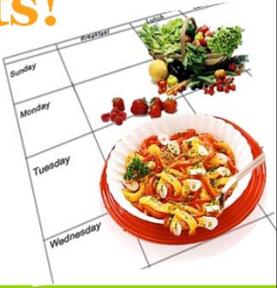


# A Week of Healthy Eats!

Healthy Columbus Nutrition Seminar - August 29, 2013  
Ashley Harris, MS, RD, LD



FRESH FOOD PERSPECTIVE

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## "Failure to plan is planning to fail"



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## Meal Planning

Why meal plan?

- Eat healthier
- Save money
- Save time
- Reduce stress
- More family time



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## Meal Planning

What is meal planning?

- Planning what you are going to serve at a certain time
- Includes:
  - Recipes
  - Ingredients
  - Shopping list



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## Making Meal Planning Work

Step 1: Selecting a meal plan

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## Making Meal Planning Work

Choose a type of plan that works for your lifestyle

Consider: Time, complexity, resources, needs

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### Meal Plan Types

More meal plan types.....

- DIY
- DIY with tools
- Ready-made plans



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### Meal Plans – DIY from Scratch

1. Create a Master List of recipes
2. Consult calendar!
3. Assign meals to days
  - Easy meals busy days
  - Perishable items (i.e. meat, fresh vegetables) at beginning of week, dry/frozen goods end of week
  - Grouping meals (cook once eat twice)
  - Sale items, weekly coupons

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### Meal Plans – DIY with tools

□ Templates



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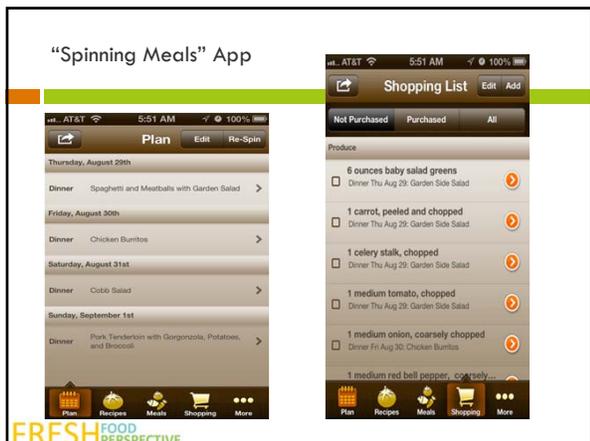
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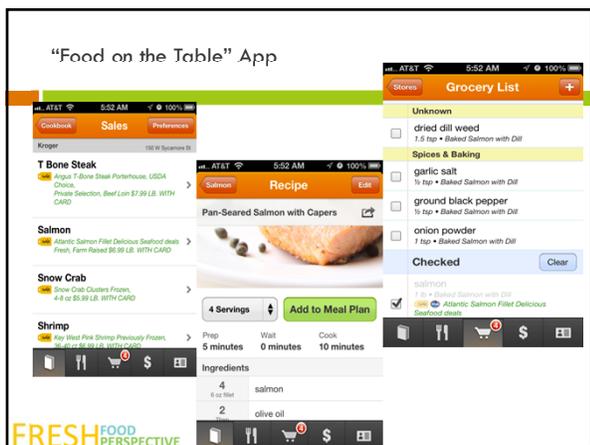
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## Meal Plans – DIY with tools

- Websites
  - Variety of choices
    - Enter or pick your own recipe
    - Utilize their recipes/templates
    - Budget, ingredient, season, etc

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## Pay Meal Plans

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## Making Meal Planning Work

### Step 2: Making a shopping list

### Organization, Organization, Organization!

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## Shopping

- Take stock of your pantry, fridge and freezer before shopping
  - Throw out expired good to make room!
- Shop strategically
  - Best day/time for you
- Check for specials/coupons
- Stick to your list!

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**Making Meal Planning Work**

**Step 3: Prep**

A little time spent on preparation on the front end saves a lot of time in the end

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**Prep**

- **Meats:** Cut & divide into portions based on plan/recipes. Make meatballs/patties in advance.
  - Freeze portions not used in next 1-2 days
  - Precook ground meat to be used in soups, chili, tacos, etc
- **Veggies/Fruits:** Chop what is needed for recipes. Group in amounts needed for each recipe
- **Other:** Prepare ahead anything that can be used throughout the week (i.e. breakfast muffins)
  - Look for the items you can cook once, use twice (i.e. rice)

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**Making Meal Planning Work**

**Other Time Saving Ideas**

- Full Meal Prep
- Freezer Meals
- Meal Swaps

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## Full Meal Prep

- All meal prep done in advance
  - “Meal Prep Mondays” movement
  - Best for ~3-4 days of food
  - <http://www.theleongreenbean.com/food-prep/>




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## Freezer Meals

- Cook
- Cool
  - As fast as possible
  - Place hot food in ice-filled sink
  - Portion into meal-sized containers
- Label
  - DATE!!!
- Store
- Thaw



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## Freezer Meals

- Freezer Friendly Foods:
  - Casseroles, soups, stews, chili, meatloaf
  - Meat, poultry and fish oil can be frozen with success. Raw meat is preferable for long storage because it doesn't dry out or get freezer burn as fast as cooked meat.
  - Breads and baked goods can freeze and do well in the freezer. This includes cakes, pies, muffins, bagels, quick and yeast breads both as dough/batter or baked, cookies raw or baked and pizza crusts raw or baked.
  - Butter and margarine freeze great.
  - Beans freeze well and can save you a ton of money if you buy dry beans then soak and cook them yourself instead of buying the canned variety.
  - Rice can also freeze and cooking it ahead can save a ton of time.
- Freezer Un-friendly Foods:
  - Gravies and sauces thickened with cornstarch or flour will separate during the freezing process. You can freeze an unthickened sauce, and then add thickeners after thawing.
  - Fruits and vegetables with a high water content, such as lettuce and watermelon, will become limp and soggy when thawed.
  - Cooked potatoes develop a gritty texture when frozen.
  - Fully cooked pasta may become mushy once reheated. Slightly undercook pasta before freezing it.
  - Some dairy products, such as yogurt, sour cream, milk, and light cream, will separate when frozen.

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### Freezer Meals

#### Storage Tips

- Use only specialty freezer wrappings (moisture/vapor proof)
- Leave as little air as possible
- Wrap solids (meats, baked goods) tightly in foil before bagging



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### Freezer Meals

#### Storage Times – common foods

- Tomato/Vegetable Sauce 6 months
- Meatloaf (or any meat) 6 months
- Soups/Stews 2-3 months
- Poultry and Meat Casseroles 6 months
- Poultry (cooked, no gravy) 3 months
- Meatballs in sauce 6 months
- Pizza dough (raw) 3-4 weeks
- Muffins/breads 2-3 months

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### Freezer Meals

#### Thawing foods

- Do not thaw at room temperature!
- In refrigerator: Slowest but safest. Several hours – overnight
- In cold water: Use leak proof bag, change water so remains cold
- In Microwave: Use defrost setting, cook immediately after thawed.



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## Meal Swap

- Group (co-workers, friends, neighbors, etc) that cooks large batch and exchanges weekly

- Things to consider:

- Schedule
- Tastes, allergies, etc
- Costs
- Menu "planner"
- Pool containers



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## Questions??



THANK YOU!!

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Menu  
PLAN

Week 1

M TOTAL NUTRIENTS Calories: 1,510, Fat: 51 g, Sat. Fat: 10 g, Carbs: 144 g, Fiber: 27 g, Sugars: 71 g, Protein: 126 g, Sodium: 1,787 mg, Cholesterol: 112 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup low-fat cottage cheese with 1½ cups Toasted Sweet & Hot Walnut Fruit Salad (see recipe, p. 80; save some for later this week)	2 Ryvita crispbreads with 2 tbsp unsalted natural peanut butter	2 slices whole-grain bread with 3 oz sliced cooked chicken breast, ¼ sliced avocado, 1 slice each tomato, red onion, lettuce leaf 15 grapes	½ cup Fiber One cereal with 1 cup low-fat milk	<b>Tuna Salad with Dijon Vinaigrette:</b> 3 cups salad greens, cucumbers and tomatoes, 5 oz canned tuna, ¼ cup white beans, 1 tbsp olive oil, 2 tbsp balsamic vinegar, 1 tsp Dijon mustard; 1 cup watermelon

T TOTAL NUTRIENTS Calories: 1,672, Fat: 47 g, Sat. Fat: 11 g, Carbs: 224 g, Fiber: 40 g, Sugars: 107 g, Protein: 102 g, Sodium: 2,411 mg, Cholesterol: 116 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Nature's Path Organic Flax Plus Multi-bran cereal with ½ cup low-fat milk, 1 banana	2 cups Toasted Sweet & Hot Walnut Fruit Salad (leftovers)	1 toasted whole-wheat English muffin with 2 oz low-sodium lean uncured ham, 1 oz reduced-fat jalapeño cheese, 1 lettuce leaf, 1 slice tomato; ½ cup cucumber slices, 2 tbsp hummus	1 cup nonfat Greek yogurt with 1 sliced peach	1 cup salad greens with 1 tbsp olive oil, 2 tsp balsamic vinegar 1 Stuffed Turkey Pepper (see recipe, p. 76; save some for later this week) 1 baked sweet potato

W TOTAL NUTRIENTS Calories: 1,509, Fat: 39 g, Sat. Fat: 11 g, Carbs: 196 g, Fiber: 34 g, Sugars: 85 g, Protein: 116 g, Sodium: 1,081 mg, Cholesterol: 172 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup Fiber One cereal with 1 cup low-fat milk, 1 cup Toasted Sweet & Hot Walnut Fruit Salad (leftovers)	1 low-fat plain yogurt with stevia	1 Stuffed Turkey Pepper (leftovers) 10 baby carrots 1 cup watermelon	1 low-fat string cheese 1 cup grapes	5 oz baked salmon 10 green beans with 2 tsp olive oil, 1 tbsp red wine vinegar, 1 diced clove garlic 1 cup wild rice

T TOTAL NUTRIENTS Calories: 1,712, Fat: 52 g, Sat. Fat: 15 g, Carbs: 198 g, Fiber: 39 g, Sugars: 55 g, Protein: 122 g, Sodium: 1,635 mg, Cholesterol: 167 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 egg whites, 1 slice reduced-fat cheddar cheese, ¼ cup sliced mushrooms; 2 slices rye bread with 1 tbsp olive oil-based spread	1 cup low-fat milk, 1 cup sliced strawberries	1 cup cooked whole-wheat spaghetti with 1 Stuffed Turkey Pepper (leftovers) chopped in pieces, ½ cup low-sodium tomato sauce; 1 cup watermelon	1½ cups chopped broccoli with 4 tbsp hummus	5 oz grilled lean pork cutlet (make ½ lb and save some for tomorrow) 1 whole grilled tomato with 2 tsp olive oil ½ cup steamed baby spinach with 1 diced clove garlic, ½ cup white beans

F TOTAL NUTRIENTS Calories: 1,582, Fat: 67 g, Sat. Fat: 16 g, Carbs: 162 g, Fiber: 29 g, Sugars: 74 g, Protein: 98 g, Sodium: 1,742 mg, Cholesterol: 128 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 toasted whole-wheat English muffin with 1½ tbsp unsalted almond butter, 2 tsp agave nectar 1 cup low-fat milk	1 peach	<b>Pork Spinach Salad:</b> 2 cups baby spinach, 8 grape tomatoes, 3 oz grilled lean pork cutlet (leftovers), 2 tbsp reduced-fat feta, ¼ cup white beans, 1 tsp olive oil, 2 tbsp balsamic vinegar, 1 tsp Dijon mustard; 1 orange	¼ cup unsalted raw cashews (about 25)	1 multigrain roll with 4 oz 99% lean turkey burger, 1 oz reduced-fat jalapeño cheese, 1 lettuce leaf, 2 tbsp low-sodium salsa 1 cup salad greens with 1 tsp olive oil, 1 tbsp red wine vinegar

S TOTAL NUTRIENTS Calories: 1,660, Fat: 61 g, Sat. Fat: 10 g, Carbs: 176 g, Fiber: 34 g, Sugars: 62 g, Protein: 118 g, Sodium: 1,090 mg, Cholesterol: 130 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
4 scrambled egg whites with 2 slices whole-wheat bread, 2 tsp olive oil-based spread	1 nectarine	1 whole-wheat wrap with 5 oz grilled firm tofu, ½ cup each grilled and sliced zucchini and tomato, ¼ sliced avocado 15 grapes	<b>Nutty Fruit Shake:</b> Blend ¼ cup vanilla protein powder, 1 cup low-fat milk, 1 cup Toasted Sweet & Hot Walnut Fruit Salad (leftovers)	4 oz baked chicken breast topped with ½ cup sautéed mushrooms 1 cup steamed broccoli rabe with 1 chopped clove garlic 1 cup brown rice

S TOTAL NUTRIENTS Calories: 1,614, Fat: 41 g, Sat. Fat: 10 g, Carbs: 211 g, Fiber: 39 g, Sugars: 85 g, Protein: 112 g, Sodium: 2,210 mg, Cholesterol: 320 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1½ cups Nature's Path Organic Flax Plus Multi-bran cereal with ¾ cup low-fat milk, 4 unsalted walnuts, 1 cubed peach	1 cup low-fat plain yogurt with ¾ cup blueberries, 6 unsalted raw cashews	1 whole-wheat pita with 3 oz baked chicken breast, 1 sliced hardboiled egg, 1 lettuce leaf, 2 slices tomato, 1 tbsp hummus 10 Dr. Kracker's Seeded Spelt crackers	1 oz reduced-fat jalapeño cheese with 1 sliced apple	1 cup miso soup, 1 cup edamame, 4 pieces assorted sushi, 6 pieces assorted sashimi



### Menu PLAN

# week 2

<b>M</b>	<b>TOTAL NUTRIENTS</b> Calories: <b>1,567</b> , Fat: <b>46 g</b> , Sat. Fat: <b>8 g</b> , Carbs: <b>187 g</b> , Fiber: <b>31 g</b> , Sugars: <b>70 g</b> , Protein: <b>120 g</b> , Sodium: <b>1,330 mg</b> , Cholesterol: <b>144 mg</b>				
<b>BREAKFAST</b>	<b>SNACK 1</b>	<b>LUNCH</b>	<b>SNACK 2</b>	<b>DINNER</b>	
2 Kashi Heart to Heart waffles, 2 tbsp unsalted almond butter, ½ cup sliced strawberries; 1 cup low-fat milk	1 cup nonfat Greek yogurt with 1 cup sliced strawberries	1 multigrain roll, 3 oz extra-lean roast beef, 2 tbsp reduced-fat feta cheese, ½ roasted red pepper, ½ cup sliced cucumbers, 1 tbsp horseradish; 10 grape tomatoes	1 cup cantaloupe	5 oz grilled cod in juice ½ lemon, ½ tsp Italian seasoning; 1 cup Summer Bean Salad (see recipe, p. 79); save some for tomorrow; 1 cup wild rice with 1 tbsp chopped unsalted walnuts	
<b>T</b>	<b>TOTAL NUTRIENTS</b> Calories: <b>1,601</b> , Fat: <b>65 g</b> , Sat. Fat: <b>12 g</b> , Carbs: <b>189 g</b> , Fiber: <b>51 g</b> , Sugars: <b>62 g</b> , Protein: <b>98 g</b> , Sodium: <b>2,138 mg</b> , Cholesterol: <b>110 mg</b>				
<b>BREAKFAST</b>	<b>SNACK 1</b>	<b>LUNCH</b>	<b>SNACK 2</b>	<b>DINNER</b>	
½ cup Fiber One cereal and ½ cup Nature's Path Organic Flax Plus Multigrain cereal with ½ cup low-fat milk, 1 cup sliced strawberries	10 Dr. Kracker's Seeded Spelt crackers with 2 tbsp unsalted natural peanut butter	2 slices rye bread with 2 oz low-sodium lean uncured ham, 1 wedge Laughing Cow Light cheese, ½ roasted red pepper 10 baby carrots	½ cup unsalted dry-roasted pistachios (in shells)	4 oz Thai Lime Chicken (see recipe, p. 80); save some for tomorrow 1 cup Summer Bean Salad (leftovers) 1½ cups cantaloupe	
<b>W</b>	<b>TOTAL NUTRIENTS</b> Calories: <b>1,501</b> , Fat: <b>64 g</b> , Sat. Fat: <b>10 g</b> , Carbs: <b>168 g</b> , Fiber: <b>49 g</b> , Sugars: <b>30 g</b> , Protein: <b>107 g</b> , Sodium: <b>1,309 mg</b> , Cholesterol: <b>340 mg</b>				
<b>BREAKFAST</b>	<b>SNACK 1</b>	<b>LUNCH</b>	<b>SNACK 2</b>	<b>DINNER</b>	
2 slices whole-wheat bread, 1 wedge Laughing Cow Light cheese, 1 sliced hardboiled egg; 1 cup honeydew	¼ cup unsalted sunflower seeds	1 whole-wheat flax wrap with 4 oz Thai Lime Chicken (leftovers), ½ cup salad greens and diced cucumbers; 1 cup raspberries	½ cup low-fat cottage cheese, ½ cup Fiber One cereal	<b>Chicken Salad:</b> 2 cups baby spinach with 3 oz grilled chicken breast, ¼ cup black beans, 4 slices grilled onion, 1 tbsp olive oil, 2 tbsp red wine vinegar	
<b>T</b>	<b>TOTAL NUTRIENTS</b> Calories: <b>1,543</b> , Fat: <b>63 g</b> , Sat. Fat: <b>13 g</b> , Carbs: <b>175 g</b> , Fiber: <b>31 g</b> , Sugars: <b>72 g</b> , Protein: <b>84 g</b> , Sodium: <b>1,297 mg</b> , Cholesterol: <b>300 mg</b>				
<b>BREAKFAST</b>	<b>SNACK 1</b>	<b>LUNCH</b>	<b>SNACK 2</b>	<b>DINNER</b>	
1 cup low-fat plain yogurt with ½ cup uncooked oatmeal, ½ cup raspberries, ¼ sliced banana (place remaining in freezer)	1 hardboiled egg 10 Dr. Kracker's Seeded Spelt crackers	1 whole-wheat flax wrap, 4 oz chilled poached salmon, ¼ cup salad greens, 2 slices red onion 1 peach	1 cup honeydew 8 unsalted walnuts	1 multigrain roll with 4 oz firm tofu grilled in 2 tsp olive oil, ½ oz reduced-fat jalapeño cheese, 1 tbsp low-sodium salsa 2 cups salad greens and 10 grape tomatoes with 2 tsp olive oil, 2 tbsp balsamic vinegar	
<b>F</b>	<b>TOTAL NUTRIENTS</b> Calories: <b>1,575</b> , Fat: <b>42 g</b> , Sat. Fat: <b>9 g</b> , Carbs: <b>238 g</b> , Fiber: <b>32 g</b> , Sugars: <b>85 g</b> , Protein: <b>81 g</b> , Sodium: <b>1,934 mg</b> , Cholesterol: <b>115 mg</b>				
<b>BREAKFAST</b>	<b>SNACK 1</b>	<b>LUNCH</b>	<b>SNACK 2</b>	<b>DINNER</b>	
<b>Choco Banana Shake:</b> Blend ¼ cup chocolate protein powder, 8 oz low-fat milk, ¾ frozen banana, 5 frozen strawberries, 2 ice cubes	1 cup blueberries	<b>Turkey Salad:</b> 2 cups salad greens with 3 oz white meat turkey breast, 2 tbsp unsalted sunflower seeds, 2 tbsp balsamic vinegar; 1 sliced apple (add a few pieces to salad); 1 whole-wheat pita	2 crispbreads and 1 oz reduced-fat cheddar cheese	2 cups cooked whole-wheat rotini mixed with ½ cup steamed broccoli rabe and ½ roasted red pepper, 1½ tsp olive oil, 2 tbsp red wine vinegar ½ cup each cantaloupe and honeydew	
<b>S</b>	<b>TOTAL NUTRIENTS</b> Calories: <b>1,510</b> , Fat: <b>57 g</b> , Sat. Fat: <b>12 g</b> , Carbs: <b>174 g</b> , Fiber: <b>32 g</b> , Sugars: <b>42 g</b> , Protein: <b>83 g</b> , Sodium: <b>2,338 mg</b> , Cholesterol: <b>99 mg</b>				
<b>BREAKFAST</b>	<b>SNACK 1</b>	<b>LUNCH</b>	<b>SNACK 2</b>	<b>DINNER</b>	
<b>Greek-Inspired Omelet:</b> 2 egg whites, 2 tbsp reduced-fat feta cheese, 2 tbsp each diced tomato and cucumbers; 2 slices rye bread with 1 tbsp olive oil-based spread	1 cup Nature's Path Organic Flax Plus Multigrain cereal, ½ cup low-fat milk, 1 sliced plum	1 whole-wheat English muffin with 4 oz chicken breast, 1 wedge Laughing Cow Light cheese, 1 slice each onion, tomato, lettuce leaf 15 baby carrots	1 banana 20 unsalted dry-roasted peanuts	<b>Quesadillas:</b> 2 whole-wheat flax wraps with ½ cup low-sodium salsa, ¼ cup reduced-fat shredded mozzarella, black beans (grill or bake until cheese melts) 1 cup arugula, 2 tbsp pine nuts, 2 tsp olive oil, 1 tbsp red wine vinegar	
<b>S</b>	<b>TOTAL NUTRIENTS</b> Calories: <b>1,560</b> , Fat: <b>47 g</b> , Sat. Fat: <b>10 g</b> , Carbs: <b>195 g</b> , Fiber: <b>33 g</b> , Sugars: <b>64 g</b> , Protein: <b>102 g</b> , Sodium: <b>2,442 mg</b> , Cholesterol: <b>88 mg</b>				
<b>BREAKFAST</b>	<b>SNACK 1</b>	<b>LUNCH</b>	<b>SNACK 2</b>	<b>DINNER</b>	
1 whole-wheat flax wrap, 1½ tbsp unsalted natural peanut butter, diced fresh apricot	1 Kashi Heart to Heart waffle, 1½ cups low-fat milk	1 multigrain roll with veggie burger, 2 tbsp reduced-fat feta cheese, 1 slice each onion, tomato, lettuce leaf; 10 slices cucumbers; 1 kiwi	6 oz baked sweet potato, ½ cup low-fat cottage cheese, ½ tsp cinnamon	4 oz baked chicken breast in 1 tsp olive oil, 1 tbsp balsamic vinegar, 1 tsp Dijon mustard; 1 cup steamed green beans with 1 diced clove garlic; 1 Yukon Gold baked potato with 3 tbsp low-sodium salsa	



# Clean Eating

Improving your life one meal at a time.

## Week 1 Meal Plan

Volume 2, Issue 4 - July/Aug 2009 08

### Your 14-Day Clean Eating Meal Plan Shopping List

We've combined all the season has to offer into one delicious and slimming meal plan to keep satisfied for two weeks straight. Print off this detailed and organized shopping list to make grocery store trips and eating clean a breeze

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## Week 1 Shopping List

### Proteins & Dairy

- 1 15-oz can low-sodium white beans
- 1 block reduced-fat cheddar cheese
- 1 pint low-fat cottage cheese
- 1 4-oz container reduced-fat feta cheese
- 1 block reduced-fat jalapeño cheese
- 1 8-oz pkg part-skim mozzarella
- 1 pkg low-fat string cheese
- 10 oz boneless, skinless chicken breast
- 1 cup edamame
- 1 dozen eggs
- 4 oz low-sodium uncured lean ham
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- ½ lb lean pork cutlet
- 6 oz wild-caught salmon
- 6 pieces assorted sashimi
- 4 pieces assorted sushi
- 1 5-oz container firm tofu
- 1 can tuna in water
- 1¼ lb 99% lean ground turkey
- 4 oz low-sodium roasted turkey breast
- 1 1-cup container nonfat Greek yogurt
- 1 pint low-fat plain yogurt

### Veggies/Fruits

- 1 apple
- 1 banana
- ½ lb green beans
- 1 pint blueberries
- 1 bunch broccoli rabe
- 1 bag baby carrots
- 2 cucumbers
- 1 bulb garlic
- 2½ lbs grapes
- 2 kiwis
- 1 16-oz bag salad greens
- 1 mango
- 1 pint sliced mushrooms
- 3 nectarines
- 1 red onion
- 1 white onion
- 1 orange
- 2 peaches
- 1 orange bell pepper
- 2 red bell peppers
- 1 yellow bell pepper
- 2 sweet potatoes
- 2 6-oz pkg raspberries

- 1 8-oz bag baby spinach
- 2 pints strawberries
- 1 container grape tomatoes
- 4 on-the-vine tomatoes
- 1 medium watermelon
- 1 zucchini

### Whole Grains

- 1 loaf rye bread
- 1 loaf whole-wheat bread
- 1 box Fiber One cereal
- 1 box Nature's Path Organic Flax Plus Multigrain cereal
- 1 box Dr. Kracker's Seeded Spelt crackers
- 1 pkg Ryvita crispbreads
- 1 pkg whole-wheat English muffins
- 1 box Kashi Crunchy granola bars
- 1 pkg whole-wheat pitas
- 1 box brown rice
- 1 box wild rice
- 1 pkg multigrain rolls
- 1 box whole-wheat spaghetti
- 1 pkg low-fat whole-wheat flax wraps

### Nuts/Seeds/Oils

- 1 jar unsalted almond butter
- 1 6-oz bag unsalted raw cashews
- 1 bottle extra-virgin olive oil
- 1 jar unsalted natural peanut butter
- 1 12-oz bag unsalted walnuts

### Extras

- 1 container hummus
- 1 cup miso soup
- 1 jar Dijon mustard
- 1 jar agave nectar
- 1 container ground black pepper
- 1 container cayenne pepper
- 1 container vanilla protein powder
- 1 jar low-sodium salsa
- 1 container dried Italian seasonings
- 1 container olive oil-based spread
- 1 box stevia
- 1 bottle low-sodium natural tomato juice
- 1 jar low-sodium tomato sauce
- 1 bottle balsamic vinegar
- 1 bottle red wine vinegar



# Clean Eating

Improving your life one meal at a time.

## Week 2 Meal Plan

Volume 2, Issue 4 - July/Aug 2009 **08**

### Your 14-Day Clean Eating Meal Plan Shopping List

We've combined all the season has to offer into one delicious and slimming meal plan to keep satisfied for two weeks straight. Print off this detailed and organized shopping list to make grocery store trips and eating clean a breeze

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## Week 2

### Shopping List

#### Proteins & Dairy

- 1 can low-sodium black beans
- 3 oz extra-lean roast beef
- 3 oz turkey breast
- 1 box veggie burgers
- 1 container Laughing Cow Light cheese
- 1 lb boneless, skinless chicken breast
- 4 oz low-sodium deli-roasted chicken breast
- 5 oz cod
- 1 bag frozen edamame
- 2 oz low-sodium uncured lean ham
- 1 quart low-fat milk (skim or unsweetened rice, almond or soy milk)
- 4 oz wild-caught salmon
- 1 1-cup container nonfat Greek yogurt

#### Veggies/Fruits

- 1 apple
- 1 apricot
- 1 bunch arugula
- 1 avocado
- 2 bananas
- 1 pint blueberries
- 1 cantaloupe
- 1 container corn
- 1 cucumber
- 1 16-oz bag salad greens
- 1 honeydew
- 1 kiwi
- 1 lemon
- 1 lime
- 1 red onion
- 1 peach
- 1 red bell pepper
- 1 plum
- 1 medium Yukon Gold potato
- 1 6-oz pkg raspberries
- 1 16-oz bag baby spinach
- 2 pints strawberries
- 1 bag frozen strawberries
- 2 tomatoes

#### Whole Grains

- 1 container oatmeal
- 1 box whole-wheat rotini
- 1 box Kashi Heart to Heart waffles

#### Nuts/Seeds/Oils

- 1 jar unsalted dry-roasted peanuts
- 1 small container pine nuts
- 1 6-oz bag unsalted dry-roasted pistachios
- 1 bag unsalted sunflower seeds

#### Extras

- 1 container cinnamon
- 1 container garlic powder
- 1 container ground ginger
- 1 small jar horseradish
- 1 container chocolate protein powder



# Stuffed Turkey Peppers

**Serves:** 4

**Hands-on time:** 30 minutes

**Total time:** 45 minutes

## INGREDIENTS:

- 1/2 cup wild rice
- 1 tbsp extra-virgin olive oil
- 2 cups onions, chopped
- 3 cloves garlic, chopped
- 1 lb 99% lean ground turkey
- 2/3 cup low-sodium natural tomato juice
- 1/2 tsp Italian seasoning
- 10 grape tomatoes, halved
- 1/4 tsp ground black pepper
- 4 assorted medium sweet bell peppers (red orange and yellow)
- 2 oz part-skim mozzarella

## INSTRUCTIONS:

1. Bring rice and 2 cups water to a boil in a medium saucepan over medium-high. Reduce heat to medium, cover and continue to boil for 25 minutes.
2. Meanwhile, add oil and onions to a large sauté pan over medium-high. Sauté onions for 2 minutes, then add garlic and sauté for 1 minute. Add turkey, juice and seasoning. Cook until turkey is cooked through, about 10 minutes. Add tomatoes and black pepper, cooking, covered, for 5 minutes. Preheat oven to 400°F.
3. Fill a large pot half-full with water and bring to a boil. Cut tops from bell peppers and remove all seeds. Add bell peppers and tops to water and return to a boil. Cook, covered, for 4 to 5 minutes or until tender. Remove bell peppers and dry on paper towel.
4. Drain rice and add to turkey mixture. In a glass dish, stand bell peppers and fill with turkey-rice mixture. Sprinkle with mozzarella and add bell pepper top. Bake for 15 minutes.

*Nutrients per stuffed turkey pepper: Calories: 350, Total Fat: 7 g, Sat. Fat: 1.5 g, Carbs: 35 g, Fiber: 7 g, Sugars: 14 g, Protein: 36 g, Sodium: 210 mg, Cholesterol: 60 mg*

# Summer Bean Salad

**Serves:** 6

**Hands-on time:** 2 minutes

**Total time:** 6 minutes

## INGREDIENTS:

- 3 cups frozen edamame
- 2 1/2 cups fresh corn
- 1/3 cup red onion, diced
- 1/2 tsp ground black pepper

## INSTRUCTIONS:

1. Combine all ingredients in a microwavable dish. Heat on high for 4 to 5 minutes.

*Nutrients per serving (1 cup summer bean salad): Calories: 185, Total Fat: 4.5 g, Sat. Fat: 0 g, Carbs: 26 g, Fiber: 7 g, Sugars: 6.5 g, Protein: 13 g, Sodium: 20 mg, Cholesterol: 0 mg*

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# Toasted Sweet & Hot Walnut Fruit Salad

**Serves:** 8

**Hands-on time:** 15 minutes

**Total time:** 18 minutes

## INGREDIENTS:

- 1 pint strawberries, halved
- 1 6-oz pkg raspberries
- 1 mango, chopped
- 2 kiwis, sliced
- 2 nectarines, chopped
- 1 tbsp raw honey
- 3/4 tsp cayenne pepper
- 1/2 cup walnuts, chopped

## INSTRUCTIONS:

Combine fruit in a large bowl. Preheat broiler to high. In a small bowl, stir together honey, 1 tbsp hot water and cayenne. Add walnuts and mix until well coated. Spread walnuts onto a cookie sheet. Broil for 2 to 3 minutes, watching to avoid burning. Add walnuts to bowl of fruit. Stir and enjoy.

*Nutrients per 1-cup serving walnut fruit salad: Calories: 120, Total Fat: 5 g, Sat. Fat: 0 g, Omega-3s: 730 mg, Omega-6s: 2930 mg, Carbs: 19 g, Fiber: 4 g, Sugars: 13 g, Protein: 2 g, Sodium: 0 mg, Cholesterol: 0 mg*

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# Thai Lime Chicken

**Serves:** 2

**Hands-on time:** 10 minutes

**Total time:** 35 minutes

## INGREDIENTS:

- 1/3 cup unsalted dry-roasted peanuts
- 1 1/2 tbsp garlic powder
- 1 1/2 tsp ginger, ground
- 1/2 lb boneless, skinless chicken breast
- 1 lime

## INSTRUCTIONS:

1. Preheat oven to 375 F.
2. In a mini food processor, grind peanuts until fine, but not to paste.
3. In a small bowl, combine peanuts, garlic powder and ginger.
4. Place chicken on a cookie sheet and squeeze juice from lime overtop. Then roll chicken in peanut mixture until well coated.
5. Bake chicken in oven for 25 minutes or until no longer pink in center

*Nutrients per serving (4-oz lime chicken): Calories: 360, Total Fat: 16 g, Sat. Fat: 3 g, Carbs: 11 g, Fiber: 3 g, Sugars: 3 g, Protein: 42 g, Sodium: 85 mg, Cholesterol: 95 mg#*

# WEEKDAY MEAL PLAN AND SHOPPING LIST



MENU



PRODUCE



DAIRY & REFRIGERATED



MEAT, POULTRY & FISH



FROZEN



DRY GOODS & MISCELLANEOUS

	MENU	PRODUCE	DAIRY & REFRIGERATED	MEAT, POULTRY & FISH	FROZEN	DRY GOODS & MISCELLANEOUS
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
MISCELLANEOUS						

clear plates from table

chop vegetables

you're off the hook!

fill water glasses

make salad

load dishwasher

set table

put away leftovers

# Food Storage Times

## **Fridge storage**

Storing food at a cool temperature retards the growth of food poisoning bacteria. Use a fridge thermometer to check that your fridge is operating at the correct temperature, between 1°C and 5°C (34°F-41°F). Place the thermometer in the middle of the top shelf to check the operating temperature.

## **Fridge storage times**

For pre-prepared foods, adhere to the 'use-by' date. For other foods, the following storage times should apply, providing the product is in prime condition when it is put into the refrigerator and that your fridge is in good working order.

### **Raw meat and fish**

Joints	3 days
Poultry	2 days
Raw sliced meat	2 days
Minced meat	1 day
Offal	1 day
Sausages	3 days
Bacon	7 days
Fish	12 hours

### **Cooked meat**

Joints	3 days
Casseroles/stews	2 days
Pies	2 days
Sliced meat	2 days
Ham	2 days
Vacuum-packed	1-2 weeks

### **Vegetables and fruit**

Salad leaves	2-3 days
Green vegetables	3-4 days
Soft fruits	1-2 days
Hard/stone fruits	3-7 days

### **Dairy foods**

Milk	4-5 days
Hard cheese	1 week
Soft cheese	2-3 days

## **FREEZER STORAGE**

Deep freezing is an excellent method of food preservation. Foods which are suitable for freezing retain their colour, texture, taste and nutritional value, while remaining safe to eat.

## **Freezer storage times**

Where applicable, follow the manufacturer's instructions. Otherwise, use the following recommended maximum times:

**Vegetables**

Unblanched vegetables	10-12 months
Unblanched vegetables	3-4 weeks
Tomatoes	6-8 months
Vegetable purées	6-8 months

**Fruit**

Fruit in syrup	9-12 months
Open frozen fruit	6-8 months
Fruit purees	6-8 months
Fruit juice	4-6 months

**Fish**

White fish	6-8 months
Oily fish	3-4 months
Fish portions	3-4 months
Shellfish	2-3 months

**Meat and poultry**

Beef and veal	4-6 months
Lamb	4-6 months
Pork	4-6 months
Offal	3-4 months
Sliced bacon	2-3 months
Cured meat	2-3 months

Ham/bacon joints	3-4 months
Chicken/turkey	4-6 months
Duck/goose	4-6 months
Venison	4-6 months
Rabbit	4-6 months
Sausages	2-3 months
Minced beef	3-4 months

**Prepared foods**

Soups and sauces	3 months
Stocks	6 months
Prepared meals	4-6 months
Cakes	4-6 months
Bread	2-3 months
Sandwiches	2-3 months
Bread dough	2-3 months
Pastries	3-4 months

**Dairy produce**

Cream	6-8 months
Butter, salted	3-4 months
Butter, unsalted	6-8 months
Hard cheese	4-6 months
Soft cheese	3-4 months
Ice cream	3-4 months

From Good Housekeeping Cookery Book