



Food That Works - Green Week Menu

AKA INTERNATIONAL PALATE

PREP DAY RECIPE

Hard-Boiled Eggs
Salsa
Instant Oatmeal Packets

BREAKFAST

Quick Omelet aka Quomelet
Fresh Apple Cinnamon Oatmeal
Fresh Banana Nut Oatmeal
Greek Yogurt Bowl with Fruit, Nuts and Honey
Smoothies
Fried Eggs or Hard-Boiled Eggs with Corn Bread

LUNCH

Curried Chicken Salad
Taco Salad
Leftovers from Dinner:
Pulled BBQ Chicken with Corn Bread
Peanut Pad Thai

DINNER

Pulled BBQ Chicken with Corn Bread and Spinach
Five-Minute Quesadillas with Salsa
Turkey Tacos with Salsa
Peanut Pad Thai

EXTRAS

Trail Mix
Ants on a Log
Salsa with Tortilla Chips
Flourless Peanut Butter Cookies
Blackies (Black Bean Brownies)



Food That Works - Green Week Shopping List

(Print me out and take me to the store with you!)

Asterisk (*) suggests to buy organic

Fruit

- Bananas: 5
- *Granny Smith apple: 1
- *Apples: 2
- Lemon: 1
- Limes: 2

Vegetables

- *Salad greens: 1 (5oz) tub, like organic spring mix
- *Baby spinach: 1 (5oz) bag
- *Large-leaf spinach: 1 (8oz) bag
- Garlic: 1 head
- Fresh ginger nub, size of a golf ball
- *Celery: 1 (10oz) bag
- Yellow onions: 2 large
- Red onion: 1 small
- *Green bell pepper: 1
- *Red bell peppers: 2
- Green beans: 2 small handfuls (½lb)
- Snow peas: 2 large handfuls (½lb)

Fresh Herbs

- Scallions: 1 bunch
- Cilantro: 1 bunch

Specialty Cheese Section

- Sharp Cheddar cheese: 1 (10oz) block

Poultry

- *Chicken breasts (boneless, skinless): 1½lbs
- *Ground turkey, 95% lean: 1lb

Pasta, Grains, Nuts

- Pad Thai noodles, soba or udon noodles, or angel hair pasta: 1 package
- Cornmeal, stone ground, medium- or coarse-ground: 1 (2lb) bag
- Instant oats aka quick oats, plain: 1 (18oz) canister
- Almonds, whole, raw: 1 (1lb) bag
- Walnuts, chopped: 1 (6oz) bag
- Roasted peanuts: 1 (1.75oz) small bag, like Planters Cocktail Peanuts
- Raisins: 1 (12oz) box

Cans, Jars, Bottles, & More

- Black beans: 1 (15oz) can
- Refried beans or black beans: 1 (15oz) can
- *Tomatoes, whole, peeled: 1 (28oz) can, like Muir Glen Organic Plum Tomatoes
- Chicken broth, low-sodium: 1 (32oz) carton, like Imagine Free Range Chicken Broth
- BBQ sauce: 1 bottle (any size)

- Hot sauce: 1 bottle (any size) like Cholula Original or Tabasco
- Maple syrup: 1 (8.5oz) bottle
- Chocolate chips, semi-sweet: 1 (12oz) bag
- Cocoa powder unsweetened: 1 (8oz) canister, like Hershey's Cocoa Powder
- Tortilla chips: 1 bag
- Peanut butter, smooth: 1 (16oz) jar
- Vanilla protein powder: 1 container (any size) (optional for smoothies)

Refrigerated

- Greek yogurt, plain, full-fat: 1 (32oz) container
- *Eggs: 1 dozen
- Almond milk unsweetened or milk of your choice: 1 (half gallon) carton
- Flour tortillas, whole wheat, large 10-inch: 1 package
- Corn tortillas, small 6-inch: 1 package

Frozen

- Corn: 1 (16oz) bag
- *Berries: 1 (15oz) bag