

SAVING DINNER

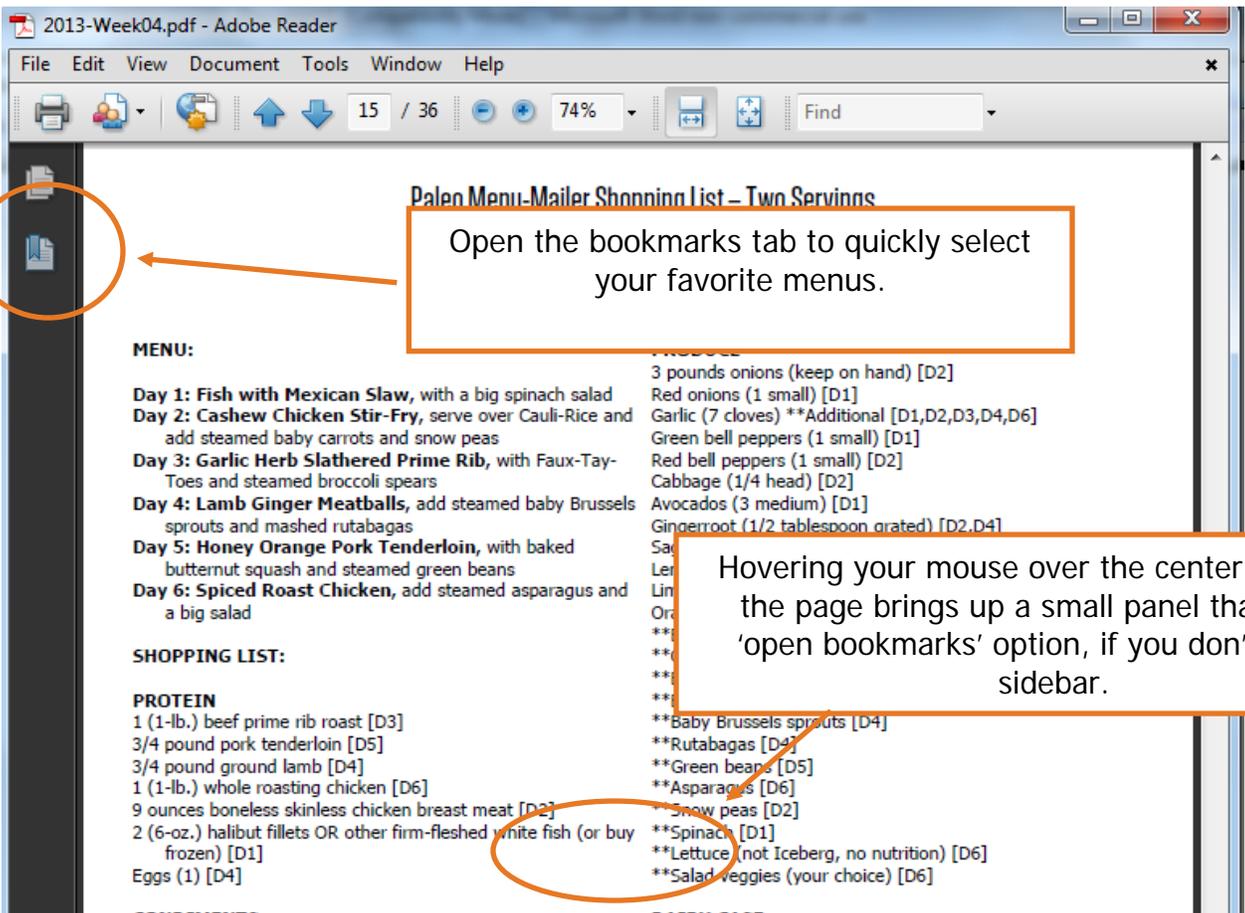
Welcome to Your Bundled Menus!

First things first: ****Don't forget to do a "save as" and save this file to your computer.****

All your menus are right here, just scroll down. Looking to navigate a little faster? Use the bookmarks!

Bookmarks:

- In many cases you'll see the little bookmarks icon as soon as you open your menu bundle, just click to open. Then you can select the menu you want to look at.
- The bookmark icon should be in the gray strip on the left side of your window. (It may be on the bottom on some platforms.)
- If you don't have a gray strip, you can open it by hovering at the bottom of the window to show a small panel, and clicking "Show Acrobat Toolbar".



The screenshot shows the Adobe Reader interface with a PDF document titled "2013-Week04.pdf". The document content includes a "MENU:" section with six days of recipes, a "SHOPPING LIST:" section with a "PROTEIN" sub-section, and a "COMMENTS:" section. The "PROTEIN" list includes items like beef prime rib roast, pork tenderloin, ground lamb, whole roasting chicken, chicken breast meat, halibut fillets, white fish, frozen fish, and eggs. A "bookmarks" icon is circled in orange on the left sidebar. A text box points to this icon with the text: "Open the bookmarks tab to quickly select your favorite menus." Another text box points to the bottom of the page with the text: "Hovering your mouse over the center bottom of the page brings up a small panel that has an 'open bookmarks' option, if you don't see the sidebar." A third text box points to a bookmark icon at the bottom of the window with the text: "Depending on your software and settings, the bookmark tab may look a little different or be located at the bottom of the window."



Depending on your software and settings, the bookmark tab may look a little different or be located at the bottom of the window.

Printing?

- Be sure to select the page range you want to print. If you 'just hit print' you'll print everything.

On an iPad?

- Make sure you have Adobe Reader installed. It's free in the App store.
- With Adobe Reader installed, select the pdf file, and "open in" Adobe Reader. It should automatically save to your Adobe Reader documents on your iPad.
- You can then open your menu through Adobe Reader. (With the file open, there's even an option in the upper right corner to email the file to yourself.)
- If you get a screen that says "for the best experience, open this .pdf portfolio in Acrobat X or Adobe Reader X, or later" simply tap on the page and click "open in" (top right-hand corner of the screen) and choose Adobe Reader.

Having trouble?

- Make sure you have the latest version of Adobe Reader installed on your computer – free from Adobe.com
- If you are on a Mac be sure you're viewing this in Adobe. Macs will default to the Preview application.
- On the internet? Try using a different browser. If it's not working in chrome, it may work in firefox or internet explorer.
- The bookmarks may not show inside your browser (we have seen this in firefox), just save to your computer, and when you view it with Adobe Reader (and not your browser) it should work.
- **Need more help?** We're here to help you with all your dinner needs. Visit our website at www.SavingDinner.com for all of the details and any assistance you need.

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Daytime Menu-Mailer Shopping List – One Serving

SAVING DINNER
Come and Get It!

Volume 6, Week 4 – Daytime Ingredients Only

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD
Boneless skinless chicken breast meat [L3,X]

DELI
Lean ham, sliced [L2]

CONDIMENTS
Olive oil [X]
Salsa [S2]
Peanut butter, natural [S6]

CANNED GOODS
Low sodium chicken broth [X]
Sliced peaches (in juice, not syrup) [S1]

PRODUCE
Onions [X]
Russet potatoes [L1]
Broccoli [B1]
Apples [L2,S1]
Bananas [B2]
Cantaloupe [B1,S4]
Honeydew [S4]
Watermelon [S4]
Grapes [B1]
Tangelos [S3]

Hovering at the center bottom brings up this panel. You can open the toolbar here.

Enjoy your menus!

Love,
Leanne

SAVING DINNER

Come and Get It!

Thank you for purchasing Menu-Mailer!

Menu-Mailer members receive three dinner menus plus the daytime menu each week in their email (links good for 2 weeks), plus you can log in at any time to access the current menus. The dinner menus are: Classic, Low Carb, and Paleo Menu-Mailer!

With Menu-Mailer, your dinner plan is handed to you, you pick which plan you want to do that week (you get all of them, every week), print your shopping list, cross off what you already have and you're ready to hit the grocery store!

Getting Started:

In this pdf bundle is a sample Menu-Mailer to get you started until your new one arrives in your email on Tuesday. You should receive your login information within 1 business day of purchase. Then you can go to <http://www.savingdinner.com> and click 'Customer Logins' at the top.

Watch for emails from us to add you to the email list and give you your login information. You'll want to add 'leanneely@savingdinner.com' to your whitelist so all our emails come through.

Please SAVE your pdfs each week if you'd like to keep an archive.

Enjoy!

Love,
Leanne

PS: Mac users, Safari has done an update that isn't playing nicely with Adobe. You may have to uninstall and reinstall Adobe Reader and use another browser like firefox or IE to access your menu...

Classic Menu-Mailer Shopping List – Six Servings



Come and Get It!

Volume 12, Week 28

MENU:

Day 1: Pistachio Citrus Chicken, add grilled eggplant and steamed asparagus

Day 2: Greek Style Spinach and Mushroom Casserole, with a mixed baby greens salad and warm pita bread

Day 3: BBQ Pork Tenderloin Cutlets, add baked sweet potatoes and a big bowl of coleslaw

Day 4: Slow Cooker Asian Beef Lettuce Wraps, with Crunchy Bok Choy Slaw and sliced cucumber

Day 5: Easy Grilled Cajun Snapper, add steamed baby red potatoes and steamed green beans

Day 6: Slow Cooker Lemony Asparagus Chicken, with a baby spinach salad

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

- 1 pound beef flank steak [D4]
- 2 1/2 pounds pork tenderloin [D3]
- 6 (6-oz.) boneless skinless chicken breast halves [D1]
- 1 1/2 pounds boneless skinless chicken breast meat [D6]
- 2 pounds snapper fillets (or buy frozen) [D5]

CONDIMENTS

- Olive oil [D1,D2,D3,D5]
- Cider vinegar [D3]
- Rice vinegar [D3,D4]
- Prepared mustard [D3]
- Ketchup [D3]
- Honey [D3,D4]
- **Toasted sesame oil (in Asian section of grocery store) [D4]
- **Red wine vinaigrette [D2]
- **Mayonnaise [D3]
- **Poppy seed salad dressing [D6]
- **Dijon mustard [D4]

DAIRY/DAIRY CASE

- Feta cheese (optional 1/4 cup crumbled) [D2]
- **Butter, unsalted [D5]

PRODUCE

- 3 pounds onions (keep on hand) [D2,D6]
- Garlic (21 cloves) [D1,D2,D3,D4,D5,D6]
- Green onions (1 cup chopped) **Additional [D4]
- Celery (1/4 cup chopped) [D6]
- Red bell peppers (1 1/2 cups chopped) [D2,D4]
- Serrano pepper (1 tablespoon chopped) [D4]
- White button mushrooms (16 ounces) [D2]
- Tomatoes (optional garnish) [D4]
- Asparagus (2 cups chopped) [D6]
- Mung bean sprouts (optional garnish) [D4]
- Gingerroot (1 1/2 tablespoons grated) [D4]
- Spinach (2 cups chopped) [D2]
- Romaine lettuce (12 leaves) [D4]
- Cilantro (1/3 cup chopped) [D4]
- Lemons (1 whole plus 1 1/2 cups juice and 1/2 tablespoon zest) [D1,D2,D5,D6]
- Limes (1/2 cup plus 2 tablespoons juice and 1/2 tablespoon zest) [D1,D4]
- **Baby red potatoes [D5]
- **Sweet potatoes [D3]
- **Eggplant [D1]
- **Asparagus [D1]
- **Green beans [D5]
- **Red onion [D2,D6]
- **Grape tomatoes [D2]
- **Avocado [D2]
- **Cucumber [D2,D4]
- **Radishes [D4]
- **Coleslaw mix [D3]
- **Baby spinach [D6]
- **Baby bok choy [D4]
- **Mixed baby greens [D2]
- **Granny Smith apple [D6]

FREEZER

- 2 pounds snapper fillets (if not using fresh) [D5]

DRY GOODS

- Pistachios (1/2 cup chopped) [D1]
- Peanuts (optional garnish) [D4]
- Brown rice (3 cups cooked) [D5]
- 1 (8-oz.) package Angel Hair pasta [D6]
- **Slivered almonds [D5]

CANNED GOODS

- Low sodium chicken broth (3 cups) [D6]
- Low sodium beef broth (2 cups) [D4]
- Low sodium vegetable broth (1 cup) [D2]
- Tomato sauce (2 3/4 cups) [D2]
- Tomato paste (3 tablespoons) [D5]
- Water chestnuts (4 ounces) [D4]

SPICES

- Greek seasoning [D2]
- Oregano [D3,D5,D6]
- Paprika [D3,D5]
- Thyme [D5]
- Basil [D5]
- Cayenne pepper [D5]

BAKERY

- **Pita bread [D2]

OTHER

- Large zipper-topped plastic bags [D1]

VEGETARIAN

- Non-breaded faux chicken patties [D1,D4]
- Additional eggplant [D3]
- Portabella mushrooms [D5,D6]
- Low sodium vegetable broth [D4]

KOSHER

- 1 pound kosher beef steak [D4]
- 2 1/2 pounds boneless skinless chicken thighs [D3]

GLUTEN FREE

- Vinegars [D3]
- Mustard [D3]
- Ketchup [D3]
- Chicken broth [D6]
- Beef broth [D4]
- Vegetable broth [D2]
- Tomato sauce [D2]
- Tomato paste [D5]
- Greek seasoning [D2]
- Pasta [D6]

SHOPPING LIST LEGEND

** = **Serving Suggestions**

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your family's needs.

[D1] – [D6] = **Day 1, Day 2, Day 3, etc...**

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.



DO-AHEAD TIP: Marinate chicken for 1 hour (see recipe).

Pistachio Citrus Chicken

Day 1 - Serves 6

INGREDIENTS:

6 (6-oz.) boneless skinless chicken breast halves, butterflied	2 tablespoons lemon juice
2 cloves garlic, pressed	1 teaspoon sea salt
1/2 teaspoon lime zest	1/4 teaspoon freshly ground black pepper
1/2 teaspoon lemon zest	Olive oil
2 tablespoons lime juice	1/2 cup chopped pistachios

COOKING INSTRUCTIONS:

Place chicken in a large zipper-topped plastic bag. In a small bowl, combine next 7 ingredients (garlic through black pepper). Pour mixture over chicken then shake well and squish around to completely coat chicken. Refrigerate for 1 hour. Preheat grill to MEDIUM. Bring chicken and marinade to room temperature. Lightly oil the grill grate. Remove chicken from marinade, shaking off excess (and discarding marinade and bag). Grill chicken over indirect heat for 15 to 20 minutes, turning occasionally, until juices run clear. Watch carefully to prevent burning! Top chicken with chopped pistachios and enjoy!

NUTRITION per serving: 255 Calories; 7g Fat; 42g Protein; 4g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 425mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat. **Points:** 6

SERVING SUGGESTION: Grilled eggplant and steamed asparagus.

VEGETARIAN: Instead of chicken, use non-breaded faux chicken patties and brown in a skillet instead of cooking on grill.

KOSHER: No changes necessary.

GLUTEN FREE: No changes necessary.

Greek Style Spinach and Mushroom Casserole

Day 2 - Serves 6

INGREDIENTS:

1 tablespoon olive oil	1 teaspoon sea salt
4 cloves garlic, pressed	1/2 teaspoon freshly ground black pepper
1 cup chopped onion	2 cups chopped spinach
1 tablespoon Greek seasoning	1 cup low sodium vegetable broth
1 teaspoon lemon zest	1/4 cup lemon juice
1 cup chopped red bell pepper	2 3/4 cups tomato sauce
16 ounces white button mushrooms, sliced	1/4 cup crumbled Feta cheese, optional

COOKING INSTRUCTIONS:

Heat the oil in a large Dutch oven over medium heat. Add garlic, onion, Greek seasoning and lemon zest; cook until onions have softened and spices are fragrant (5 to 7 minutes). Add next 8 ingredients (bell pepper through tomato sauce). Bring mixture to a boil (stirring constantly) then reduce heat, cover and cook for 30 minutes to 1 hour until mushrooms are tender. Serve topped with crumbled Feta, if desired, and enjoy!

NUTRITION per serving: 108 Calories; 3g Fat; 6g Protein; 18g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1092mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 3

SERVING SUGGESTION: A big salad of mixed baby greens, grape tomatoes, sliced red onion, avocado and cucumber, tossed with red wine vinaigrette. Add warm pita bread on the side.

VEGETARIAN: No changes necessary.

KOSHER: No changes necessary.

GLUTEN FREE: Make sure Greek seasoning, tomato sauce and broth are gluten free.

DO-AHEAD TIP: Marinate pork cutlets for 30 minutes (see recipe).

BBQ Pork Tenderloin Cutlets

Day 3 - Serves 6

INGREDIENTS:

2 1/2 pounds pork tenderloin, cut into 1/2-inch thick cutlets	1/2 tablespoon dried oregano
1 tablespoon olive oil	3 cloves garlic, pressed
2 tablespoons cider vinegar	1 teaspoon paprika
2 tablespoons prepared mustard	2 tablespoons honey
1/4 cup ketchup	Olive oil

COOKING INSTRUCTIONS:

Preheat grill to MEDIUM. Place pork cutlets in a shallow dish. In a small bowl, combine next 8 ingredients (olive oil through honey). Pour half of the mixture over the cutlets then turn cutlets and pour remaining half over the top. Cover and marinate for at room temperature for 30 minutes. Lightly oil the grill grate. Grill pork cutlets over indirect heat for 15 to 20 minutes, turning occasionally, until cooked through. Watch carefully to prevent burning! Serve and enjoy!

*LEANNE'S NOTE: If you want to serve a sauce over the cutlets, transfer the marinade to a small saucepan over medium heat and boil for 5 minutes, stirring often.

NUTRITION per serving: 288 Calories; 9g Fat; 40g Protein; 10g Carbohydrate; 1g Dietary Fiber; 123mg Cholesterol; 277mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: "Baked" sweet potatoes ("bake" in a slow cooker to keep your kitchen cool) and a big bowl of coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar)

VEGETARIAN: Instead of pork cutlets, grill thick eggplant slices (don't marinate) and adjust cooking time accordingly. Serve topped with sauce.

KOSHER: Instead of pork, use boneless skinless chicken thighs.

GLUTEN FREE: Make sure vinegar, mustard and ketchup are gluten free.

Slow Cooker Asian Beef Lettuce Wraps

Day 4 - Serves 6

INGREDIENTS:

1 pound beef flank steak, trimmed and cut into 1/2-inch thick strips	1/2 cup chopped red bell pepper
6 cloves garlic, pressed	1/2 cup lime juice
1 1/2 tablespoons grated gingerroot	1/2 cup rice vinegar
1 teaspoon lime zest	2 cups low sodium beef broth
1/2 teaspoon sea salt	1/3 cup chopped cilantro
1/4 teaspoon freshly ground black pepper	12 Romaine lettuce leaves
1 cup chopped green onions	Optional toppings:
4 ounces water chestnuts, rinsed and drained	Chopped tomatoes
1 tablespoon chopped Serrano pepper	Mung bean sprouts
	Chopped peanuts

COOKING INSTRUCTIONS:

Combine all ingredients in a slow cooker, except cilantro and lettuce leaves. Stir well to combine. Cover and cook on LOW for 6 to 8 hours or until beef strips are fork-tender. Stir in chopped cilantro. Using a slotted spoon, fill lettuce leaves with beef mixture, garnish with desired toppings and enjoy!

NUTRITION per serving: 169 Calories; 6g Fat; 20g Protein; 10g Carbohydrate; 2g Dietary Fiber; 38mg Cholesterol; 233mg Sodium. **Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 4

SERVING SUGGESTION: Crunchy Bok Choy Slaw (toss chopped baby bok choy, sliced radishes and green onions with a dressing of rice vinegar, toasted sesame oil, Dijon mustard, honey and salt to taste). Add sliced cucumber on the side.

VEGETARIAN: Proceed with slow cooker recipe, excluding beef strips and replacing beef broth with vegetable broth. Just before serving time, stir-fry non-breaded faux chicken patties until lightly browned and proceed with instructions for filling lettuce leaves.

KOSHER: Make sure beef is certified kosher.

GLUTEN FREE: Make sure broth is gluten free.

DO-AHEAD TIP: Marinate snapper fillets for 30 minutes (see recipe).

Easy Grilled Cajun Snapper

Day 5 - Serves 6

INGREDIENTS:

2 pounds snapper fillets	3 tablespoons tomato paste
3 cloves garlic, pressed	2 tablespoons lemon juice
2 teaspoons paprika	1 teaspoon sea salt
2 teaspoons dried oregano	1/2 teaspoon freshly ground black pepper
1 teaspoon dried thyme	3 cups cooked brown rice, prepared as per package directions
1 teaspoon dried basil	Olive oil
1/8 teaspoon cayenne pepper	

COOKING INSTRUCTIONS:

Preheat grill to MEDIUM. Place fish in a shallow dish. In a small bowl, whisk together remaining ingredients except rice. Rub mixture into fillets then cover and marinate at room temperature for 30 minutes. Meanwhile, prepare brown rice. Lightly oil the grill grate. Grill fillets over indirect heat for 5 to 8 minutes, turning once, until fish flakes easily when tested with a fork. Watch carefully to prevent burning! Serve and enjoy!

NUTRITION per serving: 276 Calories; 3g Fat; 34g Protein; 27g Carbohydrate; 3g Dietary Fiber; 56mg Cholesterol; 477mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 7

SERVING SUGGESTION: Steamed baby red potatoes. Add steamed green beans tossed with a little butter and toasted slivered almonds.

VEGETARIAN: Instead of fish, use thickly sliced portabella mushrooms and marinate for only 10 to 15 minutes. Grill or stir-fry, turning once, until cooked.

KOSHER: No changes necessary.

GLUTEN FREE: Make sure tomato paste is gluten free

DO-AHEAD TIP: Prepare Angel Hair pasta in time for dinner.

Slow Cooker Lemony Asparagus Chicken

Day 6 - Serves 6

INGREDIENTS:

3 cups low sodium chicken broth	1 tablespoon dried oregano
1 cup lemon juice	1 teaspoon sea salt
1 lemon, sliced, de-seeded	1/2 teaspoon freshly ground black pepper
1/4 cup chopped celery	1 1/2 pounds boneless skinless chicken breast meat, cubed
1 cup chopped onion	1 (8-oz.) package Angel Hair pasta
3 cloves garlic, pressed	2 cups chopped asparagus

COOKING INSTRUCTIONS:

In a slow cooker, place all ingredients, except pasta and asparagus; stir well to combine. Cover and cook on LOW for 6 to 8 hours or until chicken is cooked through. Meanwhile, cook pasta according to package directions, adding the chopped asparagus half way through cooking time. Discard lemon slices from chicken mixture and, using a slotted spoon, serve over prepared pasta and asparagus. Enjoy!

NUTRITION per serving: 328 Calories; 2g Fat; 38g Protein; 39g Carbohydrate; 3g Dietary Fiber; 66mg Cholesterol; 656mg Sodium. **Exchanges:** 2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Fat. **Points:** 8

SERVING SUGGESTION: A big salad of baby spinach, thinly sliced red onion and Granny Smith apple, tossed with poppy seed dressing.

VEGETARIAN: Instead of chicken, use thickly sliced portabella mushrooms.

KOSHER: No changes necessary.

GLUTEN FREE: Make sure broth is gluten free. Use gluten free pasta.

Classic Menu-Mailer Shopping List – Two Servings



Come and Get It!

Volume 11, Week 28

MENU:	PRODUCE	CANNED GOODS
Day 1: Pistachio Citrus Chicken , add grilled eggplant and steamed asparagus	3 pounds onions (keep on hand) [D2,D6] Garlic (8 cloves) [D1,D2,D3,D4,D5,D6] Green onions (1/3 cup chopped) **Additional [D4]	Low sodium chicken broth (1 cup) [D6] Low sodium beef broth (2/3 cup) [D4] Low sodium vegetable broth (1/3 cup) [D2] Tomato sauce (1 cup) [D2]
Day 2: Greek Style Spinach and Mushroom Casserole , with a mixed baby greens salad and warm pita bread	Celery (1 1/2 tablespoons chopped) [D6] Red bell peppers (1/2 cup chopped) [D2,D4] Serrano pepper (1 teaspoon chopped) [D4] White button mushrooms (5.5 ounces) [D2]	Tomato paste (1 tablespoon) [D5] Water chestnuts (1 1/3 ounces) [D4]
Day 3: BBQ Pork Tenderloin Cutlets , add baked sweet potatoes and a big bowl of coleslaw	Tomatoes (optional garnish) [D4] Asparagus (2/3 cup chopped) [D6] Mung bean sprouts (optional garnish) [D4] Gingerroot (1/2 tablespoon grated) [D4]	SPICES Greek seasoning [D2] Oregano [D3,D5,D6] Paprika [D3,D5] Thyme [D5] Basil [D5] Cayenne pepper [D5]
Day 4: Slow Cooker Asian Beef Lettuce Wraps , with Crunchy Bok Choy Slaw and sliced cucumber	Spinach (2/3 cup chopped) [D2] Romaine lettuce (4 leaves) [D4] Cilantro (2 tablespoons chopped) [D4] Lemons (1/3 whole plus 1/2 cup juice and 1/2 teaspoon zest) [D1,D2,D5,D6]	BAKERY **Pita bread [D2]
Day 5: Easy Grilled Cajun Snapper , add steamed baby red potatoes and steamed green beans	Limes (2 1/2 tablespoons plus 2 teaspoons juice and 1/2 teaspoon zest) [D1,D4] **Baby red potatoes [D5] **Sweet potatoes [D3] **Eggplant [D1] **Asparagus [D1] **Green beans [D5] **Red onion [D2,D6] **Grape tomatoes [D2] **Avocado [D2] **Cucumber [D2,D4] **Radishes [D4] **Coleslaw mix [D3] **Baby spinach [D6] **Baby bok choy [D4] **Mixed baby greens [D2] **Granny Smith apple [D6]	OTHER Zipper-topped plastic bags [D1]
Day 6: Slow Cooker Lemony Asparagus Chicken , with a baby spinach salad		VEGETARIAN Non-breaded faux chicken patties [D1,D4] Additional eggplant [D3] Portabella mushrooms [D5,D6] Low sodium vegetable broth [D4]
SHOPPING LIST:		KOSHER 1/3 pound kosher beef steak [D4] 14 ounces boneless skinless chicken thighs [D3]
MEAT/POULTRY/SEAFOOD 1/3 pound beef flank steak [D4] 14 ounces pork tenderloin [D3] 2 (6-oz.) boneless skinless chicken breast halves [D1] 1/2 pound boneless skinless chicken breast meat [D6] 2/3 pound snapper fillets (or buy frozen) [D5]	DAIRY/DAIRY CASE Feta cheese (optional 1 1/2 tablespoons crumbled) [D2] **Butter, unsalted [D5]	GLUTEN FREE Vinegars [D3] Mustard [D3] Ketchup [D3] Chicken broth [D6] Beef broth [D4] Vegetable broth [D2] Tomato sauce [D2] Tomato paste [D5] Greek seasoning [D2] Pasta [D6]
CONDIMENTS Olive oil [D1,D2,D3,D5] Cider vinegar [D3] Rice vinegar [D3,D4] Prepared mustard [D3] Ketchup [D3] Honey [D3,D4] **Toasted sesame oil (in Asian section of grocery store) [D4] **Red wine vinaigrette [D2] **Mayonnaise [D3] **Poppy seed salad dressing [D6] **Dijon mustard [D4]	FREEZER 2/3 pound snapper fillets (if not using fresh) [D5]	SHOPPING LIST LEGEND ** = Serving Suggestions Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your family's needs. [D1] – [D6] = Day 1, Day 2, Day 3, etc... Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.
	DRY GOODS Pistachios (2 1/2 tablespoons chopped) [D1] Peanuts (optional garnish) [D4] Brown rice (1 cup cooked) [D5] Angel Hair pasta (2.5 ounces) [D6] **Slivered almonds [D5]	

DO-AHEAD TIP: Marinate chicken for 1 hour (see recipe).

Pistachio Citrus Chicken

Day 1 - Serves 2

INGREDIENTS:

2 (6-oz.) boneless skinless chicken breast halves, butterflied	2 teaspoons lemon juice
1 small clove garlic, pressed	1/4 teaspoon sea salt
1/8 teaspoon lime zest	1 dash freshly ground black pepper
1/8 teaspoon lemon zest	Olive oil
2 teaspoons lime juice	2 1/2 tablespoons chopped pistachios

COOKING INSTRUCTIONS:

Place chicken in a zipper-topped plastic bag. In a small bowl, combine next 7 ingredients (garlic through black pepper). Pour mixture over chicken then shake well and squish around to completely coat chicken. Refrigerate for 1 hour. Preheat grill to MEDIUM. Bring chicken and marinade to room temperature. Lightly oil the grill grate. Remove chicken from marinade, shaking off excess (and discarding marinade and bag). Grill chicken over indirect heat for 15 to 20 minutes, turning occasionally, until juices run clear. Watch carefully to prevent burning! Top chicken with chopped pistachios and enjoy!

NUTRITION per serving: 255 Calories; 7g Fat; 42g Protein; 4g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 425mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat. **Points:** 6

SERVING SUGGESTION: Grilled eggplant and steamed asparagus.

VEGETARIAN: Instead of chicken, use non-breaded faux chicken patties and brown in a skillet instead of cooking on grill.

KOSHER: No changes necessary.

GLUTEN FREE: No changes necessary.

Greek Style Spinach and Mushroom Casserole

Day 2 - Serves 2

INGREDIENTS:

1 teaspoon olive oil	1/4 teaspoon sea salt
2 small cloves garlic, pressed	1/8 teaspoon freshly ground black pepper
1/3 cup chopped onion	2/3 cup chopped spinach
1 teaspoon Greek seasoning	1/3 cup low sodium vegetable broth
1/4 teaspoon lemon zest	1 1/2 tablespoons lemon juice
1/3 cup chopped red bell pepper	1 cup tomato sauce
5.5 ounces white button mushrooms, sliced	1 1/2 tablespoons crumbled Feta cheese, optional

COOKING INSTRUCTIONS:

Heat the oil in a Dutch oven over medium heat. Add garlic, onion, Greek seasoning and lemon zest; cook until onions have softened and spices are fragrant (5 to 7 minutes). Add next 8 ingredients (bell pepper through tomato sauce). Bring mixture to a boil (stirring constantly) then reduce heat, cover and cook for 30 minutes to 1 hour until mushrooms are tender. Serve topped with crumbled Feta, if desired, and enjoy!

NUTRITION per serving: 108 Calories; 3g Fat; 6g Protein; 18g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1092mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 3

SERVING SUGGESTION: A big salad of mixed baby greens, grape tomatoes, sliced red onion, avocado and cucumber, tossed with red wine vinaigrette. Add warm pita bread on the side.

VEGETARIAN: No changes necessary.

KOSHER: No changes necessary.

GLUTEN FREE: Make sure Greek seasoning, tomato sauce and broth are gluten free.

DO-AHEAD TIP: Marinate pork cutlets for 30 minutes (see recipe).

BBQ Pork Tenderloin Cutlets

Day 3 - Serves 2

INGREDIENTS:

14 ounces pork tenderloin, cut into 1/2-inch thick cutlets	1/2 teaspoon dried oregano
1 teaspoon olive oil	1 clove garlic, pressed
2 teaspoons cider vinegar	1/4 teaspoon paprika
2 teaspoons prepared mustard	2 teaspoons honey
1 1/2 tablespoons ketchup	Olive oil

COOKING INSTRUCTIONS:

Preheat grill to MEDIUM. Place pork cutlets in a shallow dish. In a small bowl, combine next 8 ingredients (olive oil through honey). Pour half of the mixture over the cutlets then turn cutlets and pour remaining half over the top. Cover and marinate for at room temperature for 30 minutes. Lightly oil the grill grate. Grill pork cutlets over indirect heat for 15 to 20 minutes, turning occasionally, until cooked through. Watch carefully to prevent burning! Serve and enjoy!

*LEANNE'S NOTE: If you want to serve a sauce over the cutlets, transfer the marinade to a small saucepan over medium heat and boil for 5 minutes, stirring often.

NUTRITION per serving: 288 Calories; 9g Fat; 40g Protein; 10g Carbohydrate; 1g Dietary Fiber; 123mg Cholesterol; 277mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 7

SERVING SUGGESTION: "Baked" sweet potatoes ("bake" in a slow cooker to keep your kitchen cool) and a big bowl of coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar)

VEGETARIAN: Instead of pork cutlets, grill thick eggplant slices (don't marinate) and adjust cooking time accordingly. Serve topped with sauce.

KOSHER: Instead of pork, use boneless skinless chicken thighs.

GLUTEN FREE: Make sure vinegar, mustard and ketchup are gluten free.

Slow Cooker Asian Beef Lettuce Wraps

Day 4 - Serves 2

INGREDIENTS:

1/3 pound beef flank steak, trimmed and cut into 1/2-inch thick strips	2 1/2 tablespoons chopped red bell pepper
2 cloves garlic, pressed	2 1/2 tablespoons lime juice
1/2 tablespoon grated gingerroot	2 1/2 tablespoons rice vinegar
1/4 teaspoon lime zest	2/3 cup low sodium beef broth
1/8 teaspoon sea salt	2 tablespoons chopped cilantro
1 dash freshly ground black pepper	4 Romaine lettuce leaves
1/3 cup chopped green onions	Optional toppings:
1 1/3 ounces water chestnuts, rinsed and drained	Chopped tomatoes
1 teaspoon chopped Serrano pepper	Mung bean sprouts
	Chopped peanuts

COOKING INSTRUCTIONS:

Combine all ingredients in a slow cooker, except cilantro and lettuce leaves. Stir well to combine. Cover and cook on LOW for 3 to 4 hours or until beef strips are fork-tender. Stir in chopped cilantro. Using a slotted spoon, fill lettuce leaves with beef mixture, garnish with desired toppings and enjoy!

NUTRITION per serving: 169 Calories; 6g Fat; 20g Protein; 10g Carbohydrate; 2g Dietary Fiber; 38mg Cholesterol; 233mg Sodium. **Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 4

SERVING SUGGESTION: Crunchy Bok Choy Slaw (toss chopped baby bok choy, sliced radishes and green onions with a dressing of rice vinegar, toasted sesame oil, Dijon mustard, honey and salt to taste). Add sliced cucumber on the side.

VEGETARIAN: Proceed with slow cooker recipe, excluding beef strips and replacing beef broth with vegetable broth. Just before serving time, stir-fry non-breaded faux chicken patties until lightly browned and proceed with instructions for filling lettuce leaves.

KOSHER: Make sure beef is certified kosher.

GLUTEN FREE: Make sure broth is gluten free.

DO-AHEAD TIP: Marinate snapper fillets for 30 minutes (see recipe).

Easy Grilled Cajun Snapper

Day 5 - Serves 2

INGREDIENTS:

2/3 pound snapper fillets
1 clove garlic, pressed
3/4 teaspoon paprika
3/4 teaspoon dried oregano
1/4 teaspoon dried thyme
1/4 teaspoon dried basil

1 small dash cayenne pepper
1 tablespoon tomato paste
2 teaspoon lemon juice
1/4 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
1 cup cooked brown rice, prepared as per package directions
Olive oil

COOKING INSTRUCTIONS:

Preheat grill to MEDIUM. Place fish in a shallow dish. In a small bowl, whisk together remaining ingredients except rice. Rub mixture into fillets then cover and marinate at room temperature for 30 minutes. Meanwhile, prepare brown rice. Lightly oil the grill grate. Grill fillets over indirect heat for 5 to 8 minutes, turning once, until fish flakes easily when tested with a fork. Watch carefully to prevent burning! Serve and enjoy!

NUTRITION per serving: 276 Calories; 3g Fat; 34g Protein; 27g Carbohydrate; 3g Dietary Fiber; 56mg Cholesterol; 477mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat. **Points:** 7

SERVING SUGGESTION: Steamed baby red potatoes. Add steamed green beans tossed with a little butter and toasted slivered almonds.

VEGETARIAN: Instead of fish, use thickly sliced portabella mushrooms and marinate for only 10 to 15 minutes. Grill or stir-fry, turning once, until cooked.

KOSHER: No changes necessary.

GLUTEN FREE: Make sure tomato paste is gluten free

DO-AHEAD TIP: Prepare Angel Hair pasta in time for dinner.

Slow Cooker Lemony Asparagus Chicken

Day 6 - Serves 2

INGREDIENTS:

1 cup low sodium chicken broth
1/3 cup lemon juice
1/3 lemon, sliced, de-seeded
1 1/2 tablespoons chopped celery
1/3 cup chopped onion
1 clove garlic, pressed

1 teaspoon dried oregano
1/4 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
1/2 pound boneless skinless chicken breast meat, cubed
2.5 ounces Angel Hair pasta
2/3 cup chopped asparagus

COOKING INSTRUCTIONS:

In a slow cooker, place all ingredients, except pasta and asparagus; stir well to combine. Cover and cook on LOW for 3 to 4 hours or until chicken is cooked through. Meanwhile, cook pasta according to package directions, adding the chopped asparagus half way through cooking time. Discard lemon slices from chicken mixture and, using a slotted spoon, serve over prepared pasta and asparagus. Enjoy!

NUTRITION per serving: 328 Calories; 2g Fat; 38g Protein; 39g Carbohydrate; 3g Dietary Fiber; 66mg Cholesterol; 656mg Sodium. **Exchanges:** 2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Fat. **Points:** 8

SERVING SUGGESTION: A big salad of baby spinach, thinly sliced red onion and Granny Smith apple, tossed with poppy seed dressing.

VEGETARIAN: Instead of chicken, use thickly sliced portabella mushrooms.

KOSHER: No changes necessary.

GLUTEN FREE: Make sure broth is gluten free. Use gluten free pasta.

Paleo Menu-Mailer Shopping List – Four Servings



Come and Get It!

Volume 2, Week 28

MENU:

Day 1: Jalapeno Zapped Chicken, add a red lettuce salad

Day 2: Honey Mustard Steaks, with steamed broccoli spears and Faux-Tay-Toes

Day 3: Rosemary Cinnamon Lamb Chops, add mashed rutabagas and a big spinach salad

Day 4: Summer Herb Pork Chops, with steamed green beans and baked sweet potatoes

Day 5: Five Spice Halibut, add steamed asparagus and a big salad

Day 6: Blasted Balsamic Pot Roast, with steamed baby Brussels sprouts and Faux-Tay-Toes

SHOPPING LIST:

PROTEIN

4 (6-oz.) top sirloin steaks OR cut of your choice [D2]

2 pounds beef roast OR tenderloin [D6]

8 lamb chops [D3]

4 (6-oz.) boneless top loin pork chops [D4]

4 (6-oz.) boneless skinless chicken breast halves [D1]

4 (6-oz.) halibut fillets OR other firm-fleshed white fish (or buy frozen) [D5]

CONDIMENTS

Olive oil [D3,D4]

Coconut oil [D1,D2,D3,D5,D6]

Cider vinegar [D2,D3,D4]

Balsamic vinegar [D1,D3,D5,D6]

Dijon mustard [D2]

Raw honey [D2]

Red wine (1/2 cup) [D6]

**Extra virgin olive oil [D1,D3,D5]

DAIRY CASE

Ghee (clarified butter) (or use coconut oil) [D2,D5,D6]

FREEZER

4 (6-oz.) halibut fillets OR other firm-fleshed white fish (if not using fresh) [D5]

PRODUCE

Garlic (19 cloves) **Additional [D1,D2,D3,D4,D5,D6]

Jalapenos (1) [D1]

Rosemary (2 teaspoons chopped) [D4]

Thyme (2 teaspoons chopped) [D4]

Parsley (2 teaspoons chopped) [D4]

Limes (1/2) [D1]

**Sweet potatoes [D4]

**Red onion [D1]

**Radishes [D1]

**Grape tomatoes [D1]

**Avocado [D1]

**Cauliflower [D2,D6]

**Broccoli [D2]

**Baby Brussels sprouts [D6]

**Green beans [D4]

**Asparagus [D5]

**Rutabagas [D3]

**Spinach [D3]

**Red lettuce [D1]

**Lettuce (not Iceberg, no nutrition) [D5]

**Salad veggies (your choice) [D5]

SPICES

Paprika [D2,D5]

Sweet paprika [D6]

Ground cinnamon [D3]

Rosemary [D3,D6]

Garlic powder [D5]

Onion powder [D5]

Cayenne pepper [D6]

**Basil [D1,D3,D5]

**Oregano [D1,D3,D5]

**Ground nutmeg [D3,D6]

OTHER

Large zipper-topped plastic bags [D3,D4]



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your family's needs.

[D1] – [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

Jalapeno Zapped Chicken

Day 1 - Serves 4

INGREDIENTS:

1 jalapeno, de-seeded and diced, more or less depending on your heat preference	3 cloves garlic, pressed
1/2 lime, juiced	1 teaspoon sea salt
	2 tablespoons coconut oil, melted
	4 (6-oz.) boneless skinless chicken breast halves

COOKING INSTRUCTIONS:

Preheat outdoor grill to MEDIUM-HIGH. In a food processor, combine jalapeno, lime juice, garlic, salt, and oil; blend well then rub mixture over chicken all sides of chicken. Grill chicken for 5 to 7 minutes per side or until juices run clear.

NUTRITION per serving: 253 Calories; 9g Fat; 40g Protein; 2g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 581mg Sodium. **Exchanges:** 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 6

SERVING SUGGESTION: A big salad of torn red lettuce, grape tomatoes, sliced red onion, radishes and avocado, tossed with Leanne's Basic Vinaigrette.

Honey Mustard Steaks

Day 2 - Serves 4

INGREDIENTS:

3 tablespoons Dijon mustard	1 teaspoon sea salt
2 tablespoons raw honey	1 teaspoon freshly ground black pepper
1 tablespoon cider vinegar	1 teaspoon paprika
4 cloves garlic, pressed	4 (6-oz.) top sirloin steaks, or cut of your choice

COOKING INSTRUCTIONS:

Preheat outdoor grill to MEDIUM-HIGH. In a medium bowl, place all ingredients except steaks; blend well then rub mixture over all sides of each steak. Grill steaks for 4 to 6 minutes per side or until cooked to desired level of doneness.

NUTRITION per serving: 259 Calories; 8g Fat; 35g Protein; 11g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 706mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Steamed broccoli spears and Faux-Tay-Toes (steam cauliflower till tender; drain; mash with salt, pepper and a little ghee or coconut oil till you get a mashed potatoes texture).

DO-AHEAD TIP: Marinate lamb chops overnight or for at least 4 hours (see recipe).

Rosemary Cinnamon Lamb Chops

Day 3 - Serves 4

INGREDIENTS:

8 lamb chops	1 teaspoon sea salt
4 cloves garlic, pressed	1 teaspoon freshly ground black pepper
1 teaspoon ground cinnamon	2 tablespoons olive oil
2 teaspoons dried rosemary, crushed	1 tablespoon cider vinegar

COOKING INSTRUCTIONS:

Place lamb chops in a large zipper-topped plastic bag. In a small bowl, whisk together remaining ingredients until well blended; pour mixture over lamb chops. Seal the bag and turn to coat lamb chops with marinade; refrigerate overnight or for at least 4 hours. At time of cooking: Preheat outdoor grill to MEDIUM-HIGH. Remove lamb chops from bag (discarding marinade and bag); grill for 4 to 6 minutes per side or until cooked to desired level of doneness.

NUTRITION per serving: 658 Calories; 57g Fat; 31g Protein; 2g Carbohydrate; 1g Dietary Fiber; 141mg Cholesterol; 578mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 9 Fat; 0 Other Carbohydrates. **Points:** 18

SERVING SUGGESTION: Mashed Rutabagas: steam rutabagas and mash with a little coconut oil, salt, pepper and ground nutmeg to taste. Add a big spinach salad tossed with Leanne's Basic Vinaigrette on the side.

DO-AHEAD TIP: Marinate pork overnight or for at least 4 hours (see recipe).

Summer Herb Pork Chops

Day 4 - Serves 4

INGREDIENTS:

4 (6-oz.) boneless top loin pork chops	1 teaspoon sea salt
1/4 cup cider vinegar	1 teaspoon freshly ground black pepper
1 tablespoon olive oil	2 teaspoons finely chopped rosemary
4 cloves garlic, pressed	2 teaspoons finely chopped thyme
	2 teaspoons finely chopped parsley

COOKING INSTRUCTIONS:

Place pork chops in a large zipper-topped plastic bag. In a medium bowl, whisk together remaining ingredients until well blended; pour mixture over pork chops. Seal bag and turn to coat pork chops with marinade; refrigerate overnight or for at least 4 hours. At time of cooking: Preheat grill to MEDIUM-HIGH. Remove pork chops from marinade (discarding marinade and bag); grill for 5 to 7 minutes per side or until cooked through.

NUTRITION per serving: 235 Calories; 11g Fat; 31g Protein; 2g Carbohydrate; trace Dietary Fiber; 77mg Cholesterol; 534mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Steamed green beans and "baked" sweet potatoes ("bake" in slow cooker to keep your kitchen cool).

Five Spice Halibut

Day 5 - Serves 4

INGREDIENTS:

1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 teaspoon garlic powder

1/2 teaspoon paprika
1/2 teaspoon onion powder
4 (6-oz.) halibut fillets, or use another firm-fleshed white fish
1 1/2 tablespoons ghee, or use coconut oil

COOKING INSTRUCTIONS:

In a small bowl, combine first 5 ingredients; evenly sprinkle mixture over fish. Melt the ghee (or coconut oil) in a large skillet over medium-high heat. Add fillets and cook for 3 to 5 minutes per side or until fish flakes easily when tested with a fork.

NUTRITION per serving: 237 Calories; 9g Fat; 36g Protein; 1g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 564mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 1 Fat. **Points:** 6

SERVING SUGGESTION: Steamed asparagus and a big salad tossed with Leanne's Basic Vinaigrette.

Blasted Balsamic Pot Roast

Day 6 - Serves 4

INGREDIENTS:

2 pounds beef roast, or use beef tenderloin
4 cloves garlic, pressed
1/4 cup balsamic vinegar
1/2 cup red wine
1 teaspoon sea salt

1 tablespoon freshly ground black pepper
1 teaspoon dried rosemary, crushed
1 teaspoon sweet paprika
1/2 teaspoon cayenne pepper
1 tablespoon ghee, melted, or use coconut oil

COOKING INSTRUCTIONS:

Place beef in a large slow cooker. In a small bowl, whisk together remaining ingredients until well blended; pour mixture over beef. Cover and cook on LOW for 8 to 10 hours or until beef is fork-tender then transfer to a cutting board and allow it to rest for 10 minutes before slicing. To serve, drizzle sliced beef with slow cooker juices.

NUTRITION per serving: 538 Calories; 39g Fat; 36g Protein; 4g Carbohydrate; 1g Dietary Fiber; 140mg Cholesterol; 606mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat. **Points:** 14

SERVING SUGGESTION: Steamed baby Brussels sprouts tossed with salt, pepper and ground nutmeg to taste. Add Faux-Tay-Toes (see Day 2 directions).

Paleo Diet and Menu-Mailer Tips and Hints

The Paleo Menu-Mailer is different than any of our other Menu-Mailers in that it is based on the “hunter/gatherer” principle which provides you with good, basic, healthy food.

I strongly suggest you use organic in-season vegetables, organic free-range chicken and eggs, grass-fed beef, pastured pork and wild fish as much as possible. If you don't eat pork, simply substitute chicken and slightly adjust cooking times.

We use a soy sauce substitute from time to time called Coco-Aminos. I would suggest you order it online if it is unavailable at your grocery store or health food store. I bought mine at Amazon.com—not cheap, but it lasts a good long while.



And a few words of caution: Be aware of the possible presence of gluten (wheat) in many condiments and canned goods (vinegars, mustards, Worcestershire sauce, spice mixes, broths, ketchup, salsa, pasta sauce, canned tomatoes, tomato sauce, and tomato paste, to name a few). I like to make my own broths and spice mixes, and read all labels in detail to get around this.

Although we provide Serving Suggestions with each recipe, I strongly suggest adding a nice big green salad with all the fixin's (make sure you add good fats like, avocado, nuts or even bacon!) to each meal OR a bowl of Mitochondria Miracle Soup...OR even a little of both! These extra veggies will help round out your meals and give you extra micronutrients.

As with other Menu-Mailers, the Serving Suggestions are double-asterisked (**) on the Shopping Lists and are entirely optional.

Leanne's Basic Vinaigrette

Makes 1/4 cup

3 tablespoons extra virgin olive oil

1 tablespoon balsamic vinegar

1 clove garlic, pressed

Pinch of dried basil

Pinch of dried oregano

Mix all together, use 1 tablespoon per salad.

Paleo Menu-Mailer Shopping List – Two Servings



Come and Get It!

Volume 2, Week 28

MENU:

Day 1: Jalapeno Zapped Chicken, add a red lettuce salad

Day 2: Honey Mustard Steaks, with steamed broccoli spears and Faux-Tay-Toes

Day 3: Rosemary Cinnamon Lamb Chops, add mashed rutabagas and a big spinach salad

Day 4: Summer Herb Pork Chops, with steamed green beans and baked sweet potatoes

Day 5: Five Spice Halibut, add steamed asparagus and a big salad

Day 6: Blasted Balsamic Pot Roast, with steamed baby Brussels sprouts and Faux-Tay-Toes

SHOPPING LIST:

PROTEIN

- 2 (6-oz.) top sirloin steaks OR cut of your choice [D2]
- 1 pound beef roast OR tenderloin [D6]
- 4 lamb chops [D3]
- 2 (6-oz.) boneless top loin pork chops [D4]
- 2 (6-oz.) boneless skinless chicken breast halves [D1]
- 2 (6-oz.) halibut fillets OR other firm-fleshed white fish (or buy frozen) [D5]

CONDIMENTS

- Olive oil [D3,D4]
- Coconut oil [D1,D2,D3,D5,D6]
- Cider vinegar [D2,D3,D4]
- Balsamic vinegar [D1,D3,D5,D6]
- Dijon mustard [D2]
- Raw honey [D2]
- Red wine (1/4 cup) [D6]
- **Extra virgin olive oil [D1,D3,D5]

DAIRY CASE

- Ghee (clarified butter) (or use coconut oil) [D2,D5,D6]

FREEZER

- 2 (6-oz.) halibut fillets OR other firm-fleshed white fish (if not using fresh) [D5]

PRODUCE

- Garlic (10 cloves) **Additional [D1,D2,D3,D4,D5,D6]
- Jalapenos (1/2) [D1]
- Rosemary (1 teaspoon chopped) [D4]
- Thyme (1 teaspoon chopped) [D4]
- Parsley (1 teaspoon chopped) [D4]
- Limes (1/4) [D1]
- **Sweet potatoes [D4]
- **Red onion [D1]
- **Radishes [D1]
- **Grape tomatoes [D1]
- **Avocado [D1]
- **Cauliflower [D2,D6]
- **Broccoli [D2]
- **Baby Brussels sprouts [D6]
- **Green beans [D4]
- **Asparagus [D5]
- **Rutabagas [D3]
- **Spinach [D3]
- **Red lettuce [D1]
- **Lettuce (not Iceberg, no nutrition) [D5]
- **Salad veggies (your choice) [D5]

SPICES

- Paprika [D2,D5]
- Sweet paprika [D6]
- Ground cinnamon [D3]
- Rosemary [D3,D6]
- Garlic powder [D5]
- Onion powder [D5]
- Cayenne pepper [D6]
- **Basil [D1,D3,D5]
- **Oregano [D1,D3,D5]
- **Ground nutmeg [D3,D6]

OTHER

- Zipper-topped plastic bags [D3,D4]



SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your family's needs.

[D1] – [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

Jalapeno Zapped Chicken

Day 1 - Serves 2

INGREDIENTS:

1/2 jalapeno, de-seeded and diced, more or less depending on your heat preference
1/4 lime, juiced

2 small cloves garlic, pressed
1/2 teaspoon sea salt
1 tablespoon coconut oil, melted
2 (6-oz.) boneless skinless chicken breast halves

COOKING INSTRUCTIONS:

Preheat outdoor grill to MEDIUM-HIGH. In a food processor, combine jalapeno, lime juice, garlic, salt, and oil; blend well then rub mixture over chicken all sides of chicken. Grill chicken for 5 to 7 minutes per side or until juices run clear.

NUTRITION per serving: 253 Calories; 9g Fat; 40g Protein; 2g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 581mg Sodium. **Exchanges:** 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 6

SERVING SUGGESTION: A big salad of torn red lettuce, grape tomatoes, sliced red onion, radishes and avocado, tossed with Leanne's Basic Vinaigrette.

Honey Mustard Steaks

Day 2 - Serves 2

INGREDIENTS:

1 1/2 tablespoons Dijon mustard
1 tablespoon raw honey
1/2 tablespoon cider vinegar
2 cloves garlic, pressed

1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon paprika
2 (6-oz.) top sirloin steaks, or cut of your choice

COOKING INSTRUCTIONS:

Preheat outdoor grill to MEDIUM-HIGH. In a medium bowl, place all ingredients except steaks; blend well then rub mixture over all sides of each steak. Grill steaks for 4 to 6 minutes per side or until cooked to desired level of doneness.

NUTRITION per serving: 259 Calories; 8g Fat; 35g Protein; 11g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 706mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Steamed broccoli spears and Faux-Tay-Toes (steam cauliflower till tender; drain; mash with salt, pepper and a little ghee or coconut oil till you get a mashed potatoes texture).

DO-AHEAD TIP: Marinate lamb chops overnight or for at least 4 hours (see recipe).

Rosemary Cinnamon Lamb Chops

Day 3 - Serves 2

INGREDIENTS:

4 lamb chops	1/2 teaspoon sea salt
2 cloves garlic, pressed	1/2 teaspoon freshly ground black pepper
1/2 teaspoon ground cinnamon	1 tablespoon olive oil
1 teaspoon dried rosemary, crushed	1/2 tablespoon cider vinegar

COOKING INSTRUCTIONS:

Place lamb chops in a zipper-topped plastic bag. In a small bowl, whisk together remaining ingredients until well blended; pour mixture over lamb chops. Seal the bag and turn to coat lamb chops with marinade; refrigerate overnight or for at least 4 hours. At time of cooking: Preheat outdoor grill to MEDIUM-HIGH. Remove lamb chops from bag (discarding marinade and bag); grill for 4 to 6 minutes per side or until cooked to desired level of doneness.

NUTRITION per serving: 658 Calories; 57g Fat; 31g Protein; 2g Carbohydrate; 1g Dietary Fiber; 141mg Cholesterol; 578mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 9 Fat; 0 Other Carbohydrates. **Points:** 18

SERVING SUGGESTION: Mashed Rutabagas: steam rutabagas and mash with a little coconut oil, salt, pepper and ground nutmeg to taste. Add a big spinach salad tossed with Leanne's Basic Vinaigrette on the side.

DO-AHEAD TIP: Marinate pork overnight or for at least 4 hours (see recipe).

Summer Herb Pork Chops

Day 4 - Serves 2

INGREDIENTS:

2 (6-oz.) boneless top loin pork chops	1/2 teaspoon sea salt
2 tablespoons cider vinegar	1/2 teaspoon freshly ground black pepper
1/2 tablespoon olive oil	1 teaspoon finely chopped rosemary
2 cloves garlic, pressed	1 teaspoon finely chopped thyme
	1 teaspoon finely chopped parsley

COOKING INSTRUCTIONS:

Place pork chops in a zipper-topped plastic bag. In a medium bowl, whisk together remaining ingredients until well blended; pour mixture over pork chops. Seal bag and turn to coat pork chops with marinade; refrigerate overnight or for at least 4 hours. At time of cooking: Preheat grill to MEDIUM-HIGH. Remove pork chops from marinade (discarding marinade and bag); grill for 5 to 7 minutes per side or until cooked through.

NUTRITION per serving: 235 Calories; 11g Fat; 31g Protein; 2g Carbohydrate; trace Dietary Fiber; 77mg Cholesterol; 534mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 6

SERVING SUGGESTION: Steamed green beans and "baked" sweet potatoes ("bake" in slow cooker to keep your kitchen cool).

Five Spice Halibut

Day 5 - Serves 2

INGREDIENTS:

1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon garlic powder

1/4 teaspoon paprika
1/4 teaspoon onion powder
2 (6-oz.) halibut fillets, or use another firm-fleshed white fish
3/4 tablespoon ghee, or use coconut oil

COOKING INSTRUCTIONS:

In a small bowl, combine first 5 ingredients; evenly sprinkle mixture over fish. Melt the ghee (or coconut oil) in a skillet over medium-high heat. Add fillets and cook for 3 to 5 minutes per side or until fish flakes easily when tested with a fork.

NUTRITION per serving: 237 Calories; 9g Fat; 36g Protein; 1g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 564mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 1 Fat. **Points:** 6

SERVING SUGGESTION: Steamed asparagus and a big salad tossed with Leanne's Basic Vinaigrette.

Blasted Balsamic Pot Roast

Day 6 - Serves 2

INGREDIENTS:

1 pound beef roast, or use beef tenderloin
2 cloves garlic, pressed
2 tablespoons balsamic vinegar
1/4 cup red wine
1/2 teaspoon sea salt

1/2 tablespoon freshly ground black pepper
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon sweet paprika
1/4 teaspoon cayenne pepper
1/2 tablespoon ghee, melted, or use coconut oil

COOKING INSTRUCTIONS:

Place beef in a slow cooker. In a small bowl, whisk together remaining ingredients until well blended; pour mixture over beef. Cover and cook on LOW for 4 to 5 hours or until beef is fork-tender then transfer to a cutting board and allow it to rest for 10 minutes before slicing. To serve, drizzle sliced beef with slow cooker juices.

NUTRITION per serving: 538 Calories; 39g Fat; 36g Protein; 4g Carbohydrate; 1g Dietary Fiber; 140mg Cholesterol; 606mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat. **Points:** 14

SERVING SUGGESTION: Steamed baby Brussels sprouts tossed with salt, pepper and ground nutmeg to taste. Add Faux-Tay-Toes (see Day 2 directions).

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I strongly suggest you use organic in-season vegetables, organic free-range chicken and eggs, grass-fed beef, pastured pork and wild fish as much as possible. If you don't eat pork, simply substitute chicken and slightly adjust cooking times.

We use a soy sauce substitute from time to time called Coco-Aminos. I would suggest you order it online if it is unavailable at your grocery store or health food store. I bought mine at Amazon.com—not cheap, but it lasts a good long while.



And a few words of caution: Be aware of the possible presence of gluten (wheat) in many condiments and canned goods (vinegars, mustards, Worcestershire sauce, spice mixes, broths, ketchup, salsa, pasta sauce, canned tomatoes, tomato sauce, and tomato paste, to name a few). I like to make my own broths and spice mixes, and read all labels in detail to get around this.

Although we provide Serving Suggestions with each recipe, I strongly suggest adding a nice big green salad with all the fixin's (make sure you add good fats like, avocado, nuts or even bacon!) to each meal OR a bowl of Mitochondria Miracle Soup...OR even a little of both! These extra veggies will help round out your meals and give you extra micronutrients.

As with other Menu-Mailers, the Serving Suggestions are double-asterisked (**) on the Shopping Lists and are entirely optional.

Leanne's Basic Vinaigrette

Makes 1/4 cup

3 tablespoons extra virgin olive oil

1 tablespoon balsamic vinegar

1 clove garlic, pressed

Pinch of dried basil

Pinch of dried oregano

Mix all together, use 1 tablespoon per salad.

Low Carb/Body Clutter Menu-Mailer Shopping List – Four Servings



Come and Get It!

Volume 9, Week 28 – Dinner Ingredients Only

MENU:

- Day 1: Easy Oriental Grilled Chicken**, add Cauli-Rice and stir fried snow peas and julienned carrots
- Day 2: Spicy Smoky Beef Skewers**, with a big bowl of broccoli slaw
- Day 3: Spicy Garlic Shrimp Salad with Jalapeno Lime Vinaigrette**
- Day 4: Oh Oregano! Lemon Garlic Chicken**, add grilled eggplant and a mixed baby greens salad
- Day 5: Pork Chops with Balsamic Fig Chutney**, with steamed broccoli spears and a green salad
- Day 6: Slow Cooker Fiesta Beef Salad**, add a relish tray

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

- 1 1/2 pounds beef blade roast [D2]
- 1 1/2 pounds beef flank steak [D6]
- 4 (6-oz.) boneless top loin pork chops [D5]
- 8 (6-oz.) boneless skinless chicken breast halves [D1,D4]
- 1 pound medium shrimp, peeled and deveined (or buy frozen) [D3]

CONDIMENTS

- Olive oil [D1,D3,D4,D5]
- Extra virgin olive oil [D3]
- Balsamic vinegar [D5]
- Liquid smoke [D2]
- Salsa (optional garnish) [D6]
- Low sodium soy sauce [D1]
- Honey [D5]
- **LC Rice vinegar [D2]
- **LC Mayonnaise [D2]
- **LC Red wine vinaigrette [D4]
- **LC Whole black olives [D6]
- **LC Salad dressing (watch carb count) [D5]

CANNED GOODS

- Low sodium beef broth (3 cups) [D6]
- Coconut milk, unsweetened (1/4 cup) [D1]

PRODUCE

- 3 pounds onions (keep on hand) [D6]
- Red onions (1 medium plus 1/4 cup sliced plus 1/2 cup minced) **LC Additional [D1,D2,D3,D4,D5,D6]
- Garlic (21 cloves) [D1,D2,D3,D4,D5,D6]
- Carrots (1/2 cup chopped) **LC Additional [D1,D6]
- Cucumber (1 cup chopped) **LC Additional [D6]
- Green bell peppers (1 medium plus 1/4 cup sliced and 1/2 cup chopped) [D2,D3,D6]
- Jalapenos (2 tablespoons) [D3,D6]
- Tomatoes (1 cup chopped) [D6]
- White button mushrooms (16 ounces) [D2,D3]
- Radishes (2 tablespoons sliced) [D3]
- Baby spinach (8 cups) [D2,D3]
- Romaine lettuce (6 cups shredded) [D6]
- Cilantro (2 tablespoons chopped) [D1]
- Lemons (1/4 cup juice plus 2 teaspoons zest) [D4,D5]
- Limes (6 tablespoons juice plus 2 tablespoons zest) [D1,D3,D6]
- Figs (1/4 cup chopped) [D5]
- **LC Cauliflower [D1]
- **LC Broccoli [D5]
- **LC Eggplant [D4]
- **LC Snow peas [D1]
- **LC Celery [D6]
- **LC Jicama [D6]
- **LC Grape tomatoes [D4,D6]
- **LC Avocado [D4]
- **LC Broccoli slaw [D2]
- **LC Mixed baby greens [D4]
- **LC Lettuce (not Iceberg, no nutrition) [D5]
- **Sweet potatoes [D5]
- **Corn on the cob [D2]

DRY GOODS

- **Brown rice [D1]

DAIRY/DAIRY CASE

- **Butter, unsalted [D2,D6]

FREEZER

- 1 pound medium shrimp, peeled and deveined (if not using fresh) [D3]
- Whole kernel corn (1/3 cup) [D6]

SPICES

- Paprika [D1,D2,D3]
- Chili powder [D2]
- Ground cumin [D2,D6]
- Cayenne pepper [D3]
- Chipotle chili powder [D6]
- Oregano [D4]

BAKERY

- **Garlic bread sticks [D3,D4]
- **Corn tortillas [D6]

OTHER

- Large zipper-topped plastic bags [D2,D4,D5]
- Metal or bamboo skewers [D2,D3]

KOSHER

- 1 1/2 pounds kosher beef roast [D2]
- 1 1/2 pounds kosher beef steak [D6]
- 1 pound boneless skinless chicken breast meat [D3]
- 4 (6-oz.) boneless skinless chicken thighs [D5]

GLUTEN FREE

- Balsamic vinegar [D5]
- Liquid smoke [D2]
- Salsa (if using) [D6]
- Soy sauce [D1]
- Beef broth [D6]

SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your family's needs.

[D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.



Low Carb/Body Clutter Menu-Mailer Shopping List – Four Servings



Come and Get It!

Volume 9, Week 28 – Dinner and Daytime Ingredients Combined

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

- 1 1/2 pounds beef blade roast [D2]
- 1 1/2 pounds beef flank steak [D6]
- 4 (6-oz.) boneless top loin pork chops [D5]
- 8 (6-oz.) boneless skinless chicken breast halves [D1,D4]
- 1 pound medium shrimp, peeled and deveined (or buy frozen) [D3]
- + Salmon (or buy frozen) [L1]

DELI

- + Turkey breast, sliced [B3,L2]
- + Lean, gluten free ham, sliced [S2]
- + Hummus [S1,S6]

CONDIMENTS

- Olive oil [D1,D3,D4,D5]
- Extra virgin olive oil [D3]
- Balsamic vinegar [D5]
- Liquid smoke [D2]
- Salsa (optional garnish) [D6]
- Low sodium soy sauce [D1]
- Honey [D5]
- **LC Rice vinegar [D2]
- **LC Mayonnaise [D2]
- **LC Red wine vinaigrette [D4]
- **LC Whole black olives [D6]
- **LC Salad dressing (watch carb count) [D5]
- + Reduced calorie salad dressing [L3]
- + Low fat, gluten free blue cheese dressing [S3]
- + Mustard [L2]
- + Peanut butter, natural [B1]

CANNED GOODS

- Low sodium beef broth (3 cups) [D6]
- Coconut milk, unsweetened (1/4 cup) [D1]
- + Low sodium chicken broth [X]
- + Diced tomatoes [X]
- + Tomato paste [X]
- + Garbanzo beans (or use homemade) [L3]
- + Tomato juice [S5]
- + Applesauce, unsweetened [S4]

SPICES

- Paprika [D1,D2,D3]
- Chili powder [D2]
- Ground cumin [D2,D6]
- Cayenne pepper [D3]
- Chipotle chili powder [D6]
- Oregano [D4]
- + Italian seasoning [X]

PRODUCE

- 3 pounds onions (keep on hand) [D6]+[X]
- Red onions (1 medium plus 1/4 cup sliced plus 1/2 cup minced) **LC Additional [D1,D2,D3,D4,D5,D6]+[L2]
- Garlic (21 cloves) [D1,D2,D3,D4,D5,D6]+[X]
- Carrots (1/2 cup chopped) **LC Additional [D1,D6]+[X]
- Cucumber (1 cup chopped) **LC Additional [D6]+[L3,S1]
- Green bell peppers (1 medium plus 1/4 cup sliced and 1/2 cup chopped) [D2,D3,D6]
- Jalapenos (2 tablespoons) [D3,D6]
- Tomatoes (1 cup chopped) [D6]+[L2,S6]
- White button mushrooms (16 ounces) [D2,D3]
- Radishes (2 tablespoons sliced) [D3]
- Baby spinach (8 cups) [D2,D3]
- Romaine lettuce (6 cups shredded) [D6]
- Cilantro (2 tablespoons chopped) [D1]
- Lemons (1/4 cup juice plus 2 teaspoons zest) [D4,D5]+[L1]
- Limes (6 tablespoons juice plus 2 tablespoons zest) [D1,D3,D6]
- Figs (1/4 cup chopped) [D5]
- **LC Cauliflower [D1]
- **LC Broccoli [D5]+[L1,S3]
- **LC Eggplant [D4]
- **LC Snow peas [D1]
- **LC Celery [D6]+[X]
- **LC Jicama [D6]
- **LC Grape tomatoes [D4,D6]
- **LC Avocado [D4]+[L2]
- **LC Broccoli slaw [D2]
- **LC Mixed baby greens [D4]+[L3]
- **LC Lettuce (not Iceberg, no nutrition) [D5]+[L2]
- **Sweet potatoes [D5]
- **Corn on the cob [D2]
- + Russet potatoes [X]
- + Red bell pepper [L3]
- + Grape tomatoes [S3]
- + Alfalfa sprouts [S6]
- + Oranges [L2,S2]
- + Bananas [B1,B2]
- + Grapes [L3]

DRY GOODS

- **Brown rice [D1]+[L1]
- + Cornstarch [X]
- + Mini shredded wheat cereal, unsweetened [B2]
- + Granola [S4]
- + Sunflower seeds [B2]
- + Raisins [B2]
- + Garbanzo beans (if not using canned) [L3]

DAIRY/DAIRY CASE

- **Butter, unsalted [D2,D6]+[X]
- + Eggs [S2]
- + Milk [X]
- + Skim milk [B1,B2,B3]
- + Low fat vanilla yogurt [S4]
- + Low fat cream cheese [S5]
- + Low fat Cheddar cheese [B3]
- + Parmesan cheese [L3]

FREEZER

- 1 pound medium shrimp, peeled and deveined (if not using fresh) [D3]
- Whole kernel corn (1/3 cup) [D6]
- + Salmon (if not using fresh) [L1]

BAKERY

- **Garlic bread sticks [D3,D4]
- **Corn tortillas [D6]
- + Gluten free bread [B1]
- + Whole grain bread [L2]
- + Whole wheat bagels [B3,S5]
- + Croutons, plain [L3]
- + Whole wheat pita bread [S6]

OTHER

- Large zipper-topped plastic bags [D2,D4,D5]
- Metal or bamboo skewers [D2,D3]

KOSHER

- 1 1/2 pounds kosher beef roast [D2]
- 1 1/2 pounds kosher beef steak [D6]
- 1 pound boneless skinless chicken breast meat [D3]
- 4 (6-oz.) boneless skinless chicken thighs [D5]

GLUTEN FREE

- Balsamic vinegar [D5]
- Liquid smoke [D2]
- Salsa (if using) [D6]
- Soy sauce [D1]
- Beef broth [D6]
- + Chicken broth [X]
- + Canned tomatoes [X]
- + Tomato paste [X]
- + Italian seasoning [X]
- + Arrowroot starch [X]

SHOPPING LIST LEGEND

- ** = Regular Serving Suggestion
- **LC = Low Carb Serving Suggestion
- + = Pantry item for day time choices
- B = Breakfast
- L = Lunch
- X = Soup recipe
- S = Snack
- [D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.



DO-AHEAD TIP: Marinate chicken for 1 hour (approximately 45 minutes in refrigerator and 15 minutes at room temperature - see recipe).

Easy Oriental Grilled Chicken

Day 1 - Serves 4

INGREDIENTS:

4 (6-oz.) boneless skinless chicken breast halves	2 cloves garlic, pressed
2 tablespoons lime juice	1 teaspoon paprika
2 tablespoons low sodium soy sauce	1 teaspoon sea salt
1/4 cup unsweetened coconut milk	1/2 teaspoon freshly ground black pepper
2 tablespoons minced red onion	2 tablespoons chopped cilantro
1 tablespoon lime zest	Olive oil

COOKING INSTRUCTIONS:

Place chicken in a shallow dish. In a small bowl, combine remaining ingredients. Pour mixture over chicken. Cover and refrigerate for 45 minutes. Preheat grill to MEDIUM. Remove chicken from refrigerator and bring to room temperature. Lightly oil grill grate. Remove chicken from marinade (discarding marinade). Grill over indirect heat for 15 to 20 minutes, turning occasionally, until juices run clear. Watch carefully to prevent burning! Enjoy!

NUTRITION per serving: 236 Calories; 6g Fat; 40g Protein; 4g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 884mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 6

LC SERVING SUGGESTION: Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; salt and pepper to taste and fluff with a fork). Add stir-fried snow peas and julienned carrots on the side.

SERVING SUGGESTION: Serve brown rice instead of Cauli-Rice.

KOSHER: No changes necessary.

GLUTEN FREE: Make sure soy sauce is gluten free.

DO-AHEAD TIP: Marinate beef cubes overnight or for at least 1 hour (see recipe). If using bamboo skewers, presoak them in water for 30 minutes, to prevent burning on the grill.

Spicy Smoky Beef Skewers

Day 2 - Serves 4

INGREDIENTS:

1 tablespoon chili powder	1 1/2 pounds beef blade roast, trimmed and cut into 1-inch cubes
1 teaspoon ground cumin	1 medium red onion, peeled and quartered
1/2 teaspoon paprika	1 medium green bell pepper, de-seeded, de-ribbed and cut into 1-inch squares
3 cloves garlic, pressed	8 ounces white button mushrooms
2 tablespoons liquid smoke	2 cups baby spinach
1 teaspoon sea salt	Metal or bamboo skewers
1/2 teaspoon freshly ground black pepper	

COOKING INSTRUCTIONS:

In a small bowl, combine seasonings (chili powder through black pepper). Rub mixture into all sides of beef cubes then place them in a large zipper-topped plastic bag. Refrigerate overnight or for at least 1 hour (but bring to room temperature before grilling). Preheat grill to MEDIUM. Alternately thread beef cubes, onion quarters and bell pepper squares onto skewers then mushrooms on the ends of the skewers. Lightly oil the grill grate. Grill kabobs over indirect heat for 15 to 20 minutes, turning once half-way through cooking time, until cooked to desired level of doneness. Watch carefully to prevent burning! Serve hot kabobs over fresh spinach and enjoy!

NUTRITION per serving: 211 Calories; 8g Fat; 24g Protein; 11g Carbohydrate; 3g Dietary Fiber; 73mg Cholesterol; 618mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 2 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 5

LC SERVING SUGGESTION: A big bowl of broccoli slaw (use a ready-made mix and toss with mayo and a little rice vinegar).

SERVING SUGGESTION: Add buttered corn on the cob.

KOSHER: Make sure beef is certified kosher.

GLUTEN FREE: Make sure liquid smoke is gluten free.

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Low Carb / Body Clutter Menu-Mailer – Volume 9, Week 28

DO-AHEAD TIP: Marinate shrimp for 30 minutes (15 minutes in refrigerator and 15 minutes at room temperature - see recipe). If using bamboo skewers, presoak them in water for 30 minutes, to prevent burning on the grill.

Spicy Garlic Shrimp Salad with Jalapeno Lime Vinaigrette

Day 3 - Serves 4

INGREDIENTS:

1/8 teaspoon cayenne pepper
1 teaspoon paprika
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
4 cloves garlic, pressed, divided
1 tablespoon lime zest, divided
1 pound medium shrimp, peeled and deveined
2 tablespoons lime juice

2 tablespoons extra virgin olive oil
1 tablespoon jalapeno, de-seeded and diced
6 cups chopped baby spinach
1/4 cup minced red onion
8 ounces white button mushrooms, sliced
1/2 cup chopped green bell pepper
2 tablespoons sliced radishes
Olive oil
Metal or bamboo skewers

COOKING INSTRUCTIONS:

In a medium bowl, combine seasonings (cayenne pepper through black pepper), 2 cloves of garlic and 1/2 tablespoon of lime zest. Add shrimp and toss to coat evenly. Cover and refrigerate for 15 minutes. Preheat grill to MEDIUM. Remove shrimp from refrigerator and bring to room temperature. Prepare salad dressing: In a small bowl, whisk together lime juice, olive oil, jalapeno and remaining garlic and lime zest; set aside. Prepare salad: In a large bowl, toss together veggies (baby spinach through radishes); set aside. Lightly oil the grill grate. Thread marinated shrimp onto skewers. Grill over indirect heat for 1 to 2 minutes per side or just until pink and opaque (don't overcook!). Watch carefully to prevent burning! Add shrimp to salad and toss well. Drizzle with dressing and toss again. Enjoy!

NUTRITION per serving: 223 Calories; 9g Fat; 26g Protein; 10g Carbohydrate; 3g Dietary Fiber; 173mg Cholesterol; 678mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 6

LC SERVING SUGGESTION: You really don't need to add anything to this complete meal.

SERVING SUGGESTION: Add garlic bread sticks.

KOSHER: Substitute shrimp with boneless skinless chicken breast meat cut to the approximate size of shrimp and adjust cooking time accordingly.

GLUTEN FREE: No changes necessary.

DO-AHEAD TIP: Marinate chicken for 30 minutes (15 minutes in refrigerator and 15 minutes at room temperature - see recipe).

Oh Oregano! Lemon Garlic Chicken

Day 4 - Serves 4

INGREDIENTS:

4 (6-oz.) boneless skinless chicken breast halves
6 cloves garlic, pressed
2 tablespoons lemon juice
1 teaspoon lemon zest

3 tablespoons dried oregano
1 tablespoon olive oil
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper

COOKING INSTRUCTIONS:

Preheat grill to MEDIUM. Place chicken in a large zipper-topped plastic bag. In a small bowl, combine remaining ingredients; pour mixture over chicken, seal bag and gently massage marinade into chicken. Refrigerate for 15 minutes then bring to room temperature. Lightly oil the grill grate and cook chicken over indirect heat for 6 to 8 minutes per side or until juices run clear. Watch carefully to prevent burning!

NUTRITION per serving: 237 Calories; 6g Fat; 40g Protein; 4g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 347mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 5

LC SERVING SUGGESTION: Add grilled eggplant and a big salad of mixed baby greens, grape tomatoes, sliced red onion and avocado, tossed with red wine vinaigrette.

SERVING SUGGESTION: Add garlic bread sticks.

KOSHER: No changes necessary.

GLUTEN FREE: No changes necessary.

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Low Carb / Body Clutter Menu-Mailer – Volume 9, Week 28

DO-AHEAD TIP: Marinate pork chops for up to 1 hour (see recipe).

Pork Chops with Balsamic Fig Chutney

Day 5 - Serves 4

INGREDIENTS:

4 (6-oz.) boneless top loin pork chops
1 tablespoon olive oil
3 cloves garlic, pressed
1 teaspoon lemon zest
2 tablespoons lemon juice

1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1/4 cup chopped figs
2 tablespoons balsamic vinegar
2 tablespoons honey
2 tablespoons minced red onion

COOKING INSTRUCTIONS:

Place pork chops in a large zipper-topped plastic bag. In a small bowl, combine next 6 ingredients (olive oil through black pepper). Pour mixture over pork chops then seal bag and gently massage marinade into pork chops). Refrigerate for 30 to 45 minutes then bring to room temperature. Meanwhile, in a small bowl, combine remaining ingredients (figs through red onion). Cover and refrigerate until serving time. Preheat grill to MEDIUM. Remove pork chops from marinade (discarding marinade and bag) and grill over direct heat for 7 to 10 minutes per side or until cooked through. Serve immediately with fig chutney and enjoy!

NUTRITION per serving: 277 Calories; 11g Fat; 31g Protein; 14g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 534mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 7

LC SERVING SUGGESTION: Steamed broccoli spears and a green salad.

SERVING SUGGESTION: Add "baked" sweet potatoes ("bake" in a slow cooker to keep your kitchen cool).

KOSHER: Use boneless skinless chicken thighs in place of pork and adjust cooking time accordingly.

GLUTEN FREE: Make sure vinegar is gluten free.

Slow Cooker Fiesta Beef Salad

Day 6 - Serves 4

INGREDIENTS:

1 1/2 pounds beef flank steak, trimmed and cut into 1-inch strips
3 cups low sodium beef broth
1 cup chopped tomatoes
3 cloves garlic, pressed
1 tablespoon chipotle chili powder
1 teaspoon ground cumin
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

1 cup chopped onion
1/2 cup chopped carrots
1/3 cup frozen whole kernel corn
6 cups shredded Romaine lettuce
1 cup chopped cucumber
1/4 cup sliced red onion
1/4 cup sliced green bell pepper
1 tablespoon jalapeno, de-seeded and diced
2 tablespoons lime juice
Salsa, optional

COOKING INSTRUCTIONS:

In a slow cooker, combine first 11 ingredients (beef strips through corn). Stir well to combine. Cover and cook on LOW for 6 to 8 hours or until steak strips are fork-tender and veggies are done. In a large bowl, toss together next 5 ingredients (lettuce through jalapeno). Arrange mixture evenly on dinner plates. Using a slotted spoon, top salads with slow cooker mixture then drizzle with lime juice and your favorite salsa, if desired. Serve immediately and enjoy!

NUTRITION per serving: 383 Calories; 14g Fat; 47g Protein; 19g Carbohydrate; 5g Dietary Fiber; 85mg Cholesterol; 679mg Sodium. **Exchanges:** 1/2 Grain(Starch); 6 Lean Meat; 3 Vegetable; 0 Fruit; 0 Fat. **Points:** 10

LC SERVING SUGGESTION: A relish tray of grape tomatoes, celery and jicama sticks and whole black olives.

SERVING SUGGESTION: Serve warm, buttered corn tortillas on the side.

KOSHER: Make sure beef is kosher.

GLUTEN FREE: Make sure broth and salsa (if using) are gluten free.

Daytime Menu-Mailer – Daytime Suggestions

Breakfast stuff— Pick one each day:

- 1 slice toasted gluten free bread topped with 1 tablespoon natural peanut butter. Enjoy with 1 banana and 1 cup skim milk
- 1 cup unsweetened mini shredded wheat cereal, 1 tablespoon sunflower seeds, 1 tablespoon raisins, 1 banana and 1 cup skim milk
- 1 whole wheat bagel topped with 2 ounces sliced turkey breast, 1 ounce low fat Cheddar cheese and served with 3/4 cup skim milk

Lunch —Pick one each day:

- 4 ounces broiled salmon with 1 cup steamed broccoli, both drizzled with lemon juice and served over 1/2 cup cooked brown rice
- 2 slices whole grain bread filled with 3 ounces sliced deli turkey breast, 1/4 sliced avocado, 1 teaspoon mustard, sliced tomato, sliced red onion and lettuce; served with 1 orange
- Combine 1 cup mixed salad greens with 1 cup sliced cucumber, 1 cup red bell pepper strips, 1/4 cup cooked garbanzo beans, 2 tablespoons grated Parmesan cheese, 1/2 cup plain croutons and 1 tablespoon reduced calorie salad dressing. Add 1 cup of grapes

Snack—Pick one in the morning and one in the afternoon:

- 1 cup cucumber slices with 2 tablespoons hummus
- 1 hard-boiled egg, 1 ounce lean gluten free deli ham and 1 orange
- 1/2 cup grape tomatoes and 1/2 cup raw broccoli florets with 1 tablespoon of low fat, gluten free blue cheese dressing
- 1 cup low fat vanilla yogurt mixed with 2 tablespoons unsweetened applesauce and 2 teaspoons granola
- 1/2 whole wheat bagel topped with 1 tablespoon low fat cream cheese, served with 3/4 cup tomato juice on the side
- 1/2 whole wheat pita filled with 1/4 cup hummus, 2 tomato slices and 3 tablespoons alfalfa sprouts

Soup—See recipe

- You may have one cup with a salad or sandwich from above.

Dinner – Pick One:

- Follow the dinner recipes (recipes included in your menu). Remember: you can use leftovers for lunch.

Leftovers—

Use up those dinner leftovers

- Skip all of the above lunches and go for the easiest choice! Leftovers from your menu.

Chunky Tomato Soup

Serves 6

INGREDIENTS:

1 tablespoon unsalted butter
3/4 cup chopped onion
2 cups peeled, cubed russet potatoes
3/4 cup chopped celery
3/4 cup chopped carrot
1 clove garlic, minced

COOKING INSTRUCTIONS:

Melt the butter in a large saucepan over medium heat; add onion and cook until tender. Add potatoes, celery, carrot, garlic and Italian seasoning. In a small bowl or cup, combine cornstarch and milk; gradually add to saucepan. Bring mixture to a boil then reduce heat; cook and stir until slightly thickened. Add tomatoes, broth and tomato paste; return to a boil then reduce heat and simmer for 20 minutes. Season with salt and pepper then serve.

NUTRITION per serving: 116 Calories; 3g Fat; 4g Protein; 18g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 243mg Sodium. **Exchanges:** 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat. **Points:** 3

GLUTEN FREE: Make sure chicken broth, canned tomatoes, tomato paste, and Italian seasoning are gluten free. Use arrowroot starch instead of cornstarch.

1 1/2 teaspoons Italian seasoning
1 1/2 teaspoons cornstarch
1 cup milk
7.25 ounces canned diced tomatoes
1/2 cup plus 2 tablespoons low sodium chicken broth
1 tablespoon tomato paste
Sea salt and freshly ground black pepper, to taste



Daytime Menu-Mailer – Nutritional Information

Breakfast

1. Per Serving: 366 Calories; 10g Fat; 16g Protein; 55g Carbohydrate; 6g Dietary Fiber; 4mg Cholesterol; 335mg Sodium.
Exchanges: 1 Grain (Starch); 2 Fruit; 1 Non-Fat Milk. **Points:** 7 ****GF Option**
2. Per Serving: 380 Calories; 6g Fat; 15g Protein; 72g Carbohydrate; 7g Dietary Fiber; 4mg Cholesterol; 132mg Sodium.
Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 2 Fruit; 1 Non-Fat Milk; 1 Fat. **Points:** 10
3. Per Serving: 403 Calories; 4g Fat; 35g Protein; 57g Carbohydrate; 3g Dietary Fiber; 33mg Cholesterol; 1531mg Sodium.
Exchanges: 3 Grain(Starch); 3 Lean Meat; 1/2 Non-Fat Milk. **Points:** 10

Lunch

1. Per Serving: 261 Calories; 5g Fat; 27g Protein; 27g Carbohydrate; 4g Dietary Fiber; 59mg Cholesterol; 96mg Sodium.
Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit. **Points:** 6 ****GF Option**
2. Per Serving: 402 Calories; 13g Fat; 29g Protein; 46g Carbohydrate; 8g Dietary Fiber; 35mg Cholesterol; 1734mg Sodium.
Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates. **Points:** 10
3. Per Serving: 318 Calories; 7g Fat; 13g Protein; 55g Carbohydrate; 8g Dietary Fiber; 9mg Cholesterol; 433mg Sodium.
Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 1 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 8

Snack

1. Per Serving: 83 Calories; 3g Fat; 4g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 123mg Sodium.
Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 2 ****GF Option**
2. Per Serving: 161 Calories; 5g Fat; 13g Protein; 16g Carbohydrate; 3g Dietary Fiber; 227mg Cholesterol; 455mg Sodium.
Exchanges: 1 1/2 Lean Meat; 1 Fruit; 1/2 Fat. **Points:** 4 ****GF Option**
3. Per Serving: 41 Calories; 1g Fat; 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 196mg Sodium.
Exchanges: 1 Vegetable; 25 1/2 Fat; 1 Other Carbohydrates. **Points:** 1 ****GF Option**
4. Per Serving: 267 Calories; 4g Fat; 12g Protein; 47g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 152mg Sodium.
Exchanges: 0 Grain (Starch); 1 Fruit; 1/2 Fat; 2 Other Carbohydrates. **Points:** 7
5. Per Serving: 177 Calories; 3g Fat; 8g Protein; 32g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 985mg Sodium.
Exchanges: 1 1/2 Grain (Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 5
6. Per Serving: 199 Calories; 7g Fat; 9g Protein; 29g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 411mg Sodium.
Exchanges: 1 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 5

Low Carb/Body Clutter Menu-Mailer Shopping List – Two Servings



Come and Get It!

Volume 9, Week 28 – Dinner Ingredients Only

MENU:

- Day 1: Easy Oriental Grilled Chicken**, add Cauli-Rice and stir fried snow peas and julienned carrots
- Day 2: Spicy Smoky Beef Skewers**, with a big bowl of broccoli slaw
- Day 3: Spicy Garlic Shrimp Salad with Jalapeno Lime Vinaigrette**
- Day 4: Oh Oregano! Lemon Garlic Chicken**, add grilled eggplant and a mixed baby greens salad
- Day 5: Pork Chops with Balsamic Fig Chutney**, with steamed broccoli spears and a green salad
- Day 6: Slow Cooker Fiesta Beef Salad**, add a relish tray

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

- 3/4 pound beef blade roast [D2]
3/4 pound beef flank steak [D6]
2 (6-oz.) boneless top loin pork chops [D5]
4 (6-oz.) boneless skinless chicken breast halves [D1,D4]
1/2 pound medium shrimp, peeled and deveined (or buy frozen) [D3]

CONDIMENTS

- Olive oil [D1,D3,D4,D5]
Extra virgin olive oil [D3]
Balsamic vinegar [D5]
Liquid smoke [D2]
Salsa (optional garnish) [D6]
Low sodium soy sauce [D1]
Honey [D5]
**LC Rice vinegar [D2]
**LC Mayonnaise [D2]
**LC Red wine vinaigrette [D4]
**LC Whole black olives [D6]
**LC Salad dressing (watch carb count) [D5]

CANNED GOODS

- Low sodium beef broth (1 1/2 cups) [D6]
Coconut milk, unsweetened (2 tablespoons) [D1]

PRODUCE

- 3 pounds onions (keep on hand) [D6]
Red onions (1 small plus 2 tablespoons sliced plus 1/4 cup minced) **LC Additional [D1,D2,D3,D4,D5,D6]
Garlic (11 cloves) [D1,D2,D3,D4,D5,D6]
Carrots (1/4 cup chopped) **LC Additional [D1,D6]
Cucumber (1/2 cup chopped) **LC Additional [D6]
Green bell peppers (1 small plus 2 tablespoons sliced and 1/4 cup chopped) [D2,D3,D6]
Jalapenos (1 tablespoon) [D3,D6]
Tomatoes (1/2 cup chopped) [D6]
White button mushrooms (8 ounces) [D2,D3]
Radishes (1 tablespoon sliced) [D3]
Baby spinach (4 cups) [D2,D3]
Romaine lettuce (3 cups shredded) [D6]
Cilantro (1 tablespoon chopped) [D1]
Lemons (2 tablespoons juice plus 1 teaspoon zest) [D4,D5]
Limes (3 tablespoons juice plus 1 tablespoon zest) [D1,D3,D6]
Figs (2 tablespoons chopped) [D5]
**LC Cauliflower [D1]
**LC Broccoli [D5]
**LC Eggplant [D4]
**LC Snow peas [D1]
**LC Celery [D6]
**LC Jicama [D6]
**LC Grape tomatoes [D4,D6]
**LC Avocado [D4]
**LC Broccoli slaw [D2]
**LC Mixed baby greens [D4]
**LC Lettuce (not Iceberg, no nutrition) [D5]
**Sweet potatoes [D5]
**Corn on the cob [D2]

DRY GOODS

- **Brown rice [D1]

DAIRY/DAIRY CASE

- **Butter, unsalted [D2,D6]

FREEZER

- 1/2 pound medium shrimp, peeled and deveined (if not using fresh) [D3]
Whole kernel corn (3 tablespoons) [D6]

SPICES

- Paprika [D1,D2,D3]
Chili powder [D2]
Ground cumin [D2,D6]
Cayenne pepper [D3]
Chipotle chili powder [D6]
Oregano [D4]

BAKERY

- **Garlic bread sticks [D3,D4]
**Corn tortillas [D6]

OTHER

- Zipper-topped plastic bags [D2,D4,D5]
Metal or bamboo skewers [D2,D3]

KOSHER

- 3/4 pound kosher beef roast [D2]
3/4 pound kosher beef steak [D6]
1/2 pound boneless skinless chicken breast meat [D3]
2 (6-oz.) boneless skinless chicken thighs [D5]

GLUTEN FREE

- Balsamic vinegar [D5]
Liquid smoke [D2]
Salsa (if using) [D6]
Soy sauce [D1]
Beef broth [D6]

SHOPPING LIST LEGEND

** = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your family's needs.

[D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.



Low Carb/Body Clutter Menu-Mailer Shopping List – Two Servings



Come and Get It!

Volume 9, Week 28 – Dinner and Daytime Ingredients Combined

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

- 3/4 pound beef blade roast [D2]
- 3/4 pound beef flank steak [D6]
- 2 (6-oz.) boneless top loin pork chops [D5]
- 4 (6-oz.) boneless skinless chicken breast halves [D1,D4]
- 1/2 pound medium shrimp, peeled and deveined (or buy frozen) [D3]
- + Salmon (or buy frozen) [L1]

DELI

- +Turkey breast, sliced [B3,L2]
- +Lean, gluten free ham, sliced [S2]
- +Hummus [S1,S6]

CONDIMENTS

- Olive oil [D1,D3,D4,D5]
- Extra virgin olive oil [D3]
- Balsamic vinegar [D5]
- Liquid smoke [D2]
- Salsa (optional garnish) [D6]
- Low sodium soy sauce [D1]
- Honey [D5]
- **LC Rice vinegar [D2]
- **LC Mayonnaise [D2]
- **LC Red wine vinaigrette [D4]
- **LC Whole black olives [D6]
- **LC Salad dressing (watch carb count) [D5]
- +Reduced calorie salad dressing [L3]
- +Low fat, gluten free blue cheese dressing [S3]
- +Mustard [L2]
- +Peanut butter, natural [B1]

CANNED GOODS

- Low sodium beef broth (1 1/2 cups) [D6]
- Coconut milk, unsweetened (2 tablespoons) [D1]
- +Low sodium chicken broth [X]
- +Diced tomatoes [X]
- +Tomato paste [X]
- +Garbanzo beans (or use homemade) [L3]
- +Tomato juice [S5]
- +Applesauce, unsweetened [S4]

SPICES

- Paprika [D1,D2,D3]
- Chili powder [D2]
- Ground cumin [D2,D6]
- Cayenne pepper [D3]
- Chipotle chili powder [D6]
- Oregano [D4]
- +Italian seasoning [X]

PRODUCE

- 3 pounds onions (keep on hand) [D6]+[X]
- Red onions (1 small plus 2 tablespoons sliced plus 1/4 cup minced) **LC Additional [D1,D2,D3,D4,D5,D6]+[L2]
- Garlic (11 cloves) [D1,D2,D3,D4,D5,D6]+[X]
- Carrots (1/4 cup chopped) **LC Additional [D1,D6]+[X]
- Cucumber (1/2 cup chopped) **LC Additional [D6]+[L3,S1]
- Green bell peppers (1 small plus 2 tablespoons sliced and 1/4 cup chopped) [D2,D3,D6]
- Jalapenos (1 tablespoon) [D3,D6]
- Tomatoes (1/2 cup chopped) [D6]+[L2,S6]
- White button mushrooms (8 ounces) [D2,D3]
- Radishes (1 tablespoon sliced) [D3]
- Baby spinach (4 cups) [D2,D3]
- Romaine lettuce (3 cups shredded) [D6]
- Cilantro (1 tablespoon chopped) [D1]
- Lemons (2 tablespoons juice plus 1 teaspoon zest) [D4,D5]+[L1]
- Limes (3 tablespoons juice plus 1 tablespoon zest) [D1,D3,D6]
- Figs (2 tablespoons chopped) [D5]
- **LC Cauliflower [D1]
- **LC Broccoli [D5]+[L1,S3]
- **LC Eggplant [D4]
- **LC Snow peas [D1]
- **LC Celery [D6]+[X]
- **LC Jicama [D6]
- **LC Grape tomatoes [D4,D6]
- **LC Avocado [D4]+[L2]
- **LC Broccoli slaw [D2]
- **LC Mixed baby greens [D4]+[L3]
- **LC Lettuce (not Iceberg, no nutrition) [D5]+[L2]
- **Sweet potatoes [D5]
- **Corn on the cob [D2]
- +Russet potatoes [X]
- +Red bell pepper [L3]
- +Grape tomatoes [S3]
- +Alfalfa sprouts [S6]
- +Oranges [L2,S2]
- +Bananas [B1,B2]
- +Grapes [L3]

DRY GOODS

- **Brown rice [D1]+[L1]
- +Cornstarch [X]
- +Mini shredded wheat cereal, unsweetened [B2]
- +Granola [S4]
- +Sunflower seeds [B2]
- +Raisins [B2]
- +Garbanzo beans (if not using canned) [L3]

DAIRY/DAIRY CASE

- **Butter, unsalted [D2,D6]+[X]
- +Eggs [S2]
- +Milk [X]
- +Skim milk [B1,B2,B3]
- +Low fat vanilla yogurt [S4]
- +Low fat cream cheese [S5]
- +Low fat Cheddar cheese [B3]
- +Parmesan cheese [L3]

FREEZER

- 1/2 pound medium shrimp, peeled and deveined (if not using fresh) [D3]
- Whole kernel corn (3 tablespoons) [D6]
- +Salmon (if not using fresh) [L1]

BAKERY

- **Garlic bread sticks [D3,D4]
- **Corn tortillas [D6]
- +Gluten free bread [B1]
- +Whole grain bread [L2]
- +Whole wheat bagels [B3,S5]
- +Croutons, plain [L3]
- +Whole wheat pita bread [S6]

OTHER

- Zipper-topped plastic bags [D2,D4,D5]
- Metal or bamboo skewers [D2,D3]

KOSHER

- 3/4 pound kosher beef roast [D2]
- 3/4 pound kosher beef steak [D6]
- 1/2 pound boneless skinless chicken breast meat [D3]
- 2 (6-oz.) boneless skinless chicken thighs [D5]

GLUTEN FREE

- Balsamic vinegar [D5]
- Liquid smoke [D2]
- Salsa (if using) [D6]
- Soy sauce [D1]
- Beef broth [D6]
- +Chicken broth [X]
- +Canned tomatoes [X]
- +Tomato paste [X]
- +Italian seasoning [X]
- +Arrowroot starch [X]

SHOPPING LIST LEGEND

- ** = Regular Serving Suggestion
- **LC = Low Carb Serving Suggestion
- + = Pantry item for day time choices
- B = Breakfast
- L = Lunch
- X = Soup recipe
- S = Snack
- [D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.



DO-AHEAD TIP: Marinate chicken for 1 hour (approximately 45 minutes in refrigerator and 15 minutes at room temperature - see recipe).

Easy Oriental Grilled Chicken

Day 1 - Serves 2

INGREDIENTS:

2 (6-oz.) boneless skinless chicken breast halves	1 clove garlic, pressed
1 tablespoon lime juice	1/2 teaspoon paprika
1 tablespoon low sodium soy sauce	1/2 teaspoon sea salt
2 tablespoons unsweetened coconut milk	1/4 teaspoon freshly ground black pepper
1 tablespoon minced red onion	1 tablespoon chopped cilantro
1/2 tablespoon lime zest	Olive oil

COOKING INSTRUCTIONS:

Place chicken in a shallow dish. In a small bowl, combine remaining ingredients. Pour mixture over chicken. Cover and refrigerate for 45 minutes. Preheat grill to MEDIUM. Remove chicken from refrigerator and bring to room temperature. Lightly oil grill grate. Remove chicken from marinade (discarding marinade). Grill over indirect heat for 15 to 20 minutes, turning occasionally, until juices run clear. Watch carefully to prevent burning! Enjoy!

NUTRITION per serving: 236 Calories; 6g Fat; 40g Protein; 4g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 884mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 6

LC SERVING SUGGESTION: Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; salt and pepper to taste and fluff with a fork). Add stir-fried snow peas and julienned carrots on the side.

SERVING SUGGESTION: Serve brown rice instead of Cauli-Rice.

KOSHER: No changes necessary.

GLUTEN FREE: Make sure soy sauce is gluten free.

DO-AHEAD TIP: Marinate beef cubes overnight or for at least 1 hour (see recipe). If using bamboo skewers, presoak them in water for 30 minutes, to prevent burning on the grill.

Spicy Smoky Beef Skewers

Day 2 - Serves 2

INGREDIENTS:

1/2 tablespoon chili powder	3/4 pound beef blade roast, trimmed and cut into 1-inch cubes
1/2 teaspoon ground cumin	1 small red onion, peeled and quartered
1/4 teaspoon paprika	1 small green bell pepper, de-seeded, de-ribbed and cut into 1-inch squares
2 small cloves garlic, pressed	4 ounces white button mushrooms
1 tablespoon liquid smoke	1 cup baby spinach
1/2 teaspoon sea salt	Metal or bamboo skewers
1/4 teaspoon freshly ground black pepper	

COOKING INSTRUCTIONS:

In a small bowl, combine seasonings (chili powder through black pepper). Rub mixture into all sides of beef cubes then place them in a zipper-topped plastic bag. Refrigerate overnight or for at least 1 hour (but bring to room temperature before grilling). Preheat grill to MEDIUM. Alternately thread beef cubes, onion quarters and bell pepper squares onto skewers then mushrooms on the ends of the skewers. Lightly oil the grill grate. Grill kabobs over indirect heat for 15 to 20 minutes, turning once half-way through cooking time, until cooked to desired level of doneness. Watch carefully to prevent burning! Serve hot kabobs over fresh spinach and enjoy!

NUTRITION per serving: 211 Calories; 8g Fat; 24g Protein; 11g Carbohydrate; 3g Dietary Fiber; 73mg Cholesterol; 618mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 2 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 5

LC SERVING SUGGESTION: A big bowl of broccoli slaw (use a ready-made mix and toss with mayo and a little rice vinegar).

SERVING SUGGESTION: Add buttered corn on the cob.

KOSHER: Make sure beef is certified kosher.

GLUTEN FREE: Make sure liquid smoke is gluten free.

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Low Carb / Body Clutter Menu-Mailer – Volume 9, Week 28

DO-AHEAD TIP: Marinate shrimp for 30 minutes (15 minutes in refrigerator and 15 minutes at room temperature - see recipe). If using bamboo skewers, presoak them in water for 30 minutes, to prevent burning on the grill.

Spicy Garlic Shrimp Salad with Jalapeno Lime Vinaigrette

Day 3 - Serves 2

INGREDIENTS:

1 dash cayenne pepper
1/2 teaspoon paprika
1/2 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
2 cloves garlic, pressed, divided
1/2 tablespoon lime zest, divided
1/2 pound medium shrimp, peeled and deveined
1 tablespoon lime juice

1 tablespoon extra virgin olive oil
1/2 tablespoon jalapeno, de-seeded and diced
3 cups chopped baby spinach
2 tablespoons minced red onion
4 ounces white button mushrooms, sliced
1/4 cup chopped green bell pepper
1 tablespoon sliced radishes
Olive oil
Metal or bamboo skewers

COOKING INSTRUCTIONS:

In a medium bowl, combine seasonings (cayenne pepper through black pepper), 1 clove of garlic and 1/4 tablespoon of lime zest. Add shrimp and toss to coat evenly. Cover and refrigerate for 15 minutes. Preheat grill to MEDIUM. Remove shrimp from refrigerator and bring to room temperature. Prepare salad dressing: In a small bowl, whisk together lime juice, olive oil, jalapeno and remaining garlic and lime zest; set aside. Prepare salad: In a bowl, toss together veggies (baby spinach through radishes); set aside. Lightly oil the grill grate. Thread marinated shrimp onto skewers. Grill over indirect heat for 1 to 2 minutes per side or just until pink and opaque (don't overcook!). Watch carefully to prevent burning! Add shrimp to salad and toss well. Drizzle with dressing and toss again. Enjoy!

NUTRITION per serving: 223 Calories; 9g Fat; 26g Protein; 10g Carbohydrate; 3g Dietary Fiber; 173mg Cholesterol; 678mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 6

LC SERVING SUGGESTION: You really don't need to add anything to this complete meal.

SERVING SUGGESTION: Add garlic bread sticks.

KOSHER: Substitute shrimp with boneless skinless chicken breast meat cut to the approximate size of shrimp and adjust cooking time accordingly.

GLUTEN FREE: No changes necessary.

DO-AHEAD TIP: Marinate chicken for 30 minutes (15 minutes in refrigerator and 15 minutes at room temperature - see recipe).

Oh Oregano! Lemon Garlic Chicken

Day 4 - Serves 2

INGREDIENTS:

2 (6-oz.) boneless skinless chicken breast halves
3 cloves garlic, pressed
1 tablespoon lemon juice
1/2 teaspoon lemon zest

1 1/2 tablespoons dried oregano
1/2 tablespoon olive oil
1/4 teaspoon sea salt
1/8 teaspoon freshly ground black pepper

COOKING INSTRUCTIONS:

Preheat grill to MEDIUM. Place chicken in a zipper-topped plastic bag. In a small bowl, combine remaining ingredients; pour mixture over chicken, seal bag and gently massage marinade into chicken. Refrigerate for 15 minutes then bring to room temperature. Lightly oil the grill grate and cook chicken over indirect heat for 6 to 8 minutes per side or until juices run clear. Watch carefully to prevent burning!

NUTRITION per serving: 237 Calories; 6g Fat; 40g Protein; 4g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 347mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 5

LC SERVING SUGGESTION: Add grilled eggplant and a big salad of mixed baby greens, grape tomatoes, sliced red onion and avocado, tossed with red wine vinaigrette.

SERVING SUGGESTION: Add garlic bread sticks.

KOSHER: No changes necessary.

GLUTEN FREE: No changes necessary.

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Low Carb / Body Clutter Menu-Mailer – Volume 9, Week 28

DO-AHEAD TIP: Marinate pork chops for up to 1 hour (see recipe).

Pork Chops with Balsamic Fig Chutney

Day 5 - Serves 2

INGREDIENTS:

2 (6-oz.) boneless top loin pork chops
1/2 tablespoon olive oil
2 small cloves garlic, pressed
1/2 teaspoon lemon zest
1 tablespoon lemon juice

1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
2 tablespoons chopped figs
1 tablespoon balsamic vinegar
1 tablespoon honey
1 tablespoon minced red onion

COOKING INSTRUCTIONS:

Place pork chops in a zipper-topped plastic bag. In a small bowl, combine next 6 ingredients (olive oil through black pepper). Pour mixture over pork chops then seal bag and gently massage marinade into pork chops). Refrigerate for 30 to 45 minutes then bring to room temperature. Meanwhile, in a small bowl, combine remaining ingredients (figs through red onion). Cover and refrigerate until serving time. Preheat grill to MEDIUM. Remove pork chops from marinade (discarding marinade and bag) and grill over direct heat for 7 to 10 minutes per side or until cooked through. Serve immediately with fig chutney and enjoy!

NUTRITION per serving: 277 Calories; 11g Fat; 31g Protein; 14g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 534mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 7

LC SERVING SUGGESTION: Steamed broccoli spears and a green salad.

SERVING SUGGESTION: Add "baked" sweet potatoes ("bake" in a slow cooker to keep your kitchen cool).

KOSHER: Use boneless skinless chicken thighs in place of pork and adjust cooking time accordingly.

GLUTEN FREE: Make sure vinegar is gluten free.

Slow Cooker Fiesta Beef Salad

Day 6 - Serves 2

INGREDIENTS:

3/4 pound beef flank steak, trimmed and cut into 1-inch strips
1 1/2 cups low sodium beef broth
1/2 cup chopped tomatoes
1 large clove garlic, pressed
1/2 tablespoon chipotle chili powder
1/2 teaspoon ground cumin
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper

1/2 cup chopped onion
1/4 cup chopped carrots
3 tablespoons frozen whole kernel corn
3 cups shredded Romaine lettuce
1/2 cup chopped cucumber
2 tablespoons sliced red onion
2 tablespoons sliced green bell pepper
1/2 tablespoon jalapeno, de-seeded and diced
1 tablespoon lime juice
Salsa, optional

COOKING INSTRUCTIONS:

In a slow cooker, combine first 11 ingredients (beef strips through corn). Stir well to combine. Cover and cook on LOW for 3 to 4 hours or until steak strips are fork-tender and veggies are done. In a bowl, toss together next 5 ingredients (lettuce through jalapeno). Arrange mixture evenly on dinner plates. Using a slotted spoon, top salads with slow cooker mixture then drizzle with lime juice and your favorite salsa, if desired. Serve immediately and enjoy!

NUTRITION per serving: 383 Calories; 14g Fat; 47g Protein; 19g Carbohydrate; 5g Dietary Fiber; 85mg Cholesterol; 679mg Sodium. **Exchanges:** 1/2 Grain(Starch); 6 Lean Meat; 3 Vegetable; 0 Fruit; 0 Fat. **Points:** 10

LC SERVING SUGGESTION: A relish tray of grape tomatoes, celery and jicama sticks and whole black olives.

SERVING SUGGESTION: Serve warm, buttered corn tortillas on the side.

KOSHER: Make sure beef is kosher.

GLUTEN FREE: Make sure broth and salsa (if using) are gluten free.

Daytime Menu-Mailer – Daytime Suggestions

Breakfast stuff— Pick one each day:

- 1 slice toasted gluten free bread topped with 1 tablespoon natural peanut butter. Enjoy with 1 banana and 1 cup skim milk
- 1 cup unsweetened mini shredded wheat cereal, 1 tablespoon sunflower seeds, 1 tablespoon raisins, 1 banana and 1 cup skim milk
- 1 whole wheat bagel topped with 2 ounces sliced turkey breast, 1 ounce low fat Cheddar cheese and served with 3/4 cup skim milk

Lunch —Pick one each day:

- 4 ounces broiled salmon with 1 cup steamed broccoli, both drizzled with lemon juice and served over 1/2 cup cooked brown rice
- 2 slices whole grain bread filled with 3 ounces sliced deli turkey breast, 1/4 sliced avocado, 1 teaspoon mustard, sliced tomato, sliced red onion and lettuce; served with 1 orange
- Combine 1 cup mixed salad greens with 1 cup sliced cucumber, 1 cup red bell pepper strips, 1/4 cup cooked garbanzo beans, 2 tablespoons grated Parmesan cheese, 1/2 cup plain croutons and 1 tablespoon reduced calorie salad dressing. Add 1 cup of grapes

Snack—Pick one in the morning and one in the afternoon:

- 1 cup cucumber slices with 2 tablespoons hummus
- 1 hard-boiled egg, 1 ounce lean gluten free deli ham and 1 orange
- 1/2 cup grape tomatoes and 1/2 cup raw broccoli florets with 1 tablespoon of low fat, gluten free blue cheese dressing
- 1 cup low fat vanilla yogurt mixed with 2 tablespoons unsweetened applesauce and 2 teaspoons granola
- 1/2 whole wheat bagel topped with 1 tablespoon low fat cream cheese, served with 3/4 cup tomato juice on the side
- 1/2 whole wheat pita filled with 1/4 cup hummus, 2 tomato slices and 3 tablespoons alfalfa sprouts

Soup—See recipe

- You may have one cup with a salad or sandwich from above.

Dinner – Pick One:

- Follow the dinner recipes (recipes included in your menu). Remember: you can use leftovers for lunch.

Leftovers—

Use up those dinner leftovers

- Skip all of the above lunches and go for the easiest choice! Leftovers from your menu.

Chunky Tomato Soup

Serves 6

INGREDIENTS:

1 tablespoon unsalted butter
3/4 cup chopped onion
2 cups peeled, cubed russet potatoes
3/4 cup chopped celery
3/4 cup chopped carrot
1 clove garlic, minced

COOKING INSTRUCTIONS:

Melt the butter in a large saucepan over medium heat; add onion and cook until tender. Add potatoes, celery, carrot, garlic and Italian seasoning. In a small bowl or cup, combine cornstarch and milk; gradually add to saucepan. Bring mixture to a boil then reduce heat; cook and stir until slightly thickened. Add tomatoes, broth and tomato paste; return to a boil then reduce heat and simmer for 20 minutes. Season with salt and pepper then serve.

NUTRITION per serving: 116 Calories; 3g Fat; 4g Protein; 18g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 243mg Sodium. **Exchanges:** 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat. **Points:** 3

GLUTEN FREE: Make sure chicken broth, canned tomatoes, tomato paste, and Italian seasoning are gluten free. Use arrowroot starch instead of cornstarch.

1 1/2 teaspoons Italian seasoning
1 1/2 teaspoons cornstarch
1 cup milk
7.25 ounces canned diced tomatoes
1/2 cup plus 2 tablespoons low sodium chicken broth
1 tablespoon tomato paste
Sea salt and freshly ground black pepper, to taste



Daytime Menu-Mailer – Nutritional Information

Breakfast

1. Per Serving: 366 Calories; 10g Fat; 16g Protein; 55g Carbohydrate; 6g Dietary Fiber; 4mg Cholesterol; 335mg Sodium.
Exchanges: 1 Grain (Starch); 2 Fruit; 1 Non-Fat Milk. **Points:** 7 ****GF Option**
2. Per Serving: 380 Calories; 6g Fat; 15g Protein; 72g Carbohydrate; 7g Dietary Fiber; 4mg Cholesterol; 132mg Sodium.
Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 2 Fruit; 1 Non-Fat Milk; 1 Fat. **Points:** 10
3. Per Serving: 403 Calories; 4g Fat; 35g Protein; 57g Carbohydrate; 3g Dietary Fiber; 33mg Cholesterol; 1531mg Sodium.
Exchanges: 3 Grain(Starch); 3 Lean Meat; 1/2 Non-Fat Milk. **Points:** 10

Lunch

1. Per Serving: 261 Calories; 5g Fat; 27g Protein; 27g Carbohydrate; 4g Dietary Fiber; 59mg Cholesterol; 96mg Sodium.
Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit. **Points:** 6 ****GF Option**
2. Per Serving: 402 Calories; 13g Fat; 29g Protein; 46g Carbohydrate; 8g Dietary Fiber; 35mg Cholesterol; 1734mg Sodium.
Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates. **Points:** 10
3. Per Serving: 318 Calories; 7g Fat; 13g Protein; 55g Carbohydrate; 8g Dietary Fiber; 9mg Cholesterol; 433mg Sodium.
Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 1 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 8

Snack

1. Per Serving: 83 Calories; 3g Fat; 4g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 123mg Sodium.
Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 2 ****GF Option**
2. Per Serving: 161 Calories; 5g Fat; 13g Protein; 16g Carbohydrate; 3g Dietary Fiber; 227mg Cholesterol; 455mg Sodium.
Exchanges: 1 1/2 Lean Meat; 1 Fruit; 1/2 Fat. **Points:** 4 ****GF Option**
3. Per Serving: 41 Calories; 1g Fat; 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 196mg Sodium.
Exchanges: 1 Vegetable; 25 1/2 Fat; 1 Other Carbohydrates. **Points:** 1 ****GF Option**
4. Per Serving: 267 Calories; 4g Fat; 12g Protein; 47g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 152mg Sodium.
Exchanges: 0 Grain (Starch); 1 Fruit; 1/2 Fat; 2 Other Carbohydrates. **Points:** 7
5. Per Serving: 177 Calories; 3g Fat; 8g Protein; 32g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 985mg Sodium.
Exchanges: 1 1/2 Grain (Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 5
6. Per Serving: 199 Calories; 7g Fat; 9g Protein; 29g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 411mg Sodium.
Exchanges: 1 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 5

Daytime Menu-Mailer Shopping List – One Serving



Come and Get It!

Volume 6, Week 28 – Daytime Ingredients Only

SHOPPING LIST:

MEAT/POULTRY/SEAFOOD

Salmon (or buy frozen) [L1]

DELI

Turkey breast, sliced [B3,L2]

Lean, gluten free ham, sliced [S2]

Hummus [S1,S6]

CONDIMENTS

Reduced calorie salad dressing [L3]

Low fat, gluten free blue cheese dressing [S3]

Mustard [L2]

Peanut butter, natural [B1]

CANNED GOODS

Low sodium chicken broth [X]

Diced tomatoes [X]

Tomato paste [X]

Garbanzo beans (or use homemade) [L3]

Tomato juice [S5]

Applesauce, unsweetened [S4]

SPICES

Italian seasoning [X]

DRY GOODS

Cornstarch [X]

Mini shredded wheat cereal, unsweetened [B2]

Granola [S4]

Sunflower seeds [B2]

Raisins [B2]

Brown rice [L1]

Garbanzo beans (if not using canned) [L3]

BAKERY

Gluten free bread [B1]

Whole grain bread [L2]

Whole wheat bagels [B3,S5]

Croutons, plain [L3]

Whole wheat pita bread [S6]

PRODUCE

Onion [X]

Red onion [L2]

Garlic [X]

Russet potatoes [X]

Celery [X]

Carrots [X]

Cucumber [L3,S1]

Red bell pepper [L3]

Tomatoes [L2,S6]

Grape tomatoes [S3]

Avocado [L2]

Alfalfa sprouts [S6]

Broccoli [L1,S3]

Mixed salad greens [L3]

Lettuce (not Iceberg, no nutrition) [L2]

Lemons (juice) [L1]

Oranges [L2,S2]

Bananas [B1,B2]

Grapes [L3]

DAIRY/DAIRY CASE

Butter, unsalted [X]

Eggs [S2]

Milk [X]

Skim milk [B1,B2,B3]

Low fat vanilla yogurt [S4]

Low fat cream cheese [S5]

Low fat Cheddar cheese [B3]

Parmesan cheese [L3]

FREEZER

Salmon (if not using fresh) [L1]

GLUTEN FREE

Chicken broth [X]

Canned tomatoes [X]

Tomato paste [X]

Italian seasoning [X]

Arrowroot starch [X]

SHOPPING LIST LEGEND

L = Lunch

X = Soup recipe

B = Breakfast

S = Snack



Daytime Menu-Mailer – Daytime Suggestions

Breakfast stuff— Pick one each day:

- 1 slice toasted gluten free bread topped with 1 tablespoon natural peanut butter. Enjoy with 1 banana and 1 cup skim milk
- 1 cup unsweetened mini shredded wheat cereal, 1 tablespoon sunflower seeds, 1 tablespoon raisins, 1 banana and 1 cup skim milk
- 1 whole wheat bagel topped with 2 ounces sliced turkey breast, 1 ounce low fat Cheddar cheese and served with 3/4 cup skim milk

Lunch —Pick one each day:

- 4 ounces broiled salmon with 1 cup steamed broccoli, both drizzled with lemon juice and served over 1/2 cup cooked brown rice
- 2 slices whole grain bread filled with 3 ounces sliced deli turkey breast, 1/4 sliced avocado, 1 teaspoon mustard, sliced tomato, sliced red onion and lettuce; served with 1 orange
- Combine 1 cup mixed salad greens with 1 cup sliced cucumber, 1 cup red bell pepper strips, 1/4 cup cooked garbanzo beans, 2 tablespoons grated Parmesan cheese, 1/2 cup plain croutons and 1 tablespoon reduced calorie salad dressing. Add 1 cup of grapes

Snack—Pick one in the morning and one in the afternoon:

- 1 cup cucumber slices with 2 tablespoons hummus
- 1 hard-boiled egg, 1 ounce lean gluten free deli ham and 1 orange
- 1/2 cup grape tomatoes and 1/2 cup raw broccoli florets with 1 tablespoon of low fat, gluten free blue cheese dressing
- 1 cup low fat vanilla yogurt mixed with 2 tablespoons unsweetened applesauce and 2 teaspoons granola
- 1/2 whole wheat bagel topped with 1 tablespoon low fat cream cheese, served with 3/4 cup tomato juice on the side
- 1/2 whole wheat pita filled with 1/4 cup hummus, 2 tomato slices and 3 tablespoons alfalfa sprouts

Soup—See recipe

- You may have one cup with a salad or sandwich from above.

Dinner – Pick One:

- Follow the dinner recipes (recipes included in your menu). Remember: you can use leftovers for lunch.

Leftovers—

Use up those dinner leftovers

- Skip all of the above lunches and go for the easiest choice! Leftovers from your menu.

Chunky Tomato Soup

Serves 6

INGREDIENTS:

1 tablespoon unsalted butter
3/4 cup chopped onion
2 cups peeled, cubed russet potatoes
3/4 cup chopped celery
3/4 cup chopped carrot
1 clove garlic, minced

COOKING INSTRUCTIONS:

Melt the butter in a large saucepan over medium heat; add onion and cook until tender. Add potatoes, celery, carrot, garlic and Italian seasoning. In a small bowl or cup, combine cornstarch and milk; gradually add to saucepan. Bring mixture to a boil then reduce heat; cook and stir until slightly thickened. Add tomatoes, broth and tomato paste; return to a boil then reduce heat and simmer for 20 minutes. Season with salt and pepper then serve.

NUTRITION per serving: 116 Calories; 3g Fat; 4g Protein; 18g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 243mg Sodium. **Exchanges:** 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat. **Points:** 3

GLUTEN FREE: Make sure chicken broth, canned tomatoes, tomato paste, and Italian seasoning are gluten free. Use arrowroot starch instead of cornstarch.

1 1/2 teaspoons Italian seasoning
1 1/2 teaspoons cornstarch
1 cup milk
7.25 ounces canned diced tomatoes
1/2 cup plus 2 tablespoons low sodium chicken broth
1 tablespoon tomato paste
Sea salt and freshly ground black pepper, to taste



Daytime Menu-Mailer – Nutritional Information

Breakfast

1. Per Serving: 366 Calories; 10g Fat; 16g Protein; 55g Carbohydrate; 6g Dietary Fiber; 4mg Cholesterol; 335mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Fruit; 1 Non-Fat Milk. **Points:** 7 ****GF Option**
2. Per Serving: 380 Calories; 6g Fat; 15g Protein; 72g Carbohydrate; 7g Dietary Fiber; 4mg Cholesterol; 132mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 0 Lean Meat; 2 Fruit; 1 Non-Fat Milk; 1 Fat. **Points:** 10
3. Per Serving: 403 Calories; 4g Fat; 35g Protein; 57g Carbohydrate; 3g Dietary Fiber; 33mg Cholesterol; 1531mg Sodium. **Exchanges:** 3 Grain(Starch); 3 Lean Meat; 1/2 Non-Fat Milk. **Points:** 10

Lunch

1. Per Serving: 261 Calories; 5g Fat; 27g Protein; 27g Carbohydrate; 4g Dietary Fiber; 59mg Cholesterol; 96mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit. **Points:** 6 ****GF Option**
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