



## *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