



Food That Works - Orange Week Menu

AKA AMBITIOUS ONE

PREP DAY RECIPE

Mixed Salad

Quick Salsa

BREAKFAST

Beastly Breakfast Bowl with Spaghetti Squash

Smoothies

Malia's Enlightened "Eggs Benedict"

Greek Yogurt Bowl with Fruit, Nuts and Honey

Quick Omelet aka Quomelet

LUNCH

Pasta Salad

Leftovers from Dinner:

Baked Mac and Cheese

Turkey Meatballs or Meatball Sub

Black Bean Enchilada

DINNER

Tuna Melt

Sweet Potato Quesadillas with Quick Salsa

Southwestern Baked Mac and Cheese

Turkey Meatballs with Robust Tomato Sauce over Spaghetti Squash

Black Bean Spinach Enchilada Bake

EXTRAS

Baked Sweet Potatoes

Apples, veggie sticks, or rice cakes with sunflower butter

Garlic Bread (optional)

Morning Glory Muffins



Food That Works - Orange Week Shopping List

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

Asterisk (*) suggests to buy organic

Fruit

- Bananas: 5
- Lemon: 1
- Limes: 2
- *Apple: 1 (optional)

Vegetables

- *Baby spinach: 1 (5oz) tub
- *Large-leaf spinach: 2 (8oz) bags
- Grape tomatoes: 1 pint
- Garlic: 1 head
- Carrots: 1 (1lb) bag
- *Celery: 1 (10oz) bag
- Yellow onions: 3
- Red onion: 1 small
- *Green bell peppers: 3
- *Red bell pepper: 1
- Asparagus: 1 bunch
- Zucchini aka Italian squash: 3
- Summer aka yellow squash: 3
- Spaghetti squash: 1 small
- *Sweet potatoes: 3 of equal size

Fresh Herbs

- Scallions: 1 bunch
- Cilantro: 1 bunch

Specialty Cheese Section

- Sharp Cheddar cheese: 1 (16oz) block

Meat & Poultry

- Prosciutto: 1 package, 4-6 slices, or ¼lb
- *Ground turkey, 95% lean: 1lb

Pasta, Grains, Nuts

- Pasta, whole wheat, spirals or macaroni: 1 (16oz) bag/box
- Instant oats aka quick oats, plain: 1 (18oz) canister
- Rice cakes, plain: 1 package (optional)
- Sunflower seeds, raw: 1 (10oz) package
- Raisins: 1 (12oz) box

Cans, Jars, Bottles, & More

- Black beans: 1 (15oz) can
- Corn: 1 (15oz) can
- Green chiles, diced or chopped: 2 (4oz) cans
- *Tomatoes, whole, peeled: 1 (28oz) can, like Muir Glen Organic Plum Tomatoes
- *Tomatoes, diced: 1 (15oz) can, like Muir Glen Organic Diced Tomatoes
- *Tuna in water: 2 (5oz) cans, like Wild Planet
- Buffalo sauce: 1 bottle (any size), like Frank's RedHot Buffalo Wing
- Capers: 1 small jar

- Sunflower butter or any nut butter: 1 (16oz) jar (optional)
- Red wine: 1 bottle, like merlot or cabernet sauvignon (optional for cooking & drinking!)
- Vanilla protein powder: 1 container (any size) (optional for smoothies)

Refrigerated

- Cottage cheese, country style small curd, plain: 1 (16oz) container
- Cottage cheese, any style: 1 (16oz) container, like Hood Cottage Cheese and Chive
- 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 of 8

Frozen

- *Berries: 1 (15oz) bag