

# Budget-Friendly Meal Plan

You can use this meal plan as a starting point for building your own custom meal plan on Diabetes Food Hub. Create your free account online, save recipes, and drag-and-drop them into the interactive meal planner.

## Sunday

### Breakfast



Budget-Friendly Summer Vegetable Frittata



Banana

### Lunch



Three-Minute Skillet Beans & Greens



Apple and Peanut Butter

### Dinner



Skillet Caraway Cornbread



Roasted Baby Carrots



Budget-Friendly Chicken Sausage and Cabbage Skillet

### Other

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	235	570	375	0	1180
<b>Total carbs</b>	36g	69g	46g	0g	151g
<b>Total fat</b>	6g	28g	15g	0g	49g
<b>Protein</b>	12g	23g	17g	0g	52g

# Monday

## Breakfast



Budget-Friendly Egg, Ham and Spinach Sandwich

## Lunch



Budget-Friendly Chicken Sausage and Cabbage Skillet



Skillet Caraway Cornbread



Roasted Baby Carrots

## Dinner



Budget-Friendly Hearty Cabbage Soup



Rustic Red Potatoes and Green Beans

## Other



Peanut Butter Banana Oat Bites

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	234	375	355	150	1114
<b>Total carbs</b>	24g	46g	46g	16g	132g
<b>Total fat</b>	10g	15g	10g	8g	43g
<b>Protein</b>	16g	17g	23g	6g	62g

# Tuesday

## Breakfast



Hard Boiled Egg



Apple and Peanut Butter

## Lunch



Rustic Red Potatoes and Green Beans

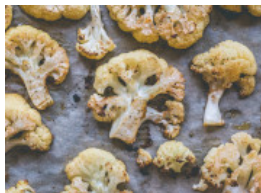


Budget-Friendly Hearty Cabbage Soup

## Dinner



Budget-Friendly Slow-Cooker Chicken & Sweet Potatoes



Roasted Cauliflower

## Other



Power Snack Mix

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	338	355	350	165	1208
<b>Total carbs</b>	28g	46g	39g	17g	130g
<b>Total fat</b>	21g	10g	12g	10g	53g
<b>Protein</b>	13g	23g	24g	4g	64g

# Wednesday

## Breakfast



Budget-Friendly Egg, Ham and Spinach Sandwich

## Lunch



Budget-Friendly Slow-Cooker Chicken & Sweet Potatoes



Veggie Dip Cups

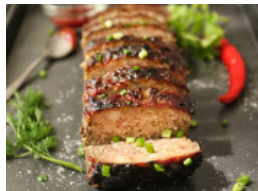
## Dinner



Crispy Baked Broccoli



Mashed Red Potatoes



Budget-Friendly Herb Garlic Meatloaf

## Other



Power Snack Mix

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	234	365	350	165	1114
<b>Total carbs</b>	24g	42g	34g	17g	117g
<b>Total fat</b>	10g	11g	12g	10g	43g
<b>Protein</b>	16g	26g	26g	4g	72g

# Thursday

## Breakfast



Hard Boiled Egg

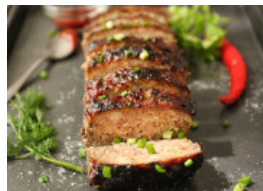


Apple and Peanut Butter

## Lunch



Simple Summer Cucumber and Tomato Salad

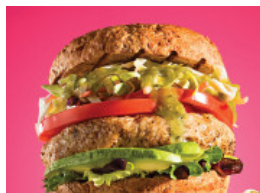


Budget-Friendly Herb Garlic Meatloaf

## Dinner



"Sweet" Potato Fries



Baja Turkey Burgers

## Other

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	338	260	530	0	1128
<b>Total carbs</b>	28g	13g	65g	0g	106g
<b>Total fat</b>	21g	13g	18g	0g	52g
<b>Protein</b>	13g	22g	27g	0g	62g

# Friday

## Breakfast



Budget-Friendly Egg, Ham and Spinach Sandwich

## Lunch



Veggie Dip Cups



Easy Chicken Salad Toast

## Dinner



Seasonal Baked Whitefish Pouch



Simple Brown Rice with Scallions

## Other



Just Peachy Bowls



Peanut Butter Banana Oat Bites

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	234	410	350	165	1159
<b>Total carbs</b>	24g	33g	31g	21g	109g
<b>Total fat</b>	10g	17g	14g	6g	47g
<b>Protein</b>	16g	33g	28g	10g	87g

# Saturday Aug 01

## Breakfast



Banana



Budget-Friendly Summer Vegetable Frittata

## Lunch



Nicoise-Inspired Salad



Apple and Peanut Butter

## Dinner



Turkey Tacos



Kale Apple Slaw

## Other



Just Peachy Bowls

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	235	460	360	90	1145
<b>Total carbs</b>	36g	34g	32g	13g	115g
<b>Total fat</b>	6g	29g	16g	2g	53g
<b>Protein</b>	12g	21g	24g	7g	64g

# Baja Turkey Burgers



Salsa verde gives the ground turkey patties a juicy flavor boost. We pile on crunchy coleslaw and creamy avocado, but you can add the traditional fixings, too (lettuce, onion, tomato). Whole wheat english muffins are the preferred "bun" of choice, but a regular whole wheat bun works, too. Or if you're looking for a low carb meal, skip the bun entirely



**Prep time**  
10 min



**Cook time**  
10 min



**Servings**  
4 Servings



**Serving size**  
1 burger

## Nutrition Facts

4 Servings

**Serving Size** 1 burger

**Calories** **370**

**Total Fat** 13g

Saturated Fat 2.5g

**Cholesterol** 65mg

**Sodium** 420mg

**Total Carbohydrate** 37g

Dietary Fiber 10g

Total Sugars 2g

Added Sugars 0g

**Protein** 25g

**Potassium** 680mg

**Phosphorus** 330mg

## Ingredients

lean ground turkey	12 oz
salsa verde (divided use)	1/2 cup
sprouted whole wheat buns or whole wheat english muffins	4
avocado (peeled and thinly sliced)	1
salt	1/8 tsp
packaged coleslaw mix	2 cup

## Directions

- 1 Preheat a grill to medium high.
- 2 In a large bowl, gently mix the turkey and ¼ cup of the salsa until just combined. Form the mixture by hand into four patties, about 4 inches in diameter.
- 3 Grill the burgers until well done (an internal temperature of at least 165° F), about 5 minutes per side. If desired, lightly grill the buns, too.
- 4 Onto the bottom portion of each bun, arrange ¼ of the avocado slices and sprinkle with the salt. Top each with a turkey burger patty, ½ cup of the coleslaw mix, and 1 Tbsp of the remaining salsa. If desired, add a slice of tomato and a lettuce leaf to each. Cover the burgers with a bun top and serve.



# Nicoise-Inspired Salad



You can sub ingredients for what you have on hand—use any kind of salad green instead of arugula; any kind of olive will work, or sub something like capers or feta cheese for the same savory, briny flavor; instead of tomatoes you could use bell peppers, cucumber, sugar snap peas, or any other fresh vegetables. If you don't have bottled dressing, you can make a simple vinaigrette with lemon juice, olive oil, and black pepper.



**Prep time**  
8 min



**Cook time**



**Servings**  
4 Servings



**Serving size**  
2 cups

## Nutrition Facts

4 Servings

**Serving Size** 2 cups

**Amount per serving**

**Calories** **200**

**Total Fat** 13g

Saturated Fat 2.5g

**Cholesterol** 190mg

**Sodium** 320mg

**Total Carbohydrate** 7g

Dietary Fiber 2g

Total Sugars 4g

Added Sugars 0g

**Protein** 14g

**Potassium** 490mg

**Phosphorus** 220mg

## Ingredients

<b>arugula or other salad greens</b>	1 (5-oz) package
<b>light Italian salad dressing (divided)</b>	1/3 cup
<b>hard-boiled eggs (peeled and quartered lengthwise)</b>	4
<b>canned, sliced black olives (or any other olive) (drained)</b>	1/4 cup
<b>tuna packed in water (drained and flaked with a fork)</b>	1 (5-oz) can
<b>grape tomatoes</b>	2 cup

## Directions

- 1 In a large bowl, add the lettuce and 3 Tbsp of the vinaigrette and toss well to combine. Arrange on a platter or individual plates.
- 2 Top the salad with the eggs, olives, tuna, and tomatoes. Drizzle with the remaining vinaigrette and serve.

# Simple Summer Cucumber and Tomato Salad



Don't let this simple salad fool you - it may be simple but it's also incredibly refreshing and delicious. It makes the perfect side at a summer barbecue!



**Prep time**  
15 min



**Cook time**



**Servings**  
4 Servings



**Serving size**  
1 cup

## Nutrition Facts

4 Servings

**Serving Size** 1 cup

**Amount per serving**

**Calories** **70**

**Total Fat** 5g

Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 5mg

**Total Carbohydrate** 4g

Dietary Fiber 1g

Total Sugars 3g

**Protein** 1g

**Potassium** 280mg

## Ingredients

<b>black pepper</b>	1/8 tsp
<b>red wine vinegar</b>	2 tbsp
<b>cherry tomatoes (cut in half)</b>	10 1/2 oz
<b>large cucumber (peeled and cut in half)</b>	1
<b>olive oil</b>	1 1/2 tbsp
<b>pinch salt (optional)</b>	1

## Directions

- 1 Cut each cucumber half in half and slice into large chunks. Place the cucumber in a salad bowl with the cherry tomatoes.
- 2 In a small bowl, whisk together the dressing ingredients. Pour the dressing over the cucumbers and tomatoes and serve.

# "Sweet" Potato Fries



  
**Prep time**  
15 min

  
**Cook time**  
35 min

  
**Servings**  
6 Servings

  
**Serving size**  
10-12 Fries

## Nutrition Facts

6 Servings

**Serving Size** 10-12 Fries

**Amount per serving**

**Calories** **160**

**Total Fat** 4.5g

Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 35mg

**Total Carbohydrate** 28g

Dietary Fiber 3g

**Protein** 2g

## Ingredients

nonstick cooking spray	1
large sweet potatoes (about 2 pounds total, peeled and cut into 1/2-inch wedges )	2
olive oil	2 tbsp
ground cinnamon	1 tsp
Splenda® Brown Sugar Blend	1/4 cup

## Directions

- 1 Preheat oven to 400 degrees F. Spray a baking sheet with cooking spray.
- 2 Place potatoes in a bowl and add oil; toss to coat. Add remaining ingredients and mix well.
- 3 Place potatoes on a baking sheet and bake for 35 minutes or until potatoes are soft.

# Chicken Sausage and Cabbage Skillet



  
**Prep time**  
10 min

  
**Cook time**

  
**Servings**  
4 Servings

  
**Serving size**  
1-1/2 cups

## Nutrition Facts

4 servings

**Serving Size** 1 1/2 cups

**Amount per serving**

**Calories** **205**

**Total Fat** 7g

Saturated Fat 1.5g

**Cholesterol** 50mg

**Sodium** 380mg

**Total Carbohydrate** 24g

Dietary Fiber 4g

Total Sugars 17g

**Protein** 13g

**Potassium** 440mg

## Ingredients

olive oil	1 tsp
nonstick cooking spray	1
fully cooked roasted garlic chicken sausage (links (about 3 ounces each), sliced)	3
small granny smith apples (peeled and grated (use large hole on grater))	2
onion(s) (diced)	1
cabbage (1/2 small head, shredded)	6 cup
honey	1 tbsp
white wine	1/4 cup
white wine vinegar	1 tbsp
salt (optional)	1 tsp
black pepper	1/2 tsp

## Directions

- 1 Add oil and a generous amount of cooking spray to a large sauté pan over medium-high heat.
- 2 Sauté sausage until beginning to brown. Remove from pan and set aside.
- 3 Add apples, onion and cabbage to the pan and sauté for 8-10 minutes or until cabbage is soft and beginning to lightly brown.
- 4 Add sausage back to the pan and remaining ingredients. Sauté until liquid reduced.

# Egg, Ham and Spinach Sandwich



Need a quick, delicious and inexpensive meal for breakfast or dinner? Here is your answer. Eggs are a cheap, high-quality protein source and are fine to eat in moderation.



**Prep time**  
15 min



**Cook time**



**Servings**  
4 Servings



**Serving size**  
1 sandwich

## Nutrition Facts

4 Servings

**Serving Size** 1 sandwich

**Amount per serving**

**Calories** **234**

**Total Fat** 10g

Saturated Fat 2.5g

**Cholesterol** 195mg

**Sodium** 430mg

**Total Carbohydrate** 24g

Dietary Fiber 6g

Total Sugars 3g

**Protein** 16g

**Potassium** 540mg

## Ingredients

nonstick cooking spray	1
deli-style smoked ham ((2 ounces total))	4 slice
olive oil	1 tbsp
baby spinach	4 cup
garlic powder	1/4 tsp
fresh ground black pepper	1/4 tsp
eggs	4
Parmesan cheese (freshly grated)	4 tsp
whole wheat sandwich thins (1-1/2 oz each, toasted)	4

## Directions

- 1 Spray a nonstick oven-proof skillet with cooking spray and heat over medium heat. Add ham slices and cook for 1 minute per side. Remove from pan and set aside.
- 2 Add olive oil to pan and add spinach to pan, sprinkle with garlic powder and pepper. Sauté until spinach is wilted; remove from pan and set aside.
- 3 Crack the eggs into pan; break yolk with spatula to make it run. Cook until egg starts to firm about 30-60 seconds and flip egg. Sprinkle each egg with 1 Tsp. Parmesan cheese. Cook until done and top each egg with 1 ham slice and spoonful of cooked spinach. Place each egg (topped with ham and spinach) on whole-wheat sandwich thin and top with other slice of sandwich thin.

# Budget-Friendly Hearty Cabbage Soup



This veggie-loaded, high-fiber soup is more satisfying than traditional cabbage soup because of the addition of beans and turkey sausage. It also freezes well, so freeze half and use it during a busy week when you don't have much time to cook.



**Prep time**  
20 min



**Cook time**



**Servings**  
9 Servings



**Serving size**  
1 cup

## Nutrition Facts

9 Servings

**Serving Size** 1 cup

**Amount per serving**

**Calories** **120**

**Total Fat** 2.5g

Saturated Fat 1g

**Cholesterol** 20mg

**Sodium** 360mg

**Total Carbohydrate** 15g

Dietary Fiber 5g

Total Sugars 5g

**Protein** 10g

**Potassium** 550mg

## Ingredients

nonstick cooking spray	1
carrot(s) (diced)	2
celery stalks (diced)	2
onion(s) (diced)	1
cabbage (roughly chopped)	1/2
lean turkey breakfast sausage (crumbled)	1/2 lbs
low sodium chicken broth (fat-free, low-sodium)	40 oz
tomato(es) (14.5-ounce, diced)	1 can
Great Northern beans (15.5-ounce, rinsed and drained)	1 can
black pepper	1/4 tsp
dried oregano (dried)	1/2 tsp

## Directions

- 1 Spray a large soup pot with cooking spray. Add celery, onion and carrots and sauté over medium-high heat for 3 minutes or onions until clear. Remove from pan and set aside.
- 2 Add turkey sausage and cook until brown, about 6-7 minutes. Add celery, onions and carrots back to pan and mix.
- 3 Add remaining ingredients and bring to a boil. Reduce heat and simmer for 30 minutes.

# Budget-Friendly Herb Garlic Meatloaf



This savory budget-friendly meat loaf is just as good as classic meatloaf. Our diabetes-friendly version is made with lean ground turkey and is seasoned with fresh herbs and garlic.



**Prep time**  
10 min



**Cook time**



**Servings**  
6 Servings



**Serving size**  
1 piece

## Nutrition Facts

6 Servings

**Serving Size** 1 piece

**Amount per serving**

**Calories** **190**

**Total Fat** 8g

Saturated Fat 2g

**Cholesterol** 75mg

**Sodium** 330mg

**Total Carbohydrate** 9g

Dietary Fiber 1g

Total Sugars 6g

**Protein** 21g

**Potassium** 330mg

## Ingredients

nonstick cooking spray	1
whole wheat bread	1 slice
egg substitute	1/4 cup
lean ground turkey ((93% lean))	20 oz
garlic (minced)	2 clove
fresh oregano (chopped)	1 tbsp
fresh basil (chopped)	1 tbsp
ketchup (divided)	1/2 cup
salt ((optional))	1/2 tsp
black pepper	1/2 tsp
balsamic vinegar	2 tbsp
hot sauce (optional)	1 tbsp

# Directions

- 1** Pre heat oven to 375 degrees F. Coat a loaf pan with cooking spray. Set aside.
- 2** In a medium bowl, break up the piece of whole wheat bread into pea-sized pieces. Add egg and mix well.
- 3** Add turkey, garlic, oregano, basil, 1/4 cup ketchup, salt (optional) and ground black pepper. Mix well.
- 4** Press the turkey mixture into the loaf pan tightly. Put in oven to bake for 20 minutes.
- 5** While meatloaf is baking, whisk together remaining 1/4 cup of ketchup, balsamic vinegar and hot sauce (optional).
- 6** After the meatloaf has baked for 20 minutes, pour the ketchup and balsamic glaze over the meatloaf. Return to the oven to bake for an additional 15 minutes or until the internal temperature of the meatloaf is 165 degrees F.
- 7** Let the meatloaf rest for 10 minutes before slicing.



# Slow-Cooker Chicken & Sweet Potatoes



**Prep time**  
20 min



**Cook time**



**Servings**  
4 Servings



**Serving size**  
1 chicken thigh + 2-3 sweet potato rounds (about ½ sweet potato)

## Nutrition Facts

4 Servings

**Serving Size** 1 chicken thigh + 2-3 sweet potato rounds (about ½ sweet potato)

**Amount per serving**

**Calories** **275**

**Total Fat** 7g

Saturated Fat 2g

**Cholesterol** 105mg

**Sodium** 310mg

**Total Carbohydrate** 32g

Dietary Fiber 3g

Total Sugars 12g

**Protein** 21g

**Potassium** 590mg

## Ingredients

chicken thighs (4-ounce, boneless, skinless)	4
onion(s) (chopped)	1
large sweet potatoes ((about 1 pound total), peeled and sliced into large rounds)	2
low sodium chicken broth (low-sodium, low-fat, (gluten-free if needed))	1 1/2 cup
Splenda Brown Sugar blend	3 tbsp
dried thyme (dried)	1/4 tsp
Dijon mustard	2 tbsp
bay leaves	1

## Directions

- 1 Place chicken in a slow cooker. Top chicken with onions and sweet potatoes.
- 2 Add remaining ingredients and cook on low for 5-7 hours or until chicken is done.
- 3 Remove bay leaf and serve.

# Budget-Friendly Summer Vegetable Frittata



## Nutrition Facts

4 Servings

Serving Size 2 slices

Amount per serving

**Calories** 130

**Total Fat** 6g

Saturated Fat 1.5g

**Cholesterol** 95mg

**Sodium** 135mg

**Total Carbohydrate** 9g

Dietary Fiber 2g

Total Sugars 2g

**Protein** 11g

**Potassium** 550mg

This frittata is a great way to get more veggies into your day and can be enjoyed for brunch or dinner. By using a combination of egg whites and whole eggs, you cut back on some of the saturated fat and cholesterol.



**Prep time**  
20 min



**Cook time**



**Servings**  
4 Servings



**Serving size**  
2 slices

## Ingredients

olive oil	1 tbsp
white (button) mushrooms (diced)	8 oz
medium red bell pepper (seeded and diced)	1
small onion (diced)	1
spinach	3 cup
eggs	2
egg whites	5
skim milk	1/4 cup
salt (optional)	1/2 tsp
black pepper	1/2 tsp
cayenne pepper	1/4 tsp
fresh basil (chopped)	1 tbsp

# Directions

- 1** Preheat the oven to 350 degrees F.
- 2** Add olive oil to an oven safe, non-stick, sauté pan over medium high heat.
- 3** Add mushrooms and sauté until all of the liquid from the mushrooms is evaporated.
- 4** Add bell pepper, onion and spinach and sauté until vegetables are softened and liquid is evaporated.
- 5** Whisk eggs, egg whites, milk, salt (optional), pepper, cayenne pepper and basil in a medium bowl. Pour over vegetables and stir until eggs start to set.
- 6** Smooth the top of the frittata with a spatula, and put in oven to bake for 20 minutes or until eggs are set.
- 7** Slide the frittata out of the pan onto a plate and slice into 8 pie slices.

# Crispy Baked Broccoli



**Prep time**  
5 minutes



**Cook time**  
45 minutes



**Servings**  
4 Servings



**Serving size**  
1/4 of recipe

## Nutrition Facts

4 Servings

**Serving Size** 1/4 of recipe

**Amount per serving**

**Calories** **60**

**Total Fat** 2g

Saturated Fat 0g

**Cholesterol** 0mg

**Sodium** 95mg

**Total Carbohydrate** 6g

Dietary Fiber 3g

Total Sugars 3g

**Protein** 2g

**Potassium** 290mg

## Ingredients

Nonstick cooking spray	1
frozen broccoli florets (16-ounce)	1 package
garlic powder	1 tsp
onion powder	1/2 tsp
soy sauce (reduced-sodium)	1 tbsp
olive oil	1 tbsp

## Directions

- 1 Preheat the oven to 375 degrees F. Prep a cookie sheet with nonstick cooking spray.
- 2 Defrost the broccoli and drain.
- 3 Combine the remaining ingredients in a gallon-sized Ziploc bag. Add the broccoli florets to the plastic bag and shake until coated.
- 4 Place the florets on the prepared baking sheet with space between them. Discard the leftover marinade.
- 5 Bake for 45 minutes to an hour. The broccoli will be soft inside but crisp at the edges.

# Easy Chicken Salad Toast



This easy chicken salad is a great way to repurpose leftover cooked chicken. You could also use canned chicken or tuna instead. Add some greens like spinach, lettuce or arugula to your open-face sandwich for extra veggies. For a low carb option, serve as a lettuce wrap instead of on toast.



**Prep time**  
10 min



**Cook time**



**Servings**  
4 Servings



**Serving size**  
1 open-face sandwich

## Nutrition Facts

4 Servings

**Serving Size** 1 open-face sandwich

**Amount per serving**

**Calories** **320**

**Total Fat** 13g

Saturated Fat 2g

**Cholesterol** 65mg

**Sodium** 500mg

**Total Carbohydrate** 23g

Dietary Fiber 3g

Total Sugars 5g

Added Sugars 3g

**Protein** 28g

**Potassium** 330mg

**Phosphorus** 290mg

## Ingredients


shredded or cubed cooked chicken	2 cup
light mayonnaise	1/4 cup
plain nonfat Greek yogurt	1/4 cup
minced onion	2 tbsp
salt	1/4 tsp
black pepper	1/4 tsp
dried dill	1 tsp
whole wheat bread (toasted)	4 slices
slivered almonds	1/4 cup

## Directions

- 1 In a bowl, mix together the chicken, lite mayonnaise, Greek yogurt, minced onion, salt, black pepper and dried dill.
- 2 Top one piece of toast with ½ cup of chicken salad mix. Top with 1 Tablespoon toasted slivered almonds.
- 3 Repeat for remaining 3 pieces of toast, or store the chicken salad separate from the nuts in an airtight container in the refrigerator for up to 1 week and assemble the open faced sandwiches as needed.

# Hard Boiled Egg



  
**Prep time**  
2 min

  
**Cook time**  
20 min

  
**Servings**  
6 Servings

  
**Serving size**  
1 egg

## Nutrition Facts

6 Servings

**Serving Size** 1 egg

**Amount per serving**

**Calories** **78**

**Total Fat** 5g

Saturated Fat 1.5g

**Cholesterol** 185mg

**Sodium** 60mg

**Total Carbohydrate** less than 1g

Dietary Fiber 0g

Total Sugars less than 1g

Added Sugars 0g

**Protein** 6g

**Potassium** 65mg

## Ingredients

<b>eggs</b>	6 large
<b>water</b>	4 cup


## Directions

- 1 Lay the eggs in a single layer on the bottom of a large sauce pan and cover with cold water so that there is about an inch of water over the eggs.
- 2 Place the pan on a stovetop burner but before turning on the heat, set a timer for 20 minutes.
- 3 Start the timer then turn the heat to high and bring to a boil. Once boiling, reduce to a gentle simmer and simmer until the timer goes off.
- 4 When the timer goes off, immediately drain the water from the pan then gently shake the eggs in the pan to crack the shells.
- 5 Cover in ice water and let sit in the ice water for 15 minutes.
- 6 Drain the ice water, then gently roll each egg on a paper towel to loosen the shell, and peel the shell off of the egg.
- 7 Store in an airtight container in the refrigerator for up to one week.

# Just Peachy Bowls



Grilling the peaches makes this dessert uniquely sweet and smoky, but if you're looking for an even quicker dessert, you can skip the grill and leave the peaches raw.

  
**Prep time**  
8 min

  
**Cook time**  
3 min

  
**Servings**  
4 Servings

  
**Serving size**  
1 bowl

## Nutrition Facts

Serves 4

**Serving Size** 1 bowl

**Amount per serving**

**Calories** **90**

**Total Fat** 2g

Saturated Fat 0g

**Cholesterol** less than 5mg

**Sodium** 20mg

**Total Carbohydrate** 13g

Dietary Fiber 2g

Total Sugars 10g

**Protein** 7g

**Potassium** 270mg

**Phosphorus** 220mg

## Ingredients

<b>Greek yogurt (fat-free plain)</b>	1 cup
<b>honey</b>	1 tsp
<b>pure vanilla extract</b>	1/4 tsp
<b>large fully ripened peaches (halved, pits and stems removed)</b>	2
<b>nonstick cooking spray</b>	1
<b>natural sliced almonds pan-toasted, or roasted pistachios</b>	2 tbsps
<b>small fresh mint leaves</b>	20

## Directions

- 1 In a small bowl, stir together the yogurt, honey, and vanilla.
- 2 Spritz the cut side of peach halves with cooking spray and place the peaches cut-side-down on a hot grill. Grill until grill marks start to form, and the peaches are heated through, 2-3 minutes.
- 3 Place each peach half onto a small plate, cut-side up. Top each half with the yogurt mixture, almonds, and mint, and serve.

# Kale Apple Slaw



  
**Prep time**  
15 min

  
**Cook time**

  
**Servings**  
4 Servings

  
**Serving size**  
1 1/4 cups

## Nutrition Facts

4 Servings

**Serving Size** 1 1/4 cups

**Amount per serving**

**Calories** **100**

**Total Fat** 4g

Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 210mg

**Total Carbohydrate** 13g

Dietary Fiber 3g

Total Sugars 8g

Added Sugars 0g

**Protein** 5g

**Potassium** 300mg

**Phosphorus** 75mg

## Ingredients

plain nonfat Greek yogurt	1/2 cup
garlic (minced)	1 clove
Dijon mustard	1 tsp
olive oil	1 tbsp
lemon juice	3 tbsp
water	3 tbsp
salt	1/4 tsp
black pepper	1/8 tsp
chopped kale	2 cup
shredded red cabbage	3 cup
Fuji apple (grated with skin)	1

## Directions

- 1 In a large bowl, whisk together the yogurt, garlic, mustard, olive oil, lemon juice, water, salt, and black pepper.
- 2 Add the kale, cabbage, and apple to the bowl and toss to evenly coat. Cover and place in the refrigerator for 30 minutes before serving for the flavors to combine.



# Mashed Red Potatoes



Red potatoes have a waxy texture, and they stay firmer than other potatoes when cooked, giving these simple mashed potatoes a chunky texture. Leave the skin on for a pop of color and more fiber.

 <b>Prep time</b> 15 min	 <b>Cook time</b> 20 min	 <b>Servings</b> 8 Servings	 <b>Serving size</b> 1/2 cup
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<b>Nutrition Facts</b>	
8 Servings	
<b>Serving Size</b>	1/2 cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>Total Fat</b> 1.5g	
Saturated Fat 1g	
<b>Cholesterol</b> less than 5mg	
<b>Sodium</b> 100mg	
<b>Total Carbohydrate</b> 19g	
Dietary Fiber 2g	
Total Sugars 2g	
Added Sugars 0g	
<b>Protein</b> 3g	
<b>Potassium</b> 540mg	
<b>Phosphorus</b> 85mg	

## Ingredients

<b>red potatoes (washed and cut into 1-inch cubes)</b>	2 lbs
<b>1% milk</b>	1/2 cup
<b>unsalted butter</b>	1 tbsp
<b>salt</b>	1/4 tsp
<b>black pepper</b>	1/8 tsp

## Directions

- 1 Pour 1/4 cup of water into a medium pot fitted with a steamer basket and bring to a boil over high heat. Add the red potatoes, cover, and reduce the heat to medium. Cook until the potatoes are tender, 25-30 minutes. Set aside to cool.
- 2 In a small saucepan, heat the milk and butter over medium heat until the butter melts, 2 minutes. Remove the saucepan from the heat and set aside to slightly cool.
- 3 Add the potatoes to a large bowl and, using a potato masher, mash until almost smooth. Add the milk mixture, salt, and black pepper and mix until well combined.

# Peanut Butter Banana Oat Bites



These satisfying high-fiber bites make a great snack or quick breakfast. You can freeze a couple bites in a snack-size plastic bag for a grab and go breakfast too!

  
**Prep time**  
15 min

  
**Cook time**

  
**Servings**  
24 Servings

  
**Serving size**  
2 bites

## Nutrition Facts

24 Servings

**Serving Size** 2 bites

**Amount per serving**

**Calories** **75**

**Total Fat** 4g

Saturated Fat 0.5g

**Cholesterol** 10mg

**Sodium** 130mg

**Total Carbohydrate** 8g

Dietary Fiber 1g

Total Sugars 2g

**Protein** 3g

**Potassium** 90mg

**Phosphorus** 60mg

## Ingredients

eggs	1
ripe banana (mashed)	1
peanut butter (heated in microwave for 30 seconds)	1/2 cup
vanilla extract	1 tsp
Splenda Brown Sugar blend	2 tbsp
old-fashioned rolled oats (not quick cooking) (gluten-free if needed)	2 cup
baking soda	1 tsp
salt	1/2 tsp
ground flax seed	1/4 cup

## Directions

- 1 Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
- 2 In a medium bowl whisk together peanut butter, banana, egg, vanilla and Splenda Brown Sugar blend.
- 3 In a small bowl mix together oats, baking soda and salt. Add milled flaxseed.
- 4 Add oat mixture to peanut butter mixture and mix well.
- 5 Scoop batter into 1 Tbsp. balls and place on baking sheet. Bake for 10-12 minutes. Cool on wire rack.

# Power Snack Mix



Dried fruit is high in carbs so using a little bit, like in this recipe, can be a good way to add a sweet and fruity taste without too many carbs. This snack mix can appeal to both kids and adults!



**Prep time**  
5 min



**Cook time**



**Servings**  
6 Servings



**Serving size**  
1/3 cup

## Nutrition Facts

6 Servings

**Serving Size** 1/3 cup

**Amount per serving**

**Calories** **165**

**Total Fat** 10g

Saturated Fat 1.5g

**Cholesterol** 0mg

**Sodium** 20mg

**Total Carbohydrate** 17g

Dietary Fiber 3g

Total Sugars 9g

**Protein** 4g

**Potassium** 180mg

## Ingredients

<b>multigrain cheerios</b>	1 cup
<b>mini-chocolate chips</b>	3 tbsp
<b>almonds</b>	3/4 cup
<b>dried cherries</b>	1/3 cup

## Directions

- 1 In a medium bowl, mix together all ingredients. Portion into 1/2 cup servings.

# Roasted Baby Carrots



Roasting brings out the natural flavor and sweetness in these carrots. You could substitute tarragon for parsley here if desired.



**Prep time**  
5 min



**Cook time**



**Servings**  
8 Servings



**Serving size**  
1/3 cup

## Nutrition Facts

8 Servings

**Serving Size** 1/3 cup

**Amount per serving**

**Calories** **45**

**Total Fat** 2.5g

Saturated Fat 0g

**Cholesterol** 0mg

**Sodium** 40mg

**Total Carbohydrate** 5g

Dietary Fiber 2g

Total Sugars 3g

**Protein** 1g

**Potassium** 180mg

## Ingredients

nonstick cooking spray	1
baby carrots	1 lbs
olive oil	1 1/2 tbsp
agave nectar (optional)	1 tbsp
parsley (dried)	1/2 tsp

## Directions

- 1 Preheat the oven to 425 degrees F. Spray a baking sheet with cooking spray.
- 2 In a small bowl, mix together the carrots and olive oil. Pour the mixture onto the baking sheet.
- 3 Bake for 15-20 minutes, until the carrots are tender.
- 4 Place the carrots into a bowl and mix with the agave nectar. Sprinkle the carrots with parsley.

# Roasted Cauliflower



Not a big veggie fan? Try roasting your vegetables. Roasting vegetables is one of the easiest and tastiest ways to prepare them.



**Prep time**  
35 min



**Cook time**



**Servings**  
6 Servings



**Serving size**  
1/2 cup

## Nutrition Facts

6 Servings

**Serving Size** 1/2 cup

**Amount per serving**

**Calories** **75**

**Total Fat** 5g

Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 40mg

**Total Carbohydrate** 7g

Dietary Fiber 3g

Total Sugars 3g

**Protein** 3g

**Potassium** 420mg

## Ingredients

nonstick cooking spray	1
large cauliflower head (cut into small florets)	1
olive oil	2 tbsp
black pepper	1/4 tsp
salt (optional)	1/4 tsp

## Directions

- 1 Preheat the oven to 425 degrees F. Spray a baking sheet with cooking spray.
- 2 In a small bowl, mix together the cauliflower, olive oil, black pepper and salt. Pour the mixture onto baking sheet.
- 3 Bake for 15-20 minutes, until the cauliflower tips are slightly brown and tender.

# Rustic Red Potatoes and Green Beans



This mixed veggie dish is an example of how to increase your vegetable intake while controlling your carbohydrate intake. MFill half your plate low-carb veggies such as green beans, broccoli, cauliflower or asparagus.



**Prep time**  
10 min



**Cook time**



**Servings**  
6 Servings



**Serving size**  
1/6 of recipe  
or about 3/4  
cup

## Nutrition Facts

6 Servings

**Serving Size** 1/6 of recipe or about 3/4 cup

**Amount per serving**

**Calories** **115**

**Total Fat** 5g

Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 115mg

**Total Carbohydrate** 16g

Dietary Fiber 3g

Total Sugars 2g

**Protein** 3g

**Potassium** 410mg

## Ingredients

nonstick cooking spray	1
fresh green beans	1 lbs
petite red potatoes (cut into eighths)	6
olive oil (divided)	2 tbsp
garlic salt (divided)	1/2 tsp
black pepper (divided)	1/4 tsp
parsley (dried)	1/4 tsp

## Directions

- 1 Preheat oven to 400 degrees F. Spray a baking sheet with cooking spray.
- 2 In a medium bowl mix together potatoes, 1 Tbsp. olive oil, 1/4 Tsp. garlic salt, 1/8 Tsp. pepper and 1/4 Tsp. parsley.
- 3 Place potatoes on half of baking sheet and bake for 15 minutes.
- 4 In a medium bowl mix together green beans, 1 Tbsp. olive oil, 1/4 Tsp. garlic salt and 1/8 Tsp. pepper.
- 5 After potatoes have baked for 15 minutes; add green beans to other half of baking sheet. Bake potatoes and green beans for additional 20 minutes.
- 6 Place potatoes and green beans in serving bowl and mix together.

# Seasonal Baked Whitefish Pouch



Foil or parchment pouches are an easy way to make perfectly cooked and seasoned fish with vegetables. By sealing the edges of the pouches, you'll seal in all of the moistness. The result—lots of savory sauciness in the pouch after cooking, with no clean up! Serve the steamy fish and vegetables over farro or brown rice, or sop up this flavorful sauce with a whole-grain roll.



**Prep time**  
12 min



**Cook time**  
18 min



**Servings**  
4 Servings



**Serving size**  
1 pouch

## Nutrition Facts

4 Servings

**Serving Size** 1 pouch

**Amount per serving**

**Calories** **210**

**Total Fat** 10g

Saturated Fat 1g

**Cholesterol** 35mg

**Sodium** 350mg

**Total Carbohydrate** 6g

Dietary Fiber 2g

Total Sugars 3g

**Protein** 25g

**Potassium** 860mg

**Phosphorus** 310mg

## Ingredients

<b>bite-size nonstarchy vegetables, such as broccoli, peppers, yellow squash, and zucchini</b>	4 cup
<b>extra virgin olive oil (divided)</b>	6 tsp
<b>sea salt (divided)</b>	1/2 tsp
<b>white fish such as halibut or cod (divided into 4 (4-oz) fillets)</b>	16 oz
<b>shallot (finely chopped, divided)</b>	1 large
<b>lemon juice (divided)</b>	4 tsp
<b>dried herbs, such as rosemary or oregano</b>	1 tsp

## Directions

- 1 Preheat the oven to 425° F. Cut a sheet of parchment paper or aluminum foil into 4 (12-inch) square pieces.
- 2 Top the right half of each square with, in order: 1 cup vegetables, 1½ tsp oil, a dash (about 1/16 tsp) of salt, 1 fish fillet, 1 Tbsp shallot, 1 tsp lemon juice, ¼ tsp herbs, and a dash of salt.
- 3 Fold the left side of each square over the ingredients. Seal the edges well. Place on a baking sheet. Bake for 18 minutes, until the vegetables are tender and the fish is flaky, with an internal temperature of at least 145° F.
- 4 Let the fish stand for about 5 minutes, then carefully open the pouches and serve, in or out of the pouch.

# Simple Brown Rice with Scallions



Boost brown rice with a flavorful blend of soy sauce and rice vinegar, plus scallions (or other herbs) for a pop of color and fresh flavor.



**Prep time**  
5 min



**Cook time**  
40 min



**Servings**  
6 Servings



**Serving size**  
1/2 cup

## Nutrition Facts

6 Servings

**Serving Size** 1/2 cup

**Amount per serving**

**Calories** **140**

**Total Fat** 3.5g

Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 230mg

**Total Carbohydrate** 25g

Dietary Fiber 2g

Total Sugars 2g

Added Sugars 0g

**Protein** 3g

**Potassium** 310mg

**Phosphorus** 140mg

## Ingredients

scallions (thinly sliced)	5
ground ginger	1/4 tsp
low sodium vegetable broth or water	2 cup
brown rice	1 cup
lower sodium soy sauce	2 tbsp
olive oil	1 tbsp
rice vinegar	1 tbsp

## Directions

- 1 In a small bowl, whisk together the soy sauce, olive oil, rice vinegar, and ginger. Drizzle the soy sauce mixture onto the rice and toss to evenly coat. Add the scallions and toss to incorporate.
- 2 In a saucepan over high heat, bring the rice and broth to a boil. Reduce the heat to medium low and simmer until the rice is tender, about 40 minutes. (Alternatively, you can use a rice cooker to cook the rice.) Fluff the rice with a fork and place in a large bowl.



# Skillet Caraway Cornbread



## Nutrition Facts

16 Servings

**Serving Size** 1 wedge

**Amount per serving**

**Calories** **125**

**Total Fat** 5g

Saturated Fat 0.5g

**Cholesterol** 25mg

**Sodium** 170mg

**Total Carbohydrate** 17g

Dietary Fiber 1g

Total Sugars 5g

**Protein** 3g

**Potassium** 75mg

**Phosphorus** 105mg

The bread may also be prepared in an 8-inch square baking pan coated with nonstick cooking spray. You won't need the 2 tsp. vegetable oil.



**Prep time**  
15 min



**Cook time**  
20 min



**Servings**  
16 Servings



**Serving size**  
1 wedge

## Ingredients

caraway seeds	1 tsp
vegetable oil (divided)	2 tsp
cornmeal	1 cup
whole wheat flour	1 cup
baking powder	1 1/2 tsp
baking soda	1/2 tsp
salt	1/2 tsp
eggs	2
low-fat buttermilk	1 cup
honey	1/4 cup

## Directions

- 1 Preheat the oven to 400 degrees. In a small, dry skillet, toast the caraway seeds over medium heat for 2 to 3 minutes, just until lightly browned and fragrant; set aside. When the oven is hot, add 2 tsp. of the vegetable oil to a 9-inch cast-iron skillet. Heat the pan in the oven for 5 minutes.
- 2 Meanwhile, in a large bowl, mix the cornmeal, flour, baking powder, baking soda, salt, and caraway seeds.
- 3 In a separate bowl, beat the eggs with a wire whisk. Add the buttermilk, honey, and 1/4 cup vegetable oil.
- 4 Add the wet ingredients to the dry ingredients and mix until just combined.
- 5 Carefully add the batter to the hot skillet and bake for 20 to 22 minutes, or until the cornbread is cooked through and a cake tester or toothpick inserted in the middle comes out clean. Let the cornbread cool for 5 minutes. Cut into 16 same-sized wedges and serve warm.

# Three-Minute Skillet Beans & Greens



Serve as a quick and easy meal for 2 on a busy night, or split into 4 servings to serve as a hearty side dish. If you don't have fresh spinach, you could use frozen spinach, or sub in another green like kale or collard greens (heartier greens will need to cook for a few minutes longer). To make a saucier dish, reserve the liquid from the canned beans and add some to the pan with the spinach. Add a splash of coconut milk for even more decadence.



**Prep time**  
5 min



**Cook time**  
3 min



**Servings**  
4 Servings



**Serving size**  
3/4 cups

## Nutrition Facts

4 Servings

**Serving Size** 3/4 cups

**Amount per serving**

**Calories** **155**

**Total Fat** 6g

Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 170mg

**Total Carbohydrate** 21g

Dietary Fiber 7g

Total Sugars 4g

Added Sugars 0g

**Protein** 8g

**Potassium** 420mg

**Phosphorus** 140mg

## Ingredients

<b>olive oil</b>	1 tbsp
<b>no-salt-added garbanzo beans (drained)</b>	1 (15-oz) can
<b>curry powder</b>	1 tsp
<b>ground ginger</b>	1/2 tsp
<b>black pepper</b>	1/4 tsp
<b>fresh baby spinach</b>	1 (5-oz) package
<b>salt</b>	1/4 tsp

## Directions

- 1 In a large skillet, heat the oil over medium heat. Add the garbanzo beans, curry powder, ginger, and pepper, and stir to coat. Add the spinach and salt, and cook while gently stirring until the beans are heated through and the spinach is just wilted, about 2 1/2 minutes. Serve.

# Turkey Tacos



**Prep time**  
10 min



**Cook time**  
10 min



**Servings**  
6 Servings



**Serving size**  
1 taco

## Nutrition Facts

6 Servings

**Serving Size** 1 taco

**Amount per serving**

**Calories** **260**

**Total Fat** 12g

Saturated Fat 2.5g

**Cholesterol** 60mg

**Sodium** 80mg

**Total Carbohydrate** 19g

Dietary Fiber 4g

Total Sugars 2g

**Protein** 19g

**Potassium** 460mg

**Phosphorus** 280mg

## Ingredients

olive oil	2 tsp
red onion (diced)	1/2
finely diced jalapeño pepper	2 tbsp
lean ground turkey	16 oz
garlic (minced)	1 clove
ground cumin	1 tbsp
chili powder	1 tbsp
smoked paprika	1/2 tsp
water	2 tbsp
6-inch corn tortillas	6
avocado (diced)	1 large
plain nonfat Greek yogurt	6 tbsp
no-salt-added pico de gallo	6 tbsp

## Directions

- 1** In a large skillet, heat the olive oil over medium-high heat.
- 2** Add the onion and jalapeño to the skillet and cook for 2 minutes. Add the turkey and cook until the meat is browned and the vegetables are cooked through, about 5 to 7 minutes. Add the garlic and cumin and cook for 30 seconds.
- 3** Lower the heat and add the chili powder, paprika, and water, and mix thoroughly.
- 4** Fill each tortilla with  $\frac{1}{2}$  cup of the turkey mixture, plus about 2 Tbsp diced avocado, 1 Tbsp yogurt, and 1 Tbsp pico de gallo.

# Veggie Dip Cups



  
**Prep time**  
20 min

  
**Cook time**

  
**Servings**  
4 Servings

  
**Serving size**  
1 cup

## Nutrition Facts

4 Servings

**Serving Size** 1 cup

**Amount per serving**

**Calories** **90**

**Total Fat** 4g

Saturated Fat 0.5g

**Cholesterol** less than 5mg

**Sodium** 260mg

**Total Carbohydrate** 10g

Dietary Fiber 2g

Total Sugars 6g

**Protein** 5g

**Potassium** 350mg

**Phosphorus** 90mg

## Ingredients

low-fat buttermilk	1/4 cup
low fat plain greek yogurt	1/2 cup
light mayonnaise	1/4 cup
fresh parsley (minced)	1 tbsp
dried dill	1/2 tsp
garlic powder	1/2 tsp
onion powder	1/2 tsp
salt	1/8 tsp
black pepper	1/4 tsp
assorted vegetable sticks for dipping (carrots, cucumbers, celery, bell pepper, etc)	4 cup

## Directions

- 1 In a medium bowl, combine buttermilk, yogurt, mayonnaise, parsley, dill, garlic powder, onion powder, salt, and pepper.
- 2 Pour 1/4 of the dip into a plastic or glass cocktail cup.
- 3 Arrange 1 cup of assorted vegetable sticks in the cup so all of them are touching the dip.
- 4 Repeat process for 3 more cups. If not serving immediately, store vegetable sticks separately, and add to cups with dip before serving.

# Grocery List

## Fresh Produce

<input type="checkbox"/>	apple	5	<input type="checkbox"/>	Granny Smith or other tart apple	4
<input type="checkbox"/>	arugula	2/3 cup	<input type="checkbox"/>	grape tomatoes	2 cup
<input type="checkbox"/>	assorted vegetable sticks	12 cup	<input type="checkbox"/>	green onion (scallion)	5
<input type="checkbox"/>	avocado	2	<input type="checkbox"/>	jalapeño pepper	2
<input type="checkbox"/>	baby carrots	2	<input type="checkbox"/>	kale	2 cup
<input type="checkbox"/>	baby spinach	12 cup	<input type="checkbox"/>	onion(s)	12
<input type="checkbox"/>	bananas	5	<input type="checkbox"/>	packaged coleslaw mix	2 cup
<input type="checkbox"/>	basil	12 tsp	<input type="checkbox"/>	parsley	1/8 cup
<input type="checkbox"/>	cabbage	14 cup	<input type="checkbox"/>	peaches	4
<input type="checkbox"/>	carrot(s)	8	<input type="checkbox"/>	red bell pepper	2
<input type="checkbox"/>	cauliflower	1	<input type="checkbox"/>	red cabbage	3
<input type="checkbox"/>	celery	8 stalks	<input type="checkbox"/>	red onion	1/2
<input type="checkbox"/>	cherry tomatoes	1 1/3 cup	<input type="checkbox"/>	red potatoes	14
<input type="checkbox"/>	cucumber(s)	1	<input type="checkbox"/>	shallot	1
<input type="checkbox"/>	fresh green beans	2 lbs	<input type="checkbox"/>	spinach	7 1/4 cup
<input type="checkbox"/>	fresh mint	40 cup	<input type="checkbox"/>	sweet potatoes	6 lbs
<input type="checkbox"/>	fresh parsley	1/8 cup	<input type="checkbox"/>	tomato(es)	4
<input type="checkbox"/>	garlic	6 clove	<input type="checkbox"/>	white (button) mushrooms	2 cup

## Fresh Meat, Poultry, & Seafood

<input type="checkbox"/>	chicken thighs	8 lbs	<input type="checkbox"/>	lean turkey breakfast sausage	2 lbs
<input type="checkbox"/>	cooked chicken	2 cup	<input type="checkbox"/>	roasted garlic chicken sausage	6
<input type="checkbox"/>	lean ground turkey	68 oz	<input type="checkbox"/>	white fish	1 lbs

## Dairy

<input type="checkbox"/>	1% milk	1/2 cup	<input type="checkbox"/>	low-fat buttermilk	2 1/2 cup
<input type="checkbox"/>	butter	1 tbsp	<input type="checkbox"/>	Parmesan cheese	1/4 cup
<input type="checkbox"/>	egg substitute	1/2 cup	<input type="checkbox"/>	plain nonfat Greek yogurt	4 1/8 cup
<input type="checkbox"/>	eggs	49	<input type="checkbox"/>	skim milk	1/2 cup

## Sauces & Condiments

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<input type="checkbox"/>	<b>Dijon mustard</b>	4 1/2 tbsp
<input type="checkbox"/>	<b>honey</b>	10 tbsp
<input type="checkbox"/>	<b>hot sauce</b>	2 tbsp
<input type="checkbox"/>	<b>ketchup</b>	1 cup

<input type="checkbox"/>	<b>lemon juice</b>	4 1/2 tbsp
<input type="checkbox"/>	<b>light Italian salad dressing</b>	1/3
<input type="checkbox"/>	<b>rice vinegar</b>	3 tsp

## Baking & Spices

---

<input type="checkbox"/>	<b>agave nectar</b>	2 tbsp
<input type="checkbox"/>	<b>baking powder</b>	3 tsp
<input type="checkbox"/>	<b>baking soda</b>	4 tsp
<input type="checkbox"/>	<b>balsamic vinegar</b>	1/4 cup
<input type="checkbox"/>	<b>bay leaves</b>	2
<input type="checkbox"/>	<b>black pepper</b>	7 1/8 tsp
<input type="checkbox"/>	<b>caraway seeds</b>	2 tsp
<input type="checkbox"/>	<b>cayenne pepper</b>	1/2 tsp
<input type="checkbox"/>	<b>chili powder</b>	3 tsp
<input type="checkbox"/>	<b>cornmeal</b>	2 cup
<input type="checkbox"/>	<b>curry powder</b>	3/4 tbsp
<input type="checkbox"/>	<b>dried dill</b>	2 tsp
<input type="checkbox"/>	<b>dried oregano</b>	8 tsp
<input type="checkbox"/>	<b>dried rosemary</b>	1 tsp
<input type="checkbox"/>	<b>dried thyme</b>	1/2 tsp

<input type="checkbox"/>	<b>garlic powder</b>	2 3/4 tsp
<input type="checkbox"/>	<b>garlic salt</b>	1 tsp
<input type="checkbox"/>	<b>ground cinnamon</b>	1 tsp
<input type="checkbox"/>	<b>ground cumin</b>	3 tsp
<input type="checkbox"/>	<b>ground ginger</b>	1 tsp
<input type="checkbox"/>	<b>mini-chocolate chips</b>	1/2 cup
<input type="checkbox"/>	<b>onion powder</b>	1 1/2 tsp
<input type="checkbox"/>	<b>red wine vinegar</b>	2 tbsp
<input type="checkbox"/>	<b>salt</b>	9 3/4 tsp
<input type="checkbox"/>	<b>smoked paprika</b>	1/2 tsp
<input type="checkbox"/>	<b>Splenda Brown Sugar blend</b>	16 tbsp
<input type="checkbox"/>	<b>vanilla extract</b>	3 1/2 tsp
<input type="checkbox"/>	<b>white wine vinegar</b>	6 tsp
<input type="checkbox"/>	<b>whole wheat flour</b>	2 cup

## Dry Packaged Foods

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<input type="checkbox"/>	<b>almonds</b>	1 1/2
<input type="checkbox"/>	<b>brown rice</b>	1 cup
<input type="checkbox"/>	<b>dried cherries</b>	2/3 cup
<input type="checkbox"/>	<b>ground flax seed</b>	12 tbsp
<input type="checkbox"/>	<b>multigrain cheerios</b>	2 cup

<input type="checkbox"/>	<b>old-fashioned rolled oats (not quick cooking)</b>	6 cup
<input type="checkbox"/>	<b>peanut butter</b>	32 tbsp
<input type="checkbox"/>	<b>sliced almonds</b>	4 tbsp
<input type="checkbox"/>	<b>slivered almonds</b>	1/4 cup

## Canned Food

---

<input type="checkbox"/> black olives	1/4 cup	<input type="checkbox"/> low sodium chicken broth	23 cup
<input type="checkbox"/> chickpeas (garbanzo beans)	2	<input type="checkbox"/> low sodium vegetable broth	2 cup
<input type="checkbox"/> Great Northern beans	4	<input type="checkbox"/> tuna packed in water	8 oz

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## Oils / Fats

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<input type="checkbox"/> light mayonnaise	12 tbsp	<input type="checkbox"/> olive oil	77 1/2 tsp
<input type="checkbox"/> nonstick cooking spray	20	<input type="checkbox"/> vegetable oil	4 tsp

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## Ethnic Foods

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<input type="checkbox"/> corn tortillas	6	<input type="checkbox"/> salsa verde (tomatillo salsa)	1/2 cup
<input type="checkbox"/> lower sodium soy sauce	2 tbsp	<input type="checkbox"/> soy sauce	1 tbsp
<input type="checkbox"/> pico de gallo	1/2 cup		

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## Frozen Food

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<input type="checkbox"/> frozen broccoli florets	1
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## Bakery

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<input type="checkbox"/> whole wheat bread	6 slice	<input type="checkbox"/> whole-wheat English muffins	4
<input type="checkbox"/> whole wheat sandwich thins	12 oz		

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## Beverages

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<input type="checkbox"/> white wine	1/2 cup
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