

Christi's Weekly Menu and Shopping List

This Menu and Shopping List
Were Created By:

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To learn about how Christi inspires busy people
to fall in love with
Healthy Eating, Juicy Living, and Guilt-Free Self-Care...

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The Reason Behind the Menu

With 1-year old Evan around, I need to streamline my grocery shopping and menu preparation as much as possible... otherwise, we simply don't eat well.

If I have to stand in front of the fridge or pantry and figure out what kind of concoction to create when mealtime is staring me in the face... well, let's just say that rarely works out well.

On the other hand, if I know what's available for breakfast, lunch, dinner, and snacks... there's no guesswork involved. I can quickly and easily make a meal if I can follow a healthy recipe that I'm familiar with and have made a few times before. Plus, I find that it's often faster to make a healthy meal than it is to drive to the store and buy prepared food. Does this sound familiar?

Menu Details

The following menu and shopping list is the exact same one that I used for my family the week of January 1, 2007. I even cooked all of Evan's baby food from this menu (lentils, rice, veggies, fruit, etc.).

Now... is this menu completely balanced? No, it's not. But if I had to wait until I created a perfectly balanced menu before I went to the store, I'd still be waiting! I aim for "pretty good" rather than "perfect" when it comes to my weekly menus. I do the best I can to include veggies of different colors, different grains, and varied protein sources.

Now... **is this menu tasty?** Yes. **Is it easy to prepare?** Yes. **Is it cheap?** That depends. I buy all organic, so that makes it a bit more expensive (and totally worth it, in my mind). If you've got a lot of the main staples in your fridge or pantry like I do, then you can cross half the items off the shopping list. You'll also be able to prepare these meals quickly, easily, and fairly economically.

But if you're starting from scratch, and have no idea what quinoa or tamari soy sauce are... you may want to pick one recipe that sounds easy... and start with that one for now.

Personalizing the Menu

If this menu sounds good to you, feel free to make it for yourself or your family. However, don't feel like you have to recreate the entire menu in one week. I think it's more realistic to use this menu as a guide and inspiration to create your own Menu and Shopping List.

I purposefully didn't list a lot of brand names OR put the number of servings next to each recipe. I want you to play with this menu, not follow it to the letter. So, do some guesswork and buy the amount of food you think your family will need. Most recipes serve approximately 4 people.

I've created several versions of these weekly menus for myself, so I don't freak out when shopping day comes. I just pull out a new Menu, delete the ingredients I don't need, print the shopping list... and I'm off to shop. When I come home, cooking is easy because I know what to make each day.

HOW TO USE THIS DOCUMENT

First, print out the entire document.

Page 4 contains my "Cheat Sheet" of meals. I keep this list on my fridge so I can glance at it whenever I'm wondering what in the heck to prepare. I don't "schedule my meals" to a specific day. I like to be able to pick what I want to make, based on my cravings of the day. I also included some tips that will make meal preparation easier for you (I know they do for me!).

STEP #1: Look though the Cheat Sheet on p. 4 and circle the meals that sound interesting/delicious to you.

Pages 5-9 include the recipes and ingredient lists of all of the meals listed on the "Cheat Sheet." Some of the breakfasts and snacks don't have recipes, because you basically just combine the ingredients listed on the Cheat Sheet to make them.

STEP #2: Look through p. 5-9 and circle the recipes that you want to make this week. Read through the cooking instructions once now to familiarize yourself with the steps. Don't worry - they're not hard.

Page 10 includes a shopping list that highlights the ingredients you'd need (minus salt and pepper) if you were to make every single meal and snack on the Cheat Sheet. It's organized by sections, according to my grocery store... so that I can find everything easily and don't have to scan up and down the list when I'm shopping.

Step #3: Go through the recipes you circled on p. 5-9, and take note of the ingredients you will need. Circle it on the shopping list on p. 10.

Step #4: Take the shopping list to the store and get the ingredients you circled.

Step #5: Once you've got the ingredients, you can start making your meals. Keep the recipes in your kitchen (I keep mine on my fridge in a "clip magnet"). If you've got a rice cooker, none of these meals should take more than ½ hour, and most will be much faster than that.

ENJOY!

Christi's Meal Options for the Week of January 1, 2007

Breakfast Options:

Kashi Cereal with Apple, Walnuts, and Almond Milk
Sweet Brown Rice with Pear and Crushed Almonds
Goat's Milk Yogurt with Dates and Ground Flaxseeds
Southwestern Egg (see recipe)
Dinner Leftovers from any of the dinners listed below

Lunch Options:

Super Salad (see recipe)
Dinner Leftovers from any of the dinners listed below

Snack Options:

Super Smoothie (see recipe)
Baby Carrots with Hummus
Celery with Almond Butter
Walnuts or Almonds
Chocolate!

Dinner Options:

Quinoa Salad with Sausage (see recipe)
Asian Peanut Noodle Salad (see recipe)
Chicken, Zucchini, and Prosciutto with Side Salad (see recipe)
Chicken & Broccoli Pesto over Brown Rice (see recipe)
Red Lentil Dish with Kale and Brown Rice (see recipe)

Some helpful tips that make it easy:

- ** Chop all the veggies when preparing dinners, and just store a little bit in a Tupperware to add to the salad the next day.
- ** Save some of the chicken or sausage you cook for dinner to use in the salad the next day.
- ** Chop celery when you get back from store. Put carrots and celery in mini baggies so you can take them and run.
- ** Cook all grains in a rice cooker to make it super-easy.
- ** If you don't have a certain type of grain, then substitute what you DO have.
- ** If you don't have a certain type of veggie, substitute what you DO have.

Recipes:

Southwestern Egg (from *Real Simple* magazine)

1 jar salsa

4 eggs

1/8 t. salt

1/16 t. pepper

½ avocado, diced

Whole grain pitas

Spinach

Pour salsa into skillet over med heat. Cover and heat until warmed through. Break 1 egg into small dish, slide gently into salsa. Repeat with other eggs. Season with salt and pepper. Cover and cook to doneness. Top with avocado and serve with pitas. Serve with a side of spinach.

Super Salad

Arugula or Spinach (in the winter, you may want to use cooked greens like kale or swiss chard)

Chopped Veggies (tomato, broccoli, pepper, mushrooms, etc. - anything leftover from dinner recipes)

Pine Nuts

Avocado

Sliced Turkey or leftover Chicken or Sausage

* You can also add apple if you want a sweet taste

Combine all ingredients in a bowl - add a healthy, yummy salad dressing like Annie's Papaya Poppy Seed.

Super Smoothies

Almond milk

Scoop of SuperGreens powder (optional)

Banana

Frozen Blueberries

Water

Ground Flaxseed

Spirutein Protein Powder

1-2 drops of Stevia

* You can add ice if you want.

Combine all ingredients in blender - blend!

Quinoa Salad with Sausage

1 c. quinoa
2 c. chicken broth, vegetable stock or cold water
1-package all-natural sausage (I buy Han's Natural Sausage)
6 Tbsp. organic extra virgin olive oil
3 Tbsp. balsamic vinegar
1 tsp. dijon mustard
1 clove garlic, chopped
1 Tbsp. fresh rosemary, chopped (I use dried this week)
1/2 tsp. freshly ground pepper
1 tsp. sea salt
1/8 c. dried cranberries, chopped
1/3 c. whole organic walnuts
Spinach
crumbled goat cheese (optional)
1 bunch organic scallions, finely diced

1. Rinse quinoa. Put in pot with broth or water. Bring to boil, then simmer for 15 minutes until all liquid is absorbed. OR put in rice cooker and hit the "Cook" button!
2. Put sausage in microwave or on grill and heat until cooked through.
3. Chop scallions.
4. Combine olive oil, vinegar, mustard, garlic, rosemary, pepper, and salt in a bowl - whisk into dressing.
5. Put quinoa and sausage in bowl. Add in cranberries, walnuts, spinach, goat cheese, and scallions. Cover with dressing and toss. Serve warm or cold.

Asian Noodle Salad (from "Feeding the Whole Family" by Cynthia Lair)

Salad:

- 1 package brown rice noodles or soba buckwheat noodles
- 1 daikon radish, chopped
- 1 red bell pepper, chopped
- 1 C. portabella mushrooms, chopped
- 3 scallions, chopped
- 1 zucchini, chopped
- $\frac{1}{4}$ cup toasted sunflower seeds

Dressing:

- 1 T. tahini or organic peanut butter or almond butter
- 2 T. sesame oil
- 3 T. tamari soy sauce
- 3 T. balsamic vinegar
- 1 T. maple syrup
- 1 T. hot pepper oil (optional)

Cooking Instructions:

1. Bring water to boil in saucepan.
2. Add noodles and a pinch of salt. Cook until done (follow directions on the package.) Drain and pour into serving bowl.
3. *While noodles are cooking*, chop scallions, pepper, radish, mushrooms, and zucchini into tiny pieces.
4. Combine nut butter, sesame oil, tamari, vinegar, maple syrup, and hot pepper oil in small bowl - whisk.
5. Pour sauce over noodles, add veggies and sunflower seeds, and toss again.
Enjoy!

Chicken, Zucchini, and Prosciutto (from *Real Simple* magazine)

**** I would halve the amount of salt next time - this was WAY too salty for me! ****

4 boneless chicken breasts
 $\frac{1}{2}$ t. salt
 $\frac{1}{2}$ t. pepper
2 T. olive oil
 $\frac{1}{4}$ pound (8 slices) prosciutto
3 small zucchini, sliced into half-moons
1 clove garlic, sliced thinly
1 lemon
Salad greens

1. Heat oven to 400. Rinse chicken and pat dry with paper towels. Season with $\frac{1}{4}$ t. each of salt and pepper.
2. Heat 1 T. oil in skillet over medium-high heat. Cook chicken for 2 minutes per side. Transfer to oven - roast for 8 minutes.
3. In skillet, over medium heat, heat 1 T. oil. Cook prosciutto until crisp (1-2 minutes per side). Transfer to plate.
4. Add zucchini, garlic, and $\frac{1}{4}$ teaspoon each salt and pepper to skillet and cook for 3 minutes.
5. Transfer prosciutto, zucchini, and garlic to skillet with chicken, squeeze lemon over top, toss. Cut chicken into chunks before serving.
6. Serve with a side salad.

Chicken & Broccoli Pesto Over Brown Rice

Brown rice

1 package chicken tenders

1 bunch broccoli

3 cloves garlic

1 tsp. sea salt

Black pepper

2 cups fresh basil leaves

1 cup pumpkin seeds

1 cup olive oil

Kalamata olives

Pine nuts

Spinach

Instructions:

1. Put brown rice in rice cooker - or add to pot with 2 cups of water and bring to boil, then simmer for 30-40 minutes until liquid is absorbed.
2. Put chicken in skillet and stir fry for 4-5 minutes on each side with tiny bit of olive oil. Add broccoli to pot, add a splash of water, put lid on and steam until broccoli is cooked.
3. Combine garlic, salt, and pepper in food processor and chop finely.
4. Add basil leaves and pumpkin seeds. Blend until ground.
5. With motor running, slowly add olive oil until well combined. Your pesto is now done!
6. Put brown rice on dish. Put chicken and broccoli on top of rice. Add kalamata olives, spinach, pinenuts, and pesto to the mixture. Stir everything together until spinach wilts and pesto is mixed in thoroughly.

Red Lentil Dish with Kale and Brown Rice

1 cup brown rice
1 cup red lentils
Baby carrots
2 cloves garlic
1 T. Olive oil
1 bunch kale

1. Put 2 cups water and 1 cup brown rice into a pot and bring to boil, then simmer until rice is cooked and liquid is absorbed (about 30-40 minutes).
2. Put 2 $\frac{1}{2}$ cups of water in a pot - bring to boil.
3. While water is boiling, chop baby carrots into big chunks.
4. Add lentils and baby carrots to boiling water - turn down heat and simmer until lentils are cooked through (about 20 minutes). Skim any foam off the top of the lentils while cooking.
5. Mince garlic. Wash kale and strip leaves from stem.
6. Put 1 T. olive oil into pan. Add garlic and cook for 2-3 minutes stirring frequently. Add kale to the skillet and stir fry until it turns bright green (only a few minutes!).
7. Pour lentil/carrot mixture over rice. Serve kale on the side.

SHOPPING LIST:

Produce:

Avocados
1 bunch kale
Grape tomatoes
Pears
Apples
2 Red peppers
1 package celery
Baby carrots
Scallions
Garlic
Daikon radish
Portabella mushrooms
4 zucchini
1 bunch broccoli
2 cups fresh basil leaves
Bananas
Arugula salad greens
Lemon
Spinach salad greens

Bread Section:

Whole wheat pitas

Supplement Section:

Spirutein Protein powder
Stevia
Super Greens powder (optional)

Middle Aisles

1 jar salsa
Soba noodles
Maple syrup
Nut butter
Sesame oil
Tamari soy sauce

Kalamata olives
Kashi Cereal
Almond milk
Olive oil
Dijon mustard
Balsamic vinegar
Bar of high quality chocolate

Refrigerated Section:

4 eggs
Big tub of hummus
Goat's milk yogurt
Flaxseeds
Goat cheese

Bulk Bin:

Sweet Brown Rice
Quinoa
Dried Cranberries
Dried dates
Pine nuts
Sunflower seeds
Red lentils
Brown rice
Pumpkin seeds
Walnuts
Almonds

Frozen Section:

Blueberries

Protein Section:

Thickly sliced turkey
Sausages
Chicken breasts (2 packages)
 $\frac{1}{4}$ pound (8 slices) prosciutto