

Week 1 Menu Excerpted from...

Eat REAL Cookbook 28-Day Kickstart

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Week 1 Menu

Shopping list on page 236 or at EatRealAmerica.com

MONDAY

Slow Cooker
Chicken Enchilada
Soup Bar



Easy Everyday
Salad



TUESDAY

Easy Peasy
Cheeseburger
Macaroni



Broccoli Poppers
and Carrots



WEDNESDAY

Southwest
Stuffed Sweet
Potatoes



Easy Everyday
Salad



THURSDAY

Baked Fish
Parmesan



Honey Dijon Roasted
Potatoes, Green
Beans and Carrots



FRIDAY

Cheeseburger
Quesadillas



Steamed Broccoli
with Garlic Dijon
Dressing



SATURDAY

Mexican
One-Pot Pasta



Easy Everyday
Salad




SUNDAY

Citrus Grilled
Chicken or
Shrimp



Sweet Surprise
Corn Salad





"My 12-year-old son says this tastes like nachos in a bowl, and loves it with tortilla chips on top!"

– Meagan from Kansas

**Slow Cooker Chicken
Enchilada Soup Bar with
Easy Everyday Salad (page 113)**

What a great way to start your Eat REAL Challenge! All the yummy flavors you love in enchiladas - served in a bowl of soup. Set the toppings out and let everyone choose their own. Fun to assemble, it's even more fun to eat! And served with Easy Everyday Salad as a salad bar, the fun is doubled. Happily feed your family tonight, then add this to your next party menu!

Slow Cooker Chicken Enchilada Soup Bar Serves: 6

Consider serving this soup bar combined with a salad bar, using the ingredients from Easy Everyday Salad (page 113) as the toppings to choose from.

1 lb **skinless and boneless chicken breasts** **4 to 10 hours before serving:** Add to the slow cooker and gently stir to combine.
(about 2 large breasts)

3 **garlic cloves**, minced (or 3/4 tsp garlic powder)

1 medium **onion**, chopped

2 cups **low-sodium chicken broth**

1 can (10 oz) **enchilada sauce** (gluten-free if desired)

1 can (14.5 oz) **diced tomatoes** (fire-roasted if desired)

1 tsp **dried coriander**

1 tsp **dried oregano**

1 tsp **ground cumin**

1 tsp **chili powder**

1 **bay leaf**, OPTIONAL

1 can (15 oz) **black beans**, no salt added, rinsed and drained

2 cups **frozen corn**

1 **chipotle chile in adobo** (1 chile chopped,
plus 1 tsp of the sauce), OPTIONAL

OR

1/2 tsp **smoked paprika**, OPTIONAL

For those seeking to amp up a “smoky” flavor, consider this optional add in.
Cover and cook on low 8-10 hours, or on high for 4-5 hours. When done, remove bay leaf. Using 2 forks, shred the chicken and stir to combine.

Choose some or all for toppings:

1/2 cup **shredded cheddar cheese**

1/2 cup **chopped fresh cilantro**

1/2 cup **plain nonfat Greek yogurt**

1-2 **avocados**, halved, pitted, flesh removed and diced

6 oz **tortilla chips**, lightly broken

2 **jalapeños**, sliced

Just prior to serving: Set out soup (and salad) with toppings as a buffet with “toppings bar,” allowing family members (or guests) to get creative. Enjoy!

QUICK TIP: Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. They can be found in small cans in the Mexican section of the store. Once opened, they will keep in the refrigerator for about 2 weeks or in the freezer for about 6 months.

Nutrition Information for a 1 1/2 cup serving (without optional toppings):

Calories: 255 • Fat: 5.5 g • Sat Fat: 0.9 g • Chol: 56 mg • Fiber: 7 g • Protein: 24 g • Total Carb: 29 g • Sugars: 6 g • Sodium: 460 mg



Easy Peasy Cheeseburger Macaroni with Broccoli Poppers and Carrots (page 137)

Today's "Eat REAL lesson" is how to make Cheeseburger Macaroni without the mystery seasoning packet! Not sure the kids will like the peas? Ask them, "Do you want the peas plain on the side, or all cheesy like the macaroni?"

This usually gets them on board!
We also welcome you to our first of twice-weekly roasted vegetables.

Brace yourself, you're
about to see veggies
devoured like
never before!

Easy Peasy Cheeseburger Macaroni Serves: 6


To serve with Broccoli Poppers and Carrots (page 137), get those into the oven before browning the ground beef.

1 lb	lean ground beef	Add ground beef to a large skillet over medium heat. Cook for 8-10 minutes or until browned. Drain if necessary.
2 cups	skim milk	Add to the skillet.
1 cup	water	Bring to a boil, cover, reduce heat to low and simmer for 10 minutes, stirring frequently, or until pasta is almost done.
1 1/2 cups	whole-grain elbow macaroni (gluten-free if desired), uncooked	
1 Tbsp	cornstarch (or arrowroot)	
2 tsp	paprika	
1 tsp	onion powder	
1 tsp	garlic powder	
1 tsp	salt	
1 tsp	sugar	
1/4 tsp	ground turmeric , OPTIONAL	
1 1/2 cups	frozen peas	Add to the skillet, return to a boil, and cook 3 more minutes.
1 cup	shredded cheddar cheese	Add and stir well. Remove from heat and let sit for about 5 minutes to allow the sauce to thicken and become absorbed. Serve with Broccoli Poppers and Carrots. Enjoy!

QUICK TIP: When selecting bread and pasta, choose “100% whole grain” over “enriched.”

Nutrition Information for 3/4 cup serving:

Calories: 370 • Fat: 14.5 g • Sat Fat: 6.8 g • Chol: 70 mg • Fiber: 5 g • Protein: 29 g • Total Carb: 32 g • Sugars: 8 g • Sodium: 500 mg



"I didn't think I liked sweet potatoes until I tried this Southwest Stuffed recipe! I had no idea sweet potatoes could taste like that!"

– Karen from Texas

Southwest Stuffed Sweet Potatoes with Easy Everyday Salad (page 113)

If you aren't already a master at serving stuffed sweet potatoes, you soon will be. In this southwest-topped version, the warm black beans and corn combine with the salsa and cool avocado to create a meal that is satisfyingly flavorful and colorful.

Served with Easy Everyday Salad, it's REAL fast food!

Southwest Stuffed Sweet Potatoes Serves: 4

To serve with *Easy Everyday Salad* (page 113), get that prepped before you start the saute in step two.

If using oven directions, preheat oven to 425 degrees.

4 medium **sweet potatoes**

Scrub potatoes clean and pat dry. Then use one of the cooking methods below.

Oven directions: Place in a baking dish. Bake for one hour, or until tender.

Slow cooker directions: Place in slow cooker. Cook on low 6-8 hours or on high 3-4 hours.

Microwave directions: Pierce the potatoes with a fork and cook on high for 8-10 minutes (it may take a little longer depending on your microwave).

1 Tbsp **olive oil**

1 can (15 oz) **black beans**, no salt added, rinsed and drained

1 cup **corn**, frozen, canned or cut fresh from the cob

1/2 **red onion**, chopped

1/2 tsp **ground cumin**

1/4 tsp **salt** (omit if canned beans contain salt)

1/4 tsp **black pepper**, OPTIONAL

While the sweet potatoes are cooking and almost done, add oil to a skillet over medium heat. Add everything else and saute for 5 minutes or until heated through.

1 cup **salsa** (e.g., Simple Salsa Fresca, page 195)

1 **avocado**, halved, pitted, flesh removed and sliced

1/4 cup **shredded cheddar cheese**, OPTIONAL

1/2 cup **chopped fresh cilantro**, OPTIONAL

When the potatoes are done, slit them open lengthwise and fluff the insides with a fork.

Top with the hot bean and corn mixture, salsa, avocado slices, cheese and chopped cilantro if desired. Serve with salad and enjoy!

QUICK TIP: For more meal ideas using sweet potatoes, visit EatRealAmerica.com and enter “sweet potato” in the Search Recipes bar.

Nutrition Information for one sweet potato with all toppings except cheese:

Calories: 340 • Fat: 10 g • Sat Fat: 1.2 g • Chol: 0 mg • Fiber: 13 g • Protein: 10 g • Total Carb: 66 g • Sugars: 9 g • Sodium: 500 mg



Baked Fish Parmesan with Honey Dijon Roasted Potatoes, Green Beans and Carrots (page 137)

Fish, not chicken? Yes! This is Chicken Parmesan...seafood style! The seasoning, sauce and cheese add great flavor to the fish, while the honey Dijon sauce on the roasted vegetables brings it all together. This hearty meal is extremely popular with the whole family!

Baked Fish Parmesan Serves: 4

Serve with *Honey Dijon Roasted Carrots and Parsnips* (page 137), but try other vegetable combinations like potatoes, green beans and carrots. Simply prep those first, and get them into the oven for a head-start on roasting. Then add the fish to the oven when the vegetables are half-roasted so both dishes finish at the same time (although the veggies may need 5 minutes more).

Preheat oven to 400 degrees. Grease a baking sheet.

1/2 cup **panko bread crumbs** (gluten-free if desired) Add to a small bowl and stir to combine. Set aside.

2 Tbsp **shredded Parmesan cheese**

1 tsp **dried oregano**

1/2 tsp **garlic powder**

1/2 tsp **black pepper**

1 Tbsp **olive oil**

1.5 lbs **tilapia** (or cod or flounder), in 4 fillets

1 Tbsp **Dijon mustard**

Place fish on greased baking sheet. Brush each fillet with mustard then sprinkle each with the breadcrumb topping, dividing mustard and topping evenly between all 4 fillets.

Bake the fish for 10-15 minutes or until topping is golden brown and fish is cooked through.

1 1/2 cups **marinara sauce** of your choice

1/4 cup **shredded part-skim mozzarella cheese**

1/4 cup **shredded Parmesan cheese**

Top each fillet with sauce, then cheese, dividing each evenly between fillets.

Bake for 5 minutes more until heated through and cheese is melted.

Serve with roasted vegetables and enjoy!

QUICK TIP: Japanese panko bread crumbs are similar to regular bread crumbs, but crunchier. Look for gluten-free varieties of panko, if desired.

Nutrition Information for one serving:

Calories: 275 • Fat: 9.5 g • Sat Fat: 1.8 g • Chol: 87 mg • Fiber: 2 g • Protein: 37 g • Total Carb: 10 g • Sugars: 0 g • Sodium: 465 mg



Cheeseburger Quesadillas and Steamed Broccoli with Garlic Dijon Dressing (page 135)

Your family will love this dive into REAL food when they realize it includes foods they are used to. This one rather secretly incorporates mushrooms, a cancer-fighting dynamo. Served with Steamed Broccoli with Garlic Dijon Dressing, this meal is a destined family favorite – so easy and crazy good!

Cheeseburger Quesadillas Serves: 6

To serve with *Steamed Broccoli with Garlic Dijon Dressing* (page 135), ask a family member to assist in making that while you prepare the quesadillas, so everything is ready at the same time.

1 small	onion (white or yellow), chopped	Prep and set aside.
8 oz	mushrooms (any variety), chopped	
1 lb	lean ground beef	Add to a large skillet, along with the onions and mushrooms. Cook over medium heat for 8-10 minutes or until browned. Drain if necessary.
2 tsp	Worcestershire sauce	Add to the skillet and stir to combine.
1 1/2 Tbsp	yellow mustard	Reduce the heat and keep warm.
1 Tbsp	natural ketchup	
1	tomato , chopped	
1/2 cup	chopped dill pickles	
8	whole wheat flour tortillas (or 16 corn tortillas)	Assemble the quesadillas:
1 cup	shredded cheddar cheese	Place one tortilla at a time in a skillet on medium-high heat. (If you have a griddle, you can cook several at a time.) Top with 1/2 cup ground beef mixture (use 1/4 cup for corn tortillas), then top with cheese (evenly divided). Top with another tortilla. Cook until browned, then flip to brown the other side. Repeat for each quesadilla. Cut into triangles (a pizza cutter works great) and serve warm with Steamed Broccoli with Garlic Dijon Dressing on the side. Enjoy!

QUICK TIP: Mushrooms have fascinating cancer-fighting powers, thanks to their specialized lectins that have been found to prevent cancer cells from growing and dividing. It is recommended to always cook mushrooms before eating, to better release their nutrients and aid in digestion.

Nutrition Information for 2/3 of one quesadilla using whole wheat tortillas:

Calories: 385 • Fat: 17 g • Sat Fat: 7 g • Chol: 68 mg • Fiber: 5 g • Protein: 26 g • Total Carb: 33 g • Sugars: 2 g • Sodium: 520 mg



Mexican One-Pot Pasta with Easy Everyday Salad (page 113)

With or without the chicken, this hearty vegetable-rich Mexican dish satisfies the adult palate while also making the kid menu.

The smooth yogurt (instead of sour cream) and touch of cheese calm the rich, fiery flavor of the enchilada spices. It's a gratifying one-pot entree that is perfectly paired with the contrasting crisp and crunchy Easy Everyday Salad.

Mexican One-Pot Pasta Serves: 6

To serve with *Easy Everyday Salad* (page 113), get that prepped first or ask a family member for help.

1 Tbsp	olive oil	In a large pot, heat olive oil over medium heat.
2	garlic cloves , minced	Add the vegetables and cook about 2 minutes.
1/2	onion (white or yellow), diced	
1 cup	butternut squash* , peeled, seeded and finely diced (or 1 cup finely diced carrots)	
1 lb	skinless and boneless chicken breasts* , cut into bite-sized pieces	Add the chicken and cook about 8 minutes or until cooked through (or skip this step if going vegetarian).
2 tsp	dried oregano	Add to the pot. Stir and allow to cook one minute.
2 tsp	ground cumin	
1 tsp	chili powder	
1 can	(10 oz) enchilada sauce (gluten-free if desired)	Add and bring to a boil, reduce heat to low, and simmer covered for about 10-15
1 cup	low-sodium vegetable or chicken broth	minutes or until pasta is al dente (tender but firm).
1 can	(15 oz) black beans , no salt added, rinsed and drained	
1 1/2 cups	frozen corn (or cut fresh from the cob, or 14.5 oz can of corn, rinsed and drained)	
1 can	(14.5 oz) fire-roasted diced tomatoes with garlic (or 1 cup salsa)	
8 oz	whole-grain penne , (gluten-free if desired), uncooked	
1/2 cup	(5.3 oz) plain nonfat Greek yogurt	Stir in and allow to heat through.
2/3 cup	shredded Monterey Jack cheese	When pasta is done, top with cheese and let sit for a few minutes for the
2 Tbsp	chopped fresh cilantro	cheese to melt. Top with cilantro, serve with salad and enjoy!

* For a vegetarian option, increase the butternut squash (or carrots) to 3 cups, plus add 2 seeded and chopped bell peppers (any color or variety), and you will never miss the chicken. Learn how to cut a butternut squash by watching our video at EatRealAmerica.com.

QUICK TIP: With its “healthy gut” probiotic powers and higher protein and calcium content, Greek yogurt is an amazing superfood substitute for sour cream. Find your favorite brand, and use it whenever sour cream is needed.

Nutrition Information for a 1 1/2 cup serving using chicken:

Calories: 455 • Fat: 10.5 g • Sat Fat: 3.4 g • Chol: 68 mg • Fiber: 9.5 g • Protein: 35 g • Total Carb: 58 g • Sugars: 7 g • Sodium: 680 mg



Citrus Grilled Chicken or Shrimp with Sweet Surprise Corn Salad (page 117)

Today's "Eat REAL lesson" is about embracing citrus juice and zest for the delightful fresh flavor they lend to this versatile marinade. If everyone agrees, give it some kick with added cayenne or crushed red pepper. Cooked indoors or out, and served with Sweet Surprise Corn Salad, this meal says "yeah summer!" even if it's not!

Citrus Grilled Chicken or Shrimp Serves: 4

Prepare Sweet Surprise Corn Salad (page 117) before you start grilling. Serve with multi-grain artisan bread (or cooked rice for a gluten-free option).

1	orange	Wash well, then roll each fruit on a flat surface to make it easier to extract the juice.
1	lemon	Using a grater, zest the peel from each fruit and add to a small bowl or mason jar.
1	lime	Slice each fruit in half and squeeze the juice into the bowl or mason jar.
2	garlic cloves , minced (or 1/2 tsp garlic powder)	Add to the bowl or mason jar and whisk or shake to combine.
2 Tbsp	white balsamic vinegar (or rice wine vinegar)	
2 Tbsp	olive oil	
2 tsp	honey	
1/2 tsp	salt	
1/2 tsp	black pepper	
1/2 tsp	dried oregano (or dried rosemary, dried basil, or "Old Bay" seasoning if using shrimp)	
1	sweet onion , cut into three thick slices	Transfer vegetables and meat of your choice to an airtight bag or bowl.
1	red pepper , seeded and quartered	Add the marinade, seal the bag or cover the bowl, and allow to sit in the refrigerator
1	green or yellow pepper , seeded and quartered	for about 2 hours. (NOTE: the citrus may cause the meat to whiten slightly.)
8 oz	whole mushrooms , OPTIONAL	Preheat the grill (or oven broiler).
1 lb	skinless and boneless chicken breasts , cut into 4 equal portions	Remove the chicken or shrimp from the marinade, and discard the marinade.
OR		For vegetables and chicken: Add both to the grill. Chicken that is one inch thick
2 lbs	large raw shrimp , peeled and deveined with "tails on"	will take about 4 minutes per side in a covered grill.
		For vegetables and shrimp: Pick out the vegetables and place on the grill first,
		giving them about a 5-minute head start. Then place the shrimp directly on the grill,
		use a "grill basket," or slide three to four shrimp on skewers. (This will keep
		the shrimp from falling through the grill grates.) Cook shrimp only 1 minute per
		side or slightly longer if needed, until pink and opaque.
		Serve with Sweet Surprise Corn Salad and multi-grain artisan bread with olive oil
		for dipping (or rice). Enjoy!

QUICK TIP 1: Citrus zest, the grated peel of citrus fruit, adds an amazing "pop" of flavor! Plus, there are over 60 different types of flavonoids, or antioxidants, found in citrus, with the highest concentration found in the peel!

QUICK TIP 2: Looking for more "go to" marinades for the grill? Go to EatRealAmerica.com and enter "grill" in the Search Recipes bar.

Nutrition Information for 3 oz of chicken:

Calories: 190 • Fat: 6.5 g • Sat Fat: 1.1 g • Chol: 83 mg • Fiber: 0 g • Protein: 26 g • Total Carb: 7 g • Sugars: 2 g • Sodium: 150 mg



Super Salads & Sides



Easy Everyday Salad Serves: 4

4 cups **salad greens** (spinach, romaine, or your choice) Add to a large bowl.
 1 **carrot**, sliced or cut into strips
 1 small **cucumber**, cut once or twice lengthwise and sliced
 3 **radishes**, sliced (or 1 cup broccoli or cauliflower, cut into bite-sized pieces)
 1 cup **cherry or grape tomatoes**, whole or cut in half (or one large tomato, cubed)

1/4 cup **dried fruit** (cranberries, cherries or raisins) Add to the bowl and toss to combine.
 1/4 cup **crumbled cheese** (feta, blue cheese or gorgonzola), OPTIONAL
 1/4 cup **chopped nuts** (walnuts, almonds, pecans or pistachios)
 1 can (15 oz) **beans** (garbanzo, black, navy or other), no salt added, rinsed and drained

2 Tbsp **olive oil** Add to a small bowl or mason jar and stir or shake to combine.
 1 Tbsp **balsamic vinegar** Pour dressing over salad and toss to combine. Enjoy!

Nutrition Information for a 2 cup serving not including optional cheese:

Calories: 290 • Fat: 15.5 g • Sat Fat: 3.4 g • Chol: 10 • Fiber: 7.5 g • Protein: 11 g • Total Carb: 29 g • Sugars: 5 g • Sodium: 225 mg

Healthified Three Bean Salad Serves: 8

1 can (15 oz) **cannellini beans**, no salt added, rinsed and drained Add to a large bowl and stir to combine.
 1 can (15 oz) **black beans**, no salt added, rinsed and drained
 1 can (15 oz) **garbanzo beans** (chickpeas), no salt added, rinsed and drained
 1 cup **cherry tomatoes**, cut in half
 1 **bell pepper** (any color or variety), seeded and chopped
 1/2 **red onion**, chopped
 1/4 cup **chopped fresh basil**, about 10 leaves (or 1 tsp dried basil)

1 Tbsp **honey** (or pure maple syrup) Add to a small bowl or mason jar, and whisk or shake to combine.
 1 tsp **Dijon mustard**
 1/4 cup **balsamic vinegar** Pour dressing over salad and stir to combine.
 1/4 cup **olive oil**
 1/4 tsp each **salt* & black pepper** *Omit salt if canned beans are not no salt added.

4 cups **salad greens** (spinach, romaine or your choice) Serve immediately over a bed of greens, or let chill for about 30 minutes in the refrigerator before serving. Enjoy!

Nutrition Information for a 1 cup serving: Calories: 225 • Fat: 8 g • Sat Fat: .9 g • Chol: 0 mg • Fiber: 7.5 g • Protein: 9 g • Total Carb: 30 g • Sugars: 5 g • Sodium: 95 mg

Sweet Surprise Corn Salad

Serves: 6

1 1/2 cups **crisp-tender cooked corn**, cut from the cob,
or if frozen, simply thaw, no need to cook

Add the corn kernels to a large bowl.

1 cup **fresh blueberries** (not frozen)

Add to the bowl with the corn and stir to combine.

1 **cucumber**, diced

1 small **red onion**, chopped

1/4 cup **chopped fresh cilantro**

1 **jalapeño**, seeds removed and finely diced

2 Tbsp **lime juice** (juice from 1 small lime)

Add to a small bowl or mason jar and stir or shake to combine.

2 Tbsp **olive oil**

Pour the dressing over everything in the bowl and toss to combine.

1 Tbsp **honey**

Refrigerate until ready to serve.

1/2 tsp **ground cumin**

1/2 tsp **salt**

1/4 tsp **black pepper**

3 cups **chopped salad greens** of your choice, OPTIONAL

Serve over greens, if desired. Enjoy!

QUICK TIP: You can quickly cook corn on the cob by steaming it for 3-5 minutes, or cooking it on the grill.

Nutrition Information for 1 1/4 cups:

Calories: 115 • Fat: 5 g • Sat Fat: 0.7 g • Chol: 0 mg • Fiber: 2.5 g • Protein: 2 g • Total Carb: 18 g • Sugars: 8 g • Sodium: 135 mg

Avocado Cucumber Salad Serves: 4

3 cups	romaine lettuce (or greens of your choice), torn or chopped	Add to a large bowl.
1	cucumber , chopped	
3	green onions (green tops included), sliced	
1	avocado , halved, pitted, flesh removed and diced	
1/4 cup	sunflower seeds	
2 Tbsp	plain nonfat Greek yogurt	In a small bowl, whisk to combine.
1 Tbsp	lime juice (juice from half of 1 small lime)	Pour over the salad and toss until well coated.
1/4 tsp	salt	
1/2 tsp	hot sauce (e.g., Sriracha)	
1/4 cup	chopped fresh cilantro , OPTIONAL	Top with fresh chopped cilantro if desired. Serve and enjoy!

QUICK TIP: Sriracha is a tangy hot sauce made from chili peppers, vinegar, garlic, sugar and salt. Its consistency is slightly thicker than typical hot sauce, but it is crazy good!

Nutrition Information for roughly 1 -1 1/4 cup (1/4 th of the recipe) including cilantro:

Calories: 135 • Fat: 10 g • Sat Fat: 1.2 g • Chol: <1 • Fiber: 4.5 g • Protein: 4 g • Total Carb: 10 g • Sugars: 3 g • Sodium: 125 mg

Steamed Broccoli with Garlic Dijon Dressing Serves: 4

2 crowns	broccoli , cut into bite-sized florets	Steam broccoli on the stove in a steamer pan, or in the microwave for about 3-6 minutes depending on your desired tenderness. To microwave, place broccoli in a glass bowl, with 1-2 Tbsp of water, and cover. (You may wish to vent one corner.)
1 Tbsp	olive oil	In a small bowl or mason jar, whisk or shake to combine.
1 Tbsp	white wine vinegar	Drizzle dressing over steamed broccoli.
1/2 Tbsp	Dijon mustard	Serve and enjoy!
1	garlic clove , minced (or 1/4 tsp garlic powder)	
1/4 tsp	black pepper	
1/4 tsp	salt	

Nutrition Information for 3/4 cup serving: Calories: 60 • Fat: 3.5 g • Sat Fat: 0.5 g • Chol: 0 mg • Fiber: 2 g • Protein: 2 g • Total Carb: 6 g • Sugars: 1 g • Sodium: 150 mg

Broccoli Poppers (Roasted Broccoli) Serves: 4

Preheat oven to 400 degrees. Grease a large baking sheet. For variety, sub out 2 crowns broccoli for 12 oz petite baby carrots.

4 crowns **broccoli***, cut into bite-sized florets (about 8 cups)

Wash the broccoli, shake out as much water as you can, and pat dry. Set aside.

2 Tbsp **olive oil**

In a medium-sized bowl, stir to combine. Add in the broccoli and toss well.

1/4 tsp **salt** (or to taste)

Spread onto the greased baking sheet in a single layer.

1/4 tsp **black pepper** (or to taste)

1/4 tsp **garlic powder** (or to taste)

1 tsp **sugar**, OPTIONAL

2 Tbsp **shredded Parmesan cheese**, OPTIONAL

Roast for 10 minutes, then remove from the oven and stir or turn to brown evenly. Return to the oven and roast 5 minutes more, or until slightly tender and lightly browned.

Serve immediately. (If these come out of the oven before your entree is ready, they make a great appetizer.) Enjoy watching them disappear!

Sriracha Roasted Broccoli: Ready to take your love of roasted broccoli to the next level? Toss 8 cups broccoli with: 2 Tbsp olive oil, 2 Tbsp Sriracha, 1 Tbsp low-sodium soy sauce (or tamari), 1/2 tsp sesame oil, 1 tsp sugar (or honey), 1/2 tsp garlic powder and 1/4 tsp black pepper. Then roast in the same way. Talk about an addictive substance!

Nutrition Information for 1 cup including optional sugar and Parmesan cheese:

Calories: 135 • Fat: 8 g • Sat Fat: 1.4 g • Chol: 2 • Fiber: 5 g • Protein: 6 g • Total Carb: 13 g • Sugars: 4 g • Sodium: 200 mg

Honey Dijon Roasted Carrots and Parsnips Serves: 6

Preheat oven to 400 degrees. Grease a large baking sheet. For variety, sub out the carrots and parsnips for 1/2 lb green beans and 1 lb potatoes.

2 Tbsp **olive oil**

Mix together in a large bowl.

2 Tbsp **Dijon mustard**

1 Tbsp **honey**

2 tsp **dried rosemary** (or 2 Tbsp fresh)

1/4 tsp **black pepper**

12 oz **petite baby carrots***, left whole
1 lb (about 4) **parsnips*** (or potatoes),
peeled and cut into strips

Add to the bowl and stir to coat. Spread onto the greased baking sheet in a single layer. Roast for 15 minutes, then remove from the oven and stir or turn to brown evenly. Return to the oven and roast 15-20 minutes more, or until slightly tender and browned. Serve and enjoy!

Nutrition Information for 3/4 cup: Calories: 135 • Fat: 5 g • Sat Fat: 0.7 g • Chol: 0 mg • Fiber: 5 g • Protein: 1 g • Total Carb: 23 g • Sugars: 10 g • Sodium: 130 mg

Week 1 Shopping List

Divided into two easy trips. Print at EatRealAmerica.com.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entree	Slow Cooker Enchilada Soup Bar p.49	Easy Peasy Cheeseburger Macaroni p.51	Southwest Stuffed Sweet Potatoes p.53	Baked Fish Parmesan p.55	Cheeseburger Quesadillas p.57	Mexican One-Pot Pasta p.59	Citrus Grilled Chicken or Shrimp p.61
Side	Easy Everyday Salad p.113	Broccoli Poppers and Carrots p.137	Easy Everyday Salad p.113	Honey Dijon Roasted Veggies p.137	Steamed Broccoli with Garlic Dijon Dressing p.135	Easy Everyday Salad p.113	Sweet Surprise Corn Salad p.117

First Half of Week (Mon-Thurs)

Second Half of Week (Fri-Sun)

Produce

- ☐ **garlic** (1 bulb or garlic powder)
- ☐ **onions**: white or yellow (1), red (1)
- ☐ **potatoes**: regular (1 lb), sweet (4)
- ☐ **avocados** (3)
- ☐ **green beans** (1/2 lb)
- ☐ **tomatoes**: cherry (2 pints)
- ☐ **jalapeños** (2)
- ☐ **broccoli** (2 crowns)
- ☐ **cucumber** (2)
- ☐ **radishes** (1 bunch)
- ☐ **fresh salad greens** (spinach or romaine, 8 cups)
- ☐ **fresh cilantro** (1/2 bunch)
- ☐ **carrots**: large (2), petite baby (24 oz)

- ☐ **garlic** (1 bulb or garlic powder)
- ☐ **onions**: white or yellow (3), red (1)
- ☐ **mushrooms**, whole (8 oz) opt, sliced (8 oz)
- ☐ **butternut squash** (1)
- ☐ **bell peppers**: red (1), green or yellow (1)
- ☐ **tomatoes**: cherry (1 pint), medium (1)
- ☐ **jalapeño** (1)
- ☐ **broccoli** (2 crowns)
- ☐ **cucumber** (2)
- ☐ **radishes** (1 bunch)
- ☐ **fresh salad greens** (spinach or romaine, 4 cups + 3 cups opt)
- ☐ **fresh cilantro** (1/2 bunch)
- ☐ **carrots**: large (1)
- ☐ **blueberries** (1 cup)
- ☐ **citrus fruit**: orange (1), lemon (1), lime (2)

Meat / Seafood

- ☐ **chicken breasts** (skinless, boneless, 1 lb)
- ☐ **lean ground beef** (1 lb)
- ☐ **tilapia** (or cod or flounder, 1.5 lbs)

- ☐ **chicken breasts** (skinless, boneless, 1 lb)
- ☐ **lean ground beef** (1 lb)
- ☐ **chicken breasts** (skinless, boneless, 1 lb)
OR raw shrimp (peeled, deveined, 2 lbs)

Bakery

☐ tortilla chips

☐ whole wheat flour tortillas (8) or corn tortillas (16)
☐ multi-grain artisan bread (1 loaf) or 1 cup rice for GF option

Dairy

☐ shredded cheddar cheese (1 3/4 cup)
☐ shredded Parmesan cheese (1/2 cup)
☐ plain nonfat Greek yogurt (1/2 cup)
☐ crumbled cheese (feta, blue or gorgonzola, 1/2 cup), opt
☐ shredded part-skim mozzarella cheese (1/4 cup)
☐ milk (skim, almond or soy, 2 cups)

☐ shredded cheddar cheese (1 cup)
☐ shredded Monterey Jack cheese (2/3 cup)
☐ plain nonfat Greek yogurt (1/2 cup)
☐ crumbled cheese (feta, blue or gorgonzola, 1/4 cup), opt

Dry / Canned

☐ enchilada sauce* (1 can, 10 oz)
☐ diced tomatoes (1 can, 14.5 oz)
☐ black beans (2 cans, 15 oz each)
☐ beans (garbanzo, black or navy, 2 cans, 15 oz each)
☐ elbow macaroni* (whole wheat or whole-grain, 1 1/2 cups)
☐ low-sodium chicken broth (4 cups)
☐ dried fruit (cranberries or raisins, 1/2 cup)
☐ chopped nuts (almonds, walnuts or pecans, 1/2 cup)
☐ salsa (1 cup)
☐ panko bread crumbs* (1/2 cup)
☐ marinara sauce (1 jar, 24 oz)
☐ chipotle chiles in adobo*, opt

☐ enchilada sauce* (1 can, 10 oz)
☐ fire-roasted diced tomatoes (with garlic, 1 can, 14.5 oz)
☐ black beans (2 cans, 15 oz each)
☐ beans (garbanzo, black or navy, 2 cans, 15 oz)
☐ penne pasta* (whole wheat or whole-grain, 8 oz)
☐ low-sodium vegetable or chicken broth (1 cup)
☐ dried fruit (cranberries or raisins, 1/4 cup)
☐ chopped nuts (almonds, walnuts or pecans, 1/4 cup)
☐ dill pickles (chopped, 1/2 cup)

Frozen

☐ frozen veggies: corn (3 cups), peas (1 1/2 cups)

☐ frozen veggies: corn (3 cups)

Pantry Checklist

Full Week

Vinegars / Oils	Condiments	Herbs / Spices		Baking / Other
<input type="checkbox"/> balsamic vinegar <input type="checkbox"/> white balsamic vinegar <input type="checkbox"/> white wine vinegar <input type="checkbox"/> olive oil	<input type="checkbox"/> Dijon mustard <input type="checkbox"/> honey <input type="checkbox"/> natural ketchup <input type="checkbox"/> Worcestershire sauce <input type="checkbox"/> yellow mustard	<input type="checkbox"/> bay leaf <input type="checkbox"/> chili powder <input type="checkbox"/> dried oregano <input type="checkbox"/> dried rosemary <input type="checkbox"/> garlic powder <input type="checkbox"/> ground coriander	<input type="checkbox"/> ground cumin <input type="checkbox"/> ground turmeric <input type="checkbox"/> onion powder <input type="checkbox"/> paprika <input type="checkbox"/> smoked paprika	<input type="checkbox"/> cornstarch (or arrowroot) <input type="checkbox"/> sugar <input type="checkbox"/> salt <input type="checkbox"/> black pepper

*choose a gluten-free (GF) variety if desired