



Food That Works - Red Week Menu

AKA THE SHORT WEEK

PREP DAY RECIPE

Hard-Boiled Eggs

BREAKFAST

Greek Yogurt Bowl with Fruit, Nuts, and Honey

Home Fries served with Fried Eggs

Quick Omelet aka Quomelet

Smoothies

LUNCH

Buffalo Chicken Salad

Waldorf Salad with Raspberry Vinaigrette

Leftovers from Dinner:

Blue Fettuccini Alfredo

Eggplant Polenta Bake

White Bean Chicken Chili

DINNER

Blue Fettuccini Alfredo

Eggplant Polenta Bake

Pasta Primavera

White Bean Chicken Chili

EXTRAS

Loaded Baked Potato (optional)



Food That Works - Red Week Shopping List

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

Asterisk (*) suggests to buy organic

Fruit

- *Granny smith apple: 1
 - *Red grapes: 1 small bag
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Vegetables

- *Baby spinach: 1 (5oz) tub
 - *Baby spinach: 1 (5oz) bag
 - *Large-leaf spinach: 1 (8oz) bag
 - *Grape tomatoes: 1 pint
 - Garlic: 2 heads
 - *Celery: 1 (10oz) bag
 - Yellow onions: 2
 - Red onion: 1 small
 - *Green bell pepper: 1
 - *Red bell pepper: 1
 - Summer aka yellow squash: 1
 - Eggplant: 1 medium
 - *Russet potatoes: 2 of equal size
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Fresh Herbs

- Scallions: 1 bunch

Specialty Cheese Section

- Parmesan cheese: 1 (8-10oz) wedge
 - Blue cheese, Gorgonzola, or Roquefort: 1 (6-8oz) wedge
 - Fresh mozzarella: 1 (8oz) ball
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Poultry

- *Chicken breasts (boneless, skinless): 1½ pounds
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Pasta, Grains, Nuts

- Pasta, preferably whole wheat, fettuccini, linguini, or penne: 1 (12oz) box
- Brown rice, preferably Basmati: 1 (2lb) bag
- Walnuts, chopped: 1 (8oz) bag

Cans, Jars, Bottles, & More

- Cannellini beans or any white bean: 2 (15oz) cans
 - Chipotle peppers in adobo sauce: 1 (4oz) can
 - Spaghetti sauce: 1 (24oz) jar
 - Buffalo sauce: 1 bottle, like Frank's RedHot Buffalo Wing Sauce
 - Raspberry preserves or jam: 1 jar (any size)
 - Vanilla protein powder: 1 container (any size) (optional for smoothies)
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Refrigerated

- 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
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Frozen

- *Berries: 1 (15oz) bag



Food That Works - Blue Week Menu

AKA EXOTIC GETAWAY

PREP DAY RECIPE

Quinoa
Tzatziki
Charbroiled Vegetables
Hummus
Mixed Salad
Tabouleh

BREAKFAST

Whole Grain Cereal with Berries and Nuts
Warm Quinoa Cereal
Greek Yogurt Bowl with Fruit, Nuts, and Honey
Smoothies

LUNCH

Mediterranean Salad with Oranges
Greek Chicken Salad
Leftovers from Dinner:
Mediterranean Meze Plate: Hummus, Tzatziki, Tabouleh
Charbroiled Vegetable Lasagna

DINNER

Yogurt-Marinated Chicken Kebabs with Tzatziki
Personal Pita Pizzas or Pasta Primavera
Grilled Veggie Pita Pocket with Hummus and Tabouleh
Charbroiled Vegetable Lasagna

EXTRAS

Pita Chips
Steamed Summer Squash
Tahini Tea Cookies with Orange Zest



Food That Works - Blue Week Shopping List

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

Asterisk (*) suggests to buy organic

Fruit

- Bananas: 4
 - Oranges: 2
 - Lemons: 2 to 3
 - Pomegranate: 1 (optional)
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Vegetables

- *Salad greens: 1 (5oz) tub, like organic spring mix
 - *Grape tomatoes: 1 pint
 - Garlic: 2 heads
 - Carrots: 1 (1lb) bag
 - *Cucumbers: 2
 - Yellow onions: 2
 - Red onion: 1 small
 - *Green bell pepper: 1
 - *Red bell pepper: 1
 - Zucchini aka Italian squash: 2
 - Summer aka yellow squash: 1
 - Eggplant: 1 medium
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Fresh Herbs

- Mint: 1 bunch
- Dill: 1 bunch
- Basil: 1 bunch (optional)
- Thyme: 1 bunch (optional)

Specialty Cheese Section

- Sharp Cheddar cheese: 1 (10oz) block
 - Feta cheese: 1 (8-12oz) container best from bulk bar or deli
 - Kalamata olives: 1 container best from bulk bar or deli (optional)
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Poultry

- *Chicken breasts (boneless, skinless): 1½ pounds
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Baked Goods

- Pitas, whole wheat, large: 1 package
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Pasta, Grains, Nuts

- Lasagna noodles, no-boil (aka oven-ready): 1 (8oz) box
- Quinoa: 1 (12oz) package
- Cereal of your choice, whole grain: 1 box, like Kashi Crunch
- Almonds, whole, raw: 1 (1lb) bag

Cans, Jars, Bottles, & More

- Chickpeas aka garbanzo beans: 1 (15oz) can
 - Beets, sliced: 1 (15oz) can (optional)
 - Spaghetti sauce: 1 (24oz) jar
 - Tahini sesame paste: 1 (10-16oz) jar
 - Sesame seeds: 1 small jar
 - Vanilla protein powder: 1 container (any size) (optional for smoothies)
 - Wood or metal shish kebab skewers: 1 package (optional)
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Refrigerated

- Cottage cheese, country style small curd, plain: 1 (16oz) container
 - Greek yogurt, plain, full-fat: 1 (32oz) container
 - *Egg: 1 egg, if making tahini cookies
 - Almond milk, unsweetened, or milk of your choice: 1 (half gallon) carton
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Frozen

- *Blueberries: 1 (15oz) bag



Food That Works - Yellow Week Menu

AKA CRANK UP THE COLOR

PREP DAY RECIPE

Granola

Mixed Salad

Trail Mix

BREAKFAST

Granola on Yogurt

Quick Omelet aka Quomelet

Rice Cakes with Almond Butter, Bananas, and Honey

Fried Eggs with Leftovers

LUNCH

Rainbow Salad

Mexican-Inspired Salad

Leftovers from Dinner:

Salmon on Rainbow Salad

Hearty Vegetarian Chili on Rice

Turkey Burger on Salad

DINNER

Salmon and Mashed Potatoes served with Steamed Summer Squash

Hearty Vegetarian Chili

Turkey Burgers with Honey Mustard served with Sweet Potato Wedges

Potato Pancakes with Mixed Salad

EXTRAS

Maddie's Apple Crumble



Food That Works - Yellow Week Shopping List

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

Asterisk (*) suggests to buy organic

Fruit

- Bananas: 2
 - *Granny Smith apples: 3
 - *Apples: 2 (optional)
 - Lemons: 2
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Vegetables

- *Salad greens: 1 (5oz) tub, like organic spring mix
 - *Grape tomatoes: 1 pint
 - Garlic: 1 head
 - Avocado: 1 (optional)
 - Carrots: 1 (1lb) bag
 - Yellow onions: 2 large
 - *Green bell pepper: 1 large
 - *Red bell pepper: 1 large
 - Zucchini aka Italian squash: 2
 - Summer aka yellow squash: 2
 - Cauliflower: 1 small head
 - *Russet potatoes: 4 large
 - *Sweet potatoes: 2 of equal size
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Fresh Herbs

- Scallions: 1 bunch
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Specialty Cheese Section

- Sharp Cheddar cheese: 1 (8oz) block

Fish & Poultry

- *Salmon fillet, wild-caught: 1-1½ lbs
 - *Ground turkey, 95% lean: 1lb
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Baked Goods

- Burger buns, whole wheat: 1 package
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Pasta, Grains, Nuts

- Brown rice, preferably Basmati: 1 (2lb) bag
- Old-fashioned oats: 1 (18oz) canister
- Rice cakes, plain: 1 package (optional)
- Almonds, whole, raw: 1 (1lb) bag
- Pumpkin seeds aka pepitas, raw: 1 (10oz) package
- Sunflower seeds, raw: 1 (10oz) package
- Dried fruit: 1 (8oz) package like papaya, pineapple, or apricots (for Granola)
- Raisins: 1 (12oz) box

Cans, Jars, Bottles, & More

- Kidney beans: 2 (15oz) cans
 - Black beans: 1 (15oz) can
 - Beets, sliced: 1 (15oz) can
 - *Tomatoes, whole, peeled: 1 (28oz) can, like Muir Glen Organic Plum Tomatoes
 - Sardines in water or oil: 1 (3-6oz) can (optional) – just try it!
 - Capers: 1 small jar (any size)
 - Dijon mustard: 1 (7.5oz) jar
 - Maple syrup: 1 (8.5oz) bottle
 - Almond butter or any nut butter: 1 (16oz) jar (optional)
 - *Applesauce, unsweetened: 1 (15-24oz) jar
 - Parchment paper: 1 roll
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Refrigerated

- Cottage cheese, any style: 1 (16oz) container
 - Greek yogurt, plain, full-fat: 1 (32oz) container
 - *Eggs: 1 dozen
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Frozen

- Corn: 1 (16oz) bag



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



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