

TAKE CONTROL OF YOUR HEART DISEASE RISK

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A PDF COMPANION TO THE AUDIOBOOK

Take Control of Your Heart Disease Risk

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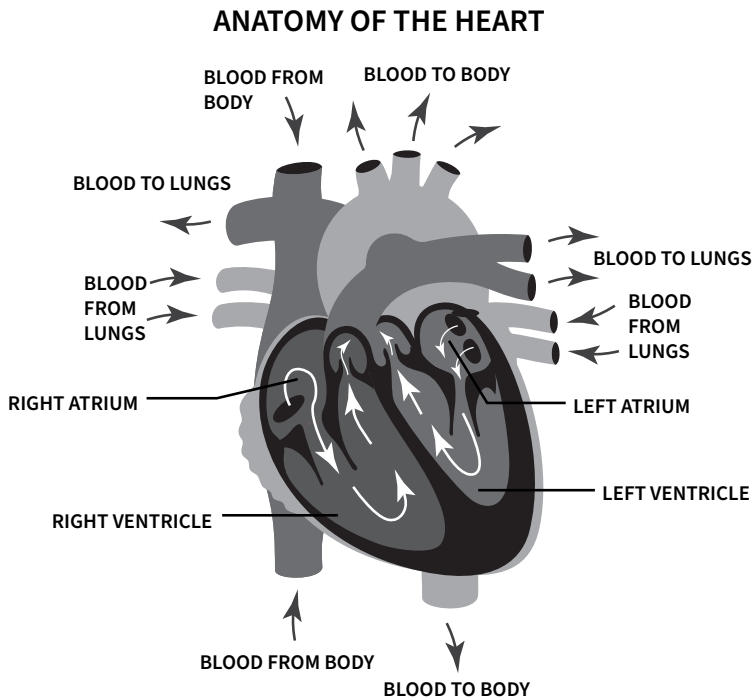
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CHAPTER ONE

What Exactly Is Heart Disease?



CHAPTER TWO

Knowing the Risks

HEART DISEASE TRENDS IN AMERICA



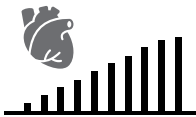
LEADING CAUSE
OF DEATH



ONE PERSON DIES
EVERY MINUTE
FROM CARDIOVASCULAR
DISEASE



OVER 650,000
PEOPLE DIE
EACH YEAR OF A
HEART ATTACK



MORE THAN 40% OF
AMERICANS
WILL HAVE SOME FORM OF
HEART DISEASE BY 2030

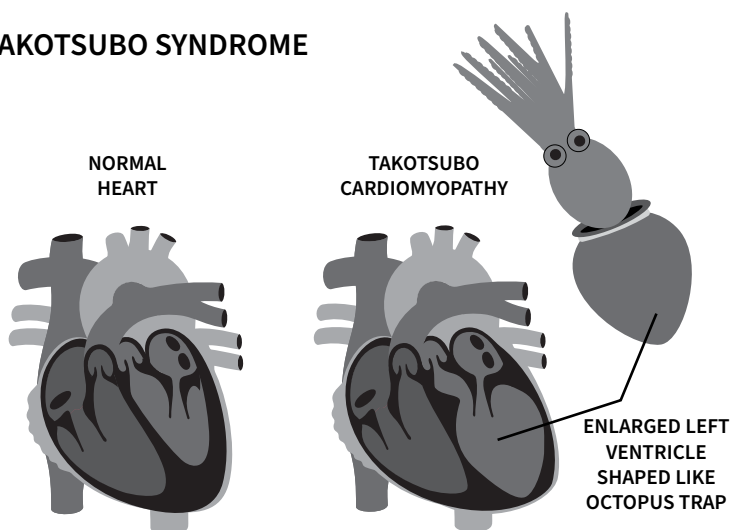


ESTIMATED THAT
2 OUT OF 3 MEN AND
1 OUT OF 2 WOMEN
WILL DEVELOP HEART DISEASE

CHAPTER FOUR

Depression and Heart Disease

TAKOTSUBO SYNDROME



DEPRESSION DIAGNOSIS

OVER THE *LAST TWO WEEKS*, how often have you been bothered by the following problems?

- Not at all = 0
- Several days = +1
- More than half the days = +2
- Nearly every day = +3

1. Little interest or pleasure in doing things

- ☐ 0
- ☐ +1
- ☐ +2
- ☐ +3

2. Feeling down, depressed, or hopeless

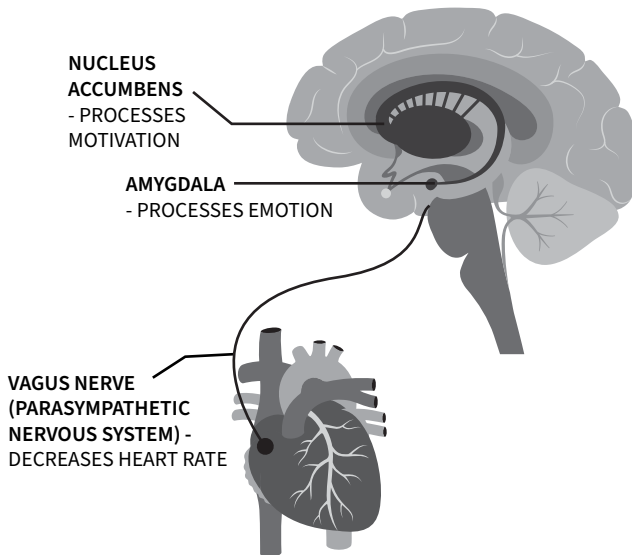
- ☐ 0
- ☐ +1
- ☐ +2
- ☐ +3

The PHQ score is obtained by adding the score for each question (total points). A score for this PHQ ranges from zero to six. If the score is three or greater, major depressive disorder is likely.

CHAPTER FIVE

The Stress Factor

GRATITUDE POSITIVELY IMPACTS AREAS OF THE BRAIN



CHAPTER SIX

Diet Dictates Health

WHAT'S CONSIDERED A SERVING?

1 CUP =
SIZE OF
1 FINGERTIP



OILS, FATS

1 CUP =
SIZE OF
1 FIST



FRUIT & RAW
VEGETABLES,
SALAD, CEREAL

1-2 TABLESPOONS
= SIZE OF
1 THUMB



NUT BUTTERS,
CHEESES, SAUCES,
DRESSINGS

1-2 OUNCES =
1 HANDFUL



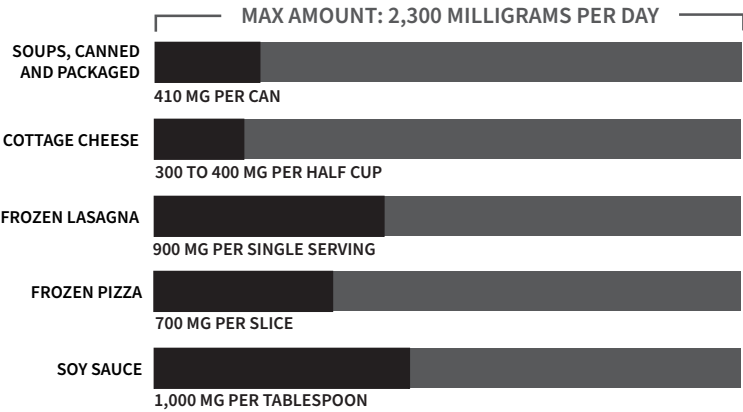
NUTS,
CRACKERS

3-4 OUNCES =
SIZE OF 1 PALM



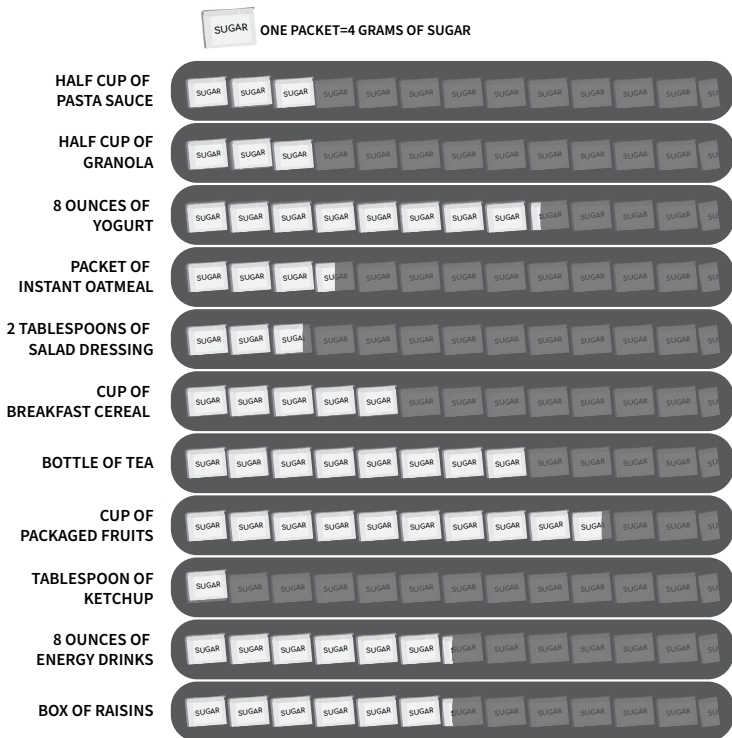
MEAT, FISH,
STARCHES, COOKED
VEGETABLES

FOODS HIGH IN SODIUM



FOODS HIGH IN ADDED SUGARS



THE FDA RECOMMENDS ONLY 50 GRAMS PER DAY OF ADDED SUGARS
BASED ON A 2,000 CALORIE DAILY DIET, WHICH IS 12.5 SUGAR PACKETS.



CHAPTER SEVEN

Exercise and Prevention

SPECTRUM OF CARDIO AND STRENGTH EXERCISES

	 CARDIO	 STRENGTH
MODERATE	BRISK WALKING LIGHT JOGGING ELLIPTICAL MACHINE SWIMMING CLEANING HOUSE GARDENING DOUBLES TENNIS	SQUATS BICEP CURLS MODIFIED PUSHUPS FOREARM PLANK RESISTANCE TRAINING PILATES YOGA
VIGOROUS	RUNNING STAIR CLIMBING CYCLING SINGLES TENNIS RACQUETBALL JUMP ROPE HIKING UPHILL	BURPEES WEIGHTLIFTING HANDSTANDS KETTLEBELLS MARTIAL ARTS SHOVELING SNOW MOUNTAIN CLIMBING

APPENDIX A

Sample Exercise Plan

EXERCISE IS ESSENTIAL TO A heart disease prevention program. Following is a general four-week plan to help you get started in terms of what you can do and for how often. The exercises here are based on a variety of factors. This plan can serve as a foundation for you.

The structure of the four-week plan is as follows: four days weekly total, with two days of cardiovascular/flexibility training and two days of resistance/core training. Ideally, you will spend forty-five to sixty minutes per session, but starting with less and working up to this amount is a good strategy as well. On the days you are not training, feel free to get in some form of active recovery, such as walking; just make sure whatever you choose is not too strenuous so the body has time to rest and repair.

Week 1, Day 1: Resistance Training/Core

Step-Ups

These can be done with or without added weight, depending on the height of the step and your ability/strength. Make sure whatever you use as your step is safe and stable to step on.

Sets/Reps: 3 sets of 10 reps.

1. Stand tall with your feet shoulder-width apart and facing the structure you will be stepping onto.
2. Lift your right leg and place your foot on the step structure you've chosen, keeping your ankle, knee, and hip in a straight alignment.
3. As your foot is being placed on the step, drive your weight into the middle of your foot to raise yourself forward and onto your step. As you step, make sure you keep yourself upright and tall.
4. Place your left foot next to your right foot and stand all the way up.
5. Remove your right leg first, followed by your left leg, and return both to their starting positions.
6. Repeat 10 reps on one leg at a time, then switch sides and repeat 10 times on the opposite leg.

Pro Tip: To get other muscles involved, try a “lateral step-up,” which allows your body to move in a different plane of motion.

Horizontal Rows

For those of us who sit all day (often hunched over), or even those who don't, it's important we incorporate

“pulling” our back muscles into our routine. Examples of items to use are a gallon jug of water or a light (e.g., five- to ten-pound) dumbbell.

Sets/Reps: 3 sets of 10 reps on each arm. Rest for 30–90 seconds.

1. Using a chair or table, find a surface that is stable and about as tall as the height of your navel or hips.
2. Place one hand flat on the surface.
3. Hinging at your hips and keeping a neutral spine (straight back), bend over until your flat back is about 45 degrees relative to your hips.
4. With your opposite hand, grab the “weight” of your choosing; as an example, use a gallon jug of water.
5. Keeping your back at the 45-degree and neutral position, “row” the jug of water to your torso, making sure your elbow gets to a position of 90 degrees, ideally, and making sure to keep the elbow close to the body.
6. Pause for half a second and then extend your elbow and lower the jug back to the starting position, making sure to keep your torso from moving and not use any momentum to jerk the weight into position.

Pro Tip: Remember, you can always change the tempo of the exercise, slow it down or speed it up, increase time under tension, and make the exercise easier or more challenging.

Hip Hinge

You do not want to neglect your lower body posterior chain muscles, so next up we have a hinge. A hinge can be done with your body weight, but making sure you are using proper form and sequencing here will be the key.

Sets/Reps: 3 sets of 10 reps.

1. Stand tall with your feet approximately shoulder-width apart and toes pointing forward (slightly everted, or out, is okay if it feels more comfortable).
2. Place your hands on your hips and pull (retract) your shoulders straight back as if you were trying to pinch something with your upper back.
3. Soften your knees very slightly and then make sure they do not travel any farther forward for the rest of the exercise.
4. Push your pelvis backwards as if you were a tea kettle tipping water into a cup. Another way to think about it is to imagine that as you're keeping your knees in that slightly bent position, you are pushing your butt back toward an imaginary wall.
5. Make sure as you begin lowering yourself you keep your back in that pinched position so that your back muscles stay "turned on."
6. As you get lower, you should start to feel a stretch in the back of your legs (hamstrings/glutes).
7. Stop yourself when you feel you lose that tension or recognize you're starting to now bend forward without keeping a straight/neutral spine. At that point, you've gone too far.
8. Stop yourself just before that position so that your posterior leg muscles stay engaged. Push your pelvis forward slowly, maintain your back position, and stand back up, squeezing your glutes, or butt muscles, at the top.
9. Repeat.

Pro Tip: Once you feel you've mastered the body weight hinge, try implementing a Romanian deadlift. Find a balanced object like a kettlebell or a case of bottled water and use this to add resistance to the exercise. Make sure you stop at your current end range of motion, or in other words, the point at which when you're lowering yourself you can no longer maintain a neutral spine position.

Standing Curl to Overhead Press

Upper-body strength is important for a variety of reasons, but one that often comes into play is being able to lift luggage into overhead compartments. Use whatever weights you have at your disposal—dumbbells, soup cans, milk jugs—and make sure they are similar weight if you don't have a single, fixed object. Use caution if you have an existing or previous shoulder injury. Use pain as an indicator of caution.

Sets/Reps: 3 sets of 10 reps. Rest for 30–90 seconds.

1. Standing on a flat surface and making sure your feet are even with each other, curl your weight to your shoulders so that your elbows are at a 90-degree angle.
2. Keeping your elbows tucked in so that they run parallel to the sides of your body, press the objects overhead fully, extending your elbows.
3. At the top, a good check to make sure you're in a good position is to see if your biceps are in line with your ears.
4. Slowly lower the objects back down until your elbows reach about 90 degrees, and then press back up again using control. Make sure to keep

from using momentum to help, and don't lean back excessively.

5. Lower the weights back to the sides of your body, making sure to come all the way down so the weights rest next to your hips with your arms fully extended.

Pro Tip: Be sure to stay nice and tall without leaning backwards excessively. An excessive lean is often an indicator of too heavy of weight. At the top of the movement, your biceps should be right next to your ears.

Plank

Core strength is crucial for protecting the spine, improves balance/stability, and allows the body to move optimally. A plank allows you to strengthen the core without unnecessary action of the spine (like in a sit-up), which many of us are not ready for if we are new to exercise. Find a pillow or something soft to rest your elbows on.

Sets/Reps: 3 sets of 30 seconds.

Rest for 30–90 seconds.

1. Get on the floor on all fours, positioning your elbows on the ground underneath your shoulders.
2. Extend your legs back so that you are balanced on your forearms and toes. Feet should be shoulder-width apart. Your body should be in a straight line from head to toe without sagging in the middle or arching your back.
3. Contract (create tension in) your core by pushing your forearms and feet hard into the ground.

4. Continue creating tension as you hold this position for 30 seconds.

Pro Tip: To make it more challenging on your core and upper body, try a plank to push-up. Continue switching back and forth from a plank to push-up for the same time period.

Sumo Squat

A potentially safer alternative to a regular squat for those who don't have the mobility to get into the proper position, a sumo squat is similar to your "normal" squat, just with a wider stance. The sumo squat also can be done using a "low hold," which helps folks who have shoulder pain and lower back pain.

Sets/Reps: 3 sets of 12 reps. Rest for 30–90 seconds.

1. Spread your legs out about 6–12 inches wider than your shoulders on each side and point your toes about 45 degrees outward.
2. Keeping the weight of your body primarily on your heels and your back as upright as you can, lower your hips and allow your knees to bend into a wide squat.
3. Lower yourself so your quads are 90 degrees relative to your shins, or as close to this position as you can.
4. Squeeze your glutes as you start to stand back up.
5. At the top, be sure to stay tall and not overextend past your normal upright standing position.

Pro Tip: Try changing the tempo of the downward or upward motion to increase the difficulty, especially

if you don't have enough weight to make the exercise challenging.

Horizontal Floor Press

A floor press allows for upper-body horizontal pressing power without the need for a bench. Further, it increases focus on the upper body since the spine is in a fixed position and the elbows cannot travel past 90 degrees. Similar to the overhead press, find similarly weighted objects that can be safely held. Dumbbells would be ideal here, but any similarly weighted objects that can be utilized safely fit the criteria.

Sets/Reps: 3 sets of 12 reps. Rest for 30–90 seconds.

1. Grab a pair of dumbbells and lie down with your back and feet flat on the floor and your knees bent.
2. Take your dumbbells and position your arms at a 45-degree angle in relation to the side of your body with the dumbbells in your hands and your elbows on the floor.
3. Keeping your core tight and lower back in contact with the ground, press the dumbbells straight up until your arms are fully extended.
4. Lower the dumbbells with control (should take about two seconds to lower) until your elbows touch the ground.
5. Briefly pause for about one second before repeating the process.

Pro Tip: Try pressing one arm at a time for increased focus on pressing mechanics and to get the core more involved by stabilizing the weight.

Week 1, Day 2: Cardiovascular Training/Flexibility

Aerobic Exercise

30–60 minutes of aerobic-style exercise. Choose an activity you enjoy, such as walking, jogging, swimming, boxing, or cycling. On this day you will be focusing on aerobic exercise, which is a more steady-state form of cardio in which the intensity should be able to be sustained for 30–60 minutes continuously. Depending on your fitness level, it could be a walk or it may be a run. To help decide what's right for you, you should be able to have somewhat of a conversation at this intensity.

Pro Tip: Monitor your heart rate over time during and after exercise to see if you start to recover quicker as you get more efficient at aerobic cardio. Also monitor your resting heart rate; as you improve, your heart shouldn't have to beat as often to pump blood through your body. (This is a good thing, and it does take time to reach this level of fitness!)

Supine Active Hamstring Stretch

Lots of people have tight hamstrings and hips, especially after activity. Having increased flexibility/mobility helps you to perform optimally and without pain when exercising.

**Sets/Reps: 2 sets of 45 seconds on
each leg. Rest after the second set as
needed. Shoot for 30–90 seconds.**

1. Lie on your back with both of your knees bent and feet on the floor.

2. Grab the back of your right thigh and pull your right knee toward your body.
3. Keeping your hands on the back of your right knee, extend your right leg until you feel a moderate stretch in your hamstring, and hold.
4. Pull your toes toward your shin to accentuate the stretch.
5. Switch legs.

Pro Tip: Use a towel or band if you find it hard to reach or hold your hands on the back of your knee.

Superman Stretch

This move helps to mobilize the spine, open up the chest/sternum, and improve posture.

Sets/Reps: 2 sets of 12 reps.

1. Lie face down on your stomach and extend your arms and legs as far as you can.
2. Lift your arms, upper back, and legs off the floor as high as you can. Hold for 3 seconds, and then return to the floor.

Pro Tip: Consider holding a band to help add increased focus on improving your shoulder mobility as well.

Week 1, Day 3: Resistance Training/Core

Walking Lunges

This is a great lower-body exercise that has elements of balance/stability since you are primarily using one leg at

a time. Given that you will be using one leg at a time, you won't need as much external weight to create the desired training effect as you might for a more bilateral exercise (two legs at once) like a squat. If just using your body weight feels too difficult, try substituting with a bilateral movement until you build enough strength to use one leg at a time.

Sets/Reps: 3 sets of 8 reps/steps on each leg.

1. Stand tall, feet even with each other and shoulder-width apart.
2. Step forward a couple of feet with your right leg and plant your foot while simultaneously bending your right knee and lowering yourself down into a lunge position.
3. Without moving your right foot, stand back up and repeat the same motion on your left leg.
4. Try to keep moving forward without much pause during reps.

Pro Tip: Pause in between steps until you master the ability to go from one step directly to the next.

Push-Up/Incline Push-Up

Depending on your strength and mobility levels, you can make these as difficult or as easy as needed. To make it more challenging, change the tempo during the up or down portion of the exercise. To make it more manageable, change the angle of the push-up: in general, the higher and more acute the angle, the easier it will be to perform. Use a wall, a table, a countertop, or some type of sturdy furniture.

Sets/Reps: 3 sets of 10 reps.

1. Get on the floor on all fours, positioning your hands underneath or slightly wider than your shoulders.
2. Extend your legs back so that you are balanced on your hands and toes. Feet should be shoulder-width apart. Your body should be in a straight line from head to toe without sagging in the middle or arching your back.
3. Contract (create tension), corkscrew your hands into the ground clockwise, push back into your toes, and brace your core. (Imagine what you would do with your body if you were outside in a hurricane—get tight!)
4. Inhale as you slowly bend your elbows. Lower yourself until your elbows are at a 90-degree angle.
5. Exhale and push back up through your hands to the start position. Control your body through the entire movement; don't let gravity do part of the work for you.

Pro Tip: To help reduce the possibility of pain, keep your arms in a neutral position, meaning your elbows stay tucked in close to your body and don't flare out during the exercise. Also, make sure you don't lower yourself where your elbows pass 90 degrees relative to your body.

Straight-Leg Hamstring Bridge

The hamstrings are an often-neglected muscle group, yet they are one of the biggest muscle groups in the body. It is important to have strong hamstrings so we can perform

our cardiovascular training and other exercises with a lowered injury risk.

Sets/Reps: 3 sets of 25-second holds.

1. Lie on your back with your legs fully extended, arms out 45 degrees at your side, and palms facing down.
2. Pushing down into your Achilles tendon/heels, lift your lower body and glutes off of the ground.
3. Lift as high as you can and squeeze your glutes to hold the position for 25 seconds.
4. Do your best to allow limited knee bend and keep your hips off of the ground.

Pro Tip: Try elevating your legs or try the exercise on one leg to increase difficulty.

Bicep Curls

There's something to be said for enjoyment in exercise, and I find most people enjoy "working their arms." If you have dumbbells, paint cans, water jugs, soup cans, resistance bands, etc., find at least one of these items. It's time to curl!

Sets/Reps: 3 sets of 12 reps on each arm.

1. Stand up straight with your feet about hip-width apart.
2. Hold your object balanced in your hand/fingers with your palm facing away from you and your arm extended/relaxed.

3. Keeping a straight back and resisting movement at your shoulder joint, bend at your elbow and begin curling the weight toward your shoulder.
4. Make sure your elbow stays in a mostly fixed position, your arms stay tight to your torso, and you're not using your back to help swing the weight upward.
5. Stop at about chest height, squeeze your bicep for about half a second, then slowly and with control lower back to the starting position and immediately go again.
6. Repeat 12 times on each side, then switch arms.

Pro Tip: Change the orientation of your wrist to hit different sections of your bicep muscle, making sure you monitor and avoid any pain you notice.

Core Hollow Body Hold

This is another core exercise that can be done without excessive spinal movement and with limited equipment. The hollow body hold utilizes your own body's physics to create tension in your core.

Sets/Reps: 3 sets of 25-second holds.

1. Lie on your back with arms extended overhead and legs extended down.
2. Lift your upper body and lower body off of the ground to 45 degrees.
3. Your arms should remain straight without elbow bend, and your knees should remain straight without knee bend.

4. Focus on squeezing your core and breathing as you hold for 25 seconds.
5. Return to the starting position.

Pro Tip: Add a single arm press in the hollow body hold position to recruit even more core muscles.

Wall Sit

A wall sit is a great way to build lower-body strength while also teaching good, upright posture. Remember to keep breathing as you hold this position.

Sets/Reps: 3 sets of 45-second holds (feel free to change the time based on your abilities).

1. Find a sturdy/flat surface like a concrete wall and position yourself about two feet away from said wall.
2. Place your entire back/shoulders and head against the wall while keeping your feet about two feet away.
3. Keeping contact on the wall with your head, back, and shoulders, slowly descend into a squat position, letting your knees bend until your quads (thighs) are parallel with the ground.
4. Hold this 90-degree position for the time of your choosing based on your current fitness level.

Pro Tip: Increase duration over time or add weight to your lap to increase difficulty to allow for continued progress.

Week 1, Day 4: Cardiovascular Training/Flexibility

Intervals

It's important that your heart works in various heart rate zones so that like your other muscles, it can get stronger and more efficient. The second day of cardio calls for a more interval-based approach where your heart rate will rise to higher levels than the first day, followed by “active rest” periods.

Sets/Reps: 10 rounds of 20 seconds of work and 2 minutes of rest.

Try starting with a 1:6 work-to-rest ratio, meaning for every one second of work, you are going to rest for six seconds to ensure enough recovery between sets for optimal performance. Choose whatever form of cardio you enjoy and your body allows, whether that be cycling on a bicycle or stationary bike, running outside or on a treadmill, using an elliptical, etc. The piece of equipment you choose is not a huge factor; however, pushing yourself to the appropriate levels of intensity is crucial to the effectiveness of this style of training. Make sure you do a light, dynamic warm-up before you start. I often recommend using the cardio modality of your choice and doing less intense warm-up sets (1–3 sets total) at about 50 percent of your max intensity to prepare and prime your body for the more intense sets. Based on your current level of fitness, push yourself to about 60–70 percent for beginners and 70–80 percent for the well-trained folks during the “work” phase of the interval. During your “rest” interval, it's important

that you do not completely stop, as this can cause muscles to get tight due in part to a buildup of lactic acid from the intensity. Participate in active rest, in which you slow down to about 10–20 percent of max speed on whatever you’re doing. For example, if you’re sprinting, slow down to a walk, or if you’re cycling, slow down to a slow pedal. Repeat 6–10 times.

Pro Tip: If you have a device to measure your heart rate, take note of how hard you push yourself and how fast your heart rate recovers (on your smart devices, this can be a measure of heart rate variability).

Follow your aerobic workout with a couple of the stretches you learned on Day 2:

1. Supine active hamstring stretch
2. Superman stretch

How do we progress from week to week?

Weeks 2–4: Resistance Training/Core/Balance

Your body adapts best when appropriate levels of volume, intensity, and resistance are practiced consistently over time. In other words, it’s much smarter to stick with a training program for four, eight, or even twelve or more weeks, depending on conditions, rather than trying to do something new every time you work out.

It also gives you time to master certain exercises and “own” movements until you’re ready to progress to the next level/phase of training. With that being said, make sure you

give yourself the time to completely understand the exercises laid out for you and perform them with the proper form and level of difficulty.

Since this program is four weeks long, I'm going to explain how to progress yourself over the next three weeks until all four weeks are completed.

For your resistance training days, pick two exercises per workout to increase by one set. For example, say Week 1, Day 1 you chose step-ups and standing curl to overhead presses; Week 2, Day 2 would now have four sets of those exercises instead of three. Do the same for the following two weeks, making sure to disperse the volume you add. Keep in mind you shouldn't have more than five sets of one exercise. Also, try to add 2.5 to 10 percent of the load you did from week to week. For example, if you were able to do horizontal rows with ten pounds, try adding one to four pounds on Week 2. For body weight exercises, try adding one or two reps week to week or slow down the tempo by an extra one to two seconds. By Week 4, you should build up to weights with which you can only perform a few extra reps beyond the rep-range protocol with good form.

On the two separate cardiovascular days, your progression techniques will center around time, distance, and intensity. On your aerobic, a.k.a. lighter intensity, day, I recommend trying to add an additional five to ten minutes to your chosen exercise. For example, if you walked for thirty minutes Week 1, try to walk thirty-five or forty minutes Week 2.

APPENDIX B

Heart-Healthy Menu, Dietary Analysis, Sample Grocery List

Heart-Healthy Menu

An asterisk indicates an item that has a recipe in this appendix following the menu section.

Week One

MONDAY

BREAKFAST

Egg white scramble

- 2 scrambled eggs (with yolks separated out), 2 slices of whole-grain bread (100% whole wheat, or rye), $\frac{1}{2}$ cup cooked spinach, $\frac{1}{4}$ cup low-fat shredded cheese.

LUNCH

Sun-dried tomato spinach wrap

- 1 tortilla wrap, spread 2 tbsp. red pepper hummus, a handful of spinach, tomatoes, red onions, sun-dried tomatoes, and sliced cucumbers.

SNACK

- 1 whole bell pepper (any color) sliced; 2 tbsp. hummus or guacamole.

DINNER

*Pan-seared salmon with citrus vinegar glaze and green beans**

- 1 serving.

TUESDAY

BREAKFAST

Grilled peanut butter and strawberry sandwich

- 1 sandwich with whole-grain bread; 2 tbsp. all-natural nut butter (peanut, almond, sunflower seed); 1/2 cup sliced strawberries (or other berry variety). Grill on medium-high heat in cooking pan 2–3 minutes each side.

LUNCH

Avocado egg salad on whole-grain bread

- 1/2 avocado, 2 boiled eggs, salt, pepper, garlic powder, 1/4 onion mixed and served on whole-grain bread with shredded arugula/spinach mix.

SNACK

- 2 oz. trail mix with nuts, seeds, and dried fruit; 1 cup blueberries.

DINNER

*Grilled flatbread veggie pizza**

- 1 serving.
- 1 cup arugula/spinach mix salad with handful croutons and 1 tbsp. choice of dressing.

WEDNESDAY

BREAKFAST

- Low-fat plain Greek yogurt (6 oz.), 1 cup raspberries, 2 tbsp. chopped walnuts or granola.

LUNCH

Veggie pizza salad

- 1 slice of veggie pizza, 1 cup of chopped kale, 1 cup of chopped red cabbage, 1/2 cucumber, sliced. 2 tbsp. of salad dressing of choice. Slice pizza into crouton-size pieces and place on salad.

SNACK

- 1 cup sliced strawberries, 1 handful almonds.

DINNER

Tuna salad on bib lettuce

- 2 pouches or cans (drained) white tuna, $\frac{1}{2}$ red onion, 1 stalk of celery, pepper, $\frac{1}{2}$ avocado, 1 tbsp. mayo, garlic powder, and relish (optional). Mix together and serve on bib lettuce. Serve with 1 cup of fruit salad (mango, pineapple, kiwi, and dark cherries).

THURSDAY

BREAKFAST

Oats with apples and blueberries

- Mix together $\frac{1}{2}$ cup cooked oats, $\frac{1}{2}$ cup unsweetened almond milk, $\frac{1}{2}$ cup chopped apple, $\frac{1}{4}$ cup blueberries (frozen or fresh), $\frac{1}{4}$ cup chopped walnuts or slivered almonds, 1 tsp. cinnamon, and 1 tsp. vanilla extract.

LUNCH

Tuna whole-grain pita

- Stuff 1 whole-grain pita with chopped onions, celery, shredded carrots, 1 packet of tuna, $\frac{1}{2}$ cup spinach leaves, and choice of dressing or mayo.

SNACK

- 1 cup fruit salad (mango, pineapple, kiwi, and cherries), 1 handful pistachios.

DINNER

*Grilled Asian garlic steak skewers**

- 1 serving; serve with green salad.

FRIDAY

BREAKFAST

Two-egg omelet with veggies

- Cook $\frac{1}{2}$ cup spinach and mushrooms with olive oil. Add 2 scrambled eggs on top of veggies and cook on medium heat. Flip and add 1 oz. cheddar cheese. Fold into omelet.

LUNCH

PB & J with sliced strawberries and bananas

- 2 slices whole-grain bread, 2 tbsp. peanut butter, 1 tbsp. natural jam, sliced strawberries and bananas on sandwich.

SNACK

- 3 cups air-popped popcorn.

DINNER

*Grilled veggie sandwich**

- Serve with garden salad; 1 sandwich.

SATURDAY

BREAKFAST

Heart-healthy smoothie

- 1 cup blueberries, 1 cup low-fat milk, 2 tbsp. ground flax, hemp or chia seed, 2 tbsp. peanut butter, ice (add spinach or kale for extra vitamins and minerals).

LUNCH

Lettuce wrap

- 4 slices low-sodium roast turkey or ham, 1 slice low-fat cheese, shredded carrots, 1 tbsp. hummus, wrapped in lettuce; 6 whole-grain crackers. Serve with 1/2 veggie sandwich.

SNACK

- 1 large apple with 2 tbsp. all-natural nut butter (peanut, almond, sunflower seed).

DINNER

*Seared scallops with butternut squash**

- 1 serving.

SUNDAY

BREAKFAST

- Low-fat plain Greek yogurt (6 oz.), 1 cup blackberries, 2 tbsp. chopped walnuts or granola.

LUNCH

- 1 cup low-fat cottage cheese, 1 cup blueberries, 1 handful almonds.

SNACK

- 1 cup fruit salad (mango, pineapple, kiwi, and cherries), 1 handful almonds.

DINNER

*Black bean quesadilla**

- 1 serving.

Week Two

MONDAY

BREAKFAST

- 1 cup oatmeal (cooked in low-fat milk), 1 cup blueberries.

LUNCH

- 1 cup tossed salad mix—with any non-starchy vegetables (i.e., string beans, broccoli, cabbage, spinach). Add 2 hardboiled eggs, dress with 1 tbsp. vinegar and olive oil; 1 cup melon.

SNACK

- 20 baby carrots with 2 tbsp. hummus or 2 tbsp. guacamole.

DINNER

*Broiled cod with pesto tomatoes**

- 1 serving.

TUESDAY

BREAKFAST

- 1 1/4 cup whole-grain cereal, 1 cup low-fat milk, 1 cup berries, 1 handful chopped almonds.

LUNCH

- 1 whole wheat pita stuffed with 1 cup shredded romaine lettuce, 1/2 cup sliced tomatoes, 1/4 cup sliced cucumbers, 2 tbsp. crumbled feta cheese, and 1 tbsp. flaxseed oil and vinegar; 1 kiwi or choice of fruit.

SNACK

- Medium orange, 1 handful nuts.

DINNER

*Grilled salmon (6 oz.)**

- Grill on high 8 minutes per side, season with olive oil, salt, pepper, lemon/lime, and garlic powder; 1 cup steamed broccoli; 1 medium baked sweet potato. Top with cinnamon and a dollop of low-fat plain Greek yogurt.

WEDNESDAY

BREAKFAST

- 2 whole grain waffles with 2 tbsp. peanut or almond butter; 1 cup blueberries; 6 oz. vanilla Greek yogurt.

LUNCH

Salmon salad

- 1 salmon pouch, $\frac{1}{2}$ cup chickpeas (if using canned, make sure to rinse), $\frac{1}{2}$ cup chopped red onion, $\frac{1}{2}$ cup chopped red bell pepper; 2 cups romaine lettuce; dress with 1 tbsp. extra virgin olive oil and 2 tbsp. red-wine vinegar.

SNACK

- 1 apple, 1 cheese stick or 1 oz. fresh mozzarella cheese.

DINNER

*Strawberry goat cheese salad with grilled chicken**

- 2 tbsp. choice of dressing; 1 serving.

THURSDAY

BREAKFAST

*Green smoothie bowl**

- 1 serving.

LUNCH

Edamame, feta, tomato salad

- 1 cup shelled edamame, 1 handful feta cheese, 1 cup tomatoes, $\frac{1}{4}$ diced red onion, 1 chopped apple, 2 tbsp. choice of dressing.

SNACK

- 1 cup low-fat cottage cheese, 1 cup raspberries, 1 handful chopped almonds.

DINNER

*Chicken and vegetable stir-fry**

- 1 serving.

FRIDAY

BREAKFAST

Egg omelet with peppers, onions, and mushrooms

- 2 eggs, 2 slices whole grain bread, 1 cup peppers, onions, mushrooms, 1 tbsp. shredded low-fat cheese.

LUNCH

Brown rice bowl

- $\frac{2}{3}$ cup brown rice, 1 piece (4 oz.) premade chicken, 1 cup mixed vegetables (broccoli, peppers, carrots).

SNACK

- 1 cup sliced strawberries, 1 handful walnuts.

DINNER

*Grilled turkey veggie burgers**

- Serve with roasted glazed carrots*; 1 serving.

SATURDAY

BREAKFAST

Oats and fruit

- 1/2 cup cooked oatmeal, 1/2 diced apple or pear, 2 tbsp. chopped nuts, 1/2 cup low-fat milk.

LUNCH

- 1 cup cottage cheese, 1/2 cup sliced apple, 1/4 cup sunflower seeds.

SNACK

- 2 handfuls almonds, 1 banana.

DINNER

*Weeknight Mediterranean pasta**

- 1 serving.

SUNDAY

BREAKFAST

- 1 boiled egg, 1 cup low-fat milk, 1 cup high-fiber cereal with 1 sliced banana on top.

LUNCH

Yogurt bowl

- 1 cup nonfat Greek yogurt, 1/2 tablespoon flaxseed meal, 1/2 tablespoon chia seeds, 1 tablespoon almond butter, 1 cup assorted fresh fruit (sliced strawberries and bananas, nectarine wedges, blueberries, etc.), 2 tbsp. granola, drizzle of honey, sprinkle of coconut flakes.

SNACK

- 1/4 cup hummus; 1 medium red bell pepper, sliced; 3 medium carrots, sliced.

DINNER

*Roasted halibut with herb salad**

- 1 serving.

Week Three

MONDAY

BREAKFAST

Whole-grain toast with pears and honey

- 1 slice whole-grain toast topped with 2 tbsp. almond butter, 1 sliced pear, 2 tsp. honey, 1 orange zest, 2 tbsp. unsalted sliced almonds.

LUNCH

Mediterranean bistro box

- 1/2 sliced cucumber, 1/4 cup hummus, 2 tbsp. olives, 1 handful feta cheese, 1 whole wheat pita cut into four pieces.

SNACK

- 3 tbsp. unsalted almonds, 2 medium carrots.

DINNER

*Easy shrimp and vegetable skillet**

- 1 serving.

TUESDAY

BREAKFAST

- 2 scrambled eggs, 2 slices whole-grain bread. Add feta (1 handful), chopped tomatoes, and spinach or mixed veggies, 1/3 avocado.

LUNCH

Goat cheese beet salad

- 2 cups spring mix greens, topped with 1 spoonful crumbled goat cheese, 1/2 cup beets, 1/4 cup sunflower seeds, 1/4 cup dried cherries, and 2 tbsp. raspberry vinaigrette.

SNACK

- 1 medium orange, 1 cheese stick or fresh mozzarella.

DINNER

*Grilled chicken with spaghetti squash**

- 1 serving.

WEDNESDAY

BREAKFAST

- Low-fat plain Greek yogurt (6 oz.), $\frac{3}{4}$ cup blueberries, 1 handful almonds or 2 tbsp. ground flaxseed meal.

LUNCH

- (Recommend using a three-compartment container.)
- Large section: raw broccoli and carrots.
- Small section: almonds.
- Small section: dried fruit.

SNACK

- 1 handful mixed nuts, unsalted; 1 cup fresh strawberries and blueberries.

DINNER

Fish tacos

- (Serving size 2 tacos.) Bake cod (6 oz.) at 400 degrees for 13–15 minutes. Season cod with 2 tbsp. olive oil, garlic, pepper, paprika, and lemon. Place 3 oz. in each whole corn tortilla wrap. Add chopped tomatoes, sautéed peppers and onions. Add $\frac{1}{4}$ avocado, shredded lettuce, and 1 handful low-fat shredded cheese.

THURSDAY

BREAKFAST

*Avocado toast with optional smoked salmon**

LUNCH

Make-ahead tuna baguette sandwich

- Slice open 6" baguette. Combine 1 tuna packet in oil, olives, garlic powder, and 2 tsp. red wine vinegar. Add sliced tomatoes, red onion, 1 sliced hard-boiled egg, and fresh basil leaves.

SNACK

- 2 handfuls whole-grain crackers with hummus on top; 1 cup sliced carrots and peppers.

DINNER

*Easy Greek salad**

- 2 cups.

FRIDAY

BREAKFAST

- 1 cup plain oatmeal (regular or instant), $\frac{3}{4}$ cup sliced berries, $\frac{1}{4}$ cup chopped walnuts or slivered almonds.

LUNCH

Greek salad

- 2 cups of leftovers from previous day.

SNACK

- 1/2 cup roasted edamame (store-bought or home-made), 1 banana.

DINNER

*Honey garlic glazed salmon**

- 1 serving. Serve with 1 cup roasted asparagus.

SATURDAY

BREAKFAST

- 1 whole-grain English muffin with 1 tbsp. peanut butter, 1 cup blueberries, 1 cup low-fat milk.

LUNCH

Avocado garden sandwich

- 2 slices whole-grain bread, 1 avocado, lettuce, arugula, tomatoes, red onion, 1 slice provolone cheese, and 1 tsp. mayo.

SNACK

- Three 6" fruit skewers dipped in Greek yogurt (pineapple, strawberry, and mango).

DINNER

*Baked chicken and veggies**

- 1 serving.

SUNDAY

BREAKFAST

- 1 whole-grain bread sandwich thin (at least 3 grams of fiber), or whole-grain English muffin, 2 tbsp. all-natural nut butter (peanut, almond, sunflower seed), 1/2 cup sliced strawberries (or other berry variety).

LUNCH

Baked chicken salad

- (Leftovers.) 4 oz. baked premade chicken over 2 cups spinach, 1 handful fresh mozzarella, olives, tomatoes, cucumber, and 1/4 avocado. Dress with 3 tbsp. flax-seed oil vinaigrette* or EVOO vinaigrette*.

SNACK

Peanut butter energy balls

- 2 cups rolled oats, 1 cup natural peanut butter or other nut butter, 1/2 cup honey, 1/4 cup mini chocolate chips, 1/4 cup unsweetened shredded coconut. Use tablespoon to measure each ball. Serving size 2 balls.

DINNER

*Veggie pasta primavera**

- 1 serving.

Week Four

MONDAY

BREAKFAST

French toast

- 2 slices whole-grain bread. Mix 1 egg, $\frac{1}{4}$ cup unsweetened almond milk or cow's milk, 1 tsp. vanilla, 1 tsp. cinnamon. (Dip bread into batter, then cook in pan coated with olive oil.)

LUNCH

- (Recommend using a three-compartment container.)
- Large section: sliced apples.
- Small section: cottage cheese.
- Small section: halved walnuts.

SNACK

- 1 oz. low-sodium turkey breast and 1 oz. cheese, 5–6 whole-grain crackers, 1 cup blueberries.

DINNER

*Easy one-pan roasted shrimp and veggies**

- 1 serving.

TUESDAY

BREAKFAST

- 1 cup low-fat cottage cheese, $\frac{1}{2}$ cup sliced apple, 2 tbsp. chopped almonds.

LUNCH

Salmon salad pita

- Mix together 2 oz. canned salmon, 1 tbsp. low-fat mayo, squeeze of lemon, pepper, paprika, cumin. Add shredded lettuce and salmon into pita. Serve with orange slices and celery sticks.

SNACK

- For a smoothie, blend 6 oz. Greek yogurt, 6 oz. 100% fruit juice, $\frac{1}{2}$ banana, $\frac{1}{2}$ mango, $\frac{1}{2}$ cup frozen strawberries; $\frac{1}{2}$ oz. pistachios.

DINNER

20-minute chicken tacos

- Serve with veggies. Sauté 2 cups carrots, scallions, zucchini, and peppers with 1 tbsp. olive oil. Serving size 2 tacos.

WEDNESDAY

BREAKFAST

- For a smoothie, blend 1 banana, 1 cup low-fat milk, 2 tbsp. ground flax, hemp or chia seeds, 2 tbsp. peanut butter, ice. (Add spinach/kale for extra vitamins and minerals.)

LUNCH

Chicken chow mein salad

- 2 cups salad greens or spinach, 2 oz. rotisserie or pre-made chicken, $\frac{1}{2}$ cup red cabbage, 1 tbsp. pecans, 1 tbsp. cranberries, 2 tbsp. low-sodium ginger and soy dressing.

SNACK

- 1 apple (sliced), with 2 tbsp. peanut butter. Top with $\frac{1}{4}$ cup mixture of dried cherries, blueberries, and crushed almonds.

DINNER

*Marinated veggie beef kebabs**

- 1 serving.

THURSDAY

BREAKFAST

- $\frac{1}{2}$ cup low-sugar granola, low-fat or nonfat Greek yogurt (6 oz.), 1 cup berries.

LUNCH

- Leftover beef kebab over 2 cups mixed greens. Add mixed veggies (cucumber, tomato, and carrots), 2 tbsp. choice of dressing.

SNACK

- 2 oz. trail mix with nuts, seeds, and dried fruit, 1 cup strawberries, 1 cup low-fat milk.

DINNER

*Baked turkey quinoa spinach meatballs**

- 1 serving. Serve with $\frac{1}{2}$ cup whole-grain rice.

FRIDAY

BREAKFAST

Egg sandwich

- Low-sodium turkey (2 slices), 2 scrambled eggs, 1 whole-grain English muffin or 1 whole-grain sandwich thin, 1 tbsp. shredded low-fat cheddar, 2 slices medium tomato.

LUNCH

Egg roll in a bowl

- $\frac{1}{2}$ cup ground premade turkey on top of $\frac{1}{2}$ cup whole-grain rice. Add 1 cup premade shredded veggies (kale, cabbage and carrots). Add garlic (fresh or powder), ginger (fresh or power), 1 tbsp. low-sodium soy sauce, and 2 tbsp. rice vinegar.

SNACK

- 1 cup low-fat cottage cheese, 1/2 cup blackberries.

DINNER

*Spicy salmon bowl**

- 1 serving.

SATURDAY

BREAKFAST

- 2 scrambled eggs, 2 slices whole-grain bread (100% whole wheat or rye), 1/2 cup cooked spinach, 1/4 cup low-fat shredded cheese.

LUNCH

- 1 cup chopped carrots, cauliflower, and green peppers with 2 tbsp. hummus and leftover spicy salmon bowl (1/2–1 serving).

SNACK

- For a smoothie, blend 1/2 cup ice, 6 oz. plain Greek yogurt, 1/2 banana, 1/2 mango, 1/2 cup frozen strawberries, and 1/4 cup orange juice. Add liquid (water) to reach desired consistency.

DINNER

*Mediterranean pasta salad**

- 1 serving. Serve with 2 oz. whole-grain bread or baguette.

SUNDAY

BREAKFAST

Apple oatmeal

- 1 cup oatmeal (cooked in milk), 1 cup diced apple, 1 tsp. cinnamon, 2 tbsp. chopped walnuts.

LUNCH

- 1 cup leftover Mediterranean pasta salad over 2 cups mixed greens, 2 tbsp. choice of dressing.

SNACK

- 1 cup carrot and celery sticks, 2 tbsp. peanut butter, 1/2 cup fresh blackberries or raspberries.

DINNER

*Low-sodium turkey chili**

- 1 serving.

Week One Recipes

PAN-SEARED SALMON WITH CITRUS VINEGAR GLAZE AND GREEN BEANS

Ingredients

4 (6 oz.) portions salmon fillets	2 tbsp. orange juice (a splash)
Extra virgin olive oil, for brushing fish	2 tsp. lemon juice
Salt and pepper	2 tbsp. brown sugar
1/2 cup dry white wine	1 lb. green beans, trimmed
1/2 cup balsamic vinegar	Orange slices or lemon rind

Directions (Servings: 4)

1. Preheat a cast iron pan or heavy-bottomed skillet over medium high heat. Brush salmon fillets with oil. Season with salt and pepper. Cook salmon until just cooked through, about three minutes on each side.
2. While salmon cooks, bring wine, vinegar, citrus juices, and brown sugar to a boil over high heat. Reduce glaze three or four minutes, until thickened. Remove from heat. Stir in 1/2 tsp. coarse black pepper.
3. In a second skillet, bring 1/2" water to a boil with green beans and pieces of orange and/or lemon rind. Cover the green beans and cook three or four minutes. Drain beans and toss with a drizzle of oil (optional) and season with salt and pepper.
4. Drizzle glaze over salmon fillets and serve with citrus green beans.

GRILLED FLATBREAD VEGGIE PIZZA

Ingredients

1 tbsp. olive oil	1/8 tsp. pepper
1/2 lb. sliced baby Portobello mushrooms	2 naan flatbreads or 4 whole pita breads
1 large green pepper, julienned	2 tbsp. olive oil
4 cups fresh baby spinach (about 4 oz.)	1/4 cup prepared pesto
1/4 tsp. salt	2 plum tomatoes, sliced
	2 cups shredded part- skim mozzarella cheese

Directions (Servings: 4)

1. In a large skillet, heat olive oil over medium-high heat. Add mushrooms and green pepper; cook and stir five to seven minutes or until tender. Add spinach, salt and pepper; cook and stir two to three minutes or until spinach is wilted.
2. Brush both sides of flatbreads with oil. Grill flatbreads, covered, over medium heat two to three minutes on one side or until lightly browned.
3. Remove from grill. Spread grilled sides with pesto; top with vegetable mixture, tomatoes, and cheese. Return to grill; cook, covered, two to three minutes longer or until cheese is melted.
4. Cut pizzas in half before serving.

GRILLED ASIAN GARLIC STEAK SKEWERS

Ingredients

1 1/2 lbs. top sirloin steak	1/3 cup sugar
1 red onion	1 tbsp. grated ginger
2/3 cup low sodium soy sauce	2 tbsp. sesame seeds
6 garlic cloves, minced	Sliced green onions for garnish
1/4 cup sesame oil	Skewers
1/2 cup vegetable oil	

Directions (Servings: 6)

1. Cut steak into 1" cubes. Cut red onion into large chunks and set aside.
2. In a large bowl, whisk together soy sauce, garlic, sesame oil, vegetable oil, sugar, ginger, and sesame seeds. Add steak and toss to coat in marinade. Marinate for three hours or overnight.
3. Preheat grill to medium-high heat. Thread meat and red onion onto skewers. Grill for eight to ten minutes until meat is done to desired liking.

GRILLED VEGGIE SANDWICH

Ingredients

1 medium zucchini, thinly sliced lengthwise into ribbons	1 loaf ciabatta bread (14 oz.), split 2 tbsp. olive oil
1 medium sweet red pepper, quartered	1/4 cup reduced-fat mayonnaise
1 small red onion, cut into 1/2" slices	1 tbsp. lemon juice 2 tsp. grated lemon zest
1/4 cup prepared Italian salad dressing	1 tsp. minced garlic 1/2 cup crumbled feta cheese

Directions (Servings: 4)

1. In a bowl or shallow dish, combine zucchini, pepper, onion, and salad dressing. Cover and turn to coat; refrigerate for at least one hour. Drain and discard marinade.
2. Brush cut sides of bread with oil; set aside. Place vegetables on grill rack. Grill, covered, over medium heat for four to five minutes on each side or until crisp-tender. Remove and keep warm. Grill bread, oil side down, over medium heat for thirty to sixty seconds or until toasted. (If no grill, can roast in oven. Place veggies on baking sheet and roast for thirty minutes at 400° F).
3. In a small bowl, combine mayonnaise, lemon juice, zest, and garlic. Spread over cut side of bread bottom; sprinkle with cheese. Top with vegetables and remaining bread. Cut into four slices.

SEARED SCALLOPS WITH BUTTERNUT SQUASH

Ingredients

2 lbs. butternut squash;	1/8 teaspoon cayenne
peeled, seeded, and cut	pepper
into 1" chunks	1 1/2 lbs. sea scallops;
1 tbsp. half-and-half	tendons removed
2 tbsp. unsalted butter	2 tbsp. vegetable oil
2 tbsp. olive oil	1 shallot; minced
Salt and pepper	8 whole sage leaves
	1 tbsp. lemon juice

Directions (Servings: 4)

1. Place squash in microwave-safe bowl, cover, and microwave until tender, eight to twelve minutes, stirring squash halfway through. Drain, then transfer squash to food processor. Add half-and-half, 1 tbsp. olive oil, 1/2 tsp. salt, and cayenne, and process until smooth. Transfer to bowl and cover to keep warm.
2. Pat scallops dry with paper towels and season with salt and pepper. Heat 1 tbsp. oil in large nonstick skillet over high heat until just smoking. Add half of scallops and cook, without moving them, until well browned, one-and-a-half to two minutes. Turn scallops and cook until sides are firm and opaque, thirty to ninety seconds. Transfer scallops to plate and tent loosely with foil. Wipe out skillet with paper towels and repeat with remaining oil and scallops. Transfer to plate with first batch.

3. Heat remaining butter over medium heat, swirling skillet constantly, until butter has nutty aroma, about one minute. Add shallot, minced sage, and sage leaves, and cook until fragrant, about one minute. Off heat, stir in lemon juice and season with salt and pepper. Pour sauce over scallops and serve with butternut squash.

BLACK BEAN QUESADILLA

Ingredients

2 whole wheat tortillas	1/2 cup canned black
2 oz. reduced fat	beans, drained
Monterey Jack cheese, shredded (1/2 cup)	1/4 cup canned diced green chiles
	1/2 tsp. olive oil

Directions (Servings: 2)

1. Spread cheese, beans, and chiles on one tortilla and top with another.
2. Heat oil in a fry pan over medium heat and add the quesadilla.
3. Cook for about seven minutes, turning over halfway through.
4. Remove to a plate and cut into serving wedges.

Week Two Recipes

BROILED COD WITH PESTO TOMATOES

Ingredients

1 large ripe tomato, cored and sliced very thinly (about 1/8")	1 small clove garlic, minced
Kosher salt and freshly ground black pepper	1–1 1/2 lb. cod or haddock, rinsed, patted dry, and cut into four even portions
2 tbsp. extra virgin olive oil	2/3 cup premade basil pesto
1 1/2 cups panko bread crumbs	

Directions (Servings: 4)

1. Heat oven to 450° F.
2. Spread tomato slices on a large plate and season with a pinch of salt and a few grinds of black pepper.
3. Heat a large sauté pan over medium heat for one minute. Pour in olive oil, add breadcrumbs, and season with a pinch of salt. Cook, stirring, until breadcrumbs start to turn a light golden brown, about four minutes. Add garlic and continue to cook, stirring, for another minute. Transfer to a bowl.
4. Set fish on a large-rimmed baking sheet lined with foil. Season with salt and pepper. Divide pesto evenly over fish and top each with two or three tomato slices and breadcrumbs. Roast until fish is opaque on the sides and starts to flake, about ten minutes. Serve immediately.

STRAWBERRY GOAT CHEESE SALAD WITH GRILLED CHICKEN

Ingredients

4 cups baby arugula	1/2 cup blueberries
4 cups baby spring green mix	4 oz. goat cheese, crumbled
1 cup farro, cooked according to package directions	1/4 cup almonds, roughly chopped
1 cup strawberries, hulled and halved	Kosher salt and ground black pepper, to season

For the grilled herb chicken:

Ingredients

Optional: 1 tbsp. olive oil	1 tsp. fresh thyme, finely chopped
1 lb. boneless, skinless chicken breasts	1 tsp. fresh rosemary, finely chopped
1 tsp. kosher salt	
1 tsp. ground black pepper	

Directions (Servings: 4)

1. Bring large pot of salted water to a boil and cook the farro according to package directions. I recommend finding a “quick-cook” farro, which will take about ten to fifteen minutes to cook. Once cooked to al dente, drain farro and rinse with cool water. Set aside or store in an airtight container in the refrigerator for up to one week. As farro cooks, get started on prepping the rest of the salad.

2. As farro cooks, grill chicken. Preheat grill or grill pan to medium-high heat. If using a grill pan, add in 1 tbsp. of olive oil. Season both sides of chicken breasts with salt, pepper, thyme, and rosemary. Once grill is nice and hot, place chicken on grates. Grill chicken for six to eight minutes per side, or until chicken has beautifully charred grill marks and is cooked all the way through. Transfer chicken to a plate to rest for a few minutes before slicing it into bite-sized pieces.
3. Assemble strawberry salad: In a large serving dish or bowl, arrange arugula and spring green mix. Top with strawberries, blueberries, farro, crumbled goat cheese, and chopped almonds. Arrange sliced grilled chicken over top.

GREEN SMOOTHIE BOWL

Smoothie:

Ingredients

1/4 ripe avocado	1 small handful kale
2 medium ripe bananas (previously sliced and frozen)	1 1/2–2 cups unsweetened non-dairy milk
1 cup fresh or frozen mixed berries	1 tbsp. flaxseed meal
2 large handfuls spinach	2 tbsp. salted creamy almond or peanut butter (optional)

Toppings (optional):

Ingredients

Granola	Shredded unsweetened
Raw or roasted nuts (almonds, pecans, walnuts, etc.)	coconut Fresh berries

Directions (Servings: 2)

1. Add all smoothie ingredients to a blender and blend until creamy and smooth. Add more almond milk (or water) to thin.

CHICKEN AND VEGETABLE STIR-FRY

Ingredients

1 lb. boneless, skinless chicken breasts cut into 1" cubes	1/2 yellow bell pepper cut into 1" pieces
Salt and pepper to taste	1/2 red bell pepper cut into 1" pieces
2 tbsp. olive oil divided	1/2 cup baby carrots sliced
2 cups broccoli florets	2 tsp. minced ginger
	2 garlic cloves, minced

Stir-Fry Sauce

Ingredients

1 tbsp. corn starch	1/4 cup honey
2 tbsp. cold water	1 tbsp. toasted sesame oil
1/4 cup low sodium chicken broth	1/2 tsp. crushed red pepper flakes
3 tbsp. low sodium soy sauce	

Directions (Servings: 4)

1. In a medium bowl, whisk together corn starch and water. Add remaining ingredients (chicken broth, soy sauce, honey, and toasted sesame oil, red pepper flakes) and whisk to combine. Set aside.
2. Add 1 tbsp. of olive oil to a large skillet or wok and heat over medium-high heat.
3. Add chicken (in batches if necessary) and season with salt and pepper. Cook for three to five minutes or until cooked through. Remove from skillet.
4. Reduce heat to medium and add remaining tablespoon of oil to skillet.
5. Add broccoli, bell pepper, and carrots and cook, stirring occasionally, just until crisp tender. Add ginger and garlic and cook for an additional minute.
6. Add chicken back into skillet and stir to combine.
7. Whisk stir-fry sauce and pour over chicken and vegetables and stir gently to combine.
8. Bring to a boil, stirring occasionally, and let boil for one minute.
9. Serve with rice and/or chow mein if desired.

GRILLED TURKEY VEGGIE BURGERS

Ingredients

1 tbsp. extra virgin olive oil	1 tbsp. prepared barbecue sauce
1/2 cup finely diced onion	1 tbsp. ketchup
1/2 cup finely diced red bell pepper	Freshly ground pepper to taste
Salt to taste	Canola oil for the skillet
1 large garlic clove, green shoot removed, minced	Whole-grain hamburger buns
2/3 cup finely grated carrot (1 large carrot)	Condiments of your choice
1 1/4 lbs. lean ground turkey breast	

Directions (Servings: 6)

1. Heat olive oil over medium heat in a medium skillet and add onion. Cook, stirring, until it begins to soften, about three minutes, and add diced red pepper and a generous pinch of salt. Cook, stirring often, until vegetables are tender, about five minutes. Stir in garlic and grated carrot and cook, stirring, for another minute or two, until carrots have softened slightly and the mixture is fragrant. Remove from heat.
2. In a large bowl, mash ground turkey with a fork. Add about 3/4 tsp. kosher salt if desired, and mix in barbecue sauce, ketchup, and freshly ground pepper to taste. Add sautéed vegetables and mix together well. Shape into six patties, about 3/4" thick. Chill for one hour if possible to facilitate handling.

3. Heat a nonstick griddle or a large nonstick frying pan over medium-high heat and brush with a small amount of canola oil, or prepare a medium-hot grill. When you can feel heat when you hold your hand above it, cook patties for four minutes on each side. Serve on whole-grain buns, with condiments of your choice.

ROASTED GLAZED CARROTS

Ingredients

2 lbs. carrots, peeled	1/2 tsp. salt
1/4 cup brown sugar, loosely packed	1/4 tsp. black pepper
2 garlic cloves, minced	Parsley for garnish (optional)
3 tbsp. olive oil	

Directions (Servings: 4)

1. Preheat oven to 400° F.
2. Cut carrot on diagonal lengths. Halve thicker end so they are all roughly the same width.
3. Toss in a bowl with sugar, garlic, oil, salt, and pepper. Pour onto tray, spread out.
4. Roast for twenty minutes. Toss, then roast ten more minutes until soft and caramelized on edges with plenty of glaze left on the tray.
5. Toss carrots in the glaze, sprinkle with parsley if using. Serve warm.

WEEKNIGHT MEDITERRANEAN PASTA

Ingredients

1 lb. thin whole-grain spaghetti	1 tsp. black pepper
$\frac{1}{2}$ cup extra virgin olive oil	6 oz. marinated artichoke hearts, drained
4 garlic cloves, crushed	$\frac{1}{4}$ cup pitted olives, halved
Salt (a pinch)	$\frac{1}{4}$ cup crumbled feta cheese
1 cup chopped fresh parsley	10–15 fresh basil leaves, torn
12 oz. grape tomatoes, halved	Zest of 1 lemon
3 scallions (green onions), top trimmed, both whites and greens chopped	Crushed red pepper flakes, optional

Directions (Servings: 4)

1. Follow package instructions to cook thin spaghetti pasta to al dente.
2. When pasta is almost cooked, heat extra virgin olive oil in a large cast-iron skillet over medium heat. Lower heat and add garlic and a pinch of salt. Cook for ten seconds, stirring regularly. Stir in parsley, tomatoes, and chopped scallions. Cook over low heat until just warmed through, about thirty seconds or so.
3. When pasta is ready, remove from heat, drain cooking water, and return to its cooking pot. Pour warmed olive oil sauce in and toss to coat thoroughly. Add black pepper and toss again to coat.

4. Add remaining ingredients and toss one more time. Serve immediately in pasta bowls, and if you like, top each with more basil leaves and feta. Enjoy!

ROASTED HALIBUT WITH HERB SALAD

Ingredients

1 1/4 lbs. skinless halibut fillets	as flat-leaf parsley, chervil, and a small amount of more
1/4 tsp. kosher salt	powerfully flavored
Ground black pepper	tarragon)
2 tbsp. olive oil	1 1/2 tbsp. fresh lemon juice
1 large shallot, very thinly sliced	
1 1/2 cups fresh mixed soft herb leaves (such	

Directions (Servings: 4)

1. Preheat oven to 300° F. Season fish with salt and, if desired, pepper, and let stand twenty minutes. Toss fish with oil in a bowl to evenly coat, and place in a baking dish. Drizzle remaining oil from bowl over fish. Bake at 300° F; check doneness after fifteen minutes by pressing flesh gently with your thumb. If fish flakes apart, it is ready. If not, cook an additional three to five minutes and check again.
2. Rinse shallot under cold running water; pat dry. Once fish is cooked, mix warm oil from the baking dish with shallot, herbs, and juice. Serve with fish.

Week Three Recipes

EASY SHRIMP AND VEGETABLE SKILLET

Ingredients

2 lbs. peeled and deveined shrimp	1 tbsp. butter
2 small zucchinis	2 garlic cloves, finely chopped
2 small yellow squash	1 tbsp. paprika
3 small bell peppers any color	1/2 tbsp. Cajun seasoning
4 tbsp. olive oil	Salt and pepper to taste
	Fresh parsley to garnish

Directions (Servings: 4)

1. Cut vegetables into bite-sized pieces.
2. Place shrimp into a medium bowl and add Cajun seasoning, paprika, salt, and olive oil. Mix well.
3. Heat a large skillet over medium-high heat. Add shrimp and cook for about six to seven minutes, or until cooked through. Remove shrimp from skillet and set aside.
4. To same skillet, add garlic, butter, and vegetables. Season with salt and stir-fry for about ten minutes, or until the vegetables are tender.
5. Return shrimp to the skillet, stir well, and garnish with parsley. Serve.

GRILLED CHICKEN WITH SPAGHETTI SQUASH

Ingredients

1 medium spaghetti squash (4 lbs.)	1 tbsp. plus 1 tsp. olive oil, divided
1 can (14 1/2 ounces) diced tomatoes, undrained	1/2 lb. sliced fresh mushrooms
2 tbsp. prepared pesto	1 medium onion, chopped
1/2 tsp. garlic powder	1 garlic clove, minced
1/2 tsp. Italian seasoning	1/2 cup low sodium chicken broth
1/4 cup dry breadcrumbs	1/3 cup shredded cheddar cheese
1/4 cup shredded parmesan cheese	
1 lb. boneless skinless chicken breasts, cut into 1/2" cubes	

Directions (Servings: 5)

1. Place scored spaghetti squash onto the lined baking sheet. Roast in oven for about thirty-five to forty-five minutes, flipping over halfway through. It's done when skin pierces fairly easily with a knife. The knife should be able to go in pretty deep with very slight resistance.
2. Meanwhile, in a blender, combine tomatoes, pesto, garlic powder, and Italian seasoning. Cover and process until blended; set aside. In a small bowl, combine breadcrumbs and parmesan cheese; set aside.
3. In a large skillet, cook chicken in 1 tbsp. oil until no longer pink; remove and keep warm. In same skillet, sauté mushrooms and onion in remaining oil until

tender. Add garlic; cook one minute longer. Stir in broth, chicken, and reserved tomato mixture. Bring to a boil. Reduce heat; simmer, uncovered, for five minutes.

4. When squash is cool enough to handle, use a fork to separate strands. In a large ovenproof skillet, layer half of squash, chicken mixture, and reserved crumb mixture. Repeat layers.
5. Bake, uncovered, at 350° for fifteen minutes or until heated through. Sprinkle with cheddar cheese. Broil 3–4" from the heat for five to six minutes or until cheese is melted and golden brown.

AVOCADO TOAST WITH SMOKED SALMON

Ingredients

1 slice country or sourdough bread, approximately 1/2" thick	3 thin slices red onion, cut in rounds from a medium onion
Extra virgin olive oil	3 pieces thinly sliced smoked salmon
1 tbsp. goat cheese	Freshly squeezed lemon juice to taste, from 1/2 lemon
1/2 medium avocado	
2 slices tomato from a medium tomato	Kosher salt and freshly ground black pepper

Directions (Servings: 1)

1. Lightly brush bread with olive oil and toast to desired level of doneness. Spread goat cheese over surface. Top with avocado and mash with a fork to cover entire surface. Top with tomato, red onion, and smoked salmon. Add lemon juice and sprinkle with salt and pepper. Serve.

EASY GREEK SALAD

Ingredients

6 tbsp. extra virgin olive oil	$\frac{3}{4}$ cucumber, peeled, seeded, and coarsely chopped
2 tbsp. fresh lemon juice	$\frac{1}{2}$ red onion, chopped
$\frac{1}{2}$ tsp. chopped garlic	1 bell pepper, seeded and coarsely chopped
1 tsp. red wine vinegar	$\frac{1}{2}$ cup pitted black olives (preferably brine-cured), coarsely chopped
$\frac{1}{2}$ tsp. dried oregano or 1 tsp. chopped fresh oregano	Heaping $\frac{1}{2}$ cup crumbled feta cheese
$\frac{1}{2}$ tsp. dried dill or 1 tsp. chopped fresh dill	
Salt and freshly ground black pepper	
3 large plum tomatoes, seeded and coarsely chopped	

Directions (Servings: 6)

1. Make dressing: Whisk olive oil, lemon juice, garlic, vinegar, oregano, and dill together until blended. Season to taste with salt and freshly ground black pepper.

2. Make salad: Combine tomatoes, cucumber, onion, bell pepper, olives in a bowl. Toss with dressing. Sprinkle with cheese and serve.

HONEY GARLIC GLAZED SALMON

Ingredients

1/3 cup honey	4 salmon fillets (6 oz.
1/4 cup low sodium soy	each), patted dry with
sauce	a paper towel
2 tbsp. lemon juice	Kosher salt
1 tsp. red pepper flakes	Freshly ground black
3 tbsp. extra virgin olive	pepper
oil, divided	3 cloves garlic, minced
	1 lemon, sliced into
	rounds

Directions (Servings: 4)

1. In a medium bowl, whisk together honey, soy sauce, lemon juice, and red pepper flakes.
2. In a large skillet over medium-high heat, heat two tbsp. oil. When oil is hot but not smoking, add salmon skin-side up and season with salt and pepper. Cook salmon until deeply golden, about six minutes, then flip over and add remaining tablespoon of oil.
3. Add garlic to skillet and cook until fragrant, one minute. Add honey mixture and sliced lemons and cook until sauce is reduced by about a third. Baste salmon with sauce.
4. Garnish with sliced lemon and serve.

BAKED CHICKEN AND VEGGIES

Ingredients

2 large boneless, skinless chicken breasts	1 cup broccoli florets 1/2 cup grape tomatoes sliced in half
1 red bell pepper	2 tbsp. olive oil
1 green bell pepper	1/2 tsp. salt
1 yellow bell pepper	1/2 tsp. black pepper
1/2 small red onion	2 tsp. Italian seasoning
1 medium zucchini	

Directions (Servings: 4)

1. Preheat oven to 475° F. Spray a large baking sheet with cooking spray.
2. Chop all veggies into large (around 1") pieces. On a separate plate or cutting board chop all chicken into large cubes.
3. Place chicken and veggies on prepared baking sheet. Add olive oil, salt, pepper, and Italian seasoning. Toss to combine.
4. Bake for twenty to twenty-five minutes or until veggies are charred and chicken is cooked through. Internal chicken temperature should be at least 165°.
5. Serve immediately and enjoy!

VEGGIE PASTA PRIMAVERA

Ingredients

10 oz. dry penne pasta	1 medium zucchini,
1/4 cup olive oil	sliced into quarter
1/2 medium red onion,	portions
sliced	3–4 garlic cloves, minced
1 large carrot, peeled and	1 heaping cup of grape
sliced into matchsticks	tomatoes, halved
2 cups broccoli florets,	through the length
cut into matchsticks	2 tsp. dried Italian
1 medium red bell	seasoning
pepper, sliced into	1/2 cup pasta water
matchsticks	2 tbsp. fresh lemon juice
1 medium yellow squash,	1/2 cup shredded
sliced into quarter	parmesan, divided
portions	2 tbsp. chopped fresh
	parsley

Directions (Servings: 5)

1. Bring a large pot of water to a boil. Cook penne pasta in salted water according to package directions, reserve 1/2 cup pasta water before draining.
2. Meanwhile, heat olive oil in a deep 12" skillet over medium-high heat.
3. Add red onion and carrot and sauté for two minutes.
4. Add broccoli and bell pepper, then sauté for two minutes.
5. Add squash and zucchini, then sauté two to three minutes or until veggies have nearly softened.
6. Add garlic, tomatoes, and Italian seasoning and sauté two minutes longer.

7. Pour veggies into now empty pasta pot or serving bowl, add drained pasta, drizzle in lemon juice, season with a little more salt as needed, and toss while adding in pasta water to loosen as desired.
8. Toss in $\frac{1}{4}$ cup parmesan and parsley, then serve with remaining parmesan on top.

FLAXSEED OIL VINAIGRETTE OR EXTRA VIRGIN OLIVE OIL VINAIGRETTE

Flaxseed Oil Vinaigrette

Ingredients

$\frac{1}{4}$ cup lemon juice	1 tbsp. Dijon mustard
$\frac{1}{4}$ cup flaxseed oil	1 clove garlic, minced
$\frac{1}{4}$ cup white balsamic vinegar	Salt and pepper

Extra Virgin Olive Oil Vinaigrette

Ingredients

$\frac{3}{4}$ –1 cup extra virgin olive oil, or any good-tasting oil	$\frac{1}{4}$ cup good-tasting vinegar or lemon juice
	$\frac{1}{2}$ tsp. salt
	$\frac{1}{8}$ – $\frac{1}{4}$ tsp. black pepper

Optional extras (choose one or two to taste):

1 minced shallot, 1 minced or grated garlic clove	1–2 tbsp. minced herbs
	1–2 tbsp. finely grated cheese
$\frac{1}{2}$ –1 tsp. grainy mustard	$\frac{1}{2}$ –1 tsp. honey

Directions (Serving Size: 2–3 tbsp.)

Flaxseed Oil Vinaigrette

1. Whisk together lemon juice, flaxseed oil, white balsamic vinegar, Dijon mustard, minced garlic, salt, and pepper.

Extra Virgin Olive Oil Vinaigrette

1. If using a bowl, use a fork or whisk to rapidly blend vinaigrette together. If using a jar, top with the lid and shake until vinaigrette is combined. If using a blender, blend until vinaigrette is thoroughly combined.

Week Four Recipes

EASY ONE-PAN ROASTED SHRIMP AND VEGGIES

Ingredients

1 lb. raw shrimp	1 medium carrot or
2 cups broccoli florets	potato, thinly sliced
1 zucchini (cubed or	2 tbsp. olive oil
sliced)	1 tsp. salt
1/2 onion (cubed or	1 tsp. Italian seasoning
sliced)	1/4 tsp. paprika
1 bell pepper (cubed or	1/4 tsp. black pepper
sliced, any color)	

Directions (Servings: 4)

1. Preheat oven to 425°F for at least ten minutes. Line a large sheet pan with foil and set aside.
2. Place veggies in a large bowl and sprinkle with half seasoning mix and 1 tbsp. oil. In another bowl, combine shrimp, remaining seasoning mix (half), and 1 tbsp. oil; set shrimp aside.
3. Pour veggies onto sheet pan and bake for twelve to fifteen minutes or until lightly charred. Add shrimp and bake for five minutes or until pink and tender.

TWENTY-MINUTE CHICKEN TACOS

Ingredients

1 lb. boneless, skinless chicken thighs or chicken breasts	Pico de Gallo 1/2 cup finely chopped onion
2 cloves garlic, minced	1/2 cup finely chopped tomato
1 tbsp. lime juice	1/4 cup finely chopped cilantro
2 tbsp. olive oil	1 finely chopped jalapeño, deseeded
1 tbsp. cilantro	1 tsp. lime juice
1/2 tsp. jalapeno	Pinch of salt and pepper to taste
1/2 tsp. or onion powder	
1/2 tsp. salt or to taste	
1/4 tsp. black pepper	
8 small corn or flour tortillas	

Directions (Servings: 8 tacos)

1. Add chicken, garlic, olive oil, lime, and spices, to a large bowl or zip-seal bag and stir or shake to combine.
2. Heat a large pan to medium-high heat. Cook chicken six to seven minutes per side or until it is no longer pink and the internal temperature of 165° F. Remove from heat and cool for at least five minutes. Slice or chop into small cubes.
3. While chicken is cooking, combine chopped tomato, jalapeno, onion, cilantro, and lime juice in a small bowl. Char tortillas on the stovetop over flame until lightly charred (this step is optional).
4. Assemble tacos by placing about 1/4 cup of chicken into each tortilla. Top with a few tbsp. of the onion-tomato mixture and a drizzle of cilantro sauce.

MARINATED VEGGIE BEEF KEBABS

Marinade

Ingredients

1/4 cup olive oil	2 1/2 tbsp. Worcestershire
1/4 cup low sodium soy	sauce
sauce	1 tbsp. honey
1 1/2 tbsp. fresh lemon	2 tsp. Dijon
juice	1 tbsp. minced garlic
1 1/2 tbsp. red wine	1 tsp. freshly ground
vinegar	black pepper

Kebabs

Ingredients

1 3/4 lbs. sirloin steak (look for thicker steaks), cut into 1 1/4" pieces	1 large red onion, diced into chunks (about 1 1/4")
8 oz. button or cremini mushrooms, halved (unless small, in which case keep whole)	1 tbsp. olive oil, plus more for brushing grill grates
3 bell peppers (1 red, 1 green, 1 yellow) cut into 1 1/4" pieces	Salt and freshly ground black pepper
	1/2 tsp. garlic powder
	10 wooden skewer sticks

Marinade

Directions (Servings: 5)

1. In a mixing bowl whisk together all marinade ingredients.

Kebabs

Directions (Servings: 5)

1. Place steak into a gallon-size resealable bag. Pour marinade over steak, then seal bag while pressing out excess air and massage marinade over steak. Transfer to refrigerator and allow to marinate three to six hours.
2. Preheat a grill over medium-high heat to about 425° (partway through preheating clean grill grates if they aren't already clean).

3. With veggies on cutting board, drizzle with oil and lightly toss to coat.
4. Sprinkle veggies evenly with garlic powder and season with salt and pepper. To assemble kebabs layer steak and veggies onto kebabs in desired order; work to fit four steak pieces onto each kebab.
5. Brush grill grates lightly with oil. Place kebabs on grill and grill until center of steak registers about 140–145 degrees for medium doneness, turning kebabs occasionally, about eight to nine minutes. Serve warm.

BAKED TURKEY QUINOA SPINACH MEATBALLS

Ingredients

2 lbs. lean ground turkey	or Worcestershire
1 cup cooked quinoa	sauce
1 medium yellow onion, diced very small	1 tbsp. dried Italian seasoning/spices
6 garlic cloves, minced	1 tsp. dried oregano
1 cup fresh chopped spinach leaves	1 tbsp. ground flaxseed
2 tbsp. low sodium soy sauce, sriracha sauce,	Salt and pepper
	1 egg, beaten

Directions (Servings: 6)

1. Preheat oven to 350°F and spray baking pan (with sides) with baking spray. Set aside.
2. In stand mixer with the paddle attached, add all ingredients and mix until incorporated.

3. Form meatballs, rolling between your hands and then lay out on baking sheet.
4. Repeat until all meat mixture is used.
5. Bake for thirty-five minutes or a little longer, until golden brown.
6. Rotate them halfway through the baking time.
7. Bake until fully cooked throughout.

SPICY SALMON BOWL

Salmon

Ingredients

1/3 cup low-sodium soy sauce	Juice of 1 lime
1/3 cup extra virgin olive oil	2 tbsp. honey
3 tbsp. chili powder	4 cloves garlic, minced
	4 salmon fillets (4 oz. each)

Cucumbers

Ingredients

1/2 cup rice vinegar or rice wine vinegar	2 tsp. toasted sesame oil
1 tsp. granulated sugar	3 cucumbers, thinly sliced
1 tsp. kosher salt	

Spicy Mayo/Greek Yogurt

Ingredients

1/2 cup plain nonfat Greek yogurt	2 tbsp. sriracha
	2 tbsp. toasted sesame oil

Bowls

Ingredients

3 cups cooked brown rice	1/2 red onion, thinly
1 avocado, sliced	sliced
1 medium carrot, grated	Cilantro leaves, torn
	Sesame seeds

Directions (Servings: 4)

1. Preheat oven to 350° and line a large baking sheet with foil. In a medium bowl, whisk together soy sauce, olive oil, chili, lime juice, honey, and garlic. Add salmon and gently toss to combine. Place on prepared baking sheet and bake until salmon is fork-tender, twenty to twenty-five minutes.
2. In a microwave-safe bowl or jar, add vinegar, sugar, and salt and microwave until sugar and salt are dissolved, about two minutes. Stir in sesame oil, then add cucumbers and shake to combine. Cover with a tight-fitting lid or plastic wrap until ready to use.
3. In a small bowl, combine mayonnaise, sriracha, and sesame oil.
4. Divide rice among four bowls. Top with salmon, pickled cucumbers, avocado, carrot, red onion, cilantro, and sesame seeds. Drizzle with spicy mayo.

MEDITERRANEAN PASTA SALAD

Ingredients

12 oz. dry pasta	4 oz. crumbled feta cheese
1 English cucumber, diced	$\frac{1}{2}$ of a medium red onion, peeled and thinly sliced
1 pint cherry or grape tomatoes, halved	
$\frac{2}{3}$ cup sliced Kalamata olives	

Lemon-Herb Vinaigrette

Ingredients

$\frac{1}{4}$ cup extra virgin olive oil	
3 tablespoons red wine vinegar	2 small garlic cloves, minced
1 tbsp. freshly squeezed lemon juice	$\frac{1}{4}$ tsp. freshly cracked black pepper
2 tsp. dried oregano, minced	$\frac{1}{4}$ tsp. salt
1 tsp. honey (or your desired sweetener)	Pinch of crushed red pepper flakes

Directions (Servings: 6)

1. Cook pasta al dente in a large stockpot according to package instructions. Drain pasta, then rinse under cold water for about twenty to thirty seconds until no longer hot. Transfer pasta to a large mixing bowl.
2. Add cucumber, tomatoes, Kalamata olives, feta cheese, and red onion to mixing bowl, then drizzle all of vinaigrette evenly on top. Toss until all ingredients are evenly coated with dressing.

3. Serve immediately, garnished with extra feta and black pepper if desired.
4. To make lemon-herb vinaigrette, whisk all ingredients together until combined.

LOW-SODIUM TURKEY CHILI

Ingredients

1 lb. ground turkey, extra lean	28 oz. can tomato sauce or crushed tomatoes, low-sodium
3 garlic cloves, minced	
2 medium onions, finely chopped	1 cup chicken or vegetable broth, low-sodium
3 large celery stalks, chopped	1 tbsp. red pepper flakes
2 medium bell peppers, chopped	1 tbsp. chili powder, low-sodium
14 oz. can low-sodium red kidney beans, drained and rinsed	1 tbsp. taco seasoning, low-sodium
14 oz. can low-sodium white beans, drained and rinsed	Salt and ground black pepper to taste
	Oil for frying
	Lime, cilantro, cheese, yogurt, chips, etc. for serving

Directions (Servings: 6)

1. Preheat large 5–6 quart Dutch oven, heavy bottom pot, or ceramic non-stick skillet on high heat, and add ground turkey. Cook until small pieces form, or about five minutes, stirring and breaking constantly

into small pieces with spatula. Transfer to a bowl or large slow cooker and set aside.

2. Return skillet or pot to medium heat and swirl a bit of oil to coat. Add garlic and onion, sauté until translucent or five minutes, stirring occasionally. Add celery and bell peppers, sauté for five more minutes, stirring occasionally. If using slow cooker, transfer there, or leave in Dutch oven.
3. Then to either, add red kidney and white beans, tomato sauce, broth, chipotle pepper, chili powder, taco seasoning, and pepper.
4. Cover, bring to a boil, reduce heat to low, and simmer for about thirty minutes. In slow cooker, cook on low for eight hours or on high for four hours.
5. Stir and add salt to taste, if necessary. Serve warm with your favorite toppings!

Dietary Analysis

WEEK ONE					
	BREAKFAST	LUNCH	SNACK	DINNER	TOTALS
MONDAY	Calories: 430 Carbs: 50g Protein: 36g Fat: 11g Fiber: 12g Sodium: 430mg	Calories: 300 Carbs: 46g Protein: 14g Fat: 8g Fiber: 8g Sodium: 502mg	Calories: 116 Carbs: 13g Protein: 4g Fat: 5g Fiber: 4g Sodium: 131mg	Calories: 286 Carbs: 14g Protein: 19g Fat: 10g Fiber: 4g Sodium: 293mg	Calories: 1,132 Carbs: 123g Protein: 73g Fat: 34g Fiber: 28g Sodium: 1,356mg
TUESDAY	Calories: 451 Carbs: 56g Protein: 18g Fat: 20g Fiber: 14g Sodium: 416mg	Calories: 292 Carbs: 10g Protein: 9g Fat: 20g Fiber: 7g Sodium: 69mg	Calories: 315 Carbs: 43g Protein: 8g Fat: 15g Fiber: 4g Sodium: 115mg	Calories: 426 Carbs: 25g Protein: 20g Fat: 21g Fiber: 4g Sodium: 570mg	Calories: 1,484 Carbs: 134g Protein: 55g Fat: 76g Fiber: 29g Sodium: 1,170mg
WEDNESDAY	Calories: 339 Carbs: 28g Protein: 29g Fat: 14g Fiber: 7g Sodium: 107mg	Calories: 354 Carbs: 38g Protein: 10g Fat: 18g Fiber: 4g Sodium: 322mg	Calories: 202 Carbs: 16g Protein: 7g Fat: 14g Fiber: 6g Sodium: 1mg	Calories: 612 Carbs: 63g Protein: 37g Fat: 27g Fiber: 12g Sodium: 611mg	Calories: 1,507 Carbs: 145g Protein: 83g Fat: 73g Fiber: 29g Sodium: 1,041mg
THURSDAY	Calories: 412 Carbs: 46g Protein: 11g Fat: 22g Fiber: 11g Sodium: 79mg	Calories: 367 Carbs: 40g Protein: 26g Fat: 12g Fiber: 6g Sodium: 540mg	Calories: 346 Carbs: 56g Protein: 8g Fat: 13g Fiber: 7g Sodium: 208mg	Calories: 490 Carbs: 22g Protein: 29g Fat: 33g Fiber: 5g Sodium: 487mg	Calories: 1,615 Carbs: 164g Protein: 164g Fat: 80g Fiber: 29g Sodium: 1,314mg
FRIDAY	Calories: 440 Carbs: 14g Protein: 31g Fat: 29g Fiber: 6g Sodium: 393mg	Calories: 524 Carbs: 75g Protein: 19g Fat: 20g Fiber: 16g Sodium: 517mg	Calories: 93 Carbs: 18g Protein: 3g Fat: 1g Fiber: 4g Sodium: 2mg	Calories: 250 Carbs: 30g Protein: 11g Fat: 4g Fiber: 11g Sodium: 302mg	Calories: 1,307 Carbs: 137g Protein: 64g Fat: 54g Fiber: 37g Sodium: 1,214mg
SATURDAY	Calories: 390 Carbs: 47g Protein: 32g Fat: 11g Fiber: 13g Sodium: 361mg	Calories: 371 Carbs: 44g Protein: 29g Fat: 8g Fiber: 10g Sodium: 759mg	Calories: 331 Carbs: 44g Protein: 8g Fat: 16g Fiber: 9g Sodium: 158mg	Calories: 555 Carbs: 48g Protein: 25g Fat: 29g Fiber: 3g Sodium: 635mg	Calories: 1,647 Carbs: 183g Protein: 94g Fat: 64g Fiber: 35g Sodium: 1,913mg
SUNDAY	Calories: 395 Carbs: 33g Protein: 17g Fat: 23g Fiber: 5g Sodium: 1mg	Calories: 364 Carbs: 33g Protein: 29g Fat: 10g Fiber: 6g Sodium: 681mg	Calories: 349 Carbs: 54g Protein: 8g Fat: 14g Fiber: 8g Sodium: 18mg	Calories: 290 Carbs: 39g Protein: 16g Fat: 8g Fiber: 6g Sodium: 632mg	Calories: 1,398 Carbs: 159g Protein: 70g Fat: 55g Fiber: 25g Sodium: 1,332mg

WEEK TWO					
	BREAKFAST	LUNCH	SNACK	DINNER	TOTALS
MONDAY	Calories: 494 Carbs: 88g Protein: 19g Fat: 9g Fiber: 12g Sodium: 126mg	Calories: 498 Carbs: 46g Protein: 21g Fat: 27g Fiber: 12g Sodium: 360mg	Calories: 116 Carbs: 20g Protein: 4g Fat: 3g Fiber: 9g Sodium: 262mg	Calories: 440 Carbs: 15g Protein: 32g Fat: 27g Fiber: 4g Sodium: 700mg	Calories: 1,548 Carbs: 169g Protein: 76g Fat: 66g Fiber: 37g Sodium: 1,448mg
TUESDAY	Calories: 518 Carbs: 72g Protein: 19g Fat: 17g Fiber: 14g Sodium: 355mg	Calories: 444 Carbs: 54g Protein: 12g Fat: 22g Fiber: 10g Sodium: 611mg	Calories: 225 Carbs: 22g Protein: 8g Fat: 14g Fiber: 7g Sodium: 1mg	Calories: 438 Carbs: 37g Protein: 54g Fat: 8g Fiber: 9g Sodium: 272mg	Calories: 1,625 Carbs: 185g Protein: 93g Fat: 61g Fiber: 40g Sodium: 1,239mg
WEDNESDAY	Calories: 578 Carbs: 65g Protein: 36g Fat: 22g Fiber: 10g Sodium: 542mg	Calories: 422 Carbs: 46g Protein: 22g Fat: 17g Fiber: 12g Sodium: 603mg	Calories: 175 Carbs: 25g Protein: 6g Fat: 7g Fiber: 5g Sodium: 142mg	Calories: 390 Carbs: 16g Protein: 41g Fat: 18g Fiber: 5g Sodium: 272mg	Calories: 1,565 Carbs: 152g Protein: 105g Fat: 64g Fiber: 32g Sodium: 1,559mg
THURSDAY	Calories: 310 Carbs: 41g Protein: 8g Fat: 15g Fiber: 10g Sodium: 171mg	Calories: 515 Carbs: 49g Protein: 20g Fat: 26g Fiber: 14g Sodium: 564mg	Calories: 278 Carbs: 19g Protein: 25g Fat: 12g Fiber: 4g Sodium: 580mg	Calories: 343 Carbs: 29g Protein: 26g Fat: 13g Fiber: 5g Sodium: 520mg	Calories: 1,446 Carbs: 138g Protein: 79g Fat: 66g Fiber: 33g Sodium: 1,835mg
FRIDAY	Calories: 585 Carbs: 57g Protein: 33g Fat: 24g Fiber: 15g Sodium: 608mg	Calories: 399 Carbs: 42g Protein: 40g Fat: 5g Fiber: 6g Sodium: 182mg	Calories: 231 Carbs: 15g Protein: 6g Fat: 18g Fiber: 6g Sodium: 2mg	Calories: 528 Carbs: 45g Protein: 21g Fat: 17g Fiber: 9g Sodium: 485mg	Calories: 1,743 Carbs: 159g Protein: 100g Fat: 64g Fiber: 36g Sodium: 1,277mg
SATURDAY	Calories: 491 Carbs: 60g Protein: 15g Fat: 23g Fiber: 11g Sodium: 160mg	Calories: 440 Carbs: 30g Protein: 34g Fat: 21g Fiber: 6g Sodium: 546mg	Calories: 431 Carbs: 39g Protein: 14g Fat: 28g Fiber: 12g Sodium: 299mg	Calories: 535 Carbs: 23g Protein: 12g Fat: 24g Fiber: 5g Sodium: 408mg	Calories: 1,897 Carbs: 152g Protein: 75g Fat: 96g Fiber: 34g Sodium: 1,413mg
SUNDAY	Calories: 397 Carbs: 65g Protein: 20g Fat: 6g Fiber: 15g Sodium: 420mg	Calories: 483 Carbs: 48g Protein: 11g Fat: 18g Fiber: 12g Sodium: 320mg	Calories: 207 Carbs: 29g Protein: 8g Fat: 6g Fiber: 9g Sodium: 415mg	Calories: 205 Carbs: 4g Protein: 27g Fat: 9g Fiber: 1g Sodium: 271mg	Calories: 1,292 Carbs: 146g Protein: 66g Fat: 39g Fiber: 37g Sodium: 1,426mg

WEEK THREE					
	BREAKFAST	LUNCH	SNACK	DINNER	TOTALS
MONDAY	Calories: 399 Carbs: 65g Protein: 15g Fat: 11g Fiber: 12g Sodium: 248mg	Calories: 310 Carbs: 30g Protein: 20g Fat: 17g Fiber: 13g Sodium: 623mg	Calories: 394 Carbs: 24g Protein: 14g Fat: 28g Fiber: 10g Sodium: 78mg	Calories: 430 Carbs: 15g Protein: 50g Fat: 19g Fiber: 5g Sodium: 532mg	Calories: 1,533 Carbs: 134g Protein: 99g Fat: 75g Fiber: 40g Sodium: 1,481mg
TUESDAY	Calories: 537 Carbs: 50g Protein: 25g Fat: 20g Fiber: 14g Sodium: 423mg	Calories: 473 Carbs: 53g Protein: 13g Fat: 26g Fiber: 8g Sodium: 361mg	Calories: 132 Carbs: 15g Protein: 6g Fat: 5g Fiber: 4g Sodium: 85mg	Calories: 348 Carbs: 32g Protein: 27g Fat: 14g Fiber: 7g Sodium: 493mg	Calories: 1,490 Carbs: 150g Protein: 71g Fat: 65g Fiber: 33g Sodium: 1,362mg
WEDNESDAY	Calories: 384 Carbs: 37g Protein: 30g Fat: 14g Fiber: 8g Sodium: 207mg	Calories: 650 Carbs: 84g Protein: 18g Fat: 28g Fiber: 20g Sodium: 337mg	Calories: 239 Carbs: 22g Protein: 7g Fat: 15g Fiber: 6g Sodium: 317mg	Calories: 533 Carbs: 36g Protein: 29g Fat: 31g Fiber: 11g Sodium: 465mg	Calories: 1,806 Carbs: 179g Protein: 84g Fat: 88g Fiber: 45g Sodium: 1,326mg
THURSDAY	Calories: 324 Carbs: 24g Protein: 23g Fat: 16g Fiber: 8g Sodium: 620mg	Calories: 757 Carbs: 72g Protein: 63g Fat: 21g Fiber: 6g Sodium: 623mg	Calories: 238 Carbs: 29g Protein: 8g Fat: 9g Fiber: 8g Sodium: 326mg	Calories: 497 Carbs: 42g Protein: 10g Fat: 23g Fiber: 8g Sodium: 270mg	Calories: 1,816 Carbs: 167g Protein: 104g Fat: 69g Fiber: 30g Sodium: 1,839mg
FRIDAY	Calories: 565 Carbs: 74g Protein: 15g Fat: 25g Fiber: 15g Sodium: 321mg	Calories: 497 Carbs: 42g Protein: 10g Fat: 23g Fiber: 8g Sodium: 470mg	Calories: 193 Carbs: 30g Protein: 3g Fat: 5g Fiber: 5g Sodium: 121mg	Calories: 389 Carbs: 32g Protein: 30g Fat: 16g Fiber: 5g Sodium: 489mg	Calories: 1,644 Carbs: 178g Protein: 58g Fat: 69g Fiber: 33g Sodium: 1,401mg
SATURDAY	Calories: 450 Carbs: 36g Protein: 17g Fat: 17g Fiber: 5g Sodium: 349mg	Calories: 620 Carbs: 56g Protein: 22g Fat: 37g Fiber: 19g Sodium: 639mg	Calories: 251 Carbs: 59g Protein: 8g Fat: 1g Fiber: 7g Sodium: 132mg	Calories: 263 Carbs: 29g Protein: 24g Fat: 6g Fiber: 6g Sodium: 366mg	Calories: 1,584 Carbs: 180g Protein: 71g Fat: 61g Fiber: 37g Sodium: 1,486mg
SUNDAY	Calories: 366 Carbs: 41g Protein: 14g Fat: 18g Fiber: 11g Sodium: 291mg	Calories: 534 Carbs: 9g Protein: 41g Fat: 36g Fiber: 5g Sodium: 519mg	Calories: 181 Carbs: 23g Protein: 5g Fat: 9g Fiber: 4g Sodium: 138mg	Calories: 356 Carbs: 46g Protein: 13g Fat: 15g Fiber: 9g Sodium: 531mg	Calories: 1,437 Carbs: 119g Protein: 73g Fat: 78g Fiber: 29g Sodium: 1479mg

WEEK FOUR					
	BREAKFAST	LUNCH	SNACK	DINNER	TOTALS
MONDAY	Calories: 398 Carbs: 48g Protein: 23g Fat: 13g Fiber: 12g Sodium: 397mg	Calories: 629 Carbs: 49g Protein: 40g Fat: 33g Fiber: 11g Sodium: 456mg	Calories: 336 Carbs: 35g Protein: 22g Fat: 12g Fiber: 7g Sodium: 540mg	Calories: 182 Carbs: 10g Protein: 18g Fat: 8g Fiber: 2g Sodium: 621mg	Calories: 1,545 Carbs: 142g Protein: 103g Fat: 66g Fiber: 32g Sodium: 2,014mg
TUESDAY	Calories: 466 Carbs: 43g Protein: 34g Fat: 19g Fiber: 7g Sodium: 456mg	Calories: 413 Carbs: 15g Protein: 55g Fat: 15g Fiber: 4g Sodium: 632mg	Calories: 454 Carbs: 75g Protein: 2g Fat: 7g Fiber: 9g Sodium: 206mg	Calories: 320 Carbs: 22g Protein: 13g Fat: 20g Fiber: 6g Sodium: 340mg	Calories: 1,653 Carbs: 155g Protein: 104g Fat: 61g Fiber: 24g Sodium: 1,634mg
WEDNESDAY	Calories: 510 Carbs: 49g Protein: 37g Fat: 17g Fiber: 9g Sodium: 200mg	Calories: 301 Carbs: 23g Protein: 22g Fat: 14g Fiber: 6g Sodium: 363mg	Calories: 456 Carbs: 65g Protein: 11g Fat: 19g Fiber: 13g Sodium: 153mg	Calories: 353 Carbs: 18g Protein: 34g Fat: 14g Fiber: 3g Sodium: 588mg	Calories: 1,620 Carbs: 155g Protein: 104g Fat: 64g Fiber: 31g Sodium: 1,304mg
THURSDAY	Calories: 416 Carbs: 62g Protein: 29g Fat: 7g Fiber: 11g Sodium: 351mg	Calories: 550 Carbs: 18g Protein: 32g Fat: 29g Fiber: 5g Sodium: 435mg	Calories: 387 Carbs: 45g Protein: 17g Fat: 18g Fiber: 4g Sodium: 240mg	Calories: 269 Carbs: 35g Protein: 23g Fat: 3g Fiber: 3g Sodium: 239mg	Calories: 1,622 Carbs: 160g Protein: 101g Fat: 57g Fiber: 23g Sodium: 1,265mg
FRIDAY	Calories: 294 Carbs: 6g Protein: 24g Fat: 4g Fiber: 2g Sodium: 230mg	Calories: 351 Carbs: 18g Protein: 22g Fat: 16g Fiber: 8g Sodium: 148mg	Calories: 253 Carbs: 23g Protein: 28g Fat: 6g Fiber: 3g Sodium: 451mg	Calories: 430 Carbs: 46g Protein: 31g Fat: 13g Fiber: 4g Sodium: 650mg	Calories: 1,328 Carbs: 93g Protein: 105g Fat: 39g Fiber: 17g Sodium: 1,479mg
SATURDAY	Calories: 512 Carbs: 53g Protein: 33g Fat: 21g Fiber: 14g Sodium: 563mg	Calories: 425 Carbs: 48g Protein: 17g Fat: 18g Fiber: 11g Sodium: 295mg	Calories: 284 Carbs: 47g Protein: 25g Fat: 1g Fiber: 6g Sodium: 110mg	Calories: 378 Carbs: 38g Protein: 11g Fat: 20g Fiber: 6g Sodium: 772mg	Calories: 1,599 Carbs: 186g Protein: 86g Fat: 60g Fiber: 37g Sodium: 1,740mg
SUNDAY	Calories: 661 Carbs: 83g Protein: 24g Fat: 30g Fiber: 14g Sodium: 115mg	Calories: 448 Carbs: 28g Protein: 8g Fat: 35g Fiber: 6g Sodium: 782mg	Calories: 275 Carbs: 23g Protein: 10g Fat: 17g Fiber: 11g Sodium: 216mg	Calories: 347 Carbs: 42g Protein: 34g Fat: 5g Fiber: 10g Sodium: 129mg	Calories: 1,731 Carbs: 176g Protein: 76g Fat: 87g Fiber: 41g Sodium: 1,242mg

Sample Grocery List

WEEK ONE

PRODUCE

- | | |
|---|--|
| <input type="checkbox"/> 10 oz. container
baby spinach | <input type="checkbox"/> 1 small head of romaine |
| <input type="checkbox"/> 16 oz. container
strawberries | <input type="checkbox"/> 2 bell peppers |
| <input type="checkbox"/> 6 oz. container
raspberries | <input type="checkbox"/> 2 mangos |
| <input type="checkbox"/> 2 pints blueberries | <input type="checkbox"/> 1 pineapple |
| <input type="checkbox"/> 6 oz. container
blackberries | <input type="checkbox"/> 2 kiwis |
| <input type="checkbox"/> 1 large tomato | <input type="checkbox"/> 2 cups fresh cherries |
| <input type="checkbox"/> 2 plum tomatoes | <input type="checkbox"/> 1 large apple |
| <input type="checkbox"/> 4 red onions | <input type="checkbox"/> 3 lemons |
| <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 1 lb. green beans |
| <input type="checkbox"/> 1 yellow onion | <input type="checkbox"/> 1 orange |
| <input type="checkbox"/> 1 cucumber | <input type="checkbox"/> 1 garlic bulb |
| <input type="checkbox"/> 1 avocado | <input type="checkbox"/> 1 small ginger |
| <input type="checkbox"/> 5 oz. container or
bag of arugula | <input type="checkbox"/> 1 green onion head |
| <input type="checkbox"/> 5 oz. container
or bag of kale | <input type="checkbox"/> 2 lbs. butternut squash |
| <input type="checkbox"/> 1 red cabbage | <input type="checkbox"/> 2 containers baby
portabella mushrooms
(8 oz. each) |
| <input type="checkbox"/> 1 lb. bag carrots | <input type="checkbox"/> 1 shallot |
| <input type="checkbox"/> 1 banana | <input type="checkbox"/> 1 medium zucchini |
| | <input type="checkbox"/> Fresh sage, 8 leaves |
| | <input type="checkbox"/> 1/4 cup sundried
tomatoes (from
salad bar) |

PANTRY

- | | |
|---|---|
| <input type="checkbox"/> 16 oz. bottle extra virgin olive oil | <input type="checkbox"/> 1 small bottle balsamic vinegar |
| <input type="checkbox"/> Small bag ground flaxseed | <input type="checkbox"/> 1 container orange juice |
| <input type="checkbox"/> Choice of salad dressing or Italian | <input type="checkbox"/> 1 small bag brown sugar |
| <input type="checkbox"/> Low-fat mayo | <input type="checkbox"/> Low-sodium soy sauce |
| <input type="checkbox"/> 1 jar natural jam, choice of flavor | <input type="checkbox"/> Sesame oil |
| <input type="checkbox"/> 1 small bag trail mix, low-sugar | <input type="checkbox"/> Sesame seeds |
| <input type="checkbox"/> 1 small bottle dry white wine, 5–6 oz. | <input type="checkbox"/> 1 can, diced green chiles |
| | <input type="checkbox"/> 1 jar pesto |
| | <input type="checkbox"/> 1 can black beans with no salt added |

WHOLE GRAINS

- | | |
|---|---|
| <input type="checkbox"/> 1 loaf whole-grain bread | <input type="checkbox"/> 1 large bag air-popped popcorn |
| <input type="checkbox"/> 1 container dried oats | <input type="checkbox"/> 5 whole pita breads |
| <input type="checkbox"/> 1 bag tortilla wraps | <input type="checkbox"/> 1 loaf ciabatta bread (14 oz.) |
| <input type="checkbox"/> 1 box whole-grain crackers | |

PROTEIN

- | | |
|---|---|
| <input type="checkbox"/> 1 dozen eggs | <input type="checkbox"/> 1 packet tuna in water, low-sodium |
| <input type="checkbox"/> 1 jar choice of nut butter | <input type="checkbox"/> 1 package low-sodium turkey breast |
| <input type="checkbox"/> 3 oz. chopped walnuts | <input type="checkbox"/> 3 oz. almonds |
| <input type="checkbox"/> 10 oz. container red pepper hummus | |

- ☐ 1 oz. pistachios
- ☐ 1 1/2 lbs. top sirloin steak
- ☐ 4 portion salmon fillets (6 oz. each)
- ☐ 1 1/2 lbs. sea scallops

DAIRY

- ☐ 1 small bag low-fat shredded cheese, any flavor
- ☐ 1 small container low-fat cottage cheese
- ☐ 32 oz. plain low-fat Greek yogurt
- ☐ 1 small container half-and-half
- ☐ 1/2 gallon unsweetened almond milk
- ☐ 1 small container unsalted butter
- ☐ 1 small bag cheddar cheese
- ☐ 2 cups shredded mozzarella cheese
- ☐ 1 pint low-fat milk
- ☐ 1 small bag low-fat Monterey jack cheese, shredded
- ☐ 1/4 pound sliced low-fat cheese, any flavor
- ☐ 1 package crumbled feta cheese

MISCELLANEOUS

- ☐ Cinnamon
- ☐ Skewers
- ☐ Pure vanilla extract
- ☐ Cayenne pepper
- ☐ Salt
- ☐ Pepper
- ☐ Garlic powder

WEEK TWO

PRODUCE

- | | |
|--|---|
| <input type="checkbox"/> 2 pints blueberries | <input type="checkbox"/> 3 medium-large tomatoes |
| <input type="checkbox"/> 1 nectarine | <input type="checkbox"/> 1 cucumber |
| <input type="checkbox"/> 7 bell peppers, any color | <input type="checkbox"/> 1 kiwi |
| <input type="checkbox"/> 2 onions | <input type="checkbox"/> 3 apples |
| <input type="checkbox"/> 1 red onion | <input type="checkbox"/> 6 oz. container raspberries |
| <input type="checkbox"/> 1 shallot | <input type="checkbox"/> 2 lb. bag carrots |
| <input type="checkbox"/> 1 container mushrooms | <input type="checkbox"/> 2 avocados |
| <input type="checkbox"/> 1 apple or pear | <input type="checkbox"/> 2 bags baby carrots |
| <input type="checkbox"/> 5 bananas | <input type="checkbox"/> 1 orange |
| <input type="checkbox"/> 10 oz. bag salad mix | <input type="checkbox"/> 2 containers of strawberries (16 oz. each) |
| <input type="checkbox"/> 5 oz. baby arugula | <input type="checkbox"/> 3 lemons |
| <input type="checkbox"/> 10 oz. bag/container spring mix | <input type="checkbox"/> 1 sweet potato |
| <input type="checkbox"/> 5 oz. bag/container kale | <input type="checkbox"/> 2 garlic bulbs |
| <input type="checkbox"/> 1/2 lb. string beans | <input type="checkbox"/> 12 oz. grape tomatoes |
| <input type="checkbox"/> 5 heads broccoli | <input type="checkbox"/> 3 scallions |
| <input type="checkbox"/> 1 small head cabbage | <input type="checkbox"/> 6 oz. marinated artichoke hearts |
| <input type="checkbox"/> 10 oz. container baby spinach | |
| <input type="checkbox"/> 1 cup melon, or choice of fruit | |
| <input type="checkbox"/> 3 cups shredded romaine lettuce | |

PANTRY

- | | |
|--|---|
| <input type="checkbox"/> Salad dressing, your choice | <input type="checkbox"/> Flaxseed or olive oil, 16 oz. bottle |
|--|---|

- | | |
|---|---|
| <input type="checkbox"/> Choice of vinegar | <input type="checkbox"/> 1 box low-sodium chicken broth |
| <input type="checkbox"/> 1 can low-sodium chickpeas | <input type="checkbox"/> Low-sodium soy sauce |
| <input type="checkbox"/> 1 container panko bread crumbs | <input type="checkbox"/> 1 jar honey |
| <input type="checkbox"/> 1 jar pesto | <input type="checkbox"/> Sesame oil |
| <input type="checkbox"/> 1 small bag shredded unsweetened coconut | <input type="checkbox"/> BBQ sauce |
| <input type="checkbox"/> 1 box corn starch | <input type="checkbox"/> Ketchup |
| | <input type="checkbox"/> Canola oil |
| | <input type="checkbox"/> Brown sugar |
| | <input type="checkbox"/> 1 jar pitted olives |

WHOLE GRAINS

- | | |
|--|--|
| <input type="checkbox"/> 1 container dried oats | <input type="checkbox"/> 1 small bag ground flaxseed |
| <input type="checkbox"/> 1 box whole-grain cereal | <input type="checkbox"/> 1 small bag chia seeds |
| <input type="checkbox"/> 1 box whole-grain waffles | <input type="checkbox"/> 1 small container low-sugar granola |
| <input type="checkbox"/> 1 loaf whole-grain bread | <input type="checkbox"/> Whole-grain hamburger buns |
| <input type="checkbox"/> 1 small bag pita bread | <input type="checkbox"/> 1 box whole-grain spaghetti |
| <input type="checkbox"/> 1 small bag brown rice | |
| <input type="checkbox"/> 1 bag quinoa | |
| <input type="checkbox"/> 1 bag farro | |

PROTEIN

- | | |
|--|---|
| <input type="checkbox"/> 4 oz. almonds | <input type="checkbox"/> 10 oz. container hummus |
| <input type="checkbox"/> 1 jar nut butter | <input type="checkbox"/> 2 oz. mixed nuts |
| <input type="checkbox"/> 1 dozen eggs | <input type="checkbox"/> 2 oz. walnuts |
| <input type="checkbox"/> 1 salmon pouch | <input type="checkbox"/> 6 oz. fresh salmon |
| <input type="checkbox"/> 1 small bag sunflower seeds, shells removed | <input type="checkbox"/> 1 1/2 lbs. of cod or haddock |

- | | |
|---|---|
| <input type="checkbox"/> 1 1/2 lbs. boneless,
skinless chicken breasts | <input type="checkbox"/> 1 1/4 lbs. skinless
halibut fillets |
| <input type="checkbox"/> 1 1/4 lbs. lean
ground turkey | |

DAIRY

- | | |
|--|---|
| <input type="checkbox"/> 1/2 gallon low-fat milk | <input type="checkbox"/> 1 small bag low-fat
shredded cheese |
| <input type="checkbox"/> 1/2 gallon unsweetened
vanilla almond milk | <input type="checkbox"/> 1 package crumbled
feta cheese |
| <input type="checkbox"/> 6 oz. vanilla low-
fat Greek yogurt | <input type="checkbox"/> 2 cups cottage cheese |
| <input type="checkbox"/> 8 oz. plain low-fat
Greek yogurt | <input type="checkbox"/> 1 bag cheese sticks |
| | <input type="checkbox"/> 4 oz. goat cheese |

FROZEN

- | | |
|--|--|
| <input type="checkbox"/> 1 cup shelled edamame | <input type="checkbox"/> 1 cup mixed berries |
|--|--|

MISCELLANEOUS

- | | |
|---|---|
| <input type="checkbox"/> Fresh or dried thyme | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Fresh or dried rosemary | <input type="checkbox"/> Coconut flakes |
| <input type="checkbox"/> Red pepper flakes | |
| <input type="checkbox"/> 1 1/2 cups fresh parsley | |
| <input type="checkbox"/> 10–15 fresh basil leaves | |
| <input type="checkbox"/> Fresh ginger | |
| <input type="checkbox"/> Tarragon | |
| <input type="checkbox"/> Salt | |

WEEK THREE

PRODUCE

- | | |
|--|--|
| <input type="checkbox"/> 1 pear | <input type="checkbox"/> 1 pineapple |
| <input type="checkbox"/> 2 oranges | <input type="checkbox"/> 1 mango |
| <input type="checkbox"/> 10 tomatoes | <input type="checkbox"/> 7 lemons |
| <input type="checkbox"/> 10 oz. container
baby spinach | <input type="checkbox"/> 3 white or yellow onions |
| <input type="checkbox"/> 5 avocados | <input type="checkbox"/> 1 small bag
shredded lettuce |
| <input type="checkbox"/> 1 pint blueberries | <input type="checkbox"/> 4 small–medium
zucchini |
| <input type="checkbox"/> 2 containers
strawberries (16
oz. each) | <input type="checkbox"/> 3 small–medium
yellow squash |
| <input type="checkbox"/> 2 cucumbers | <input type="checkbox"/> 2 garlic bulbs |
| <input type="checkbox"/> 5 oz. container
spring mix greens | <input type="checkbox"/> 1 medium spaghetti
squash |
| <input type="checkbox"/> 1 lb. bag carrots | <input type="checkbox"/> 1/2 lb. sliced mushrooms |
| <input type="checkbox"/> 5 red onions | <input type="checkbox"/> 1 cucumber |
| <input type="checkbox"/> Fresh basil leaves | <input type="checkbox"/> 4 heads broccoli |
| <input type="checkbox"/> 1 head romaine lettuce | <input type="checkbox"/> 1 1/2 cup grape tomatoes |
| <input type="checkbox"/> 9 bell peppers, any color | <input type="checkbox"/> 1 shallot |
| <input type="checkbox"/> 1 banana | |

PANTRY

- | | |
|--|---|
| <input type="checkbox"/> 1 can beets | <input type="checkbox"/> Small bottle flaxseed oil |
| <input type="checkbox"/> 1 cup dried cherries | <input type="checkbox"/> Kale chips, any flavor |
| <input type="checkbox"/> Raspberry vinaigrette | <input type="checkbox"/> Mini chocolate chips |
| <input type="checkbox"/> Red wine vinegar | <input type="checkbox"/> Unsweetened shredded
coconut, small bag |
| <input type="checkbox"/> Mayo | |
| <input type="checkbox"/> 16 oz. bottle olive oil | |

- ☐ 1 can diced tomatoes, low-sodium, 14 oz.
- ☐ 1 jar pesto
- ☐ 1 container dry breadcrumbs
- ☐ 1 box low-sodium chicken broth
- ☐ Red wine vinegar
- ☐ 1 jar black olives
- ☐ 1 jar honey
- ☐ Low-sodium soy sauce
- ☐ Balsamic vinegar
- ☐ 1 small bag roasted edamame

WHOLE GRAINS

- ☐ 1 loaf whole-grain bread
- ☐ 1 container plain oats
- ☐ Whole-grain English muffins
- ☐ Whole wheat pita bread
- ☐ 6" baguette
- ☐ 1 box whole-grain crackers
- ☐ Corn tortilla wraps
- ☐ Sourdough bread loaf
- ☐ 1 box dry penne pasta (16 oz.)

PROTEIN

- ☐ Unsalted sliced almonds, small bag
- ☐ 1/2 dozen eggs
- ☐ 5 oz. almonds
- ☐ 2 jars nut butter
- ☐ 10 oz. container hummus
- ☐ 1 small bag sunflower seeds, shells removed
- ☐ 1 tuna pouch in oil
- ☐ 2 1/2 lbs. boneless, skinless chicken breast
- ☐ 1–2 oz. mixed nuts
- ☐ 6 oz. fresh cod
- ☐ 2 lbs. peeled, deveined raw shrimp
- ☐ 1 package of smoked salmon
- ☐ 4 salmon fillets (6 oz. each)

DAIRY

- | | |
|---|--|
| <input type="checkbox"/> 1 small container low-fat ricotta cheese | <input type="checkbox"/> 1 small container/package fresh mozzarella |
| <input type="checkbox"/> 1 package crumbled feta cheese | <input type="checkbox"/> 1 small bag low-fat shredded cheese, any flavor |
| <input type="checkbox"/> 6 oz. plain Greek low-fat yogurt | <input type="checkbox"/> 1 small container butter |
| <input type="checkbox"/> 1 pint low-fat milk | <input type="checkbox"/> 1 bag shredded parmesan cheese |
| <input type="checkbox"/> 1 small container goat cheese | |
| <input type="checkbox"/> 1/4 lb. sliced provolone cheese | |

MISCELLANEOUS

- | | |
|---|--|
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Dried or fresh dill |
| <input type="checkbox"/> Cajun seasoning | <input type="checkbox"/> Red pepper flakes |
| <input type="checkbox"/> Fresh parsley | <input type="checkbox"/> Salt |
| <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Italian seasoning | <input type="checkbox"/> Dijon mustard |
| <input type="checkbox"/> Dried or fresh oregano | |

WEEK FOUR

PRODUCE

- | | |
|--|---|
| <input type="checkbox"/> 3 bananas | <input type="checkbox"/> 3 lemons |
| <input type="checkbox"/> 10 oz. container spinach | <input type="checkbox"/> 1 head celery |
| <input type="checkbox"/> 16 oz. container strawberries | <input type="checkbox"/> 1 orange |
| <input type="checkbox"/> 3 tomatoes | <input type="checkbox"/> 1/2 cup shredded lettuce |
| <input type="checkbox"/> 4 apples | <input type="checkbox"/> 10 oz. mixed greens |
| | <input type="checkbox"/> 2 red cabbages |

- | | |
|--|---|
| <input type="checkbox"/> 1 cucumber | <input type="checkbox"/> 1 jalapeño |
| <input type="checkbox"/> 2 lb. bag carrots | <input type="checkbox"/> 5 white or yellow onions |
| <input type="checkbox"/> 1 small bag kale | <input type="checkbox"/> 2 heads broccoli |
| <input type="checkbox"/> 1 head cauliflower | <input type="checkbox"/> 1 zucchini |
| <input type="checkbox"/> 7 bell peppers, any color | <input type="checkbox"/> 8 oz. button mushrooms |
| <input type="checkbox"/> 6 oz. container blueberries | <input type="checkbox"/> 3 red onions |
| <input type="checkbox"/> 2 mangos | <input type="checkbox"/> 2 limes |
| <input type="checkbox"/> 6 oz. container blackberries or raspberries | <input type="checkbox"/> 4 cucumbers or English cucumbers |
| <input type="checkbox"/> 3 garlic bulbs | <input type="checkbox"/> 1 avocado |
| | <input type="checkbox"/> 2 cups grape tomatoes |

PANTRY

- | | |
|--|---|
| <input type="checkbox"/> 1 small bag ground flaxseed | <input type="checkbox"/> 1 small bag dried cherries |
| <input type="checkbox"/> 1 small container/box low-sugar granola | <input type="checkbox"/> 1 small bag trail mix, low-sugar |
| <input type="checkbox"/> Mayo | <input type="checkbox"/> 16 oz. bottle olive oil |
| <input type="checkbox"/> 1 small bag dried cranberries | <input type="checkbox"/> Red wine vinegar |
| <input type="checkbox"/> Low-sodium ginger and soy dressing | <input type="checkbox"/> 1 small container Worcestershire sauce |
| <input type="checkbox"/> Low-sodium soy sauce | <input type="checkbox"/> 1 jar honey |
| <input type="checkbox"/> Rice vinegar | <input type="checkbox"/> 14 oz. can low-sodium red kidney beans |
| <input type="checkbox"/> 10 oz. 100% fruit juice or orange juice | <input type="checkbox"/> 14 oz. can low-sodium white beans |
| <input type="checkbox"/> 1 small bag dried blueberries | <input type="checkbox"/> 28 oz. can tomato sauce, low-sodium |

- ☐ 1 box chicken or vegetable broth, low-sodium
- ☐ Sesame oil
- ☐ 1 jar Kalamata olives

WHOLE GRAINS

- ☐ 1 loaf whole-grain bread
- ☐ 1 small baguette loaf
- ☐ Whole-grain English muffins
- ☐ 1 container dry oats
- ☐ Whole-grain pita bread
- ☐ 2 cups dried whole-grain rice
- ☐ 1 box whole-grain crackers
- ☐ 8 small flour or corn tortilla shells
- ☐ 1 package dried quinoa
- ☐ 1 small bag ground flaxseed
- ☐ 1 bag whole-grain tortilla chips
- ☐ 16 oz. box dry pasta

PROTEIN

- ☐ 1 dozen eggs
- ☐ 1 oz. chopped almonds
- ☐ Protein powder, your choice
- ☐ 1/2 lb. low-sodium turkey
- ☐ 3 oz. chopped walnuts
- ☐ 1 can low-sodium salmon
- ☐ 1 1/2 lbs. boneless, skinless chicken breast
- ☐ 1 oz. pecans
- ☐ 10 oz. container hummus
- ☐ 1 oz. pistachios
- ☐ 1 jar nut butter
- ☐ 1 oz. almonds
- ☐ 1 lb. raw shrimp
- ☐ 2 lbs. sirloin steak
- ☐ 3 lbs. lean ground turkey
- ☐ 4 salmon fillets (4 oz. each)
- ☐ 1 oz. sesame seeds

DAIRY

- | | |
|---|--|
| <input type="checkbox"/> 1/2 gallon almond
or cow's milk | <input type="checkbox"/> low-fat shredded
cheddar cheese |
| <input type="checkbox"/> 1 large container low-
fat cottage cheese | <input type="checkbox"/> 1 small package
provolone or cheddar |
| <input type="checkbox"/> 32 oz. container low-fat
plain Greek yogurt | <input type="checkbox"/> 1 package crumbled
feta cheese |
| <input type="checkbox"/> 1 small bag | |

FROZEN

- ☐ 1 cup frozen
strawberries

MISCELLANEOUS

- | | |
|--|---|
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Dijon mustard |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> 10 wooden skewer sticks |
| <input type="checkbox"/> Jar minced garlic | <input type="checkbox"/> Dried oregano |
| <input type="checkbox"/> Ginger powder | <input type="checkbox"/> Red pepper flakes |
| <input type="checkbox"/> Fresh cilantro | <input type="checkbox"/> Chili powder |
| <input type="checkbox"/> Onion powder | <input type="checkbox"/> Low-sodium taco
seasoning |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Sriracha |
| <input type="checkbox"/> Pepper | |
| <input type="checkbox"/> Italian seasoning | |