

Week 5 Grocery List

Fruit:

2 medium apples
1-cup fresh berries
2 medium oranges
2 tbsp fresh lime juice
1 tsp finely grated grapefruit peel
1 cup red or green grapes
1 tsp fresh lemon juice
Juice of 1 lemon
 $\frac{1}{4}$ cup papaya

Veggies:

dill or tarragon (or dried)
2 cups arugula
1 oz soybeans
8 leaves lettuce and 6c mixed greens
4 slices tomato
1 cup alfalfa sprouts
4 stalks celery
2 red bell pepper cut into slices
1 avocado
2 cucumber
1 cup steamed string beans
9 cherry tomatoes
3 scallions diced
1 zucchini, cut lengthwise
1 large carrot, cut into spears
 $\frac{3}{4}$ c shredded raw cabbage
6 springs of cilantro
1 cup steamed spinach
1 small baked potato

Dairy:

5 eggs
1 container low-fat cottage cheese

2oz low-fat cheddar cheese
2 Tbsp grated low fat cheddar cheese
 $\frac{1}{2}$ c non-fat plain yogurt
1 tsp reduced fat sour cream
1 Tbsp crumbled bleu cheese

Meat:

4 oz baked or broiled chicken breast
4oz broiled, skinless chicken breast
6oz raw cod(flounder or fluke) washed and patted dry
4 oz white flaky fish of your choice
4 oz raw fresh tuna steak
1 lb low-sodium deli turkey
4 oz lean center cut boneless pork chop
3 oz beef

Middle Aisles

Whole wheat tortillas
3 (4 inch) corn tortillas
2 slices whole wheat bread

Dijon mustard
1 Tbsp bacon bits
1 Tbsp low fat dressing
2 Tbsp. fat-free ranch dressing
salsa
EVOO
 $\frac{1}{2}$ oz sesame seeds
2 Tbsp lime soy vinaigrette

almond butter
peanut butter

dried dill or tarragon (or buy fresh)
salt and pepper to taste
1 dash cayenne pepper

brown rice

Top with 15 raisins
20 raw almonds
2 tsp raw honey

6 oz. water-packed tuna (drained)
2 cup canned black bean soup
 $\frac{1}{4}$ cup canned pinto or black beans

$\frac{1}{2}$ cup applesauce
1 nutrition bar
 $\frac{1}{4}$ cup water chestnuts, chopped

Week 5 Meal Plan

Day 1:

Breakfast: Shakeology (Check out the Shakeology recipe bank)

Snack 1:

1 medium apple
1 Tbsp almond butter

Lunch:

Egg salad Wrap
2 hard-boiled eggs, yolk removed from one
1/4 cup of low-fat cottage cheese
Whole wheat tortilla
1 Tbsp. Dijon mustard
1/2 tsp. of either dried dill or tarragon, salt and pepper to taste

Directions: *Chop up hard-boiled eggs and mix with cottage cheese, mustard, salt, pepper, and herbs. Place onto tortilla and wrap up. Serve with 2 cups mixed greens, 1 sliced Roma tomato, and 1 tsp. balsamic vinegar. Toss all ingredients.*

Snack 2:

1 cucumber
1 red bell pepper cut into slices
1 oz. low-fat cheddar cheese

Dinner:

Rice and chicken dinner
4 oz baked or broiled chicken breast
 $\frac{3}{4}$ cup cooked brown rice
1 cup mixed greens
1 Tbsp low fat dressing
1-cup fresh berries

Place chicken on rice. Serve salad drizzled with dressing. Finish meal with berries.

Day 2

Breakfast: Shakeology (Check out the Shakeology recipe bank)

Snack 1

1 Tbsp. peanut butter, spread across 2 celery sticks
Top with 15 raisins.

Lunch:

Tuna Salad
3 cups of mixed greens
4 oz. water-packed tuna (drained)
5 cherry tomatoes
1 stalk chopped celery
3 scallions diced
2 Tbsp. fat-free ranch dressing

Snack 2

1 zucchini, cut lengthwise
1 large carrot, cut into spears
2 Tbsp. nonfat ranch dressing

Dinner:

Grilled Fish Tacos with cabbage citrus slaw
6oz raw cod(flounder or fluke) washed and patted dry
1/4 tsp sea salt
3 (4 inch) corn tortillas
3/4 c shredded raw cabbage
6 springs of cilantro
2 tbsp fresh lime juice
1 dash cayenne pepper
1/4 medium avocado, cut into 6 slices

Directions: Preheat grill or broiler to high. Grill or broil fish for 3 to 5 min on each side until flakes easily with a fork. Wrap tortillas in a damp paper towel and microwave for 30 seconds. Place tortillas on a serving plate, top with 1/3 fish, cabbage and cilantro. Season with limejuice and cayenne, top with 2 avocado slices fold and serve!

Day 3:

Breakfast: Shakeology (Check out the Shakeology recipe bank)

Snack 1

10 raw almonds, 1 medium orange

Lunch:

Soup and sandwich
2 oz deli-style turkey breast

1 slice whole wheat bread
2 very thin slices of avocado
Dijon mustard (to taste)
2 cup canned black bean soup

Snack 2:

Sweet Citrus Yogurt
1/2 c non-fat plain yogurt
2 tsp raw honey
1 tsp finely grated grapefruit peel.

Dinner:

Beef Fajitas and brown rice
 $\frac{1}{4}$ cup brown rice
 $\frac{1}{2}$ -shredded lettuce
3 oz beef
1 small whole grain tortilla
 $\frac{1}{4}$ cup chopped red onion
2 Tbsp grated low fat cheddar cheese
1 tsp reduced fat sour cream
2 tsp tomato salsa

Day 4:

Breakfast: Shakeology (Check out the Shakeology recipe bank)

Snack 1:

1 cup red or green grapes

Lunch:

Turkey Cobb Salad
2 cups mixed greens
4 oz low-sodium turkey breast chopped
1 Tbsp crumbled bleu cheese
1 Tbsp bacon bits
 $\frac{1}{4}$ avocado cubed
4 cherry tomatoes cut into halves
2 Tbsp low fat dressing

Snack 2:

1 large hard-boiled egg, cut in half, drizzled with 1/2 tsp of extra virgin olive oil, sprinkled with 1 dash of ground black pepper.

Dinner:

Pork Chops and Apple Sauce

4 oz lean center cut boneless pork chop

$\frac{1}{2}$ cup applesauce

1 cup steamed string beans

Directions: Bake pork chop until cooked throughout. Serve with applesauce and beans.

Day 5:

Breakfast: Shakeology (Check out the shakeology recipe bank)

Snack 1

1 nutrition bar

Lunch:

Turkey Avocado Sandwich or Wrap

3 slices of deli style turkey

1 slice of whole-wheat bread or whole-wheat tortilla

4 leaves of lettuce

1 tsp mustard

2 slices of tomato

1 oz raw avocado

Snack 2:

Tuna and celery boat. 1 medium celery stalk filled with 2 oz drained solid white tuna and drizzled with 1 tsp fresh lemon juice and $\frac{1}{2}$ tsp extra virgin olive oil.

Dinner:

Citrus Seafood Over Spinach

4 oz white flaky fish of your choice

2 tsp olive oil

Juice of 1 lemon

1 cup steamed spinach

1 small baked potato

Salt and pepper to taste

Day 6:

Breakfast: Shakeology (Check out the shakeology recipe bank)

Snack 1

10 raw almonds, 1 medium orange

Lunch:

Turkey Sandwich
1 slice of whole wheat bread
3 slices of deli style turkey
4 leaves lettuce
1 tsp mustard
2 slices tomato
1 cup alfalfa sprouts

Snack 2

Cottage cheese with paprika
1 cup cottage cheese
1 tsp paprika

Dinner:

Chicken Burrito with Rice and Beans
4oz broiled, skinless chicken breast
2 Tbsp salsa
1 low-fat whole-wheat tortilla
 $\frac{1}{4}$ cup canned pinto or black beans
 $\frac{1}{4}$ cup cooked brown rice

Arrange chicken and salsa on tortilla, then microwave or warm in oven. Toss rice and beans together

Day 7:

Breakfast: Shakeology (Check out the shakeology recipe bank)

Snack 1:

1 medium apple
1 Tbsp almond butter

Lunch:

Egg salad Wrap
2 hard-boiled eggs, yolk removed from one
 $\frac{1}{4}$ cup of low-fat cottage cheese
Whole wheat tortilla
1 Tbsp. Dijon mustard
 $\frac{1}{2}$ tsp. of either dried dill or tarragon, salt and pepper to taste

Directions: *Chop up hard-boiled eggs and mix with cottage cheese, mustard, salt, pepper, and herbs. Place onto tortilla and wrap up. Serve with 2 cups mixed greens, 1 sliced Roma tomato, and 1 tsp. balsamic vinegar. Toss all ingredients.*

Snack 2:

1 cucumber
1 red bell pepper cut into slices
1 oz. low-fat cheddar cheese

Dinner:

Grilled Ahi Tuna Salad
4 oz raw fresh tuna steak
 $\frac{1}{4}$ cup water chestnuts, chopped
 $\frac{1}{2}$ oz sesame seeds
2 Tbsp lime soy vinaigrette**
 $\frac{1}{4}$ cup papaya
2 cups arugula
1 oz soybeans

Grill tuna for two to four minutes on each side then thinly slice. Arrange arugula on plate. Sprinkle soybeans and water chestnuts on top. Add papaya and tuna last. Garnish with sesame seeds and drizzle with lime soy vinaigrette.

**Combine $\frac{1}{2}$ cup rice vinegar, $\frac{1}{2}$ cup low-sodium soy sauce, $\frac{1}{2}$ cup fresh lime juice, 4 tsp dark sesame oil, 2 tsp lemon zest, 2 tsp fresh ginger, 4 cloves minced garlic

Shakeology Recipe Bank---
All recipes are 200 calories or less!

This is just a sample of the possibilities! Go to shakeology.com/nrf026 and click under the recipes tab to find more options! Happy Sipping!

Greenberry

Strawberry Lemonade

1 serving Greenberry Shakeology
Juice of 1 small lemon
1 cup fresh or frozen strawberries
1 cup water
For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy!
Calories: 198

Cranberry Zinger

1 serving Greenberry Shakeology $\frac{1}{2}$ cup 100% cranberry juice $\frac{1}{2}$ cup water For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy!

Calories: 188

Orange Sunrise

1 serving Greenberry Shakeology $\frac{1}{2}$ cup 100% orange juice $\frac{1}{2}$ cup water For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy!

Calories: 195

Chocolate

Chocolate-Covered Strawberries

1 serving Chocolate Shakeology 1 cup fresh or frozen strawberries 1 cup water For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy!

Calories: 188

Chocolate Minty

1 serving Chocolate Shakeology 1 cup water $\frac{1}{8}$ tsp. mint extract. For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy! Calories: 156

Mocha Chiller

1 serving Chocolate Shakeology 1 cup unsweetened black coffee, cooled $\frac{1}{8}$ tsp. almond extract (optional) For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy!

Calories: 154

Vanilla

Blueberry Blast

1 serving Vanilla Shakeology $\frac{1}{2}$ cup water $\frac{1}{2}$ cup unsweetened almond milk $\frac{1}{2}$ cup fresh or frozen blueberries For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Feel free to use any kind of milk or milk substitute (almond, rice, or coconut milk)—the more milk, the creamier it gets! Enjoy!

Calories: 192

Vanilla Latte

1 serving Vanilla Shakeology 1 cup brewed coffee, cooled $\frac{1}{2}$ cup unsweetened vanilla almond milk 1 tsp. pure maple syrup (or raw honey) For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Feel free to use any kind of milk or milk substitute (almond, rice, or coconut milk)—the more milk, the creamier it gets! Enjoy!

Calories: 172

Apple Pie

1 serving Vanilla Shakeology 1 cup water $\frac{1}{2}$ cup unsweetened applesauce $\frac{1}{2}$ tsp.
ground cinnamon For the best taste experience, use a blender and add ice.
The more ice, the thicker it gets. Enjoy!

Calories: 184