plan • shop • cook • eat
becoming confident in your own kitchen
PLAN meals ahead of time. Alternate between a few different breakfasts, lunches & dinners.

AVOID impulse buying: Do not shop hungry. Shop the perimeter of the store for produce, meats, grains & dairy (visit center aisles only as needed).

SAVE money. Buy generic or store brands.

BUY EXTRA when items like tuna or bread go on sale.

BUY FRESH fruits & vegetables in season. They’re cheaper & taste better!

BUY FROZEN e.g. vegetables, for convenience & longer storage.

BUY CANNED e.g. fruit in natural juices.

SIGN-UP for frequent shopper awards or membership. Register on grocery coupon web sites.
### VEGETABLES
- Salad stuff:
  - Romaine lettuce, grape tomatoes, cucumbers, green peppers, carrots, celery
- Frozen:
  - Broccoli or vegetable of your choice

### FRUIT
- Fresh fruit (in season)
- Dole™ fruit bowls
- Dried fruit (e.g. raisins)
- Orange juice

### GRAINS
- Whole grain tortillas (6”)
- Cereal
- Whole grain frozen waffles
- Graham crackers
- Popcorn
- Pasta
- Brown or wild rice

### DAIRY
- Non-fat milk
- Cheese
- Low-fat yogurt

### PROTEIN
- Hummus
- Eggs
- Beans (e.g. red or black)
- Canned tuna fish
- Peanut butter
- Chicken breasts
- $\frac{1}{4}$ pound of (deli) turkey lunch meat

### FATS
- Olive oil
- Mayonnaise (regular or low-fat)
- Non-stick cooking spray
- Salad dressing

### MISC.
- McCormick roasted garlic seasoning
- Mustard
- Aluminum foil
- (4) Reusable 2-cup containers
- White paper towels

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Alternative choices for meats or dairy foods can come from the non-animal protein list.
TIP

PLAN AHEAD!
Prepare extra portions of some foods in advance, for use later in the week.

see 7-Day Menu Planner (p 6-7)

PREPARE (on Day One)
4 Green Salads
4 servings Brown Rice (grain)
4-5 Chicken Breasts (protein)
3-4 servings Vegetables

TIP

Hungry between meals?
Try these snack suggestions:
• piece of fresh fruit
• cup of yogurt
• 3 graham crackers
• 2 T raisins
• ⅓ C hummus with 1 C raw vegetables
• Dole fruit cup
• celery with 1 T peanut butter
• 3 C popcorn
• cheese stick (individually wrapped)

Portions listed on page 5, each provide 5 grams of protein. Any non-animal protein food may be used in place of meat.
**NON-ANIMAL PROTEIN SOURCES**

**LEGUMES**
- \(\frac{1}{2}\) C Lima beans
- \(\frac{1}{3}\) C Kidney beans
- \(1\frac{1}{2}\) C Garbanzo beans
- \(\frac{1}{3}\) C Navy beans
- \(\frac{1}{3}\) C Adzuki beans
- \(\frac{1}{3}\) C Baked beans
- \(\frac{1}{3}\) C Refried beans
- \(\frac{1}{3}\) C Black beans
- \(\frac{1}{2}\) C Butter beans
- \(\frac{1}{3}\) C Broad beans
- \(\frac{1}{3}\) C Mung beans
- \(\frac{1}{2}\) C Hummus
- \(\frac{1}{3}\) C Great Northern beans
- \(\frac{1}{3}\) C Split Peas
- \(\frac{1}{4}\) C Lentils
- 2 T Peanuts
- 1 1/2 T Peanut Butter

**SOY BEAN PRODUCTS**
- \(\frac{1}{6}\) C Miso
- \(\frac{1}{6}\) C Natto
- \(\frac{1}{6}\) C Tempeh
- \(\frac{1}{4}\) C Tofu
- \(\frac{1}{4}\) C Sweet green soy beans
- \(\frac{2}{3}\) C Soy sprouts
- 1 C Soy milk
- \(\frac{1}{8}\) C Defatted soy flour
- 1 T Soy nuts (roasted)
- 1 1/2 oz Soy pasta (dry)
- 1 1/2 T Soybean butter

**NUTS**
- \(\frac{1}{4}\) C Almonds
- \(\frac{1}{4}\) C Cashews
- \(\frac{1}{4}\) C Pistachios
- \(\frac{1}{4}\) C Walnuts
- 2 T Sunflower seeds
- 2 T Pumpkin seeds
- 2 T Almond butter

**MEAT SUBSTITUTES**
- \(\frac{1}{3}\) C Griller
- 2 T Burger crumbles (dry)
- \(\frac{1}{2}\) T Tofu hotdog
- 2 T Bacos
- 1 oz Soy Products (meat, fish or sausage)

*Each provides 5 grams of protein*
<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td>Breakfast Burrito</td>
<td>Turkey Sandwich</td>
<td>Chicken, Rice, Vegetable, Green Salad</td>
</tr>
<tr>
<td></td>
<td>Orange Juice (1 C)</td>
<td>with lettuce &amp; tomato</td>
<td>Layered Rice Dish, Vegetable, Green Salad</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Celery (½ C)</td>
<td>Non-fat Milk (1 C)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit</td>
<td>Non-fat Milk (1 C)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Non-fat Milk (1 C)</td>
<td>Non-fat Milk (1 C)</td>
</tr>
<tr>
<td><strong>Day 2</strong></td>
<td>Oatmeal (½ C, hot)</td>
<td>Green Salad (2 C)</td>
<td>Black Bean Burritos (2)</td>
</tr>
<tr>
<td></td>
<td>add: ¼ C raisins</td>
<td>add: chicken breast</td>
<td>with lettuce &amp; tomato</td>
</tr>
<tr>
<td></td>
<td>½ C non-fat milk</td>
<td>2 tsp olive oil</td>
<td>Brown Rice (½ C)</td>
</tr>
<tr>
<td></td>
<td>Orange Juice (1 C)</td>
<td>Non-fat Milk (1 C)</td>
<td>Vegetable (½ C, cooked)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Non-fat Milk (1 C)</td>
<td>Non-fat Milk (1 C)</td>
</tr>
<tr>
<td><strong>Day 3</strong></td>
<td>Cereal (¾ C, cold)</td>
<td>Tuna Fish Sandwich</td>
<td>Black Bean Burritos (2)</td>
</tr>
<tr>
<td></td>
<td>with</td>
<td>Baby Carrots (½ C)</td>
<td>with lettuce &amp; tomato</td>
</tr>
<tr>
<td></td>
<td>Non-fat Milk (1 C)</td>
<td>Fruit</td>
<td>Brown Rice (½ C)</td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td>Non-fat Milk (1 C)</td>
<td>Vegetable (½ C, cooked)</td>
</tr>
<tr>
<td></td>
<td>Juice (1 C)</td>
<td>Non-fat Milk (1 C)</td>
<td>Non-fat Milk (1 C)</td>
</tr>
</tbody>
</table>

Indicates preparation of extra portions.
### Abbreviations

- T = tablespoon
- C = cup
- tsp = teaspoon
- oz = ounce
- sl = slice

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**DAY 4**

- Toast (1 sl whole grain)
- Hard Boiled Egg
- Fruit
- Non-fat Milk (1 C)

**DAY 5**

- Waffle, whole grain
- add: 1 T peanut butter
- Fruit
- Non-fat Milk (1 C)

**DAY 6**

- Yogurt Parfait
- add: 1 C vanilla yogurt
- ¼ C cereal
- 2 T dried fruit

**DAY 7**

- Oatmeal (½ C, hot)
- add: ¼ C raisins
- ½ C non-fat milk
- Orange Juice (1 C)

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- Green Salad (2 C)
- add: ½ C black beans
- 2 T shredded cheddar cheese
- Graham Crackers (3)
- Fruit

**DAY 5**

- Egg Salad Sandwich
- Baby Carrots (½ C)
- Fruit
- Non-fat Milk (1 C)

**DAY 6**

- Hummus Tortillas
- with lettuce & tomato
- Fruit
- Non-fat Milk (1 C)

**DAY 7**

- Chicken Salad Sandwich
- Celery (½ C)
- Fruit
- Non-fat Milk (1 C)

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- Green Salad (2 C)
- Non-fat Milk (1 C)
- Pasta & Veggies
- Chicken Tortillas
- with lettuce & tomato
- Brown Rice (½ C)
- Non-fat Milk (1 C)

**DAY 5**

- Pasta & Chicken
- Green Salad (2 C)
- Non-fat Milk (1 C)

**DAY 6**

- Pasta & Chicken
- Green Salad (2 C)
- Non-fat Milk (1 C)

**DAY 7**

- One Yolk Omelette
- Vegetable
(½ C, cooked)
- Whole Grain Bread
(1 sl + 1 tsp margarine)
- Non-fat Milk (1 C)

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See sections, **PREPARE FOR THE WEEK** and **BASIC RECIPES** for more details.
Create a Green Salad

You will need:
- 4 Bowls with lids (2-C size)
- White paper towel (4 sheets)
- Romaine lettuce (1 1/2 C)
- Grape tomatoes (4-5 per bowl)
- 2 Cucumbers: 1/2 per bowl, sliced
- 2 Green peppers: 1/2 per bowl, chopped
- 1-2 tsp olive or canola oil (add later)

- Combine vegetables in bowls
- Place paper towel inside each bowl (to absorb moisture)
- Seal bowls, store in refrigerator
- Salads should last about 5 days

TIP: Peel an orange and squeeze the juice on the salad. Add orange pieces for flavor.

Boil an Egg (or 3)

Place desired number of eggs in saucepan (single layer).

Fill pan with cold water, covering eggs by 1 inch. Cover and bring to a boil using medium-high heat.

When the eggs come to a rolling boil, turn off heat; keep covered for 12 minutes.

Uncover and rinse with icy cold water (add ice cubes for easier peeling later). Let stand for several minutes.
Bake Some Chicken
Start with:
4-5 Chicken Breasts
McCormick roasted garlic seasoning 
Non-stick cooking spray
Line shallow baking pan with aluminum foil. Spray lightly with cooking spray. Place chicken breasts on tray. Sprinkle with seasoning. Bake @ 350° for 45 minutes.

Make Brown Rice
Prepare 2 cups. Ratio for cooking:
1 C rice for every 4 C water
Rinse rice in a strainer–30 seconds under cold water, swirling the rice with your hand. Boil water in a large pot over high heat. Add rice to boiling water, stirring once. Turn heat to medium and boil uncovered, for 30 minutes (stir occasionally). After 30 minutes, pour the rice into a strainer over the sink. Drain for 10 seconds. Return rice to pot (no heat) and cover immediately with tight-fitting lid. Allow rice to steam for 10 minutes. Uncover rice, fluff with a fork, and season with salt to taste.

NOTE: If lid does not fit tightly, place aluminum foil over pot then place lid over foil for a tighter seal.
**Layered Rice Dish**
Ingredients:
- Brown rice (cooked)
- ¼ C Spaghetti sauce
- ½ C Cooked vegetables
- 2 T Shredded cheddar cheese

Spread brown rice on a plate; layer with spaghetti sauce and vegetables. Sprinkle cheddar cheese on top. Microwave for 2-3 minutes.

**Breakfast Burrito**
Ingredients:
- 6” flour tortilla
- 1 egg (scrambled)
- 1 T shredded low-fat cheddar cheese
- 1 tsp margarine

Crack egg into a small bowl. Add 1 T milk and beat with a fork. Melt margarine in skillet over medium heat. Pour egg into pan and stir until egg is cooked. Place scrambled egg on tortilla shell and sprinkle with cheese.
**Turkey Sandwich**
Ingredients:
- 2 slices whole grain bread
- 1 T low-fat mayonnaise
- 3 slices of deli-style turkey
- 1 romaine lettuce leaf & 1 sliced tomato
Spread mayonnaise on bread; stack with turkey, lettuce & tomato.

**Tuna Fish Salad**
Ingredients:
- 6 oz can of tuna (in water)
- 2 tsp low-fat mayonnaise
- celery, diced (optional)
Open and drain tuna (push down hard on the lid, tip can to side).
Mix with mayo & celery.

**Egg Salad**
Ingredients:
- 2 Hard-boiled eggs
- 2 tsp low-fat mayonnaise
- celery, diced (optional)
Cut the eggs into small pieces (use a knife or an egg slicer).
Mix with mayo & celery.

**Chicken Salad**
Ingredients:
- 3 oz cooked chicken breast
- 2 tsp low-fat mayonnaise
- celery, diced (optional)
Cut chicken into small cubes or slices. Mix with mayo & celery.
**Black Bean Tortillas**
Ingredients:
- Black beans (12 oz can)
- ¼ C romaine lettuce
- 2 tomato slices, diced
- 2 T shredded cheddar cheese
- 2 tortillas (6”)

**Strain** black beans then rinse & drain.  
**Pour** beans into small bowl & microwave 1 minute on low.  
**Dampen** white paper towels, placing one over & one under the tortillas.  
**Microwave** 10-20 seconds.  
Place beans, lettuce, tomato, & cheese onto warm tortillas.  
**Microwave** for 30-60 seconds.

**Serve with rice.**

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**VARIATIONS ON A THEME**
Substitute
- **CHICKEN BREAST** (3 oz, cooked & diced)  
or  
- **HUMMUS** (⅔ C)  
in place of the black beans
**One Egg Yolk Omelette**

**Ingredients:**
- 5 eggs
- 2 T non-fat milk
- 2 T shredded cheddar cheese
- ½ C cooked vegetable
  (use leftover broccoli or spinach or sauté with 1 T butter, 2 T green pepper and 1 T onion)

**Crack** 1 whole egg into a bowl. Over a separate bowl, crack another egg & carefully separate the whites from the yolk by pouring from shell to shell, allowing the whites to fall into the bowl (discard the yolk). **Repeat** with remaining eggs.

**Mix** whole egg and egg whites together with the milk. **Coat** a skillet, using non-stick cooking spray and heat on low. **Add** egg mixture, letting it cook slightly and firm up. **Tip** skillet (gently) side-to-side, to drain uncooked egg off the center of omelette.

**Place** vegetables and cheese slightly off center of omelette and fold over. Allow cheese to melt. Remove from pan.
**Pasta Dinner**

Ingredients:
- 1 C Pasta (cooked)
- ¼ C Spaghetti sauce
- Salt
- 2 T Parmesan Cheese
- Cooked green vegetable (e.g. broccoli or spinach)

Put 4-6 quarts of water into a large pot (add 1 tsp salt per quart of water). Cover and bring to a rolling boil.

Drop pieces of pasta into boiling water and stir gently, to prevent sticking. Boil a couple minutes under the recommended amount of time shown on the box.

Taste it. When pasta has been cooked, there should be some resistance when you bite into it.

Drain pasta in strainer (no need to run under cold water).

Dump pasta (while still hot) into a bowl. Add sauce/cheese.

Mix in vegetables.
Add chicken or beans (protein), if desired.
ADDITIONAL RESOURCES

americanfood.about.com/od/resourcesadditionalinfo/a/seasonalprolist.htm
cookingtips.cookingcache.com/cooking-chicken/should-i-rinse-chicken.html
www.grocerylists.com

www.uhs.umich.edu/nutritionindex
www.uhs.umich.edu/nutritionclinic

University Health Service 734-764-8320
UHS Nutrition Clinic 734-763-3760