You can save and freeze the bones to make stock later on. Try marinating the chicken the morning of or the night before, to allow the chicken more time to develop flavor.



VENUS

I love kebabs, but I always struggle with knowing how to season them. This Mediterranean twist will make a delicious kebab for fun weeknight dinners! I already keep turmeric around the house for its unique flavor, beautiful color, and its health benefits!

-VICTORIA

# DAY 28

## YOGURT PARFAIT WITH JAM, NUTS & GRANOLA

[See page 25 for recipe.](#)

## FRIED RICE CAKES

[See page 73 for recipe.](#)

## OVEN-BAKED VEGGIE QUESADILLAS

Yield: 3 quesadillas, 4 servings | Prep time: 15 minutes | Cook time: 10 minutes

### Ingredients

10 medium flour tortillas (*even better with 6 large 'burrito' size tortillas if you can find them!*)

1 ½ cups cheddar cheese, shredded **(W)**

1 cup diced zucchini or other vegetables of choice, chopped (*spinach, tomatoes, bell peppers, mushrooms, broccoli, etc.*) **(W)**

1 cup black beans, drained **(W)**

Salt, to taste

**Optional:** salsa, sour cream or plain yogurt **(W)**

### Directions

1. Preheat oven to 450 degrees F.
2. On baking sheet, evenly sprinkle 1 tortilla with ⅓ cup shredded cheese, ⅓ cup of chopped vegetable, and ¼ cup black beans.
3. Sprinkle a pinch of salt evenly over beans and vegetables.
4. Place second tortilla on top.
5. Repeat steps 2-4 for a total of 5 medium quesadillas or 3 large
6. Bake in preheated oven for 7-10 minutes until top tortilla gets small brown spots, and cheese is melted inside.
7. If desired, top with salsa and sour cream or plain yogurt.



VICTORIA



This recipe brings me back to my childhood because oven-baked quesadillas were one of the first things my siblings and I made for ourselves. They're so easy and so good!

-CAITLIN



# DAY 28

## REFRIED BEAN DIP WITH BAKED TORTILLA CHIPS

[See page 40 for recipe.](#)

## BEAN AND NOODLE SOUP - AASH (FREEZER FRIENDLY)

Yield: 4-6 servings | Prep time: 15 minutes | Cook time: 40-50 minutes

### Ingredients

4-5 Tbs. olive oil  
1 onion, chopped (W)  
3-4 cloves garlic, chopped (W)  
2 cups frozen spinach (or 3 ½ cups chopped fresh) (W)  
1 bunch cilantro, chopped (check menu - save some for recipes later this week)  
½ bunch parsley, chopped  
Salt, to taste  
1 tsp. black pepper  
2 tsp. turmeric  
1 tsp. garlic powder  
2 cups cooked lentils (from [Hot Spiced Lentils recipe on page 79](#)) (W)  
1 (15-oz.) can chickpeas, drained (W)  
7-8 cups broth of choice (or water)  
8 oz. whole wheat linguine or spaghetti (uncooked) (W)

### Toppings

1 cup plain or Greek yogurt or Greek (W)  
Fresh or dried mint, optional, for garnish

### Directions

1. In a large pot on medium heat, add olive oil. Add chopped onion and cook until browned. Then, add chopped garlic. Cook for 2-3 minutes
2. Add spinach, cilantro, parsley, salt, black pepper and turmeric. Cook until greens have cooked down and wilted.
3. Add lentils, chickpeas, and water. Increase to medium-high and bring mixture to boil.
4. While mixture is still boiling, add noodles and cook for 15-20 minutes or until tender.
5. Turn off heat and ladle soup into serving bowls. (You may also need tongs for the noodles.) Top each bowl with a big dollop of yogurt and mint if desired!

**NOTES:** Feel free to add other beans (such as kidney beans) to this recipe, too! This freezes well and serves 4 generously. To stretch it to 8 servings, add another can of beans and a side salad.



VENUS

I'll never forget the first time I had this dish! My very sweet neighbor gifted me some to show her appreciation for walking with her one evening. She was in her 80s and it was dark, of course I'm walking with you!

A memory I'll always cherish ❤️  
-MORGAN



# WEEK FIVE

DAY 29 - 30





# DAY 29

## SHAKSHUKA WITH PIZZA DOUGH FLATBREAD

[See page 72 for recipe.](#)

## PEANUT BUTTER YOGURT DIP

[See page 45 for recipe.](#)

## VEGGIE CALZONES

Leftovers - [see page 81 for recipe.](#)

## NUT BUTTER-STUFFED DATES

Yield: About 4 servings, 3 dates per person | Prep time: 10 minutes | Cook time: none

### Ingredients

- 8 oz. dates (*about 12*), pitted **(W)**
- $\frac{3}{4}$  cup nut butter, seed butter or peanut butter of choice **(W)**
- $\frac{1}{2}$  tsp. cinnamon, optional
- 1 Tbs. shredded coconut, optional

### Directions

1. Stuff your dates with nut butter, seed butter or peanut butter of choice. About 1 Tbs. butter of choice per date.
2. If desired, sprinkle stuffed dates with cinnamon and shredded coconut.
3. Chop into small pieces for children under age 4.

This is truly a snack I wish I had more regularly - the mix of the deep sweet flavor of a date and the smooth buttery taste of nut butter is a winning combination!

-MORGAN

Go a step further and dunk the stuffed dates in melted chocolate! O.M.G 😍

-MIN

Min! You just took this recipe to a WHOLE OTHER LEVEL. I am so doing that next time I have this!

-VENUS



VENUS



# DAY 29

## GROUND GYRO WRAPS WITH YOGURT FLATBREAD (+ MAKE PIZZA DOUGH - DOUBLE BATCH)

Yield: 4 servings | Prep time: 20 minutes | Cook time: 15-20 minutes

### Ingredients

#### Yogurt Flatbread

2 cups all-purpose flour  
3 tsp. baking powder  
½ tsp. salt

1 ⅓ cup plain yogurt (W)

4 oz. hummus, to serve

#### Roasted Vegetables

1 pint (8-10 oz.) grape tomatoes, halved, or 2 cups roma tomatoes, chopped (W)

½ red onion, sliced (W)

2 zucchinis, diced (W)

2 tsp. oil

1 tsp. garlic powder

Salt and pepper, to taste

#### Ground Gyro Meat

1 Tbs. oil

½ onion, minced (W)

4 garlic cloves, minced, or 1 tsp. garlic powder (W)

1 tsp. ground cumin

1 tsp. oregano

16 oz. ground turkey

Salt and pepper, to taste (start with ¼ tsp. each)

### Directions

- For the Flatbread:** In a large bowl, combine flour, baking powder and ½ tsp. salt. Mix in yogurt with a wooden spoon until it forms well-combined sticky dough.
- Divide dough into 6 equal parts. On a floured surface, roll each section into a 10-inch disc.
- Over medium heat, heat a large skillet for 5 minutes. Add one disc of dough to the hot skillet (*no oil needed*) and within a minute, bubbles should appear. Flip and cook for one additional minute on the other side.
- Repeat for remaining discs. Once all flatbreads are cooked, stack them on a plate and cover with a towel or aluminum foil to keep warm.
- For the Vegetables:** Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.
- In a large bowl, toss together vegetables, oil and seasoning. Evenly spread out vegetables on a prepared baking sheet. Roast for 15-20 minutes, until soft and slightly crispy.
- For the Gyro Meat:** As vegetables roast, heat a skillet with 1 Tbs. oil on medium heat. Add minced onions and ground turkey and cook until beginning to brown, stirring as needed. Add garlic, cumin, oregano, salt and pepper. Continue stirring gyro mixture until evenly browned and cooked through.
- Once flatbreads, roasted vegetables and gyro meat are all thoroughly cooked, build your wraps. Enjoy gyro meat and vegetables in a flat bread with a smear of hummus inside.



VICTORIA



“

One of my all-time favorite memories involves my best friend and I eating the best Turkish gyros known to human-kind. We ate that meal quickly and without a word...

It was THAT good. I can't wait to make this dish and relive that memory!  
-VENUS

I made these for New Year's Eve dinner in my house and they felt like such a feast! Try this dish with the cucumber-yogurt sauce from the Spicy Chickpea salad!

-CAITLIN

”

# DAY 30

## PEANUT BUTTER & CINNAMON RAISIN OATMEAL

[See page 43 for recipe.](#)

## BANANA-NUT BUTTER ANTS-ON-A-LOG

[See page 25 for recipe.](#)

## TAHINI TUNA SALAD SANDWICH WITH SIDE VEGGIES

Yield: About 4 servings | Prep time: 10 minutes | Cook time: none

### Ingredients

- 1 (12-oz.) can tuna in water, drained **(W)**
- ¼ cup tahini (can use mayonnaise or yogurt if no tahini on hand)
- 1-2 ribs celery, finely diced **(W)**
- Juice of ½ lemon **(W)**
- Salt or celery salt, optional, to taste
- ½ tsp. garlic powder
- ½ tsp. paprika
- Black pepper, to taste
- 8 slices whole wheat bread, for serving (about 1-2 slices per person) **(W)**
- 2-3 carrots, sliced **(W)**

### Directions

1. In a large mixing bowl, add all ingredients except for bread and carrots.
2. Mix until well incorporated.
3. Serve on whole grain bread with carrot sticks on the side.

**Note:** In place of tuna, you can use canned salmon or sardines, or you can mix a few different types of fish together!



VENUS

## FISH STICKS + FRUIT

[See page 22 for recipe.](#)





# DAY 30

## SAUSAGE AND RICE-STUFFED PEPPERS WITH CORNBREAD

Yield: 4 servings (half a pepper for each kid) | Prep time: 15 minutes | Cook time: 1 hour

### Ingredients

8 - 12 oz. uncooked turkey sausage, casing removed

½ medium onion, chopped **(W)**

2 garlic cloves, minced **(W)**

1 tsp. Italian seasoning

½ tsp. sea salt *(a pinch)*

1 ½ cups uncooked white rice (*½ cup = 2 Tbs.*) **(W)**

¾ cup tomato sauce

3 bell peppers **(W)**

Serve with cornbread, if desired

### Directions

1. Preheat oven to 350 degrees F. Add water to the bottom of a baking dish and set aside.
2. Over medium-high heat, heat skillet. Add sausage and cook, breaking it up with a wooden spoon, about 8 minutes or until no longer pink. Drain excess drippings from pan.
3. Add onion, garlic, Italian seasoning and salt to pan with sausage. Cook 3 to 5 minutes until onions have softened. Remove pan from heat and stir in uncooked rice and tomato sauce until well combined and cook for 35-40 minutes or until rice is at a desirable texture.
4. Cut off tops of bell peppers. Remove and discard seeds and ribs.
5. Stuff peppers with sausage and rice filling. Place peppers upright in prepared baking dish. Cover with foil or lid and bake 45 to 50 minutes or until peppers are tender and rice is fully cooked.
6. Divide between plates and serve with cornbread. *(Optionally, you can carefully cut bell peppers in half before serving.)*



DEZI

If there's stuffed vegetables involved, I'm totally here for it. I love how flavors are layered into this dish with different cooking styles, seasonings, and spices in the sausage. DEE-LISH!

-VENUS





# STAPLE RECIPES





# STAPLE RECIPES

## 10-MINUTE PIZZA DOUGH

Yield: 4 servings | Prep time: 15 minutes | Cook time: 10 minutes

### Ingredients

$\frac{3}{4}$  cup warm water (*see notes*)  
1 tsp. active dry yeast  
1 tsp. honey or sugar  
2 cups all purpose flour, plus about  $\frac{1}{2}$  cup more for kneading and dusting your work surfaces  
1 tsp. salt  
1  $\frac{1}{2}$  Tbs. olive oil  
Cornmeal, for dusting

### Directions

1. Preheat the oven to 500 degrees F. If you have a pizza stone, be sure it's in the oven before you turn it on (*this prevents it from cracking*). If you are not using a pizza stone you can use a cookie sheet. (*Sometimes flipping over the baking sheet and using the back is easier for pizza.*)
2. Pour the warm water in a large bowl. Add the yeast and honey and let it sit for about 1 minute until it's a little foamy.
3. Add the flour, salt and olive oil. Stir to combine (*I use a sturdy spatula or wooden spoon*) and form a shaggy dough.
4. Flour a clean work surface and dump the dough onto it. Knead the dough for about 4 minutes, incorporating any dry bits that weren't mixed in the bowl.
5. Place the dough back in the used bowl and cover it with a kitchen towel. Put the bowl on top of the stove (*the heat from the oven will help the dough rise*) and let sit for 5 minutes.
6. While you wait for the dough, get the pizza toppings ready.
7. Dust two baking sheets with cornmeal to prevent sticking.
8. Divide the dough in half (*well-floured hands help*) and stretch it carefully into a circle or oval, whatever fits your baking sheet. You can also roll it out on a very well-floured surface.
9. After you've shaped your crust, place your circle or oval of dough on the prepared cornmeal-dusted baking sheet and assemble toppings.
10. Place the cookie sheet in the oven (*middle rack preferred*) and bake for 10 minutes (*more if you made a thicker crust*) or until the crust is golden and the cheese is melted. Depending on your oven, you may or may not be able to cook both pizzas at once.

**Notes:** Make sure your water is just barely warm to the touch before adding the yeast. Too hot will kill the yeast and too cold won't activate it. If you buy the little envelopes of yeast you will have some left over. Envelopes typically contain 2  $\frac{1}{4}$  tsp. Fold the remaining yeast up tightly and store in the freezer for the next time.



CAITLIN

# STAPLE RECIPES

## CORNBREAD

Yield: 8 servings | Prep time: 15 minutes | Cook time: 30 minutes

### Ingredients

- 1 cup cornmeal
- 1 cup all-purpose flour or whole wheat flour
- 2 Tbs. baking powder
- ½ tsp. salt
- ¼ cup oil
- 2 eggs (W)
- 1 ½ cup milk (W)
- ¼ cup honey or other sweetener of choice
- 4 Tbs. butter, for serving

### Directions

1. Preheat oven to 400 degrees F.
2. In a large bowl, mix dry ingredients.
3. In a separate bowl, mix wet ingredients then add to dry ingredients and stir until combined.
4. Transfer mixture to a cast iron skillet or an 8x8-inch baking pan.
5. Bake for 30 minutes or until a knife comes out clean.

**Leftovers:** If you have leftover cornbread, serve it warm with butter with another meal. Can be frozen in freezer bags.



MORGAN

“ Warm cornbread with melted butter conjures up the coziest memories - such a delicious homemade treat!  
-CAITLIN ”

## GARLIC YOGURT SAUCE

Yield: 42 cups (8 servings) | Prep time: 10 minutes | Cook time: none

### Ingredients

- 16 oz. plain yogurt (W)
- Juice from 2 limes (W)
- 3 garlic cloves, minced (W)
- 1 tsp. honey or maple syrup
- Salt and pepper, to taste

### Directions

1. In a bowl, mix together all ingredients
2. Add salt and pepper to taste.



MORGAN



# STAPLE RECIPES

## COLESLAW

Yield: 6 servings | Prep time: 15 minutes | Cook time: none

### Ingredients

1 (16-oz.) bag Tri-Color Coleslaw (*green and red cabbage, carrots*)  
½ cup Garlic Yogurt Sauce (*from recipe on page 97*)  
2 Tbs. lemon juice **(W)**  
2 tsp. honey or other sweetener of choice  
¼ tsp. salt  
1 tsp. Dijon mustard, optional  
Salt and pepper, to taste

### Directions

1. In a bowl, mix together all ingredients.
2. Add salt and pepper to taste.
3. Save leftovers for topping Fish Sandwich.



MORGAN

## DRY BEANS

Yield: About 6 cups cooked beans (8 servings) | Prep time: 1 hour | Cook time: 1-2 hours

### Ingredients

2 cups dry beans (*a 1-lb. bag*) **(W)**  
8 cups water (*plus more as needed*)  
Salt, to taste

### Directions

1. Rinse dry beans well in cold running water. Add rinsed beans to a large pot and cover with fresh water (*3-4 cups*); bring to a rolling boil.
2. Boil for 2-3 minutes.
3. Remove from heat, cover and soak for at least 1 hour.
4. Drain beans and discard soaking water.
5. Add beans back to a large pot and cover again with fresh water (*3-4 cups*).
6. Bring pot to a simmer. Simmer gently until beans are tender but firm. You should be able to easily mash a bean against the side of the pot with a fork or spoon.

**Note:** Beans will harden as they cool, so you may want to cook them about 15 minutes longer than you think.

### Approximate cooking times for beans

Black beans: 60-90 minutes

Great Northern beans: 45-60 minutes

Red beans: 90-120 minutes

Navy beans: 90-120 minutes

Pinto beans: 90-120 minutes

**To improve digestion:** Some people struggle to digest beans. If this is your family, consider investing in some kombu (*online or at international markets for \$4-\$8*), which is a type of seaweed that improves the digestibility of beans. You simply add 1 piece of kombu to the cooking water in either of the cooking steps. The kombu will break apart while cooking, and you can choose to consume it or discard it.



CAITLIN

# STAPLE RECIPES

## MEDIUM GRAIN RICE

Yield: 3 cups cooked (4-6 servings) | Prep time: 15 minutes | Cook time: 20 minutes

### Ingredients

- 1 cup white medium grain rice, well rinsed\*
- 1 ½ cups water (*plus more for rinsing*)
- ¼ tsp. salt
- 1 tsp. extra virgin olive oil

### Directions

\*To rinse rice: Place 1 cup rice in a large pot. Cover with water and swish around. Drain into a colander or fine mesh strainer and repeat 1-3 times until water runs mostly clear. This removes some of the starch and makes the rice fluffier (*and less gooey*) once cooked.

1. In a large pot, bring water to a boil. Add the rice, salt and oil.
2. Cover, reduce heat to low and cook until the water is absorbed, about 15-20 minutes.
3. Remove from heat and let it sit, still covered, for 10 minutes.
4. Uncover and fluff with a fork.

**Note:** Different types of rice may need more or less water, so we recommend reviewing the ingredients and instructions on the rice you purchase.



CAITLIN

## QUINOA

Yield: 3 cups cooked (4-6 servings) | Prep time: 15 minutes | Cook time: 15-20 minutes

### Ingredients

- 1 cup dry quinoa, rinsed\*
- 1 ¾ cups water (*plus more for rinsing*)
- Salt, to taste

### Directions

\*To rinse quinoa: Place 1 cup quinoa in a large pot. Cover with water and swish around. Drain into a colander or fine mesh strainer and repeat 1-3 times until water runs mostly clear. This removes bitter-tasting saponin compounds and makes the quinoa taste better!

1. Heat a medium-sized pot on medium-low heat.
2. Pour rinsed quinoa into the pot. Stir for about 2 minutes until fragrant.
3. Add water. Bring to a boil. Reduce heat, cover and simmer for 15 minutes.
4. Remove from heat and let sit, undisturbed (*do not remove lid*), for 10 minutes.
5. Remove lid and fluff with fork.



CAITLIN

# STAPLE RECIPES

## EASY CHICKEN BROTH

Yield: ~8 cups (64 oz.) broth | Prep time: 1 hour + 10 minutes | Cook time: 8-12 hours

### Ingredients

Leftover chicken carcass and bones

**Optional:** vegetable scraps from onions, carrots, celery or root vegetables

*(not from cruciferous vegetables, which include broccoli, cauliflower, cabbage, and brussels sprouts)* **(W)**

1 tsp. salt

1 Tbs. apple cider vinegar

Water *(enough to cover)*



CAITLIN

### Directions for stove top

1. To a large pot, add carcass and any vegetable scraps with apple cider vinegar. Add just enough water to fully cover the bones.
2. Bring to a boil, then immediately reduce to a low simmer *(occasional bubbles, not aggressive bubbles)*. Simmer over low heat for at least 2 hours or up to 8 hours if your schedule allows.
3. Set a colander or strainer over a large bowl and pour broth contents carefully into a strainer, making sure you don't overflow the bowl. Add salt to taste.
4. Let cool for 1 hour, then divide broth among different containers and store in the fridge for 7 days or in the freezer for several months. If storing in the freezer, store in airtight bags, quart containers or jars. If using glass jars, be sure to only fill glass about 70% of the way to allow room for the liquid to expand in the freezer. *(Otherwise the glass will shatter.)*

### Directions for slow cooker

1. To slow cooker, add carcass and any vegetable scraps. Add salt and apple cider vinegar.
2. Add just enough water to fully cover the bones.
3. Cook on low for 8-12 hours or overnight.
4. Set a colander or strainer over a large bowl and pour broth contents carefully into a strainer, making sure you don't overflow the bowl.
5. Let cool for 1 hour, then divide broth among different containers and store in the fridge for 7 days or in the freezer for several months. If storing in the freezer, store in airtight bags, quart containers or jars. If using glass jars, be sure to only fill glass about 70% of the way to allow room for the liquid to expand in the freezer. *(Otherwise the glass will shatter.)*

# STAPLE RECIPES

## FROZEN BERRY CHIA JAM

Yield: 8 servings (about 14-16 Tbs. or 1 cup) | Prep time: 30 minutes | Cook time: 15 minutes

### Ingredients

- 1 ½ cup (8 oz.) frozen berries (W)
- ¾ cup water
- 3 Tbs. honey, maple syrup or white sugar
- 3 Tbs. chia seeds
- 1-2 Tbs. lemon juice, optional, as a flavor booster

### Directions

1. In a small sauce pot, combine frozen berries and water. Heat until the berries begin to break down and the mixture starts to simmer. Stir well and mash the berries as much as you like. *(You can use a blender or immersion stick, a fork, or potato masher.)*
2. Simmer, stirring constantly, for about 2 minutes to thicken. If using granulated sugar *(instead of a liquid sweetener)*, add during this stage to melt into the jam.
3. Remove from heat, add chia seeds and sweetener *(and lemon, if using)*.
4. Stir well and set aside for 15-30 minutes or until thickened.
5. Taste and adjust sweetness to your liking, or add some more chia seeds to make it thicker and water to make it thinner.
6. Let cool and serve. Store in a jar in the fridge for up to 2 weeks. Can freeze half in a separate container to use later in the month.

**Note:** This recipe works best with mixed berries, but you can use whatever berries you prefer. Chia seeds are a pricy ingredient, but they're packed with fiber and protein and healthy fats, so if you can afford them, they're well worth it. A bag should be enough for at least 1-2 months of recipes. This recipe can also be made without chia seeds. If omitting chia seeds, in step 2, simmer for about 10-15 minutes to thicken and skip step 4.



CAITLIN





# STAPLE RECIPES

## HOMEMADE OAT-BASED GRANOLA

Yield: ~16 servings | Prep time: 5 minutes | Cook time: 30-35 minutes

### Ingredients

- 4 Tbs. butter
- 4 Tbs. honey (or other sweetener like maple syrup, brown sugar, or sugar)
- ½ cup apple juice concentrate (can also try pineapple!) (W\*)
- 5 cups rolled oats (W)
- 4 tsp. cinnamon
- 1 tsp. salt
- 1 cup flaked coconut, optional
- \*if 100% fruit juice

### Directions

1. Preheat oven to 325 degrees F.
2. In a small saucepan, melt butter. Remove from heat and add honey and juice concentrate, stirring until melted and incorporated.
3. In a large bowl, combine rolled oats, ground cinnamon and salt. Pour wet ingredients over this mixture and mix until well combined.
4. Spread granola mixture over lined baking sheet and gently press mixture down.
5. Bake for 25-30 minutes, or until granola reaches a golden brown color.
6. Remove from the oven and allow to cool completely before stirring or breaking apart.
7. Store in a ziplock bag or other airtight container at room temperature.
8. One serving is about ⅓ cup, but feel free to adjust to your preferences and your appetite!

**Note:** If you don't have apple juice concentrate, you can increase the honey, but just know that the juice concentrate makes this especially crisp and crunchy! Be sure to freeze remaining apple juice concentrate to use in future weeks. Freeze it in a ziplock bag or in ice cube trays.



CAITLIN



# STAPLE RECIPES

## SALAD DRESSINGS

This meal plan leaves room for you to purchase your dressing of choice, but we wanted to include some guidance on making your own dressings with the ingredients included, based on your personal preferences. These instructions will make 2-4 servings of dressing. Have fun!

### How to make a vinaigrette:

3 Tbs. olive oil + 1 Tbs. vinegar or citrus juice + salt & pepper to taste  
To prepare, whisk well or shake in a jar to fully combine.

### How to make a creamy dressing:

Replace 1 Tbs. oil in the vinaigrette recipe with your creamy ingredient of choice (*creamy ingredients include: plain or greek yogurt, mayonnaise, tahini, nut butter, etc.*), and add 1-2 Tbs. water as needed to reach desired consistency.

2 Tbs. olive oil + 1 Tbs. creamy ingredient + 1 Tbs. vinegar or citrus juice + salt and pepper to taste

### Fun add-ins for dressings:

½ tsp. dried herbs or spices, 1 Tbs. fresh chopped herbs, or 1 tsp. flavorful add-ins like mustard, horseradish, soy sauce, honey or fresh ginger.

|   |   |
|---|---|
| <p style="text-align: center;"><b>LEMON-HONEY VINAIGRETTE</b><br/>3 Tbs. olive oil<br/>1 Tbs. lemon juice <b>(W*)</b><br/>1 tsp. honey<br/>Salt and pepper, to taste<br/><i>*this item is included in some packages and not in others</i></p> | <p style="text-align: center;"><b>TAHINI-DILL DRESSING</b><br/>2 Tbs. olive oil<br/>1 Tbs. tahini<br/>1 Tbs. water<br/>1 Tbs. vinegar or lemon juice <b>(W)</b><br/>1 Tbs. chopped fresh dill or other herbs<br/>Salt and pepper, to taste</p>                                  |
| <p style="text-align: center;"><b>SOY-GINGER DRESSING</b><br/>3 Tbs. olive oil<br/>1 Tbs. apple cider vinegar or rice wine vinegar<br/>1 tsp. soy sauce<br/>½ tsp. dried ginger or 1 Tbs. fresh ginger <b>(W)</b></p>                         | <p style="text-align: center;"><b>SPICY CILANTRO DRESSING</b><br/>2 Tbs. olive oil<br/>1 Tbs. mayonnaise<br/>1 Tbs. water<br/>1 Tbs. lime juice <b>(W)</b><br/>1 Tbs. finely minced cilantro<br/>½ tsp. red pepper flakes (<i>or cayenne</i>)<br/>Salt and pepper, to taste</p> |

Adjust flavors and ratios as desired to create your own dressings!

# STAPLE RECIPES

## BAKED CORN TORTILLA CHIPS

Yield: 8 servings | Prep time: 10 minutes | Cook time: 10-15 minutes

### Ingredients

8 small corn tortillas (W)  
1 Tbs. olive oil  
½ tsp. salt

### Directions

1. Preheat the oven to 350 degrees F. Line 1 or 2 baking sheets with parchment paper.
2. Stack the tortillas on top of each other, then cut into six equal-sized wedges. In a large bowl, add the tortilla pieces and drizzle oil over top. Gently toss to lightly coat the tortillas. Herbs and spices can be added at this time, if desired.
3. On prepared baking sheet, spread out the tortilla pieces in a single layer, trying not to overlap. Sprinkle lightly with salt.
4. Bake the chips for 10 minutes. Gently stir and flip them over. Return the chips to the oven and bake until golden brown (3-5 minutes more). Season with salt once more.
5. Allow the chips to cool before serving. They will crisp even further as they cool down.
6. Save half of this recipe for serving with leftovers.

**Note:** Every oven is a little different, as are brands of tortillas. Watch the chips closely for color change and adjust cooking time as needed.



CAITLIN

## SAUTÉED COLLARD GREENS

Yield: 4 servings | Prep time: 10 minutes | Cook time: 15 minutes

### Ingredients

2 lb. fresh collard greens (W)  
1 Tbs. oil  
½ medium onion, diced (W)  
3 garlic cloves, minced (W)  
½ tsp. paprika  
⅓ - ½ cup water or broth of choice  
Juice from 1 lemon (W)  
Salt and pepper, to taste

### Directions

1. Wash greens thoroughly and stack on top of each other. Roll tightly lengthwise. Slice crosswise into thin strips, chiffonade style.
2. In a pan over medium heat, heat oil. Add diced onions and cook until slightly translucent. Stir in garlic and sprinkle in paprika. Add greens, stirring constantly for 5 minutes.
3. Add water or broth and cover. Continue cooking for 2 minutes.
4. Add in lemon juice and season with salt and pepper to taste.



MORGAN

“ We eat a lot of kale and spinach. Collard greens...can't even remember the last time I purchased them from the store! This recipe was absolutely delicious and super simple to make. My toddler, on the other hand, was very "cautious" around this new vegetable, but I will keep exposing him to it from this point on!

-MIN





**CONVERSION CHARTS AND  
NUTRITION ANALYSIS**



# CONVERSION CHARTS

| VOLUME EQUIVALENT FOR LIQUIDS |                                  |                   |
|-------------------------------|----------------------------------|-------------------|
| UNITED STATES STANDARD        | UNITED STATES STANDARD IN OUNCES | METRIC CONVERSION |
| 2 tablespoons                 | 1 fl. oz.                        | 30 ml.            |
| $\frac{1}{4}$ cup             | 2 fl. oz.                        | 60 ml.            |
| $\frac{1}{2}$ cup             | 4 fl. oz.                        | 120 ml.           |
| 1 cup                         | 8 fl. oz.                        | 240 ml.           |
| 1 $\frac{1}{2}$ cup           | 12 fl. oz.                       | 355 ml.           |
| 2 cups or 1 pint              | 16 fl. oz.                       | 475 ml.           |
| 2 cups or 1 quart             | 32 fl. oz.                       | 946 ml.           |
| 1 gallon                      | 128 fl. oz.                      | 3785 ml.          |

| VOLUME EQUIVALENTS FOR DRY INGREDIENTS |                   |
|--|-------------------|
| UNITED STATES STANDARD                 | METRIC CONVERSION |
| $\frac{1}{8}$ teaspoon                 | .5 ml.            |
| $\frac{1}{4}$ teaspoon                 | 1 ml.             |
| $\frac{1}{2}$ teaspoon                 | 2 ml.             |
| $\frac{3}{4}$ teaspoon                 | 4 ml.             |
| 1 teaspoon                             | 5 ml.             |
| 1 tablespoon                           | 15 ml.            |
| $\frac{1}{4}$ cup                      | 59 ml.            |
| $\frac{1}{3}$ cup                      | 79 ml.            |
| $\frac{1}{2}$ cup                      | 118 ml.           |
| $\frac{2}{3}$ cup                      | 156 ml.           |
| $\frac{3}{4}$ cup                      | 177 ml.           |
| 1 cup                                  | 235 ml.           |
| 2 cups (1 pint)                        | 475 ml.           |
| 3 cups                                 | 700 ml.           |
| 4 cups (1 quart)                       | 1 l.              |

| WEIGHT EQUIVALENTS     |                                  |
|------------------------|----------------------------------|
| UNITED STATES STANDARD | UNITED STATES STANDARD IN OUNCES |
| $\frac{1}{2}$ ounce    | 15 g                             |
| 1 ounce                | 30 g                             |
| 2 ounces               | 60 g                             |
| 4 ounces               | 115 g                            |
| 8 ounces               | 225 g                            |
| 12 ounces              | 340 g                            |
| 16 ounces (1 pound)    | 455 g                            |

| RECIPE   | NUTRITION INFORMATION  |
|--|--|
| <b>10-Minute Pizza Dough</b>                   | Calories 280.9   Total Fat 5.8g   Saturated Fat 0.8g   Cholesterol 0mg   Sodium 591.4mg   Total Carbohydrate 49.6g   Dietary Fiber 2.2g   Total Sugars 1.6g   Added Sugars 1.4g   Protein 6.9g   Vitamin D 0mcg   Calcium 10.2mg   Iron 3.mg   Potassium 77.5mg            |
| <b>Apple and Nut Butter Pizzas</b>             | Calories 96   Total Fat 4.5g   Saturated Fat 0.8g   Cholesterol 0mg   Sodium 29.4mg   Total Carbohydrate 13.9g   Dietary Fiber 2.7g   Total Sugars 9.7g   Added Sugars -g   Protein 2.2g   Vitamin D 0mcg   Calcium 9.1mg   Iron 0.2mg   Potassium 159.8mg                 |
| <b>Baked Tortilla Chips</b>                    | Calories 67.2   Total Fat 2.4g   Saturated Fat 0.3g   Cholesterol 0mg   Sodium 158.2mg   Total Carbohydrate 10.7g   Dietary Fiber 1.3g   Total Sugars 0.2g   Added Sugars 0g   Protein 1.4g   Vitamin D 0mcg   Calcium 19.5mg   Iron 0.3mg   Potassium 44.7mg              |
| <b>Banana Cream Chia Pudding</b>               | Calories 643.8   Total Fat 31.7g   Saturated Fat 18.2g   Cholesterol 9.8mg   Sodium 119mg   Total Carbohydrate 79.3g   Dietary Fiber 18.7g   Total Sugars 45.3g   Added Sugars 17.4g   Protein 14.7g   Vitamin D 1.2mcg   Calcium 456.5mg   Iron 8.3mg   Potassium 934.1mg |
| <b>Banana Nut Butter Ants on a Log</b>         | Calories 294.7   Total Fat 16.4g   Saturated Fat 3g   Cholesterol 0mg   Sodium 109.4mg   Total Carbohydrate 33.5g   Dietary Fiber 4.4g   Total Sugars 18.2g   Added Sugars 0g   Protein 8.5g   Vitamin D 0mcg   Calcium 22.8mg   Iron 0.9mg   Potassium 626.5mg            |
| <b>Banana Nut Wrap</b>                         | Calories 353.2   Total Fat 12.8g   Saturated Fat 2.3g   Cholesterol 0mg   Sodium 421.8mg   Total Carbohydrate 55.3g   Dietary Fiber 5.2g   Total Sugars 17.7g   Added Sugars 1.4g   Protein 9.1g   Vitamin D 0mcg   Calcium 93.1mg   Iron 2.2mg   Potassium 613.3mg        |
| <b>Banana Pancakes</b>                         | Calories 263.3   Total Fat 6.3g   Saturated Fat 1.6g   Cholesterol 44.7mg   Sodium 192.1mg   Total Carbohydrate 46.8g   Dietary Fiber 4.4g   Total Sugars 13.5g   Added Sugars -g   Protein 7.8g   Vitamin D 0.7mcg   Calcium 191.8mg   Iron 1.9mg   Potassium 739.2mg     |
| <b>Barbecue Chicken Stuffed Sweet Potatoes</b> | Calories 509.4   Total Fat 9.1g   Saturated Fat 3.5g   Cholesterol 142.5mg   Sodium 697.4mg   Total Carbohydrate 60.4g   Dietary Fiber 6.8g   Total Sugars 24.1g   Added Sugars -g   Protein 44.5g   Vitamin D 0.1mcg   Calcium 89.7mg   Iron 2.4mg   Potassium 1419.5mg   |
| <b>Basic Beans Recipe- Black Bean</b>          | Calories 110   Total Fat 1g   Saturated Fat 0g   Cholesterol 0mg   Sodium 19.4mg   Total Carbohydrate 28g   Dietary Fiber 13g   Total Sugars 0.5g   Added Sugars 0g   Protein 9g   Vitamin D 0mcg   Calcium 16mg   Iron 3.4mg   Potassium 410mg                            |
| <b>Basic Medium Grain White Rice</b>           | Calories 185.4   Total Fat 1.4g   Saturated Fat 0.2g   Cholesterol 0mg   Sodium 147.9mg   Total Carbohydrate 38.7g   Dietary Fiber 0.7g   Total Sugars 0g   Added Sugars 0g   Protein 3.2g   Vitamin D 0mcg   Calcium 4.5mg   Iron 2.1mg   Potassium 42mg                  |
| <b>Basic Muffins</b>                           | Calories 448.5   Total Fat 16.5g   Saturated Fat 3.1g   Cholesterol 46mg   Sodium 712mg   Total Carbohydrate 64.6g   Dietary Fiber 1.9g   Total Sugars 16g   Added Sugars 12.5g   Protein 10.3g   Vitamin D 0.9mcg   Calcium 306mg   Iron 3.5mg   Potassium 193.8mg        |
| <b>Basic Oatmeal</b>                           | Calories 287.8   Total Fat 7.9g   Saturated Fat 3.5g   Cholesterol 19.7mg   Sodium 341.6mg   Total Carbohydrate 40.5g   Dietary Fiber 4g   Total Sugars 13.9g   Added Sugars 0g   Protein 14.7g   Vitamin D 2.5mcg   Calcium 371.9mg   Iron 1.6mg   Potassium 597.8mg      |
| <b>Basic Oatmeal + Egg on Side</b>             | Calories 218.4   Total Fat 5.6g   Saturated Fat 2.6g   Cholesterol 14.8mg   Sodium 258mg   Total Carbohydrate 30.7g   Dietary Fiber 3.1g   Total Sugars 10g   Added Sugars 0g   Protein 11.3g   Vitamin D 1.8mcg   Calcium 279.7mg   Iron 1.4mg   Potassium 445.8mg        |
| <b>Basic Quinoa Recipe</b>                     | Calories 156.4   Total Fat 2.6g   Saturated Fat 0.3g   Cholesterol 0mg   Sodium 40.9mg   Total Carbohydrate 27.3g   Dietary Fiber 3g   Total Sugars 2.6g   Added Sugars 0g   Protein 6g   Vitamin D 0mcg   Calcium 20mg   Iron 1.9mg   Potassium 239.3mg                   |
| <b>Bean and Noodle Soup - Aash</b>             | Calories 617.1   Total Fat 20.6g   Saturated Fat 3.2g   Cholesterol 6.1mg   Sodium 1451.6mg   Total Carbohydrate 87.6g   Dietary Fiber 18.1g   Total Sugars 11.7g   Added Sugars -g   Protein 28.8g   Vitamin D 0mcg   Calcium 221.8mg   Iron 7.4mg   Potassium 1072.2mg   |
| <b>Black-Eyed Pea Salad</b>                    | Calories 125.6   Total Fat 1.3g   Saturated Fat 0g   Cholesterol 0mg   Sodium 36.9mg   Total Carbohydrate 23.1g   Dietary Fiber 5.6g   Total Sugars 3g   Added Sugars 0g   Protein 7.9g   Vitamin D 0mcg   Calcium 31.9mg   Iron 2.4mg   Potassium 371.8mg                 |
| <b>Cheddar Cheese and Cucumber Bites</b>       | Calories 183.5   Total Fat 14.3g   Saturated Fat 8.1g   Cholesterol 42.1mg   Sodium 279.3mg   Total Carbohydrate 4.4g   Dietary Fiber 0.9g   Total Sugars 1.6g   Added Sugars -g   Protein 10.3g   Vitamin D 0.3mcg   Calcium 314.9mg   Iron 0.3mg   Potassium 151.4mg     |

| RECIPE  | NUTRITION INFORMATION   |
|---|---|
| <b>Cheesy Vegetable Skillet</b>   | Calories 586.9   Total Fat 14.7g   Saturated Fat 6.1g   Cholesterol 28mg   Sodium 320.2mg   Total Carbohydrate 88.1g   Dietary Fiber 20.8g   Total Sugars 9.8g   Added Sugars 0.6g   Protein 30.1g   Vitamin D 0.2mcg   Calcium 350.6mg   Iron 7.6mg   Potassium 1339.9mg   |
| <b>Chicken Kabob with Rice and Salad</b>  | Calories 588.7   Total Fat 26.7g   Saturated Fat 5.8g   Cholesterol 156.5mg   Sodium 206.4mg   Total Carbohydrate 50.9g   Dietary Fiber 5.4g   Total Sugars 3g   Added Sugars -g   Protein 36.4g   Vitamin D 0.1mcg   Calcium 86.4mg   Iron 4.2mg   Potassium 908.5mg       |
| <b>Chicken Salad Lettuce or Sandwich</b>  | Calories 221.1   Total Fat 9.2g   Saturated Fat 1.6g   Cholesterol 57.2mg   Sodium 299.7mg   Total Carbohydrate 13.5g   Dietary Fiber 3.3g   Total Sugars 7.6g   Added Sugars -g   Protein 23.9g   Vitamin D 0mcg   Calcium 95.4mg   Iron 1.4mg   Potassium 536.1mg         |
| <b>Chili Bean Tacos with Peach Salsa and Cilantro Lime Slaw</b>   | Calories 408.1   Total Fat 24.3g   Saturated Fat 3.8g   Cholesterol 11.5mg   Sodium 358.3mg   Total Carbohydrate 42.8g   Dietary Fiber 10.4g   Total Sugars 13.7g   Added Sugars -g   Protein 8g   Vitamin D 0mcg   Calcium 107.6mg   Iron 2.6mg   Potassium 540.6mg        |
| <b>Choose Your Own Parfait with Chia Jam, Berries, Granola, Nuts (Yogurt Parfait with Berries, Nuts, Granola)</b> | Calories 320   Total Fat 8.7g   Saturated Fat 4.7g   Cholesterol 29mg   Sodium 226.8mg   Total Carbohydrate 36.5g   Dietary Fiber 3.5g   Total Sugars 17g   Added Sugars 4.3g   Protein 24.9g   Vitamin D 0mcg   Calcium 279.4mg   Iron 1.4mg   Potassium 431.2mg           |
| <b>Cold Peanut Noodle Salad</b>   | Calories 281.6   Total Fat 11.9g   Saturated Fat 2.3g   Cholesterol 0mg   Sodium 415.8mg   Total Carbohydrate 37.7g   Dietary Fiber 5.9g   Total Sugars 15g   Added Sugars 8.7g   Protein 10.9g   Vitamin D 0mcg   Calcium 69.4mg   Iron 5.2mg   Potassium 250.5mg          |
| <b>Coleslaw</b>   | Calories 43.1   Total Fat 0.8g   Saturated Fat 0.5g   Cholesterol 3mg   Sodium 136.2mg   Total Carbohydrate 8.6g   Dietary Fiber 1.8g   Total Sugars 6.1g   Added Sugars 2.2g   Protein 1.8g   Vitamin D 0mcg   Calcium 65.5mg   Iron 0.5mg   Potassium 245.5mg             |
| <b>Cornbread</b>  | Calories 304.4   Total Fat 15g   Saturated Fat 5.5g   Cholesterol 59.9mg   Sodium 420mg   Total Carbohydrate 37.6g   Dietary Fiber 1.8g   Total Sugars 11.4g   Added Sugars 8.7g   Protein 6.1g   Vitamin D 0.8mcg   Calcium 288.1mg   Iron 2.1mg   Potassium 510mg         |
| <b>Crackers + Peanut Butter</b>   | Calories 455   Total Fat 38g   Saturated Fat 6.8g   Cholesterol 0mg   Sodium 311.9mg   Total Carbohydrate 18.8g   Dietary Fiber 4.2g   Total Sugars 2.9g   Added Sugars 0.8g   Protein 16.6g   Vitamin D 0mcg   Calcium 42mg   Iron 1.5mg   Potassium 509.1mg               |
| <b>Creole Seasoning Chicken Fajitas with Coleslaw and Garlic Yogurt Sauce</b>                                     | Calories 523.8   Total Fat 17.3g   Saturated Fat 3.2g   Cholesterol 175.4mg   Sodium 567.2mg   Total Carbohydrate 30.6g   Dietary Fiber 2.6g   Total Sugars 5.3g   Added Sugars 0.2g   Protein 58.7g   Vitamin D 0.1mcg   Calcium 115.9mg   Iron 2.9mg   Potassium 1034.5mg |
| <b>Dolma (Stuffed cabbage)</b>  | Calories 435.5   Total Fat 14.4g   Saturated Fat 3.8g   Cholesterol 28.2mg   Sodium 432mg   Total Carbohydrate 55.3g   Dietary Fiber 9.5g   Total Sugars 24.9g   Added Sugars 0g   Protein 23.6g   Vitamin D 0mcg   Calcium 298.2mg   Iron 3.3mg   Potassium 1151.9mg       |
| <b>Easy Chicken Broth</b>   | Calories 9.6   Total Fat 0g   Saturated Fat 0g   Cholesterol 0mg   Sodium 129.7mg   Total Carbohydrate 0.9g   Dietary Fiber 0g   Total Sugars 0.9g   Added Sugars 0.9g   Protein 0.9g   Vitamin D 0mcg   Calcium 0.1mg   Iron 0mg   Potassium 1.4mg                         |
| <b>Egg in a Hole Toasts</b>   | Calories 209.8   Total Fat 11.7g   Saturated Fat 5.3g   Cholesterol 179.4mg   Sodium 257.9mg   Total Carbohydrate 15.9g   Dietary Fiber 2.2g   Total Sugars 2.1g   Added Sugars 1.6g   Protein 10.1g   Vitamin D 1mcg   Calcium 81.8mg   Iron 1.4mg   Potassium 148.9mg     |
| <b>Egg Tacos with Roasted Vegetables</b>  | Calories 582.9   Total Fat 25.5g   Saturated Fat 6g   Cholesterol 253.8mg   Sodium 385.7mg   Total Carbohydrate 70.1g   Dietary Fiber 14.8g   Total Sugars 11.7g   Added Sugars 0g   Protein 22.8g   Vitamin D 1.4mcg   Calcium 192.4mg   Iron 3.7mg   Potassium 795.2mg    |
| <b>Fish and Veggie Platter</b>  | Calories 276.3   Total Fat 3.5g   Saturated Fat 0.7g   Cholesterol 30.6mg   Sodium 573.7mg   Total Carbohydrate 35.8g   Dietary Fiber 6.1g   Total Sugars 5.5g   Added Sugars 3.1g   Protein 26.3g   Vitamin D 1mcg   Calcium 159.5mg   Iron 3.5mg   Potassium 572.5mg      |
| <b>Fish Sandwich + Leftover Coleslaw</b>  | Calories 539.2   Total Fat 11.2g   Saturated Fat 4.7g   Cholesterol 116.4mg   Sodium 1609.9mg   Total Carbohydrate 69.8g   Dietary Fiber 9g   Total Sugars 17.9g   Added Sugars 5.7g   Protein 42.5g   Vitamin D 4.2mcg   Calcium 446.8mg   Iron 4.8mg   Potassium 1250.7mg |
| <b>Fish Sticks + Fruit</b>  | Calories 272.7   Total Fat 14.3g   Saturated Fat 2.2g   Cholesterol 28.3mg   Sodium 342.5mg   Total Carbohydrate 27.3g   Dietary Fiber 1.8g   Total Sugars 7.7g   Added Sugars 0.8g   Protein 10g   Vitamin D 0.4mcg   Calcium 35.3mg   Iron 0.4mg   Potassium 290.1mg      |

| RECIPE  | NUTRITION INFORMATION   |
|---|---|
| <b>Fried Rice Cakes</b>   | Calories 267.6   Total Fat 15.7g   Saturated Fat 5.4g   Cholesterol 97.3mg   Sodium 319.5mg   Total Carbohydrate 25.8g   Dietary Fiber 2.4g   Total Sugars 1.4g   Added Sugars 0g   Protein 6.2g   Vitamin D 0.5mcg   Calcium 34.7mg   Iron 1mg   Potassium 182mg           |
| <b>Fried Rice with Ground Beef</b>  | Calories 444   Total Fat 16.2g   Saturated Fat 5.1g   Cholesterol 73.5mg   Sodium 665.2mg   Total Carbohydrate 43.6g   Dietary Fiber 1.7g   Total Sugars 2.1g   Added Sugars 0g   Protein 27.8g   Vitamin D 0.1mcg   Calcium 39.4mg   Iron 4.9mg   Potassium 452.8mg        |
| <b>Frozen Berry Chia Jam</b>  | Calories 58.1   Total Fat 1.2g   Saturated Fat 0.1g   Cholesterol 0mg   Sodium 4.3mg   Total Carbohydrate 12g   Dietary Fiber 2g   Total Sugars 9g   Added Sugars 6.5g   Protein 0.9g   Vitamin D 0mcg   Calcium 37.6mg   Iron 0.8mg   Potassium 19.4mg                     |
| <b>Frozen Berry Jam (No Chia)</b>   | Calories 37.3   Total Fat 0g   Saturated Fat 0g   Cholesterol 0mg   Sodium 3.1mg   Total Carbohydrate 9.7g   Dietary Fiber 0.6g   Total Sugars 8.6g   Added Sugars 6.5g   Protein 0.2g   Vitamin D 0mcg   Calcium 11.7mg   Iron 0.2mg   Potassium 4.1mg                     |
| <b>Fruit and Cottage Cheese Snack (Cantaloupe and Cottage Cheese Snack)</b> | Calories 271.1   Total Fat 15.1g   Saturated Fat 8.5g   Cholesterol 44.4mg   Sodium 308.7mg   Total Carbohydrate 17.2g   Dietary Fiber 2.2g   Total Sugars 13.9g   Added Sugars -g   Protein 18.4g   Vitamin D 0.3mcg   Calcium 361.8mg   Iron 0.7mg   Potassium 568.4mg    |
| <b>Garlic Yogurt Sauce</b>  | Calories 41.7   Total Fat 1.9g   Saturated Fat 1.2g   Cholesterol 7.4mg   Sodium 45.9mg   Total Carbohydrate 4.7g   Dietary Fiber 0.1g   Total Sugars 3.6g   Added Sugars 0.7g   Protein 2.1g   Vitamin D 0mcg   Calcium 72.3mg   Iron 0.1mg   Potassium 105.9mg            |
| <b>Granola + Milk or Yogurt</b>   | Calories 219.7   Total Fat 7g   Saturated Fat 3.6g   Cholesterol 17.4mg   Sodium 223.9mg   Total Carbohydrate 31.7g   Dietary Fiber 2.9g   Total Sugars 13.8g   Added Sugars 4.3g   Protein 8.3g   Vitamin D 1.2mcg   Calcium 198.2mg   Iron 1.3mg   Potassium 353.7mg      |
| <b>Ground Gyro Wraps with Yogurt Flatbread</b>                              | Calories 622.4   Total Fat 19.9g   Saturated Fat 4.9g   Cholesterol 88.2mg   Sodium 482.5mg   Total Carbohydrate 69.4g   Dietary Fiber 5.6g   Total Sugars 9.4g   Added Sugars -g   Protein 42.7g   Vitamin D 0.4mcg   Calcium 368.3mg   Iron 6.1mg   Potassium 1397.4mg    |
| <b>High Powered Chili + Cornbread</b>                                       | Calories 728.9   Total Fat 21.5g   Saturated Fat 6.3g   Cholesterol 59.9mg   Sodium 739.8mg   Total Carbohydrate 109.5g   Dietary Fiber 25g   Total Sugars 18.7g   Added Sugars 8.7g   Protein 29.1g   Vitamin D 0.8mcg   Calcium 540.4mg   Iron 8.8mg   Potassium 1978.1mg |
| <b>Homemade Oat-Based Granola</b>   | Calories 150.8   Total Fat 4.6g   Saturated Fat 2.1g   Cholesterol 7.6mg   Sodium 151.3mg   Total Carbohydrate 24.9g   Dietary Fiber 2.9g   Total Sugars 7.4g   Added Sugars 4.3g   Protein 3.4g   Vitamin D 0mcg   Calcium 22.4mg   Iron 1.2mg   Potassium 129.8mg         |
| <b>Hot Spiced Lentils</b>   | Calories 669.4   Total Fat 8.6g   Saturated Fat 1.2g   Cholesterol 0mg   Sodium 12.2mg   Total Carbohydrate 110.6g   Dietary Fiber 19.1g   Total Sugars 4.1g   Added Sugars -g   Protein 42g   Vitamin D 0mcg   Calcium 71.5mg   Iron 12.4mg   Potassium 1226.1mg           |
| <b>Hummus cucumber sweet potato toast</b>                                   | Calories 111.1   Total Fat 4.1g   Saturated Fat 0.5g   Cholesterol 0mg   Sodium 157.6mg   Total Carbohydrate 16.7g   Dietary Fiber 3.6g   Total Sugars 3.6g   Added Sugars 0g   Protein 3.2g   Vitamin D 0mcg   Calcium 48.1mg   Iron 1mg   Potassium 266.4mg               |
| <b>Jeweled Rice Pilaf with Beef and Hot Spiced Lentils</b>                  | Calories 476.2   Total Fat 13.8g   Saturated Fat 4.1g   Cholesterol 47.2mg   Sodium 86.8mg   Total Carbohydrate 63.9g   Dietary Fiber x3.2g   Total Sugars 18.8g   Added Sugars -g   Protein 23.1g   Vitamin D 0mcg   Calcium 105.1mg   Iron 3mg   Potassium 654.4mg        |
| <b>Leftover Egg Tacos with Roasted Vegetables</b>                           | Calories 297.4   Total Fat 13.6g   Saturated Fat 1.7g   Cholesterol 0mg   Sodium 268.1mg   Total Carbohydrate 37.1g   Dietary Fiber 10.7g   Total Sugars 10.3g   Added Sugars 0g   Protein 10.3g   Vitamin D 0mcg   Calcium 96.5mg   Iron 1.9mg   Potassium 556.3mg         |
| <b>Lemon-Honey Vinaigrette Salad Dressing</b>                               | Calories 191.7   Total Fat 20.3g   Saturated Fat 2.8g   Cholesterol 0mg   Sodium 80.2mg   Total Carbohydrate 3.3g   Dietary Fiber 0g   Total Sugars 3g   Added Sugars 2.9g   Protein 0g   Vitamin D 0mcg   Calcium 1.3mg   Iron 0.1mg   Potassium 11.1mg                    |
| <b>Loaded Macaroni and Cheese</b>   | Calories 251.1   Total Fat 5.2g   Saturated Fat 0.6g   Cholesterol 1.1mg   Sodium 666.5mg   Total Carbohydrate 40.3g   Dietary Fiber 7.6g   Total Sugars 7g   Added Sugars -g   Protein 11.6g   Vitamin D 0mcg   Calcium 123.6mg   Iron 3.8mg   Potassium 550.5mg           |
| <b>Loaded Potatoes with Roasted Vegetables</b>                              | Calories 433.6   Total Fat 18.4g   Saturated Fat 4.5g   Cholesterol 14mg   Sodium 237.1mg   Total Carbohydrate 57.5g   Dietary Fiber 8.1g   Total Sugars 6.5g   Added Sugars 0g   Protein 12.9g   Vitamin D 0.1mcg   Calcium 176.3mg   Iron 2.9mg   Potassium 1177.2mg      |



| RECIPE   | NUTRITION INFORMATION  |
|--|--|
| <b>Midnight Mediterranean Pasta</b>                                | Calories 449.3   Total Fat 14.8g   Saturated Fat 1.7g   Cholesterol 0mg   Sodium 382.4mg   Total Carbohydrate 69.3g   Dietary Fiber 15.3g   Total Sugars 7.5g   Added Sugars -g   Protein 17.1g   Vitamin D 0mcg   Calcium 115.8mg   Iron 4.3mg   Potassium 674.3mg        |
| <b>Mini Egg Salad Toasts</b>                                       | Calories 288.9   Total Fat 15.5g   Saturated Fat 4.1g   Cholesterol 375.4mg   Sodium 792.7mg   Total Carbohydrate 19g   Dietary Fiber 2.6g   Total Sugars 3.5g   Added Sugars 1.9g   Protein 17.5g   Vitamin D 2.2mcg   Calcium 116mg   Iron 2.3mg   Potassium 244.7mg     |
| <b>No bake oatmeal balls</b>                                       | Calories 79.3   Total Fat 3.9g   Saturated Fat 0.6g   Cholesterol 0mg   Sodium 13.7mg   Total Carbohydrate 9.5g   Dietary Fiber 1.4g   Total Sugars 4.2g   Added Sugars 3.5g   Protein 2.5g   Vitamin D 0mcg   Calcium 13mg   Iron 0.5mg   Potassium 76.6mg                |
| <b>Nut Butter-Stuffed Dates</b>                                    | Calories 470.9   Total Fat 24.3g   Saturated Fat 4.3g   Cholesterol -mg   Sodium 159.7mg   Total Carbohydrate 61.6g   Dietary Fiber 7.5g   Total Sugars 49.2g   Added Sugars -g   Protein 12.2g   Vitamin D -mcg   Calcium 66.2mg   Iron 1.4mg   Potassium 849.4mg         |
| <b>One Pot Mexican Black Beans and Rice + Baked Tortilla Chips</b> | Calories 387.5   Total Fat 5.3g   Saturated Fat 0.8g   Cholesterol 0mg   Sodium 249.8mg   Total Carbohydrate 73.4g   Dietary Fiber 15.2g   Total Sugars 2.8g   Added Sugars 0g   Protein 14g   Vitamin D 0mcg   Calcium 117.6mg   Iron 4.3mg   Potassium 701.2mg           |
| <b>One Pot Rice and Mushroom Soup</b>                              | Calories 203.6   Total Fat 1.7g   Saturated Fat 0.2g   Cholesterol 0mg   Sodium 1145.6mg   Total Carbohydrate 41.2g   Dietary Fiber 4.7g   Total Sugars 4.2g   Added Sugars -g   Protein 6.5g   Vitamin D 0mcg   Calcium 42.6mg   Iron 2.2mg   Potassium 207.3mg           |
| <b>Oven Baked Fish w/ Black Eyed Pea Salad</b>                     | Calories 226.3   Total Fat 4.3g   Saturated Fat 1.5g   Cholesterol 100.2mg   Sodium 867.8mg   Total Carbohydrate 19.6g   Dietary Fiber 1.5g   Total Sugars 1.8g   Added Sugars 0g   Protein 27.5g   Vitamin D 4.1mcg   Calcium 114.5mg   Iron 2.1mg   Potassium 468.7mg    |
| <b>Oven-Baked Veggie Quesadillas</b>                               | Calories 524.4   Total Fat 20.8g   Saturated Fat 10.8g   Cholesterol 37.3mg   Sodium 1109.6mg   Total Carbohydrate 62.7g   Dietary Fiber 9.8g   Total Sugars 5.3g   Added Sugars -g   Protein 20.9g   Vitamin D 0.2mcg   Calcium 312.2mg   Iron 1.6mg   Potassium 350.7mg  |
| <b>Overnight Coconut Chia Pudding</b>                              | Calories 372.3   Total Fat 26.8g   Saturated Fat 15.3g   Cholesterol 0mg   Sodium 36.7mg   Total Carbohydrate 27.9g   Dietary Fiber 3.9g   Total Sugars 21.9g   Added Sugars -g   Protein 5.6g   Vitamin D 0mcg   Calcium 45.9mg   Iron 2.7mg   Potassium 259.1mg          |
| <b>Pan-Fried Tuna Patties with Baked Sweet Potato Fries</b>        | Calories 643.2   Total Fat 31.5g   Saturated Fat 7.9g   Cholesterol 199.6mg   Sodium 526mg   Total Carbohydrate 48g   Dietary Fiber 4.5g   Total Sugars 5.4g   Added Sugars -g   Protein 42.7g   Vitamin D 2.7mcg   Calcium 90.2mg   Iron 5.5mg   Potassium 790.6mg        |
| <b>PB and Chia Jam Sandwich</b>                                    | Calories 368.1   Total Fat 14.7g   Saturated Fat 2.9g   Cholesterol 0mg   Sodium 335.5mg   Total Carbohydrate 47.5g   Dietary Fiber 7.4g   Total Sugars 14.4g   Added Sugars 11.3g   Protein 14.6g   Vitamin D 0mcg   Calcium 164.1mg   Iron 3mg   Potassium 322.2mg       |
| <b>Peach Oatmeal Bake</b>  | Calories 283.4   Total Fat 5.9g   Saturated Fat 2.3g   Cholesterol 50.9mg   Sodium 237.6mg   Total Carbohydrate 49.6g   Dietary Fiber 4.2g   Total Sugars 27.8g   Added Sugars 17.4g   Protein 10.4g   Vitamin D 1.5mcg   Calcium 259.8mg   Iron 1.7mg   Potassium 552.3mg |
| <b>Peanut Butter &amp; Cinnamon Raisin Oatmeal</b>                 | Calories 378.8   Total Fat 14.6g   Saturated Fat 4.2g   Cholesterol 14.8mg   Sodium 318.1mg   Total Carbohydrate 50.6g   Dietary Fiber 5g   Total Sugars 25.7g   Added Sugars 2.9g   Protein 15.6g   Vitamin D 1.8mcg   Calcium 300.8mg   Iron 1.8mg   Potassium 711.2mg   |
| <b>Peanut Butter Banana Oat Cookies</b>                            | Calories 453.9   Total Fat 20.3g   Saturated Fat 3.7g   Cholesterol 0mg   Sodium 119.6mg   Total Carbohydrate 60.3g   Dietary Fiber 8.8g   Total Sugars 18.1g   Added Sugars 0g   Protein 14.4g   Vitamin D 0mcg   Calcium 45.5mg   Iron 2.6mg   Potassium 780.5mg         |
| <b>Peanut Butter Banana toast</b>                                  | Calories 301.9   Total Fat 10.9g   Saturated Fat 1.8g   Cholesterol 0mg   Sodium 238.5mg   Total Carbohydrate 45.5g   Dietary Fiber 6.6g   Total Sugars 9.7g   Added Sugars 0g   Protein 9.5g   Vitamin D 0mcg   Calcium 61.7mg   Iron 2.7mg   Potassium 491.1mg           |
| <b>Peanut Butter Yogurt Dip</b>                                    | Calories 68.8   Total Fat 2.9g   Saturated Fat 0.9g   Cholesterol 4.6mg   Sodium 24mg   Total Carbohydrate 5.9g   Dietary Fiber 0.4g   Total Sugars 4.9g   Added Sugars 2.9g   Protein 5.6g   Vitamin D 0mcg   Calcium 58.1mg   Iron 0.1mg   Potassium 98.1mg              |
| <b>Quinoa and Chicken Salad</b>                                    | Calories 494.7   Total Fat 18.8g   Saturated Fat 2.7g   Cholesterol 148.9mg   Sodium 269.6mg   Total Carbohydrate 28.8g   Dietary Fiber 5.1g   Total Sugars 6.7g   Added Sugars -g   Protein 51.4g   Vitamin D 0.1mcg   Calcium 72.1mg   Iron 3.7mg   Potassium 1113.2mg   |

| RECIPE   | NUTRITION INFORMATION  |
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| <b>Red Beans and Rice (w/ Sauteed Collards)</b>                          | Calories 378.1   Total Fat 5.1g   Saturated Fat 0.8g   Cholesterol 0mg   Sodium 635.9mg   Total Carbohydrate 70.2g   Dietary Fiber 8.5g   Total Sugars 8.5g   Added Sugars -g   Protein 13.1g   Vitamin D 0mcg   Calcium 103.8mg   Iron 4.9mg   Potassium 551.7mg          |
| <b>Refried Bean Dip with Baked Tortilla Chips</b>                        | Calories 246.2   Total Fat 5.9g   Saturated Fat 2.2g   Cholesterol 7.6mg   Sodium 830.3mg   Total Carbohydrate 39.5g   Dietary Fiber 12.8g   Total Sugars 1.3g   Added Sugars 0g   Protein 10.4g   Vitamin D 0mcg   Calcium 98.7mg   Iron 2.9mg   Potassium 503.6mg        |
| <b>Roasted Potato Breakfast Bowls</b>                                    | Calories 480.3   Total Fat 21.7g   Saturated Fat 3.7g   Cholesterol 164.1mg   Sodium 622.9mg   Total Carbohydrate 57g   Dietary Fiber 12.2g   Total Sugars 11.5g   Added Sugars 0g   Protein 18.1g   Vitamin D 1mcg   Calcium 133.8mg   Iron 3.4mg   Potassium 1059.8mg    |
| <b>Salmon Bean Salad or Sandwich</b>                                     | Calories 508.2   Total Fat 11.3g   Saturated Fat 2.1g   Cholesterol 56.1mg   Sodium 985mg   Total Carbohydrate 61.1g   Dietary Fiber 11.5g   Total Sugars 4.8g   Added Sugars 3.1g   Protein 42.1g   Vitamin D 18.3mcg   Calcium 252.8mg   Iron 6.2mg   Potassium 1103.5mg |
| <b>Sausage and Rice-Stuffed Peppers</b>                                  | Calories 479.3   Total Fat 9.9g   Saturated Fat 2.4g   Cholesterol 85mg   Sodium 775.7mg   Total Carbohydrate 67.9g   Dietary Fiber 2.6g   Total Sugars 7g   Added Sugars -g   Protein 27.7g   Vitamin D 0mcg   Calcium 54mg   Iron 5.6mg   Potassium 684.4mg              |
| <b>Sausage and Veggie Gumbo</b>  | Calories 410.7   Total Fat 14.6g   Saturated Fat 4.4g   Cholesterol 44.7mg   Sodium 731.4mg   Total Carbohydrate 48g   Dietary Fiber 6.6g   Total Sugars 6.6g   Added Sugars 0g   Protein 22.6g   Vitamin D 0.1mcg   Calcium 92.7mg   Iron 3.1mg   Potassium 813.6mg       |
| <b>Sauteed Collard Greens (w/ Red Beans &amp; Rice)</b>                  | Calories 79   Total Fat 0.1g   Saturated Fat 0g   Cholesterol 0mg   Sodium 41.3mg   Total Carbohydrate 16.4g   Dietary Fiber 8.4g   Total Sugars 0.9g   Added Sugars -g   Protein 5.7g   Vitamin D 0mcg   Calcium 275.4mg   Iron 0.1mg   Potassium 47.9mg                  |
| <b>Shakshuka with Pizza Dough Flatbread</b>                              | Calories 546.6   Total Fat 22.3g   Saturated Fat 3.8g   Cholesterol 164.1mg   Sodium 911.7mg   Total Carbohydrate 69.9g   Dietary Fiber 7.8g   Total Sugars 7.6g   Added Sugars 1.4g   Protein 17.6g   Vitamin D 1mcg   Calcium 94.4mg   Iron 5.6mg   Potassium 434mg      |
| <b>Sheet Pan Soy Chicken and Vegetables</b>                              | Calories 517.5   Total Fat 16.1g   Saturated Fat 2.7g   Cholesterol 124.1mg   Sodium 733.7mg   Total Carbohydrate 47.5g   Dietary Fiber 7.2g   Total Sugars 13.6g   Added Sugars 8.7g   Protein 46.8g   Vitamin D 0mcg   Calcium 113.3mg   Iron 2.7mg   Potassium 1342mg   |
| <b>Snack Plate with Hummus and/or Eggs (Hard Boiled Egg Snack Plate)</b> | Calories 264.4   Total Fat 9.8g   Saturated Fat 2.1g   Cholesterol 164.1mg   Sodium 561.5mg   Total Carbohydrate 34g   Dietary Fiber 10.9g   Total Sugars 10.6g   Added Sugars 0.5g   Protein 15.5g   Vitamin D 1mcg   Calcium 121.2mg   Iron 2.6mg   Potassium 494.3mg    |
| <b>Snack Plate with Hummus and/or Eggs (Hummus Snack Plate)</b>          | Calories 196.2   Total Fat 5.1g   Saturated Fat 0.7g   Cholesterol 0mg   Sodium 507mg   Total Carbohydrate 33.5g   Dietary Fiber 10.9g   Total Sugars 10.1g   Added Sugars 0.5g   Protein 10g   Vitamin D 0mcg   Calcium 99.2mg   Iron 2.1mg   Potassium 438.9mg           |
| <b>Snack Quesadillas</b>   | Calories 253.3   Total Fat 10.9g   Saturated Fat 5.6g   Cholesterol 28mg   Sodium 193.8mg   Total Carbohydrate 31.3g   Dietary Fiber 3.9g   Total Sugars 7.4g   Added Sugars 0g   Protein 9.8g   Vitamin D 0.2mcg   Calcium 247.3mg   Iron 0.7mg   Potassium 241.7mg       |
| <b>Soy-Ginger Dressing</b>   | Calories 183.5   Total Fat 20.3g   Saturated Fat 2.8g   Cholesterol 0mg   Sodium 96.5mg   Total Carbohydrate 0.5g   Dietary Fiber 0.1g   Total Sugars 0.1g   Added Sugars 0g   Protein 0.3g   Vitamin D 0mcg   Calcium 2mg   Iron 0.3mg   Potassium 20.7mg                 |
| <b>Spaghetti with Classic Tomato Meat Sauce and Roasted Vegetables</b>   | Calories 779.2   Total Fat 23.9g   Saturated Fat 4.6g   Cholesterol 78mg   Sodium 451mg   Total Carbohydrate 103.8g   Dietary Fiber 15g   Total Sugars 11.6g   Added Sugars 0g   Protein 43.3g   Vitamin D 0.4mcg   Calcium 111.1mg   Iron 6.2mg   Potassium 1156.6mg      |
| <b>Spicy Cilantro Dressing</b>   | Calories 137.4   Total Fat 15.2g   Saturated Fat 2.1g   Cholesterol 1.2mg   Sodium 140mg   Total Carbohydrate 0.7g   Dietary Fiber 0g   Total Sugars 0.3g   Added Sugars 0.2g   Protein 0g   Vitamin D 0mcg   Calcium 1.2mg   Iron 0.1mg   Potassium 5.7mg                 |
| <b>Spicy Quinoa Tacos</b>  | Calories 639   Total Fat 10.9g   Saturated Fat 1.6g   Cholesterol 0.7mg   Sodium 366.9mg   Total Carbohydrate 112.9g   Dietary Fiber 32.8g   Total Sugars 8.5g   Added Sugars 0g   Protein 28.8g   Vitamin D 0mcg   Calcium 248.8mg   Iron 8.7mg   Potassium 1681.4mg      |
| <b>Spiced Chickpea Salad with Cucumber Yogurt Sauce</b>                  | Calories 343   Total Fat 13.5   Saturated Fat 2.9   Cholesterol 12.3mg   Sodium 286.7mg   Total Carbohydrate 35.9g   Dietary Fiber 9.2g   Total Sugars 10.4g   Added Sugars -g   Protein 22.9g   Vitamin D 0mcg   Calcium 484.7mg   Iron 2.8mg   Potassium 484.7mg         |

| RECIPE   | NUTRITION INFORMATION   |
|--|---|
| <b>Spiced Tomato Scrambled Eggs</b>                              | Calories 302.2   Total Fat 12.4g   Saturated Fat 2.6g   Cholesterol 164.1mg   Sodium 430.4mg   Total Carbohydrate 37.6g   Dietary Fiber 4.3g   Total Sugars 4.7g   Added Sugars -g   Protein 11.8g   Vitamin D 1mcg   Calcium 45.7mg   Iron 2.8mg   Potassium 289.4mg     |
| <b>Spinach Grilled Cheese with Leftover Black-Eyed Pea Salad</b> | Calories 313.4   Total Fat 11.8g   Saturated Fat 4.7g   Cholesterol 15.1mg   Sodium 898.5mg   Total Carbohydrate 35.9g   Dietary Fiber 4.5g   Total Sugars 6.4g   Added Sugars -g   Protein 16.2g   Vitamin D 0mcg   Calcium 359.4mg   Iron 2.1mg   Potassium 326.4mg     |
| <b>Stewed Okra and Tomatoes (and Tomatoes)</b>                   | Calories 263   Total Fat 4g   Saturated Fat 0.6g   Cholesterol 0mg   Sodium 446.1mg   Total Carbohydrate 50.2g   Dietary Fiber 5.8g   Total Sugars 11.6g   Added Sugars 0g   Protein 6.9g   Vitamin D 0mcg   Calcium 177.2mg   Iron 3mg   Potassium 739.5mg               |
| <b>Stovetop Popcorn</b>  | Calories 63.5   Total Fat 6.8g   Saturated Fat 0.9g   Cholesterol 0mg   Sodium 0.2mg   Total Carbohydrate 0.8g   Dietary Fiber 0.1g   Total Sugars 0g   Added Sugars -g   Protein 0.1g   Vitamin D 0mcg   Calcium 0.1mg   Iron 0.1mg   Potassium 3.4mg                    |
| <b>Stovetop Popcorn + Peanuts + Raisins</b>                      | Calories 63.5   Total Fat 6.8g   Saturated Fat 0.9g   Cholesterol 0mg   Sodium 0.2mg   Total Carbohydrate 0.8g   Dietary Fiber 0.1g   Total Sugars 0g   Added Sugars -g   Protein 0.1g   Vitamin D 0mcg   Calcium 0.1mg   Iron 0.1mg   Potassium 3.4mg                    |
| <b>Sweet Potato and Black Bean Barbecue Wrap + Fruit</b>         | Calories 456.7   Total Fat 8.8g   Saturated Fat 1.7g   Cholesterol 3.2mg   Sodium 510.8mg   Total Carbohydrate 81.4g   Dietary Fiber 16.1g   Total Sugars 16.7g   Added Sugars 2.8g   Protein 15.6g   Vitamin D 0mcg   Calcium 233.5mg   Iron 4.8mg   Potassium 939.8mg   |
| <b>Sweet Potato Spinach Hash</b>                                 | Calories 128.1   Total Fat 3.5g   Saturated Fat 0.5g   Cholesterol 0mg   Sodium 287.9mg   Total Carbohydrate 21.5g   Dietary Fiber 3.6g   Total Sugars 6.7g   Added Sugars -g   Protein 2.9g   Vitamin D 0mcg   Calcium 70.3mg   Iron 1.6mg   Potassium 584.4mg           |
| <b>Sweet Potato "Toast"</b>                                      | Calories 50.9   Total Fat 1.4g   Saturated Fat 0.2g   Cholesterol 0mg   Sodium 25mg   Total Carbohydrate 9.1g   Dietary Fiber 1.4g   Total Sugars 1.9g   Added Sugars 0g   Protein 0.7g   Vitamin D 0mcg   Calcium 13.6mg   Iron 0.3mg   Potassium 152.9mg                |
| <b>Tahchin (Savory Yogurt and Rice Cake)</b>                     | Calories 736.1   Total Fat 24.2g   Saturated Fat 5.1g   Cholesterol 173.3mg   Sodium 122.1mg   Total Carbohydrate 107.5g   Dietary Fiber 7.1g   Total Sugars 32.4g   Added Sugars 0g   Protein 22.7g   Vitamin D 1mcg   Calcium 230.8mg   Iron 4.5mg   Potassium 1042.5mg |
| <b>Tahini-Dill Dressing</b>                                      | Calories 165.5   Total Fat 17.5g   Saturated Fat 2.4g   Cholesterol 0mg   Sodium 86.7mg   Total Carbohydrate 1.6g   Dietary Fiber 0.7g   Total Sugars 0.2g   Added Sugars 0g   Protein 1.3g   Vitamin D 0mcg   Calcium 33.4mg   Iron 0.8mg   Potassium 34.1mg             |
| <b>Tahini Tuna Salad Sandwich with Side Veggies</b>              | Calories 347.6   Total Fat 23.4g   Saturated Fat 3.4g   Cholesterol 27.6mg   Sodium 388.2mg   Total Carbohydrate 7.2g   Dietary Fiber 3g   Total Sugars 0.8g   Added Sugars -g   Protein 28.8g   Vitamin D 0mcg   Calcium 133.1mg   Iron 3.4mg   Potassium 440.6mg        |
| <b>Thai Inspired Tofu Curry</b>                                  | Calories 517.3   Total Fat 27.6g   Saturated Fat 17.6g   Cholesterol 0mg   Sodium 385.9mg   Total Carbohydrate 53g   Dietary Fiber 4.9g   Total Sugars 6.4g   Added Sugars 0g   Protein 16.9g   Vitamin D 0mcg   Calcium 330.2mg   Iron 3.7mg   Potassium 675.4mg         |
| <b>Toasted Veggie Sandwich</b>                                   | Calories 301.9   Total Fat 10.9g   Saturated Fat 1.8g   Cholesterol 0mg   Sodium 238.5mg   Total Carbohydrate 45.5g   Dietary Fiber 6.6g   Total Sugars 9.7g   Added Sugars 0g   Protein 9.5g   Vitamin D 0mcg   Calcium 61.7mg   Iron 2.7mg   Potassium 491.1mg          |
| <b>Trail Mix</b>   | Calories 242   Total Fat 23.7g   Saturated Fat 2.1g   Cholesterol 0mg   Sodium 8.7mg   Total Carbohydrate 27.4g   Dietary Fiber 3.5g   Total Sugars 19.1g   Added Sugars 0g   Protein 7.6g   Vitamin D 0mcg   Calcium 3207mg   Iron 0.9mg   Potassium 375.8mg             |
| <b>Veggie Calzones</b>   | Calories 380.1   Total Fat 11.3g   Saturated Fat 4g   Cholesterol 18.6mg   Sodium 751.2mg   Total Carbohydrate 54.5g   Dietary Fiber 3.4g   Total Sugars 3g   Added Sugars 1.4g   Protein 15.1g   Vitamin D 0.1mcg   Calcium 234.5mg   Iron 3.7mg   Potassium 288.3mg     |
| <b>Veggie Frittata Muffins</b>                                   | Calories 193.4   Total Fat 11.9g   Saturated Fat 4.4g   Cholesterol 337.8mg   Sodium 289.2mg   Total Carbohydrate 5.9g   Dietary Fiber 1.2g   Total Sugars 3.4g   Added Sugars 0g   Protein 15.1g   Vitamin D 2mcg   Calcium 131.6mg   Iron 1.4mg   Potassium 267.2mg     |
| <b>Veggie Pita Pizza</b>   | Calories 259.3   Total Fat 8.8g   Saturated Fat 1.3g   Cholesterol 0mg   Sodium 334mg   Total Carbohydrate 39.6g   Dietary Fiber 6.2g   Total Sugars 3.9g   Added Sugars -g   Protein 8.1g   Vitamin D 0mcg   Calcium 46.5mg   Iron 2.6mg   Potassium 369.8mg             |

| RECIPE  | NUTRITION INFORMATION   |
|---|---|
| <b>Veggie Loaded Meatloaf</b>                   | Calories 354.3   Total Fat 17.1g   Saturated Fat 5.7g   Cholesterol 155.5mg   Sodium 359.3mg   Total Carbohydrate 21.2g   Dietary Fiber 5.1g   Total Sugars 8.3g   Added Sugars -g   Protein 30.1g   Vitamin D 0.6mcg   Calcium 182.2mg   Iron 6mg   Potassium 904.9mg  |
| <b>Warm Quinoa Bowls</b>                        | Calories 85.3   Total Fat 1.9g   Saturated Fat 0.4g   Cholesterol 1.2mg   Sodium 24.4mg   Total Carbohydrate 14.4g   Dietary Fiber 1.8g   Total Sugars 5.7g   Added Sugars 0g   Protein 2.9g   Vitamin D 0.2mcg   Calcium 45.9mg   Iron 1.1mg   Potassium 157.6mg       |
| <b>Whole Chicken and Root Vegetables Dinner</b> | Calories 625.3   Total Fat 39.9g   Saturated Fat 3.6g   Cholesterol 205.2mg   Sodium 206.9mg   Total Carbohydrate 21.7g   Dietary Fiber 2.6g   Total Sugars 2.7g   Added Sugars 0g   Protein 40.6g   Vitamin D 0mcg   Calcium 33.7mg   Iron 3.8mg   Potassium 541.1mg   |
| <b>Whole Roasted Chicken</b>                    | Calories 534.9   Total Fat 39.8g   Saturated Fat 3.6g   Cholesterol 205.2mg   Sodium 177.2mg   Total Carbohydrate 0.9g   Dietary Fiber 0.3g   Total Sugars 0.2g   Added Sugars 0g   Protein 38.2g   Vitamin D 0mcg   Calcium 8.3mg   Iron 2.9mg   Potassium 31.2mg      |
| <b>Zesty Quinoa Bowl</b>                        | Calories 252.5   Total Fat 7.6g   Saturated Fat 1.1g   Cholesterol 0mg   Sodium 426.9mg   Total Carbohydrate 33.1g   Dietary Fiber 4.4g   Total Sugars 9.1g   Added Sugars 4.3g   Protein 14.4g   Vitamin D 0mcg   Calcium 74.6mg   Iron 3.2mg   Potassium 561.7mg      |
| <b>Zucchini Bread Pancakes</b>                  | Calories 211.4   Total Fat 6.2g   Saturated Fat 1.5g   Cholesterol 44.7mg   Sodium 195.4mg   Total Carbohydrate 33.3g   Dietary Fiber 3.2g   Total Sugars 8.3g   Added Sugars 4.3g   Protein 7.5g   Vitamin D 0.7mcg   Calcium 205.3mg   Iron 1.9mg   Potassium 557.2mg |