



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