### GROCERY LIST/PERSON/WEEK

**Produce**
- Asparagus, 1 Bunch
- Apple, Gala, 10-count bag, 1 Bag
- Avocado, Hass, 2 count
- Bananas, 2 count
- Broccoli, 1 small crown
- Carrot, whole, 1/2 lb
- Green Bell Pepper, 2 count
- Lettuce, Romaine, 1 head
- Orange, Navel, 2 count
- Strawberries, 1 lb

**Dairy**
- Almond Milk, Vanilla, 1 carton (8 servings)
- Cheddar Cheese, Mild, 32 oz, 1 bag
- Milk, 2%, 1 gallon
- Provolone, 24 pack, 1 bag
- Yogurt, Non-Fat Greek, 5.3 oz, 1 cup
- Yogurt, Plain Vanilla, 1 four-pack

**Perishable Food Items**
- Almonds (Raw), 1 bag (4 servings)
- Bread, Whole Wheat, 20 oz, 1 bag
- Eggs, 1 carton, 18 count
- Mayonnaise, 30 oz container
- Sunflower Seeds (w/o shells), 16 oz, 1 bag
- Turkey, ground, 93% Lean, 2 lbs
- Tortillas, Whole Wheat, 10 count, 1 bag

**Non-Perishable Food Items**
- Black beans, No Salt Added, 3 cans
- Brown Rice, 16 oz bag, 1 count
- Cereal, honey bunches, 1 box
- Crackers, wheat thins, 9.1 oz, 1 box
- Kidney Beans, No Salt Added, 1 can
- Kodiak Cakes, Buttermilk, 1 box
- Macaroni, Whole Wheat, 16 oz, 1 box
- Noodles, Whole Wheat, 16 oz, 1 box
- Oatmeal, Old Fashioned, 42 oz container
- Olive Oil, 17 oz, 1 bottle
- Peanut Butter, 18 oz, 1 container (optional if allergic)
- Salmon, Boneless in Water, 5 oz, 1 can
- Seasoning, Taco, 30% Less Sodium, 1 oz, 1 Pack
- Seasoning, Chili, Mild, 1.25 oz, 1 Pack
- Seasoning, Sloppy Joe, 1.31 oz, 1 Pack
- Soy Sauce, Less Sodium, 15 oz, 1 bottle
- Spaghetti Sauce, 24 oz, 1 bottle (low sodium option preferred)
- Syrup, Sugar Free, 24 fl oz, 1 bottle
- Taco Shells (Hard), 24 pack, 1 box
- Teriyaki Marinade, 15 fl oz, 1 bottle
- Tomato, Canned, 14.5 oz, 1 can
- Tuna, Canned, Chunk Light in Water, 5 oz, 1 can
- Yeast, Instant, one packet

**Frozen Foods**
- Berries, Mixed, Frozen, 16 oz, 2 bags
- Broccoli, Frozen, 12 oz, bag
- Spinach, Frozen, 12 oz, 1 bag
- Veggie Mix, Frozen, 12 oz, 1 bag
- Sausage, Turkey, Pre-Cooked, 6.4 oz, 1 box
Shop on a Full Stomach!

1. Stick to your list- Start with the Produce Section and end with the foods that need to be kept cold
2. Plan what days work best for your schedule to shop and make into a regular habit
3. Gather recipes in advance to prevent running back and forth to the store
4. Scavenger the nutrition labels and ingredients
   - Be cautious of saturated fat, sugar, and enriched content
5. Don't hesitate to try new foods. You may find less expensive products that you enjoy just as much or more!
6. Buy what you need and can afford; 3-for-1 is only a good deal if you can use the all 3 before the expiration date.
7. Be weary with snacks on the run. The prices can add up over time.
8. Opt for that smaller cart; They're also easier to push around traffic!
9. Coupons are your best friend- Seriously, it's free money

Eyes on the Prize: Key Terms
- Understand the Unit Pricing Label (Price/Ounce)- sometimes the "family value" labels are out to get you
- Be aware of which foods are in season for most nutrient dense and cheapest selections
Cook 1 lb of ground turkey ahead of time when you know you have the time.

- Pan Fry 1 lb of ground turkey in a skillet/frying pan until the temperature reaches 165°F. For the 7-day meal plan, season turkey with 1/2 TB pepper. This is a great time to play around in your spice cabinet! Common spices, such as oregano, garlic powder, and/or thyme are great antioxidant-rich additions.
- Once turkey is spiced to your content, divide into 4 even sections to place in freezer (or fridge) depending on when you will use the 1/4 lb.

2. When recipe calls for 2 oz of noodles

- The standard serving size of noodles will typically be 2 oz. If you do not own a food scale, do not worry! The best way to measure 2 oz of noodles is to open the noodle box and eyeball the size of a dime. Take out the approximate amount eyeballed and double check your diameter by holding the dry noodles all together. The circle size should be close to the size of a dime!
**RECIPE:** Veggie Omelet Cups

**PREP TIME:** 10 minutes

**DIFFICULTY:** Low

**INGREDIENTS:**
- 2 Eggs
- ¼ cup Fresh Broccoli
- 1 Whole Green Bell Pepper
  - **Tasty Tip:** Green bell peppers typically cost 30% cheaper than other bell peppers
- 1 TB Cheddar Cheese
- 1 banana
- 8 oz 2% milk

**METHOD:**
1. **Materials needed:** 1 small mixing bowl, 1 chef’s knife, 1 cutting board, 1 fork or egg beater, one cookie sheet. Set out all ingredients before starting, including the cheese.
2. Wash all fresh produce. Preheat oven to 400 degrees.
3. Place 1 bell pepper on side and cut in half to produce two large "bowls". Scrape out seeds.
4. In a mixing bowl, whisk 2 eggs with 1 TB cheddar cheese and 1/4 cup fresh broccoli.
5. Evenly place mixture in each of the pepper halves.
6. Place halves on an oven-safe baking sheet and place in oven. Depending on preference, cook until eggs are to one’s content.
7. Enjoy with an 8 oz serving of 2% milk and 1 banana.
**RECIPE:** Tuna Melt

**PREP TIME:** 10 minutes

**DIFFICULTY:** Low

**INGREDIENTS:**
- ½ Can of Tuna
  - **Tasty Tip:** If you are not a fan of tuna, shredded chicken can substitute the tuna for this recipe!
- 2 slices of Whole Wheat Bread
- 1 slice of provolone cheese
- 2 TB Mayonnaise
- ½ cup Romaine Lettuce
- 1 Chopped Apple (For crunch)
  - **Tasty Tip:** To give the tuna mixture more flavor, add in a small amount of pickle juice if handy (Be weary of sodium)

**METHOD:**
1. Materials needed: Mixing bowl, mixing spoon, cookie pan, oven mitt, and aluminum foil (optional). Wash the top of the tuna can with warm water before opening to remove dust and other particles. Additionally, wash the lettuce leaves and dry before using.
2. Optional: Place a large sheet of aluminum foil on top of cookie pan for faster cleanup. Skip this step and lay out cookie pan if you do not wish to use aluminum foil.
3. Place 1 piece of toast evenly spread out on the cookie pan, along with 1 piece of bread on the side. Set this pan aside.
4. Carefully open the one can of tuna and empty excess water into sink drain by firmly holding down the open lid making sure no tuna solids fall out. Then, empty both tuna can solids into mixing bowl.
5. Mix 2 TB of mayonnaise into mixing bowl and stir evenly through. Add salt and pepper to taste as well as apple pieces. If desired, add 1 Tsp pickle juice.
6. Once you believe the mixture has been appropriately seasoned to taste, evenly place mix onto the bread on the pan.
7. Once tuna mixture is evenly placed on bread to your liking, place 1 slice of provolone on the top of the tuna and bread, then close the sandwich with the other bread slice that was set aside.
8. Turn oven on high broil and place pan with sandwiches in the oven on the highest rack. When closing oven, leave a slight opening to see the sandwiches. Be careful where to stand, this is hot!
9. Watch sandwiches carefully. When sandwich tops become “toasted” to your liking, put on the oven mitt and take the cookie sheet with the sandwiches out of the oven. TURN OFF OVEN.
10. Cut whole sandwich in half and enjoy!
RECIPE: Turkey Chili

PREP TIME: 10 minutes (4 servings, freeze extra)

DIFFICULTY: Low

INGREDIENTS:

- 1 lb Ground Turkey
  - **Tasty Tip:** Be sure to cook ground turkey thoroughly to 165°F to rid harmful bacteria! For more information, visit FoodSafety.gov
- 1 packet Mild Chili Seasoning
- 1 can Kidney Beans
  - **Tasty Tip:** If the full sodium cans are cheaper, rinsing the beans 5x prior to use will drain out at least 80% of the added sodium.
- 1 can Black Beans
- 1 can Diced Tomatoes
- 1 slice Whole Wheat Bread
- 1 TB Olive Oil
- Optional: Cheddar Cheese (Not calculated in nutrition label)

METHOD:

1. **Materials needed:** Large stove safe soup pot, temperature safe mixing spoon, can opener, and meat thermometer(optional). Wash the top of the cans with warm water before opening to remove dust and other particles.
2. Once clean, open all cans and set aside.
3. Set the large pot on the stove and turn the stove on to medium-high. Poor a small amount of olive oil to thinly coat the bottom of the pot. Once the oil begins to separate, add all of the ground turkey into the pot and discard the turkey packaging. Wash your hands and be careful with the raw meat.
4. As the meat begins to saute, open the chili seasoning packet and poor half onto the turkey meat. Stir the meat.
5. If you have a thermometer, put the meat into a pile in the pot and temperature check the meat. Once the thermometer reaches 165°F, turn down the heat to medium low. If you do not have a thermometer, stir until all pink from the raw meat disappears and lower the heat to medium.
6. Slowly add the opened cans from step 2 into the pot and stir. Add the rest of the chili seasoning.
7. Stir until the chili begins a slow boil (if a thermometer was NOT used) and lower heat.
8. Add pepper or garlic powder to taste.
9. Serve the chili in 4 separate bowls. Add the optional cheese sparingly and enjoy!
RECIPE: Avocado Toast

PREP TIME: 5 minutes

DIFFICULTY: Kid Friendly!

INGREDIENTS:
- 1 slice of Whole Wheat Bread (1 slice/person)
  - **Tasty Tip:** To ensure your bread is whole wheat, check the ingredients list under the nutrition label on the back of the bread bag. If the first ingredient states “whole” the product is whole wheat/grain. However, if the first ingredient states “enriched” and is labeled wheat, it is not whole wheat/whole grain even if the bread has a brown tint.
- 1 Avocado (Using half)
- 1 cup strawberries
  - **Tasty Tip:** For the cheapest price and most nutrition quality, try to purchase your produce when in season. A book that lists when each produce is in season is typically located in the produce section.

METHOD:
1. Materials needed: Toaster, spoon, small bowl, cutting board, paring knife (or small knife to cut strawberries). Wash all produce, including avocado (knife touches skin while cutting in half)
2. Toast the one slice of bread with a toaster or broil in the oven until browned to a desired level. Set aside once toasted and turn off the oven if needed.
3. On your cutting board, cut washed avocado in half. Take out the seed by very carefully inserting knife in seed and turning. For a visual aid, refer to the first half of the video: [https://www.youtube.com/watch?v=79A5b42w66Y](https://www.youtube.com/watch?v=79A5b42w66Y)
4. Once your avocado is seedless and skinless, place in a bowl and mash, then set aside.
5. Carefully cut off the stems of the strawberries with the small knife. Throw away stems (or compost). Then, face the flat side of the strawberry down on the cutting board and thinly slice.
6. Time to decorate! Take your toast and spread avocado on the toast. Then place the strawberries on the toast to your liking. Enjoy!
**Recipe:** Berry Blast Pancakes  

**PREP TIME:** 13 minutes  

**DIFFICULTY:** Moderate

**INGREDIENTS:**
- ½ cup Whole Wheat Pancake Powder  
  - **Tasty Tip:** When mixing pancake batter, the less you stir, the more fluffy the pancakes, even if that means leaving a few chunks!  
- About 1/3 cup vanilla almond milk (depending on pancake batter instructions)  
- ¼ cup Frozen Berries  
  - **Tasty Tip:** Frozen produce is selected at their most nutritious time before flash freezing.  
- ½ TB Olive Oil for pan frying  
- 1/4 cup Sugar Free Syrup  
  - **Tasty Tip:** Sugar is sugar! Whether be from maple syrup or honey, "natural" occurring sugars are still processed in the body the same as i.e. white sugar—they all turn into glucose for the body to use.  
- ½ cup Honey Bunches of Oats Cereal  
- 8 oz glass of 2% Milk

**METHOD:**

1. **Materials needed:** Frying pan, one plate, large spoon, spatula, mixing bowl, measuring cup.  
2. Microwave 1/4 cup of frozen berries until thawed. Set aside.  
3. Measure 1/2 cup of pancake mix and place into mixing bowl. Poor in approximately 1/3 cup of almond milk. Lightly mix until batter is slightly more runny than dough.  
4. Poor berries in pancake mix to one’s liking. Set mixture aside.  
5. Place frying pan on stove and turn stove on medium (Very important to not go any hotter, pancakes can easily burn!). Poor about 1/2 Tablespoon olive oil to coat pan for crispier pancakes.  
6. Once the oil separates, carefully spoon pancake mixture into pan to desired size of pancake. The time to flip will vary depending on the size of the pancake.  
7. Once the pancake begins to form small bubbles on top, scoop up one side of the pancake to see if it still sticks. Wait until pancake no longer sticks to the pan and flip. You may need to flip back and forth to ensure the pancake is evenly light brown on each side and thoroughly cooked on the inside. Once even, place finished pancakes on the one plate.  
8. Repeat steps 6 and 7 until pancake batter is all used.  
9. Serve with 1/4 cup of sugar free maple syrup, sprinkle with 1/2 cup honey bunches of oats, and do not forget your side of 2% milk! Enjoy!
**RECIPE:**  
**Teriyaki Salad**

**PREP TIME:** 10-20 minutes

**DIFFICULTY:** Low

**INGREDIENTS:**
- 4 oz OR 1 bag of Pre-Cooked Ground Turkey (Refer to TIPS link)
- 2 cups Romaine Lettuce
  - **Tasty Tip:** Convenience packaging is the term used when i.e. lettuce is bagged. To save 50% of the cost, purchase full heads of lettuce instead. Just be sure to wash the leaves before using!
- 8 Wheat Thin Crackers
- 1 TB Olive Oil
  - **Tasty Tip:** Be cautious of the smoke point (burning) of your oils to prevent carcinogenic (cancer) properties. Olive oil has a smoke point of 410°F. Thus, it is not recommended to deep fry with olive oil. Instead, opt for low saturated fat content yet high smoke point oils such as Canola Oil or Almond Oil.
- ½ TB Teriyaki Marinade
- 1 TB Peanut Butter

**METHOD:**
1. Materials needed: Large mixing bowl, cutting board, chef’s knife (or a knife to cut lettuce), large spoon, two cups, 3 paper towels (to dry off lettuce), 1 frying pan and sauteing spoon (if cooking ground turkey)
2. Wash the lettuce head by running under cold water and gently massaging leaves, taking off any excess particles.
3. Tear off leaves into pile and pat dry with paper towel. Once dry, chop pile until size of lettuce is appropriate to your liking for a salad. Place 2 cups chopped lettuce in large mixing bowl and set aside.
4. Mix the listed amount of olive oil and teriyaki marinade together in the cup. Set aside.
5. Optional if not allergic to peanuts: In the other cup with the peanut butter, add about a tablespoon of WARM water. Stir until smooth. Add peanut butter mixture to dressing.
6. In large mixing bowl with lettuce (in step 2), add dressing.
7. Take about 8 wheat thin crackers and crush (with hands) over salad bowl for crunch.
8. Skip to step 11 if using pre-cooked turkey: Set the large pot on the stove and turn the stove on to medium-high. Poor a small amount of olive oil to thinly coat the bottom of the pot. Once the oil begins to separate, add all of the ground turkey into the pot and discard the turkey packaging. Wash your hands and be careful with the raw meat.
9. As the meat begins to saute, add pepper to the turkey meat. Stir the meat.
10. If you have a thermometer, put the meat into a pile in the pot and temperature check the meat. Once the thermometer reaches 165 degrees Fahrenheit, turn down the heat to medium low. If you do not have a thermometer, stir until the pink from the raw meat disappears and lower the heat to medium. Once you are confident there is no more pink or when the temperature reaches 165 degrees, take the pan off of the heat (safely) and turn off the stove.
11. If using pre-cooked turkey, thaw under running cold water for 5 minutes if frozen.
12. In the salad bowl, evenly mix in the ground turkey and enjoy!
Teryaki Stir Fry

PREP TIME: 10-20 minutes

DIFFICULTY: Low

INGREDIENTS:
- 2 oz dried Whole Wheat Noodles (Refer to TIPS link)
  ○ Tasty Tip: To prevent noodles from sticking without having to add oil, boil water first, then add noodles.
- 4 oz OR 1 bag of Pre-Cooked Ground Turkey (Refer to TIPS link)
- ½ TB Teriyaki Marinade
- ¼ cups Frozen Veggie Mix
  ○ Tasty Tip: Vitamin C is a sensitive vitamin when it comes to heat. However, all other nutrients remain during the heating process if the juices leaked out are also consumed.

METHOD:
1. Materials needed: 1 Large stove pot, 1 strainer (if you do not have a strainer for the noodles, drain noodles carefully), cooking spoon, and 1 frying pan (if cooking ground turkey)
2. Fill the large stove top with tap water until half full. Place onto stove and set temperature on high and place the strainer into the sink.
3. While waiting for water to boil, microwave frozen vegetables until thawed.
4. Once water has boiled, add noodles. To prevent the water from boiling over the pot, add a pinch of salt to water or place a large spoon over the pot.
5. After 3 minutes, carefully spoon out one noodle to sample. When the noodle is cooked to your content, TURN OFF STOVE, and carefully poor hot water over the pot. If you do not have a strainer, carefully and slowly drain out hot water into sink. Take caution!
6. Skip to step 9 if using pre-cooked turkey: Set the large pot on the stove and turn the stove on to medium-high. Pour a small amount of olive oil to thinly coat the bottom of the pot. Once the oil begins to separate, add all of the ground turkey into the pot and discard the turkey packaging. Wash your hands and be careful with the raw meat.
7. As the meat begins to saute, add pepper to the turkey meat. Stir the meat.
8. If you have a thermometer, put the meat into a pile in the pot and temperature check the meat. Once the thermometer reaches 165 degrees Fahrenheit, turn down the heat to medium low. If you do not have a thermometer, stir until the pink from the raw meat disappears and lower the heat to medium. Once you are confident there is no more pink or when the temperature reaches 165 degrees, take the pan off of the heat (safely) and turn off the stove.
9. If using pre-cooked turkey, thaw under running cold water for 5 minutes if frozen.
10. Once noodles are drained, place back into pot (if strained out). Add the 0.25 cup thawed vegetable mix, ground turkey, and the 0.5 TB of teriyaki marinade. Stir evenly, then turn on stove on to low to keep warm. Enjoy!
RECIPE: Super Smoothie

PREP TIME: 5 minutes

DIFFICULTY: Kid Friendly!

INGREDIENTS:
- 1/4 cup Frozen Spinach
  - Tasty Tip: 1/4 cup of cooked of frozen spinach is equivalent to 1 cups raw spinach!
- 1 cup Frozen mixed berries
- 1 Banana
  - Tasty Tip: The riper the banana, the more antioxidants! Ripe bananas can also aid in constipation while vise versa for unripe, green bananas.
- ½ cup Vanilla Almond Milk
  - Tasty Tip: If lactose intolerant, opt for vanilla flavored almond milk to use as a sweetener to add to coffee or smoothies. This substitute has less calories and saturated fat compared to creamer- yet, be cautious of the sugar content!
- ½ small container Greek Yogurt

METHOD:
2. Add the frozen berries, almond milk, Greek yogurt, and spinach to blender. Then, blend until smooth. If the smoothie is thicker than one’s preference, add a small amount of cold water.
3. Finally, add in the banana for extra sweetness.
4. Enjoy!
**RECIPE:** Create Your Own Parfait

**PREP TIME:** 5 minutes

**DIFFICULTY:** Kid Friendly!

**INGREDIENTS:**
- ½ cup Non-fat Greek Yogurt (Half of one small, 5.3 oz container)
  - **Tasty Tip:** Non-fat Greek yogurt has a sour taste similar to sour cream. Substituting sour cream with Greek Yogurt increases the protein content greatly and lowers the saturated fat significantly per serving!
- ½ cup Vanilla Yogurt (Half of one small, 6 oz container)
- 1 cup Strawberries
- ½ cup Honey Bunches Cereal
  - **Tasty Tip:** Not all cereal is created the same! Be weary of the sugar content within each box- You will be surprised to see which ones are packed with a punch!
- 8 oz 2% milk
- 2 Slices Whole Wheat Bread

**METHOD:**
1. Materials needed: Toaster (or oven), one cup large enough to hold parfait content for individual, 3 bowls for parfait toppings, and one spoon. Wash strawberries with cold water before using.
2. Mix the 2 cups of Non-fat Greek Yogurt and the Vanilla Yogurt into one of the 3 cups. Set aside.
3. Poor 1 cup of cereal into the second cup of 3. Set aside.
4. Cut strawberries to desired size for parfait toppings then poor strawberries in the third cup of the 3.
5. Place the 3 bowls out and place your toppings onto your parfait. Enjoy!
RECIPE: Cheesy Quesadillas

PREP TIME: 10 minutes

DIFFICULTY: Low

INGREDIENTS:

- 2 Whole Wheat Tortillas
  - Tasty Tip: Be careful when selecting tortillas or pita bread. Opt for the options that do NOT state “partially hydrogenated” in the ingredients, as these are hidden trans fats.
- 1 TB Grated Cheddar Cheese
  - Tasty Tip: To save money, look for the price per ounce label to the lower left of each price tag.
- ¼ cup Canned Black Beans, Low Sodium
- ¼ cup Frozen Spinach
  - Tasty Tip: 1/4 a cup of cooked/frozen spinach is equivalent to 2 cups of raw spinach, which also meets dietary recommendation for daily vegetable intake!
- 1 tsp Low Sodium Taco Seasoning
- 1 TB Olive Oil

METHOD:

1. Materials needed: Frying pan, spatula, cutting board, can opener, pizza slicer (or large knife), small mixing bowl. Wash the top of the can of black beans.
2. After washing, open the can of black beans and drain out excess liquid into sink. Poor 1/4 of a cup into small bowl and stir in the 1 tsp of of taco seasoning. Set the 1/4 cup beans aside for later and place the rest of the unused can back in the fridge for later use (Dinner Recipe).
3. Microwave the 1/4 cup frozen spinach until warm. Set aside for later.
4. Place the frying pan on the stove and set the temperature to medium-high.
5. Place an even and thin layer of olive oil to coat the bottom of the pan. When the oil begins to separate, place one of the tortilla sides on the pan to let brown.
6. While tortilla is browning, fill the middle of the tortilla with 1/4 cup of seasoned black beans and 1/4 cup of spinach. Sprinkle with 1 TB of cheese.
7. Once the tortilla is dressed to one’s desire, close tortilla with other the other tortilla. Carefully take the spatula and flip over the two sandwhiched tortillas to evenly brown the remaining side. When tortilla is to desired level of crispiness, place on cutting board. TURN OFF STOVE.
8. Cut tortilla into fourths.
9. Serve and enjoy!
**RECIPE:**  Turkey Tacos  

**PREP TIME:**  10-20 minutes  

**DIFFICULTY:**  Low  

**INGREDIENTS:**  
- 4 oz Ground Turkey (or 1 bag of Pre-Cooked Ground Turkey; Refer to TIPS link)  
  - Tasty Tip: If frozen, safely thaw by placing link in a bowl under cold, running water for 5 minutes to ensure optimal food safety.  
- 1 tsp Low Sodium Taco Seasoning  
- 1 cup Low Sodium Black Beans (Use the same can if you followed the lunch recipe)  
- 4 Taco Shells  
  - Tasty Tip: Did you know corn is a whole grain? Therefore, taco shells and corn tortillas are also made with whole grains!  
- ½ cup Grated Cheddar Cheese  
- Optional: Leftover Romaine Lettuce and/or Greek Yogurt can add more color to your taco and are healthy taco toppings!  

**METHOD:**  
1. Materials needed: Large stove safe soup pot, temperature safe mixing spoon, can opener, two small serving bowls, and 1 frying pan and sauteing spoon (if cooking turkey). Wash the top of the black beans can with warm water before opening to remove dust and other particles.  
2. Once cleaned, open the black bean can and place into microwave safe bowl. Set aside for later.  
3. Skip to step 6 if using pre-cooked turkey: Set the large pot on the stove and turn the stove on to medium-high. Poor a small amount of olive oil to thinly coat the bottom of the pot. Once the oil begins to separate, add all of the ground turkey into the pot and discard the turkey packaging. Wash your hands and be careful with the raw meat.  
4. As the meat begins to cook, add the 1 tsp taco seasoning to the meat. Stir the meat.  
5. If you have a thermometer, put the meat into a pile in the pot and temperature check the meat. Once the thermometer reaches 165 degrees Fahrenheit, turn down the heat to medium low. If you do not have a thermometer, stir until the pink from the raw meat disappears and lower the heat to medium. Once you are confident there is no more pink or when the temperature reaches 165 degrees, take the pan off of the heat (safely) and turn off the stove.  
6. If using pre-cooked turkey, properly thaw and add 1 tsp taco seasoning to bag.  
7. Microwave the beans until warm and set to the side of the cooked ground turkey. In another small bowl, add the ½ cup of grated cheese.  
8. Starting with the taco shells, place the three bowls out with their food contents and let pick out your toppings to your desire. Nutrition label is for 4 tacos and total toppings. Enjoy!
RECIPE: Asian Medley Salad

PREP TIME: 10-15 minutes

DIFFICULTY: Low

INGREDIENTS:
- 4 oz. ground turkey OR 1 bag of Pre-Cooked Ground Turkey (Refer to TIPS link)
- 1.5 cups Romaine Lettuce
- 1 TB Peanut Butter
- ¼ cup Warm Water
- 1 TB Soy Sauce
  - Tasty Tip: Our salt taste-buds can become sensitive overtime when switching to a low sodium palate which can promote less sodium in one’s diet!
- ¼ cup Sunflower Seeds
- ½ cup sliced Strawberries

METHOD:
1. Materials needed: Large mixing bowl, cutting board, chef’s knife (or a knife to cut lettuce), large spoon, two cups, 3 paper towels (to dry off lettuce), 1 frying pan and 1 sauteing spoon (if cooking ground turkey).
2. Wash the lettuce head by running under cold water and gently massaging leafs, taking off any excess particles.
3. Tear off leafs into pile and pat dry with paper towel. Once dry, chop pile until size of lettuce is appropriate to your liking for a salad. Place 1.5 cups of chopped lettuce in large mixing bowl and set aside.
4. Mix the listed amount of olive oil and soy sauce together in the cup. Set aside.
5. Optional if not allergic to peanuts: In the other cup with the peanut butter, add about a tablespoon of WARM water. Stir until smooth. Add peanut butter mixture to dressing.
6. In large mixing bowl with lettuce (in step 2), add dressing.
7. Skip to step 10 if using pre-cooked turkey: Set the large pot on the stove and turn the stove on to medium-high. Poor a small amount of olive oil to thinly coat the bottom of the pot. Once the oil begins to separate, add all of the ground turkey into the pot and discard the turkey packaging. Wash your hands and be careful with the raw meat.
8. As the meat begins to cook, add pepper to the meat for flavor. Stir the meat.
9. If you have a thermometer, put the meat into a pile in the pot and temperature check the meat. Once the thermometer reaches 165 degrees Fahrenheit, turn down the heat to medium low. If you do not have a thermometer, stir until the pink from the raw meat disappears and lower the heat to medium. Once you are confident there is no more pink or when the temperature reaches 165 degrees, take the pan off of the heat (safely) and turn off the stove.
10. If using pre-cooked turkey, properly thaw and add pepper to taste.
11. Add 1/2 cup of sliced strawberries to salad bowl and mix in the ground turkey.
12. Finally, top salad with 1/4 cup sunflower seeds and enjoy!
RECIPE: Classic Sausage Sandwich

PREP TIME: 10 Minutes

DIFFICULTY: Low

INGREDIENTS:
- 3 Turkey Sausage Links
  - **Tasty Tip:** Be careful when selecting turkey products if replacing red meat; Sometimes the saturated fat content is the same between products!
- ½ cup Romaine Lettuce
- 2 slices Whole Wheat Bread
  - **Tasty Tip:** If you typically toast your bread, you can store your bread in the freezer to last longer
- 1 slice Provolone Cheese

METHOD:
1. Materials needed: Toaster (or oven), microwave, cutting board, knife to chop lettuce and cut sausage links, 3 paper towels (to dry lettuce).
2. Wash the lettuce head by running under cold water and gently massaging leaves, taking off any excess particles.
3. Tear off leaves into pile and pat dry with paper towel. Once dry, finely chop pile on cutting board until size of lettuce is appropriate to your liking for a sandwich. Set ½ cup shredded lettuce aside.
4. On the same cutting board, slice the sausage links to desired thickness for sandwich. Set aside.
5. Toast (with toaster or broil in oven) 2 slices of bread. Once the toast is to the desired crispness, remove from toaster or oven and immediately, then place the 1 slice of provolone cheese on the toast to melt.
6. Top the toast and melted cheese with the chopped lettuce and the sliced sausage links.
7. Refer to the following recipe if you wish to view the side of asparagus instructions.
8. Enjoy!
RECIPE:  Crispy Asparagus w/ White Sauce

PREP TIME:  5 minutes

DIFFICULTY:  Low

INGREDIENTS:

- ½ cup (half) bunch of Asparagus
  - *Tasty Tip:* Asparagus is a diuretic, meaning it helps flush out excess water from the body when consumed.
- 2 TB Mayonnaise
- ½ TB Soy Sauce
  - *Tasty Tip:* Selecting the low sodium soy sauce can reduce the sodium by almost 50%!

METHOD:

1. Materials needed: 1 skillet, cutting board, chef’s knife (or large knife), one fork, one large plate, and small mixing bowl. Wash asparagus with cold water to remove any extra particles and pat dry.
2. Place asparagus bunch on the cutting board and cut off about 1 cm of the ends. Tip: If you have a dog, save the end pieces to microwave for later. Once cooled, you can use these pieces as a dog’s treat!
3. Carefully take the skillet and add tap water until half full. Gently place skillet on stove and turn the stove on to high heat. **Wait for water to boil.**
4. While waiting, take small mixing bowl and poor in the 2 TB of Mayonnaise along with the 1/2 Tablespoon of soy sauce. Slowly add more soy sauce until desired taste (any additional soy sauce not included in nutrition label).
5. Once water is boiling in the skillet, very carefully add asparagus- be cautious and try not to splash the hot water onto yourself.
6. Wait for asparagus to turn bright green. With your fork, poke one spear of asparagus. Check the asparagus with fork; depending on how soft or crispy you prefer your asparagus, when asparagus is cooked to desire, take off of heat. and carefully place skillet into the sink. TURN OFF STOVE.
7. Run cold water over the asparagus to stop the cooking process. This technique is known as blanching!
8. Once the asparagus is cool to the touch, place spears on the large plate and dip spears in the sauce. Enjoy!
RECIPE: Classic Oatmeal

PREP TIME: 5 minutes

DIFFICULTY: Low

INGREDIENTS:

- ½ cup Oatmeal
  - Tasty Tip: Larger oat grains may create higher satiety (feelings of fullness) for longer than if consuming smaller oat grains.
- ½ cup Almond Vanilla Milk
- ¼ cup Water
- ½ cup Honey Bunches of Oats Cereal
- 1 cup Strawberries (washed and sliced)
- 1 banana
- 2 TB Chopped Almonds
  - Tasty Tip: Almonds can lose about 80% of the vitamin E content when roasted. Thus, opt for raw almonds if you are looking for high sources of vitamin E.
- One 8 oz 2% Milk

METHOD:

1. Materials needed: Stove or microwave, ¼ and ½ measuring cup, serving spoon, one tablespoon.
2. If microwaving: In a deep microwave safe bowl, poor ½ cup Oatmeal and add ¼ cup water. Place in microwave on high for about 3 minutes. Keep an eye on the oatmeal incase the oatmeal overflows.
3. If using stovetop: In a deep sauce pot, poor ½ cup Oatmeal and add ½ cup water. Place over stove and turn stove on to medium-high. Stir occasionally incase oatmeal burns. Once oatmeal is cooked to preference, turn stove off.
4. Stir in ½ cup of almond milk to cooked oatmeal for sweetness.
5. Place banana horizontally in hands and over oatmeal. Peel one side of the banana, as depicted in the picture to the right, and slice the banana with serving spoon using the skin as a cutting board.
6. Top oatmeal with sliced strawberries and chopped almonds.
7. Serve with 8z of 2% milk and enjoy!
RECIPE: Sloppy Joe n’ Greens

PREP TIME: 15-20 Minutes

DIFFICULTY: Medium

INGREDIENTS:
- 4 oz. Ground Turkey OR 1 bag of Pre-Cooked Ground Turkey (Refer to TIPS link)
- 1 TB Olive Oil
- ½ cup Kidney Beans
- 2 tsp Sloppy Joe Mix
- ½ cup Frozen Spinach
- 2 Whole Wheat Bread Slices
- 1/3 cup Carrots
  - Tasty Tip: Steaming carrots covert some of the nutrients more to become more bioavailable, meaning the nutrients are easier accessible for the body to use.

METHOD:
1. Materials needed: Stovetop, one sauce pan, One plate, large spoon, mixing bowl, measuring cup, one frying pan and sauteing spoon (if cooking turkey).
2. Skip to step 5 if using pre-cooked turkey: Set the large pot on the stove and turn the stove on to medium-high. Poor a small amount of olive oil to thinly coat the bottom of the pot. Once the oil begins to separate, add all of the ground turkey into the pot and discard the turkey packaging. Wash your hands and be careful with the raw meat.
3. As the meat begins to cook, poor in 1 tsp sloppy joe seasoning to turkey meat. Stir the meat.
4. If you have a thermometer, put the meat into a pile in the pot and temperature check the meat. Once the thermometer reaches 165 degrees Fahrenheit, turn down the heat to medium low. If you do not have a thermometer, stir until the pink from the raw meat disappears and lower the heat to medium. Once you are confident there is no more pink or when the temperature reaches 165 degrees, take the pan off of the heat (safely) and turn off the stove.
5. If using pre-cooked turkey, properly thaw and add 1 tsp Sloppy Joe seasoning to bag. Set aside.
6. In the sauce pan, poor in ½ cup Kidney Beans and place on stove to medium-low. Stir in the remaining 1 teaspoon of Sloppy Joe seasoning and the cooked ground turkey. Once the sauce pan begins to simmer, add the ½ cup frozen spinach. Stir the mixture until all contents are evenly heated.
7. On the one plate, place one piece of bread down and top with the Sloppy Joe mixture.
8. Close sandwich with remaining bread slice.
9. Serve with carrots on the side and enjoy!
RECIPE:  Gourmet Spaghetti

PREP TIME:  20-25 Minutes

DIFFICULTY:  Medium

INGREDIENTS:
- 4 oz. Ground Turkey OR 1 bag of Pre-Cooked Ground Turkey (Refer to TIPS link)
- 1 TB Olive Oil
- 1 cup Pasta Sauce
  - Tasty Tip: Be alert for high amounts of added sugars in pasta sauces. If the sauce you are using is bland, this is your chance to get fancy with your spices before immediately adding salt. A simple dash of italian seasoning, onion powder, and garlic powder will do wonders!
- ½ cup Frozen Spinach
- 2 oz Whole Wheat Noodles

METHOD:
1. Materials needed: 1 stove pot, 1 sauce pot, 1 strainer (if you do not have a strainer for the noodles, drain noodles carefully), cooking spoon, one large serving bowl and 1 frying pan (if cooking ground turkey)
2. Fill the large stove top with tap water until half full. Place onto stove and set temperature on high and place the strainer into the sink.
3. While waiting for water to boil, microwave frozen spinach until thawed. Set aside.
4. Once water has boiled, add noodles. To prevent the water from boiling over the pot, add a pinch of salt to water or place a large spoon over the pot.
5. After 3 minutes, carefully spoon out one noodle to sample. When the noodle is cooked to your content, TURN OFF STOVE, and carefully poor hot water with noodles over strainer in the sink. If you do not have a strainer, carefully and slowly drain out hot water into sink. Take caution!
6. Skip to step 9 if using pre-cooked turkey: Set the large pot on the stove and turn the stove on to medium-high. Poor a small amount of olive oil to thinly coat the bottom of the pot. Once the oil begins to separate, add all of the ground turkey into the pot and discard the turkey packaging. Wash your hands and be careful with the raw meat.
7. As the meat begins to saute, add pepper to the turkey meat. Stir the meat.
8. If you have a thermometer, put the meat into a pile in the pot and temperature check the meat. Once the thermometer reaches 165 degrees Fahrenheit, turn down the heat to medium low. If you do not have a thermometer, stir until the pink from the raw meat disappears and lower the heat to medium. Once you are confident there is no more pink or when the temperature reaches 165 degrees, take the pan off of the heat (safely) and turn off the stove.
9. If using pre-cooked turkey, thaw under running cold water for 5 minutes if frozen.
10. Poor the 1 cup of pasta sauce in the sauce pot and set the pot on the stove on medium-low to heat. Add spices in your spice rack (note: Any additional seasonings are not included in nutrition label). Once sauce is heated and the taste is as desired, stir in the ground turkey as well as the frozen spinach to the sauce and turn off the stove.
11. Now that you have a gourmet meat sauce and noodles, place the noodles in the serving bowl and poor sauce over the noodles. Enjoy!
RECIPE:  Apple Glazed Almond Pancakes

PREP TIME:  15 Minutes

DIFFICULTY: Medium

INGREDIENTS:
- ½ cup Whole Wheat Pancake Powder
- About ½ cup vanilla almond milk (depending on pancake batter instructions)
- ¼ Medium Apple
- ¼ cup Sugar Free Syrup
  ○ Tasty Tip: You will be making a delectable and sweet sauce with the syrup and apple, known as a compote!
- 1½ cup TB Almonds
- 8 oz glass of 2% Milk

METHOD:
1. Materials needed: Cutting Board, Chef’s Knife (to cut apple), Frying pan, sauce pan, one plate, large spoon, spatula, mixing bowl, measuring cup.
2. Measure 1/2 cup of pancake mix and place into mixing bowl. Poor in approximately 1/3 cup of almond milk. Lightly mix until batter is slightly more runny than dough.
3. Place frying pan on stove and turn stove on medium (Very important to not go any hotter, pancakes can easily burn!). Poor about 1/2 Tablespoon olive oil to coat pan for crispier pancakes.
4. Once the oil separates, carefully spoon pancake mixture into pan to desired size of pancake. The time to flip will vary depending on the size of the pancake.
5. Once the pancake begins to form small bubbles on top, scoop up one side of the pancake to see if it still sticks. Wait until pancake no longer sticks to the pan and flip. You may need to flip back and forth to ensure the pancake is evenly light brown on each side and thoroughly cooked on the inside. Once even, place finished pancakes on the one plate.
6. Repeat steps 6 and 7 until pancake batter is all used. Then, turn off stove.
7. For the compote, finely slice apple on cutting board. Set aside.
8. Set sauce pan on stove and set the stove to medium-high. Poor in approximately 1/4 cup of sugar free syrup and stir. Be sure to keep your eye on the sauce so it does not burn. Once the syrup begins to simmer (small bubbles form), add sliced apples and stir. When the apples begin to soften to one’s liking, take off of stove and turn off stove.
9. Time to dress your pancakes with your compote! Serve with a glass of 2% Milk and Enjoy!
RECIPE: Cheesy Mac n’ Greens

PREP TIME: 20-25 Minutes

DIFFICULTY: Low

INGREDIENTS:

- 4 oz. Ground Turkey OR 1 bag of Pre-Cooked Ground Turkey (Refer to TIPS link)
- 2/3 cup Whole Wheat Macaroni
  - **Tasty Tip:** 2/3 uncooked macaroni is equivalent to 1 cup cooked!
- ¼ cup Frozen Broccoli
- 2 slices Provolone Cheese

METHOD:

1. Materials needed: 1 stove pot, 1 strainer (if you do not have a strainer for the noodles, drain noodles carefully), cooking spoon, one large serving bowl and 1 frying pan (if cooking ground turkey).
2. Fill the large stove top with tap water until half full. Place onto stove and set temperature on high and place the strainer into the sink.
3. While waiting for water to boil, microwave frozen broccoli until thawed. Set aside.
4. Once water has boiled, add noodles. To prevent the water from boiling over the pot, add a pinch of salt to water or place a large spoon over the pot.
5. After 3 minutes, carefully spoon out one noodle to sample. When the noodle is cooked to your content, TURN OFF STOVE, and carefully pour hot water with noodles over strainer in the sink. If you do not have a strainer, carefully and slowly drain out hot water into sink. Take caution!
6. Skip to step 9 if using pre-cooked turkey: Set the large pot on the stove and turn the stove on to medium-high. Pour a small amount of olive oil to thinly coat the bottom of the pot. Once the oil begins to separate, add all of the ground turkey into the pot and discard the turkey packaging. Wash your hands and be careful with the raw meat.
7. As the meat begins to sauté, add pepper to the turkey meat. Stir the meat.
8. If you have a thermometer, put the meat into a pile in the pot and temperature check the meat. Once the thermometer reaches 165 degrees Fahrenheit, turn down the heat to medium low. If you do not have a thermometer, stir until the pink from the raw meat disappears and lower the heat to medium. Once you are confident there is no more pink or when the temperature reaches 165 degrees, take the pan off of the heat (safely) and turn off the stove.
9. If using pre-cooked turkey, thaw under running cold water for 5 minutes if frozen.
10. Place strained noodles back into the stove pot and stir in the cooked turkey, then broccoli. The mixture should still be hot enough to melt cheese- Finally top the mixture with 2 slices of cheese.
11. Taste test the macaroni- Before adding salt, add a dash of vinegar or lemon juice (if on hand).
12. Enjoy!
RECIPE: Whole Grain Fried Rice

PREP TIME: 20-25 Minutes

DIFFICULTY: Low

INGREDIENTS:
- 4 oz. Ground Turkey OR 1 bag of Pre-Cooked Ground Turkey (Refer to TIPS link)
- ½ cup Brown Rice (Dried)
  - **Tasty Tip:** To hand-cook rice that turns out best each time, follow a 1:2 ratio; 1 part rice to 2 parts water (½ cup rice to 1 cup water)
- ½ Large Carrot, chopped
- ½ Bell pepper, chopped
  - **Tasty Tip:** Check back later for a video on how to cut a bell pepper and other knife safety tips!
- 2 TB Soy Sauce
- 1 TB Olive Oil

METHOD:

1. Materials needed: 1 large stove pot, 1 cover for stove pot, 1 skillet, 1 cutting board, 1 chef’s knife (to chop vegetables), cooking spoon, one large serving bowl, and 1 frying pan (if cooking ground turkey)
2. For the rice, poor in the ½ cup of brown rice into the large stove pot. Then, carefully measure out and poor in 1 cup tap water.
3. Place rice pot on stove and set to HIGH- wait for the rice to boil. Cover the rice (for the rice to steam).
4. While waiting for rice to boil, finely dice (cut into small cubes) the bell pepper and the carrot. Set aside.
5. Once the rice water begins to boil, immediately reduce heat to low (2 on a 10 scale). The rice should begin to lightly simmer (softly form small bubbles).
6. While waiting for the rice to cook (12 minutes), now would be the best time to prepare the turkey. However, keep an eye on the rice and occasionally stir.
7. Skip to step 9 if using pre-cooked turkey: Set the skillet on the stove and turn the stove on to medium-high. Poor a small amount of olive oil to thinly coat the bottom of the pot. Once the oil begins to separate, add all of the ground turkey into the pot and discard the turkey packaging. Wash your hands and be careful with the raw meat.
8. As the meat begins to saute, add pepper to the turkey meat. Stir the meat.
9. If you have a thermometer, put the meat into a pile in the pot and temperature check the meat. Once the thermometer reaches 165 degrees Fahrenheit, turn down the heat to medium low. If you do not have a thermometer, stir until the pink from the raw meat disappears and lower the heat to medium. Once you are confident there is no more pink or when the temperature reaches 165 degrees, take the pan off of the heat (safely) and turn off the stove.
10. If using pre-cooked turkey, thaw under running cold water for 5 minutes if frozen.
11. In the same skillet (or new skillet if you had pre-cooked turkey), place the skillet onto the stove and set on medium-high. Add enough olive oil to lightly coat the bottom of the pan and wait for oil to separate. Then, poor in your chopped carrots and bell pepper and cook until softened.
12. Turn off stove once the produce have cooked to one’s content for fried rice.
13. Check back with your rice and determine how cooked you like your rice. For optimal fried rice, the rice should be firm and close to al-dente. Once you believe the rice is done, poor in the vegetables and the meat.
14. With the cooking spoon, add 1 TB of olive oil to as well as 2 TB soy sauce to the rice pot.
15. Enjoy!
RECIPE:  Seaside Avocado Toast

PREP TIME:  7 Minutes

DIFFICULTY:  Low

INGREDIENTS:
- 8 oz 2% Milk
- 2 Slices Whole Wheat Toast
- ½ Avocado
- ½ Sliced/Canned Tomatos
- ¼ Can of Salmon
  - **Tasty Tip:** Salmon has a very powerful and healthy fat, known as Omega-3, that is packed with anti-inflammatory properties and food for your brain! Eating sources, specifically from fish, can help with brain firing and fight off inflammation in the body.
- 1 TB Sunflower Seeds

METHOD:
1. **Materials needed:** Toaster, spoon, 3 small bowls, and can opener. Wash all produce, including avocado (knife touches skin while cutting in half) and tomato can (if you did not follow chili recipe from day 1) as well as salmon can to remove dust and other particles.
2. On your cutting board, cut washed avocado in half. Take out the seed by very carefully inserting knife in seed and turning. For a visual aid, refer to the first half of the video: [https://www.youtube.com/watch?v=79A5b42w66Y](https://www.youtube.com/watch?v=79A5b42w66Y)
3. Once your avocado is seedless and skinless, place in bowl #1, mash, then set aside.
4. Open the diced tomato can gently, or take out the remaining tomato from the chili recipe from Day 1. Fork out large chunks of tomato to equal about 1/2 a cup into bowl #2.
5. Open the salmon can, drain the juice, and scoop out approximately 1/4 of the salmon from the can into bowl #3.
6. Toast two slices of bread with a toaster or broil in the oven until browned to a desired level. Set aside once toasted and turn off the oven if needed.
7. **Time to decorate!** Take your toast and spread avocado on the toast. Then place the salmon and the tomatoes on the toast to your liking (note, nutrition label accounts for all food in recipe). Enjoy!
RECIPE: Homemade Pizza

PREP TIME: 50 Minutes

DIFFICULTY: Low

INGREDIENTS:
- 1 cup Kodiak Pancake Mix
  - Tasty Tip: This pancake mix has all of the appropriate properties to make a delectable pizza and ensures the pizza is whole wheat!
- 3 TB Olive Oil
- 2 Tsp Instant Yeast
  - Tasty Tip: 1 TB of apple cider vinegar can replace instant yeast if you have any on hand since the product is fermented.
- 1 TB Sugar Free Syrup
- 3/4 cup Warm Water
- ½ cup Pasta Sauce
- ½ cup Frozen Spinach
- ¼ cup Cheddar Cheese

METHOD:
1. Materials needed: Can opener, 3 bowls, 1 baking sheet (cookie sheet) or non-stick, oven-safe pan/large plate, 1 mixing cup, 1 mixing bowl, 1 large spoon. Clean top of pasta sauce can to remove any dirt or dust particles.
2. In the mixing cup, pour in the 2 teaspoons Instant yeast, 1 TB Sugar Free Syrup, and 3/4 Cup Warm water, Let the mixture sit until the liquid begins to bubble.
3. In the mixing bowl, pour in the 1 cup of Kodiak Pancake Mix and the 3 TB olive oil. Then, pour in the yeast mixture and form a dough with your hands. The dough will be very messy at first however, do not give up on it!
4. Knead the dough for 8-10 minutes. Then, cover the bowl and let the dough rise for approximately 30 minutes. While you are waiting, preheat your oven to 435°F and begin to set out the pizza toppings.
5. In a microwave, thaw the 1/2 cup of frozen spinach. Then, place in bowl #1.
6. Open the pasta sauce with the can opener and pour pasta sauce into bowl #2.
7. In bowl #3, add 1/4 cheddar cheese.
8. Once the dough has been given time to rise, divide the dough in half then roll dough to desired thickness on your table.
9. Once rolled, place the pizza sheets onto the baking sheet.
10. Time to decorate! Add toppings from the 3 bowls you set out. Note, the nutrition label provided includes all toppings measured.
11. Bake for 12-15 minutes, or until the edges start to turn a maple brown.
12. Enjoy!