

MENU PLAN & SHOPPING LIST

Get ready for a change! We've planned a complete week of healthy eating, so you can jump right in without being overwhelmed trying to sort out the changes. Below you'll find a full week's menu plan, followed by a Shopping List, Getting Ready tips and complete Recipes. Of course, everyone has their personal likes and dislikes when it comes to food. If there's an item that you'd like a substitution for, visit the recipes section of our website for more than 100 delicious Health Starts Here™ recipes. If you're a vegetarian or vegan, simply substitute your favorite protein source for any of the meat items. As you prepare meals throughout the week, remember, when it comes to making salads—the bigger and more colorful, the better!

	Breakfast	Lunch	Dinner
SUNDAY	<p>Hot Cereal; Fresh Fruit Cook 2 servings whole grain hot cereal according to package directions. Top each serving with ½ cup of blueberries, 2 tablespoons of toasted coconut and a tablespoon of walnuts. Have a serving of fresh fruit on the side.</p>	<p>Roasted Veggie and Hummus Wraps; 100% Fruit Popsicles Roast a pound of mushrooms, 3 bell peppers and 2 quartered onions in a 400°F oven on a parchment paper-lined baking sheet until tender and browned. Set aside to cool, then chop into bite-size pieces. Put half away for use later in the week. Spread whole grain tortillas with Homemade Hummus, then fill with veggies, including some roasted sweet potato.</p>	<p>Carrot Cashew Spread on Woven Wheats; Lentil Chili; Green Salad Warm up Lentil Chili. Have Carrot Cashew Spread on 365 Everyday Value® Woven Wheat Crackers on the side, along with a green salad made of romaine, carrots, red onion and shredded cabbage and healthy salad dressing.</p>
MONDAY	<p>Apple-Cinnamon Oat Squares; Fresh Fruit Pack an Oat Square and a piece of fruit for a quick breakfast to start the week.</p>	<p>Lentil Chili; Salad with Orange Peanut Dressing Pack Lentil Chili and a big salad of chopped romaine, carrots, celery, broccoli florets and roasted sweet potato. Pack a small container of Orange Peanut Dressing and toss with the salad just before serving.</p>	<p>Black Beans & Rice Extravaganza from our health partner, Engine 2; Green Salad; Fresh Fruit Make half a recipe of Black Beans and Rice Extravaganza. On the side have a big salad of lettuce, spinach, carrots, red onion and healthy salad dressing. Fresh fruit for dessert.</p>
TUESDAY	<p>Green Smoothie; Whole Grain English Muffin with Nut Butter Blend 1½ cups unsweetened non-dairy milk, 1½ cups baby spinach and 1½ cups frozen berries until smooth. Toast 2 whole grain English muffin halves and spread each with a tablespoon of nut butter.</p>	<p>Green Pea Guacamole Wrap; Fresh Fruit Make a batch of Green Pea Guacamole. Spread whole grain tortillas with guacamole and top with sliced cucumber, shredded carrots and sliced radishes. Roll up and serve. Fresh fruit on the side. Save leftover guacamole for snacks.</p>	<p>Creamy Curried Cauliflower Soup; Roasted Veggie Couscous; Green Salad Make a batch of Creamy Curried Cauliflower Soup. Warm up leftover roasted veggies and serve over whole-wheat couscous. Have a green salad on the side of romaine, cabbage, celery, red onion and your homemade dressing. Save leftover soup for lunch.</p>
WEDNESDAY	<p>Apple-Cinnamon Oat Squares; Fresh Fruit Pack an Oat Square and a piece of fruit for a quick on-the-go breakfast.</p>	<p>Garbanzo and Veggie-Stuffed Pitats; Fresh Fruit Stir together a drained can of garbanzo beans, 2 cups shredded lettuce, half a chopped avocado, 1 shredded carrot, 1 chopped cucumber and 4 chopped green onions. Drizzle with tahini and orange juice and stuff into whole grain pitats. Fresh fruit for dessert.</p>	<p>Romantic Rice Bowl; Fresh Fruit Platter Make a Romantic Rice Bowl for 2. For a vegan option, replace the chicken broth with water and substitute 4 grilled or roasted portobello mushrooms for the chicken. Make a fresh fruit platter featuring seasonal fruits.</p>
THURSDAY	<p>Fruit Smoothie; Whole Grain English Muffin with Nut Butter Blend together 2 cups unsweetened non-dairy milk, 2 cups fresh or frozen berries and 2 tablespoons ground flaxseeds. Toast 2 whole grain English muffin halves and spread each with a tablespoon of nut butter.</p>	<p>Creamy Curried Cauliflower Soup; Romaine Salad Heat leftover Creamy Curried Cauliflower Soup. Make a salad with lots of romaine, 1 chopped apple, 3 stalks chopped celery and 2 tablespoons toasted walnuts. Drizzle with orange juice.</p>	<p>Whole Grain Pasta with Greens and Beans; Green Salad; Fresh Fruit Cook 12 ounces of pasta. Drain, reserving ½ cup pasta water, and return to pot over heat. Toss with a can of white beans, 1 bunch chopped arugula and a can of diced tomatoes. Add some reserved pasta cooking water if needed to moisten. Save half for leftovers for lunch. Make a green salad of romaine, carrots, celery, broccoli and healthy dressing. Fruit for dessert.</p>
FRIDAY	<p>Hot Cereal with Dried Fruit and Nuts Cook 2 servings whole grain hot cereal according to package directions. Top each serving with a tablespoon each of chopped walnuts and raisins.</p>	<p>Whole Grain Pasta with Greens and Beans; Veggies; Fresh Fruit Enjoy last night's pasta leftovers. Have bell pepper strips, cucumber slices, and carrot and celery sticks on the side. Fruit for dessert.</p>	<p>Salmon (or beans) and Wilted Greens over Quinoa; Roasted Sweet Potatoes; Lemon Treats Poach salmon in water and cook ½ cup Quinoa. Cook some Swiss chard, spinach or frozen greens until just tender. Top with flaked salmon. For a vegan option, add cooked beans to the wilted greens and cook until heated through. Serve quinoa and roasted sweet potatoes on the side. Make Lemon Treats for dessert.</p>
SATURDAY	<p>Loaded English Muffins; Fruit Salad Cook a bunch of greens with a pint of halved cherry tomatoes, and spoon this mixture over toasted whole grain English muffins. Top with feta crumbles and serve fresh fruit on the side.</p>	<p>Lentil Chili; Spinach Salad Thaw Lentil Chili. Make a big salad of baby spinach, blueberries, carrots, radishes and red onion. Remember your healthy salad dressing.</p>	<p>Layered Vegetable Enchiladas; Green Salad; Banana Nice Cream Make Layered Enchiladas and serve with a big green salad. Banana Nice Cream for dessert. Save extra enchiladas for lunch the next day.</p>

SHOPPING LIST

This list includes ingredients needed to make the meals on the Week 1 Menu Plan for 2 adults. We've estimated quantities but certainly adjust based on your own tastes, what you currently have in your pantry, and any substitutions you'd like to make. You may want to divide this list and do a smaller mid-week shop to pick up the fresh salmon and any extra produce you need.

PRODUCE

FRUITS

- 5 apples
- 1 pint blueberries
- 2 cups fresh or frozen berries, your choice
- 2 bananas
- 6 limes
- 4 lemons
- 22 servings fresh fruit, a mix of seasonal favorites, for dessert and snacks

VEGETABLES

- 1 bunch cilantro
- 2 bunches green onions
- 2 bunches radishes
- 1 bunch arugula
- 1 small cabbage
- 2 bunches celery
- 1 (5-pound) bag carrots
- 2 tomatoes
- 1 pint cherry tomatoes
- 6 hearts romaine lettuce (2 3-pack bags)
- 2 bags baby spinach
- 1 small chunk fresh ginger
- 1 pound mushrooms
- 2 cups fresh or frozen peas
- 7 bell peppers (2 red, 5 your choice)
- 4 cucumbers
- 3 avocados
- 4 sweet potatoes
- 1 pound broccoli
- 1 pound cauliflower
- 4 yellow onions
- 1 red onion
- 2 heads garlic

BULK

Amounts are estimated so that you can get just what you need from the bulk bins. If your store doesn't have a bulk department, look for prepackaged items in the grocery aisles.

- ¼ teaspoon cayenne pepper
- 3 tablespoons salt-free chili powder
- 1½ teaspoons ground cinnamon
- 5 teaspoons mild curry powder
- ½ cup pecans
- 1 cup raw cashews
- 2½ cups walnuts
- ¼ cup raw sunflower kernels
- ½ cup + 2 tablespoons shredded unsweetened coconut
- 1 cup sesame seeds
- 1 cup whole wheat couscous
- ½ cup + 2 tablespoons seedless raisins
- 15 dried apricots
- 1 cup pitted dates

GROCERY

- 1 small bottle vanilla extract
- 3 boxes unsweetened almondmilk
- 1 box unsweetened soy milk
- 1 package steel cut oats
- 1 package whole grain hot cereal
- 1 box low-sodium chicken broth
- 2 boxes low-sodium vegetable broth
- 1 box 365 Everyday Value® Woven W heats
- 1 (16-ounce) bag brown lentils
- 1 (16-ounce) bag quinoa
- 1 (2-pound) bag brown rice
- 2 cans no-salt-added garbanzo beans
- 2 cans no-salt-added white beans
- 1 can no-salt-added black beans
- 1 can no-salt-added pinto or black beans
- 1 jar tahini
- 1 jar or grind-your-own unsweetened peanut butter
- 1 jar or grind-your-own unsweetened cashew butter
- 1 small bottle liquid aminos
- 1 small bottle reduced-sodium tamari soy sauce
- 1 bottle rice vinegar
- 1 can water chestnuts
- 1 package sushi nori
- 1 jar salsa (optional)
- 12 ounces whole grain pasta
- 4 (15-ounce) cans no-salt-added diced tomatoes
- 1 package whole grain English muffins
- 2 whole grain pitas
- 4 whole grain tortillas
- 8 corn tortillas

WHOLE BODY

- ½ cup plus 2 tablespoons ground flaxseeds

MEAT

- ¼ pound fresh or frozen chicken tenderloins (For a vegan option, substitute 4 portobello mushrooms.)

SEAFOOD

- 8 ounces salmon (For a vegan option, substitute a can of no-salt-added beans.)

REFRIGERATED

- 1 small tub barley miso
- 1 half gallon orange juice
- 1 tub feta cheese crumbles or 1 small chunk feta
- 1 small bag shredded part-skim mozzarella

FROZEN

- 1 (16-ounce) bag frozen corn
- 1 (16-ounce) bag frozen peas
- 2 (16-ounce) bags (or boxes) frozen 365 Everyday Value® greens blends
- 1 (16-ounce) bag frozen bell pepper strips
- 2 bags frozen berries
- 1 box 100% fruit popsicles



GETTING READY

There are no two ways about it — when you eat whole foods, you spend more time preparing meals than you would if you're just heating up a premade dinner. The good news is that the extra time spent cooking is a great investment in your health. We've organized a few GETTING READY recipes to help you get your week off to a great start. If you make these on Sunday you'll spend less time cooking throughout the course of the week.

First, make a pan of **Apple-Cinnamon Oat Squares** so you'll be ready to start the week with a healthy grab-and-go breakfast and snack on hand. Cut into servings and package for breakfasts and snacks during the week. Store in the refrigerator.

Next, make a pot of **Lentil Chili**. Portion two servings of chili for lunch on Monday. Freeze some for later in the week. Eat some for dinner.

While the chili is simmering, prep salad veggies so that you'll have salad supplies at the ready: wash lettuce and store it in the salad spinner, slice celery, chop carrots and bell peppers, shred cabbage.

Once the oat squares are out of the oven, roast 4 sweet potatoes. Simply prick potatoes, place in a baking dish and roast in a 400°F oven until tender, 45 minutes to an hour. Add to salads and hot dishes during the week.

Then, make a healthy salad dressing, such as a double batch of **Orange Peanut Dressing Dip**. Pack some in containers to take with your lunch salads during the week.

Next, make a batch of **Homemade Hummus**. Use for snacks and sandwich spreads during the week.

You could also make a batch of **Carrot Cashew Spread** to have ready for dinner and leftovers for healthy snacking during the week.

Finally, peel, slice and freeze 2 bananas for use later in the week.