



Sample Meal Plan (for family of three)

Breakfast Recipes:

- Orange Poppy Seed Muffins
- Spinach and Mushroom Frittata

Dinner Recipes:

- Ginger Salmon with Quinoa and Swiss Chard
- Spinach and Leek White Bean Soup
- Steak Salad with Lemon Caesar Dressing
- Orange & Miso-Glazed Tofu and Edamame

Notes:

Items in green below are optional additions to this week's meal plan and are not yet included in your shopping list.

- Bake muffins the night before and enjoy throughout week. These also freeze well. Consider accompanying muffins with a protein source for breakfast – **an egg** or **low/non-fat yogurt** are good options.
- Spinach and Mushroom Frittata makes six servings. Consider using for multiple breakfasts or bringing a serving for lunch along with **fresh fruit**.
- I recommend making the salmon early in the week to ensure freshness. The recipe is for four servings. The extra serving can be eaten warm or cold for lunch – or make into a wrap – using a **whole grain tortilla or wrap**.
- Spinach and Leek White Bean Soup will make enough for eight servings and can be served for two dinners this week. This will be another good recipe to use for lunches. It can be frozen as well. This soup contains ample vegetables, greens and starch from the whole wheat couscous, but you can consider serving it with a fresh **salad** and/or **whole grain bread**.
- The Steak Salad and Tofu recipes also make four servings. These would also make good lunches – or even a **wrap**.
- I would recommend serving a fresh vegetable along with the Tofu and Edamame. Consider sautéed **zucchini**.

Shopping List

Item	Dept
light miso (1 tablespoon)	Asian
whole-wheat pastry flour (1 cup)	Baking
all-purpose flour (1 cup)	Baking
baking powder (2 teaspoons)	Baking
light brown sugar (1/4 cup)	Baking
vanilla extract (1 teaspoon)	Baking
(16 ounce) cans fat-free chicken broth (2)	Canned Goods
vegetable broth (1 cup)	Canned Goods
(16 ounce) cans cannellini beans (2)	Canned Goods
anchovies, or 1 1/2 tsp anchovy paste (2)	Canned Seafood
Parmesan cheese (~ 1 cup)	Cheese
part-skim ricotta cheese (1 cup)	Cheese
reduced-fat mayonnaise (1/4 cup)	Condiments
Worcestershire sauce (1 teaspoon)	Condiments
Dijon mustard (1 teaspoon)	Condiments
eggs (6)	Dairy
nonfat yogurt (2/3 cup)	Dairy
nonfat plain yogurt (1)	Dairy
frozen shelled edamame (2 cups)	Frozen foods
whole wheat couscous (1/2 cup)	Grains
quinoa (1 cup)	Grains
Brown rice (2 cups)	Grains
flank steak (1 pound)	Meat
14-ounce package light firm tofu	Miscellaneous
olive oil (2 teaspoons)	Oils
canola oil (1/4 cup)	Oils
cloves garlic (4)	Produce
fresh spinach (2 medium packages)	Produce
chopped portobello mushrooms (3/4 cup)	Produce
scallions (2 bunches)	Produce
yellow bell pepper (1)	Produce
red bell pepper (1)	Produce
Yukon gold or red bliss potatoes (2 lbs)	Produce
plum tomatoes (12)	Produce
romaine hearts (12 cups)	Produce
fresh ginger minced (4 teaspoons)	Produce
lemons (4)	Produce
orange-juice concentrate (1/4 cup)	Produce
cilantro (1 small bunch)	Produce
oranges (2)	Produce
leeks (4)	Produce
Swiss chard (1 large bunch)	Produce
8-ounce salmon fillet about 1-inch thick (2)	Seafood
bay leaves (2)	Spices
1 tbsp dried rosemary	Spices
ground cumin (2 teaspoons)	Spices
poppy seeds (3 tablespoon)	Spices
dried Italian seasonings (1/4 teaspoon)	Spices

BREAKFAST RECIPES

Orange Poppy Seed Muffins

Yields: 12 Servings

INGREDIENTS

1 cup whole-wheat pastry flour
1 cup all-purpose flour
2 teaspoons baking powder
3 tablespoons poppy seeds
1/4 cup light brown sugar
2 eggs
1 teaspoon vanilla extract
2/3 cup nonfat yogurt
1/4 cup canola oil
1 tablespoon finely grated orange zest (from one medium orange)
1/4 cup orange-juice concentrate

INSTRUCTIONS

Preheat oven to 350 degrees. Line a 12-inch muffin baking tin with paper cupcake liners (or spray lightly with cooking spray).

In a large mixing bowl, sift together both flours, baking powder, and poppy seeds. In another mixing bowl, whisk together brown sugar, eggs, vanilla, yogurt, oil, orange zest, and orange-juice concentrate. Using a rubber spatula, fold the wet ingredients into the dry, just enough to combine. The batter will be very thick.

Divide the batter among the muffin cups with a tablespoon, filling each about two-thirds. Bake for 25 to 30 minutes, until lightly browned and a toothpick inserted into the center of a muffin comes out dry. Cool on a wire rack.

BREAKFAST RECIPES

Spinach and Mushroom Frittata

Yields: 6 Servings

INGREDIENTS

1 regular package fresh baby spinach
4 eggs or equivalent egg substitute
1 cup part-skim ricotta cheese
3/4 cup freshly grated Parmesan cheese
3/4 cup chopped Portobello mushrooms
1/2 cup finely chopped scallions with some green tops
1/4 teaspoon dried Italian seasonings
1 pinch salt and pepper to taste

INSTRUCTIONS

Preheat oven to 375 degrees.

Spray sauté pan with nonstick cooking spray and heat over medium. Add spinach and sauté until wilted.

In a large bowl, mix together remaining ingredients. Spray a 9-inch pie plate with cooking spray and fill with the spinach and egg mixture.

Bake for 30 minutes, or until browned and set. Let cool for 20 minutes, cut in wedges and serve.

DINNER RECIPES

Ginger Salmon with Quinoa and Swiss Chard

Yields: 4 Servings

INGREDIENTS

1 cup uncooked quinoa
1 cup vegetable broth
4 teaspoons fresh ginger minced
4 teaspoons fresh lemon juice
2 teaspoon finely-grated lemon zest
2 8-ounce salmon fillet about 1-inch thick
4 cups chopped fresh Swiss chard, rinsed well
Cooking spray
Salt and pepper to taste

INSTRUCTIONS

Combine quinoa and 1 cup water in a small saucepan and set pan over medium-high heat. Bring to a boil, reduce heat to low, cover and simmer 10-12 minutes, until liquid is absorbed. Fluff with a fork. Season to taste.

Meanwhile, in a small bowl, whisk together broth, ginger, lemon juice, and lemon zest. Set aside.

Coat a large nonstick skillet with cooking spray and set pan over medium-high heat. Season both sides of salmon with salt and pepper and place in pan, skin side up. Cook two minutes. Flip and cook two more minutes. Add broth mixture and simmer 30 seconds. Arrange Swiss chard around salmon, cover pan, and cook one to two minutes, until greens are wilted and salmon is cooked through. Serve half of the salmon fillet and Swiss chard with half of the quinoa on the side per person.

DINNER RECIPES

Spinach and Leek White Bean Soup

Yields: 8

INGREDIENTS

2 teaspoons olive oil
4 leeks, bulb only chopped
2 cloves garlic chopped
2 (16 ounce) cans fat-free chicken broth
2 (16 ounce) cans cannellini beans rinsed and drained
2 bay leaves
3 teaspoons ground cumin
1/2 cup whole wheat couscous
2 cups packed fresh spinach
salt and pepper to taste

INSTRUCTIONS

Heat olive oil in a large saucepan or soup pot over medium heat. Add the leeks and garlic; saute until tender, about 5 minutes. Stir in the chicken broth, cannellini beans, bay leaves and cumin. Bring to a boil, then reduce the heat to low, and stir in the couscous. Cover, and simmer for 5 minutes. Stir in spinach and season with salt and pepper.

SEASONING NOTE: additional cumin and a few teaspoons of thyme will add some additional flavor. Consider adding additional garlic if you enjoy a spicier soup. You can also substitute vegetable broth for chicken broth if you prefer a vegetarian option.

DINNER RECIPES

Steak Salad with Lemon Caesar Dressing

Yields: 4 Servings

INGREDIENTS

1 1/3 pounds Yukon gold or red bliss potatoes cut into bite-size pieces
1 teaspoons olive oil divided
1 1/3 tablespoons minced fresh rosemary or 1 tbsp dried
2/3 pound flank steak
8 cups romaine hearts chopped
8 plum tomatoes diced
2 teaspoons Parmesan cheese finely grated

Dressing

2/3 8-ounce container nonfat plain yogurt
1/6 cup reduced-fat mayonnaise
2 tablespoons fresh lemon juice
1 1/3 cloves garlic minced
1 1/3 anchovies, or 1 1/2 tsp anchovy paste (optional)
2/3 teaspoon Worcestershire sauce
2/3 teaspoon Dijon mustard
2/3 Cooking spray
Salt and freshly ground black pepper to taste

INSTRUCTIONS

Preheat oven to 375°F. Coat a baking sheet with cooking spray.

Combine potatoes, 1 teaspoon of olive oil, and rosemary in a medium bowl. Season with salt and pepper; toss to combine. Scatter on baking sheet. Roast for 50-60 minutes or until potatoes are golden.

Season the steak on both sides with salt and pepper. Heat remaining 1/2 teaspoon of olive oil in a medium nonstick skillet over medium-high heat. Cook steak in oil for 8 minutes on each side, or until cooked to desired doneness.

Transfer the steak to a cutting board. Add 1/4 cup of water to a skillet and stir over low heat for 1 1/2 minutes, scraping up any brown bits that have stuck to bottom of the pan. Set aside. Cut the steak on a diagonal into thin slices. Keep warm.

Combine the dressing ingredients in a food processor and pulse until smooth. Add skillet juices and pulse to combine. Place romaine in a large salad bowl. Add tomatoes, potatoes, and dressing; toss to combine. Portion the salad among 6 large plates. Top with an equal amount of steak and Parmesan cheese.

NOTE: if reserving 2 portions for lunch later in the week, reserve dressing and save along with two portions of potatoes, lettuce and steak.

DINNER RECIPES

Orange & Miso-Glazed Tofu and Edamame

Yields: 4 Servings

INGREDIENTS

1/4 cup freshly squeezed orange juice
1 tablespoon light miso
1 tablespoon canola oil
1 red bell pepper seeded and chopped
1 yellow bell pepper seeded and chopped
2 cups frozen shelled edamame
5 scallions, thinly sliced
Salt and freshly ground black pepper
1 14-ounce package light firm tofu patted dry and cut into 8 slices
Cooking spray
2 tablespoons chopped fresh cilantro
2 cups brown rice (uncooked)

INSTRUCTIONS

Prepare brown rice according to instructions.

Preheat broiler to high. Whisk together orange juice and miso in a small bowl and set aside.

Heat oil in a large skillet over medium-high heat. Mix in red and yellow peppers and cook for about 5 minutes or until tender. Add edamame and cook for 2 minutes more, then stir in scallions and 1 1/2 tablespoons of the miso mixture. Toss well and cook for 1 minute more or until scallions are tender. Season with salt and pepper to taste; set aside.

Place tofu on a baking sheet coated with cooking spray. Brush tops with the miso mixture. Place in the broiler 12 to 14 inches from heat and cook for 1 to 2 minutes or until lightly browned. Flip tofu, brush with the remaining miso mixture, and broil for 1 to 2 minutes more. Spoon edamame and pepper mixture on top, sprinkle with cilantro, and serve with brown rice.