

3 weekend steps =
a week of eating right

- Shop for staples
- Prep the basics
- Mix & match meals



EAT

Mix & Match Meals

- Asian** Brown rice, veggies, edamame stir-fried w/ lite soy sauce, agave, garlic
- American** Kale burger w/BBQ sauce, microwaved potato, roasted veggies
- Italian** Whole grain pasta w/ roasted veggies, pasta sauce, crumbled tempeh
- Mediterranean** Lentil salad, pita wedges, veggie sticks
- Mexican** (Burrito bowl) Greens, black beans, brown rice, salsa, guacamole
- Pizza** Pita topped w/pasta sauce, roasted veggies & pinenuts (broiled) + salad

basic kale burger

- 1 T olive oil
- 1 tsp minced garlic
- 1/4 tsp red pepper flakes
- 1/4 tsp sea salt
- 1 bunch kale (leaves, no stems)
- 1 can white beans (drain & pat dry)
- cooking spray

Pre-heat oven to 300° F. Sauté oil, garlic, red pepper flakes, salt & kale for 5 mins. Pulse in food processor until smooth. Add beans & pulse a few times – until semi-smooth. Form into 4 patties. Mist baking sheet w/ cooking spray. Bake for 45 mins, flipping once.

PREP

1. Make basic kale burger (see recipe).
2. Rinse & drain 2 cans of beans.
3. Make lentil salad w/lentils, sliced olives, fresh herbs, artichokes, red wine vinegar.
4. Boil 1 box of whole grain pasta.
5. Wash & slice fresh veggies such as celery, cucumbers, bell peppers, cauliflower.
6. Roast (or grill) vegetables such as asparagus, broccoli, carrots, zucchini.

SHOP

Produce Section

- fresh fruit (2 pieces/day/person)
- fresh herbs (basil, chives, mint)
- fresh veggies (for tray & roasting)
- leafy greens (bagged salad, spinach, kale)
- lemons
- potatoes, onions, garlic

Refrigerated Section

- dips: guacamole, salsa & hummus
- lentils (steamed)
- milk (dairy free)
- tempeh
- yogurt (dairy free)

Dry Goods Section

- canned beans (white beans, black beans, garbanzo)
- cooking spray
- condiments: sea salt, red pepper flakes, pasta sauce, BBQ sauce, olives, olive oil, light soy sauce, tahini, agave, canned artichokes, red wine vinegar, pinenuts
- nuts & nut butter
- vegetable broth
- whole grain pasta
- whole grain pita
- whole grains: rolled oats & quinoa

Frozen Section

- brown rice (frozen/precooked)
- edamame (shelled)
- fruits & vegetables
- sprouted whole grain bread

shop once...
prep once...
enjoy all week!

clip this guide to
navigate the
market in
minutes