

ORGANIC for a week

SAVE MEAL PLANNING TIME WITH THIS READY-TO-USE, SUPER NUTRITIOUS, ONE-WEEK MENU THAT SPOTLIGHTS ORGANIC FOODS.

BY MARSHA MCCULLOCH, RD

DAY 1

BREAKFAST

¼ cup (dry) steel-cut oats
1 small banana
2 tbsp walnuts, toasted
Dash of cinnamon



MORNING SNACK

8 oz kefir

LUNCH

Turkey sandwich: 1 bun,
2 tbsp hummus, 3 oz
deli turkey, 1 cup sliced
cucumber, 1 cup raw
spinach, 1 tbsp walnuts
1 large apple, sliced and
sprinkled with cinnamon

AFTERNOON SNACK

2 cheese snack sticks
1 cup grapes

DINNER

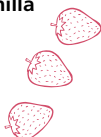
3 oz wild-caught salmon;
brush with oil and grill
Foil-Wrapped Grilled
Red Potatoes
(see recipe 1, page 2)
7 asparagus spears; brush
with oil and grill
1 cup cubed mango; drizzle
with lime juice

Daily total: 1,789 cal, 63g fat
(25g mono, 12g poly, 17g sat),
153mg chol, 1,918mg sodium, 232g carb
(33g fiber, 101g sugars), 96g protein

DAY 2

BREAKFAST

1 whole-wheat English
muffin; toast and top with
4 tsp almond butter and
¾ tsp cinnamon-sugar mix
5- to 6-oz carton vanilla
yogurt
1 cup strawberries



MORNING SNACK

1 protein shake
1 tbsp walnuts and 1 tbsp
dried cranberries

LUNCH

1 cup prepared shells and
cheese; stir in 3 tbsp
sun-dried tomatoes
1 cup steamed broccoli with
1 tbsp cheddar cheese
1 cup strawberries

AFTERNOON SNACK

1 cup sugar snap peas
5 radishes
1 prepared guacamole
snack cup

DINNER

Baked Salsa Chicken Breast
(see recipe 2, page 2)
1 corn on cob; steam and top
with 2 tsp butter and
⅛ tsp turmeric
1 cup green beans; steam
1 cup sliced strawberries

Daily total: 1,763 cal, 57g fat
(8g mono, 5g poly, 22g sat), 84mg chol,
1,918mg sodium, 227g carb (39g fiber,
93g sugars), 91g protein

DAY 3

BREAKFAST

Scrambled Tofu
(see recipe 3, page 2)
13 frozen crinkle cut fries;
bake
1 cup fresh pineapple

MORNING SNACK

1 snack-size pkg fruit leather
1 snack-size pkg beef sticks

LUNCH

1 veggie burger; heat and
serve with bun, 1 tomato
slice and 1 tsp hummus
½ cup carrot sticks
½ cup blackberries

AFTERNOON SNACK

1 cup black tea
4 cinnamon graham squares;
top with 1 tbsp cream
cheese and 1 tbsp
applesauce

DINNER

1 serving Thai Chicken Curry
with Sweet Potatoes
(see recipe on page 4)
¼ cup basmati rice; cook per
pkg instructions
1 cup fresh pineapple; toss
with 2 tsp honey and roast
at 425°F for 15 minutes

Daily total: 1,796 cal, 59g fat
(11g mono, 10g poly, 15g sat), 75mg chol,
2,207mg sodium, 243g carb (37g fiber,
62g sugars), 87g protein

DAY 4

BREAKFAST

1 cup cereal with ¾ cup milk
or non-dairy milk
1 small banana
1 hard-boiled egg with
¼ tsp black pepper

MORNING SNACK

3 cinnamon graham squares
5- to 6-oz carton blueberry
yogurt

LUNCH

1 serving Ribollita (see recipe
on page 4, save leftovers)
1 cheese snack stick
2 fig cookies

AFTERNOON SNACK

1 English muffin; toast
and top with 1½ tbsp
almond butter
¾ cup frozen raspberries,
thawed

DINNER

4 oz boneless pork loin chop;
grill
1 sweet potato; bake and
top with 1 tsp butter,
½ tsp cinnamon, and
1 tbsp walnuts
7 asparagus spears; brush
with 1 tsp oil and grill
¾ cup applesauce with
¼ tsp cinnamon

Daily total: 1,887 cal, 58g fat
(21g mono, 9g poly, 19g sat), 262mg chol,
2,070mg sodium, 264g carb (42g fiber,
98g sugars), 87g protein

DAY 5

BREAKFAST

¾ cup cottage cheese mixed with ¾ cup blackberries, 2 tbsp walnuts, 2 tsp honey, and ¼ tsp cinnamon
1 bottle coconut water

MORNING SNACK

½ cup blackberries
¼ cup dried cranberries

LUNCH

Chicken Garden Salad: 3 cups lettuce, 3 oz cooked skinless chicken breast, ½ cup tomato, ½ cup mushrooms, ¼ cup carrot, 2 tbsp cheddar cheese, and 1 tbsp vinaigrette
6 wheat crackers
1 cup grapes



AFTERNOON SNACK

3 fig cookies
8 oz milk or nondairy milk

DINNER

Beef Tacos: 2 corn taco shells, 3 oz ground beef, 1 tbsp taco seasoning, ¼ cup onion, 1 cup tomato, 1 cup lettuce, 2 tbsp salsa, and ¼ cup cheddar cheese
2 kiwifruit

Daily total: 1,719 cal, 64g fat (7g mono, 6g poly, 19g sat), 123mg chol, 1,897mg sodium, 207g carb (32g fiber, 119g sugars), 103g protein

DAY 6

BREAKFAST

¼ cup pancake mix; prepare per pkg instructions
Raspberry Sauce: cook 1 cup frozen raspberries on stovetop until a sauce forms; stir in 2 tbsp sugar
2 tbsp walnuts, toasted

MORNING SNACK

½ yellow bell pepper, sliced
1 cup sliced cucumber
½ cup hummus

LUNCH

1 serving Cheesy Beans (see recipe 4, right)
2 corn taco shells; break into pieces for dipping

AFTERNOON SNACK

1 English muffin; toast
1 tsp cream cheese

DINNER

Pulled Pork Sandwich: 4 oz roasted pork tenderloin, 2 tbsp BBQ sauce, 1 bun
1 serving Nutty Spinach (see recipe 5, right)
13 frozen crinkle cut fries; baked

Daily total: 1,897 cal, 61g fat (10g mono, 6g poly, 13g sat), 123mg chol, 2,545mg sodium, 268g carb (45g fiber, 82g sugars), 88g protein

DAY 7

BREAKFAST

1 Raspberry Blast (see recipe 6, right)
1 English muffin; toast and top with 1 tbsp cream cheese and 2 tsp honey

MORNING SNACK

3 fig cookies
1 bottle coconut water



LUNCH

1 cup lentil soup
6 wheat crackers
1 cheese snack stick
1 large apple



AFTERNOON SNACK

1 bag unsalted microwave popcorn; pop and top with 2 tsp melted butter, 1 tsp sugar, ½ tsp cinnamon

DINNER

1 serving Ribollita (page 4, leftovers, reheated)
1 cup broccoli; steam and top with 1 tsp butter
1 cup strawberries with 3 tbsp whipped topping

Daily total: 1,831 cal, 56g fat (8g mono, 5g poly, 26g sat), 67mg chol, 2,085mg sodium, 292g carb (44g fiber, 136g sugars), 57g protein

quick recipes to complete your menus

(each makes 1 serving)

1. Foil-Wrapped Grilled Red Potatoes

Toss 8 oz cubed small red potatoes with 1 tbsp oil, 1 tbsp chopped onion, ½ tsp garlic, ¼ tsp salt, and ¼ tsp pepper. Wrap potatoes in 16-inch-square piece of heavy-duty aluminum foil. Grill over medium heat for 25–30 minutes.

2. Baked Salsa Chicken Breast

Mist a small baking dish with cooking spray and add 4 oz boneless, skinless chicken breast. Top with ¼ cup salsa and 3 tbsp cheddar cheese. Cover and bake at 350° until chicken is done (30 minutes).

3. Scrambled Tofu

Drain and press 6 oz firm tofu with paper towels; crumble. In a skillet over medium heat, add 1 tsp oil, 2 tbsp chopped onion, and 2 tbsp chopped bell pepper; cook 4 minutes or until soft. Add crumbled tofu, ½ tsp turmeric, ⅛ tsp salt, and ⅓ tsp pepper. Cook, stirring often, until tofu browns, about 5 minutes.

4. Cheesy Beans

Heat ¾ cup canned black beans, ¼ cup sun-dried tomatoes, and 2 tbsp salsa in a small saucepan over medium until heated, 4–6 minutes. Stir in 2 tbsp lime juice and dash salt; stir. Top with ¼ cup cheddar cheese.

5. Nutty Spinach

Heat 1 tsp oil in a nonstick skillet over medium. Add 2 tbsp dried cranberries and 1 tsp walnuts; stir and cook 1 minute. Add 2 cups raw spinach and cook until wilted, about 3 minutes. Add dash salt and black pepper.

6. Raspberry Blast

Slightly thaw ¾ cup frozen raspberries; add to blender with ½ cup orange juice and a 5- to 6-oz carton vanilla yogurt. Blend until smooth.

SHOPPING LIST

Here's everything you'll need to make the week's worth of menus on the previous pages for one person.

FRUITS & VEGETABLES

- 2 large apples
- 2 small bananas
- 2 kiwifruit
- 1 lb carton fresh strawberries
- 2 6-oz cartons fresh blackberries
- 6.5 oz fresh grapes (2 cups)
- 1 small fresh pineapple
- 1 mango
- 2 limes
- 1 small piece fresh ginger
- 1 large head garlic
- 2 stalks lemongrass
- 1 bunch asparagus
- 1 bunch fresh broccoli
- 10 oz carrots (4 large)
- 1 ear corn on cob
- 1 large cucumber
- 1 small eggplant
- 1½ cups fresh green beans
- 5 oz lettuce (TRY: Earthbound Farm Organic Baby Lettuces)
- 9 oz bag chopped kale (4 cups)
- 2 large white onions
- 1 bunch radishes
- 1 yellow bell pepper
- 8 oz small red potatoes
- 1 bunch (3 oz) raw spinach
- 2 medium sweet potatoes
- 1 cup sugar snap peas
- 9 oz tomatoes (2 medium)
- 1½ cups white mushrooms
- 1 small jar unsweetened applesauce
- 1 28-oz can fire-roasted diced tomatoes (TRY: Muir Glen Organic Fire Roasted Diced Tomatoes)
- 1 small jar oil-pack sun-dried tomatoes
- 5 oz dried cranberries (TRY: Made in Nature Organic Cranberries)
- 1 bag frozen crinkle cut fries (TRY: Alexia Organic Oven Crinkles with Sea Salt)
- 1 small bag frozen peas
- 1 bag frozen raspberries (TRY: Woodstock Organic Red Raspberries)
- 16 oz orange juice

NUTS & NUT BUTTER

- ½ cup (2 oz) chopped walnuts
- 1 small jar natural unsalted almond butter

PROTEINS & DAIRY

- 1 egg
- 8 oz boneless, skinless chicken breasts
- 4 chicken drumsticks
- 3 oz grass-fed lean ground beef
- 3-oz fillet wild-caught salmon
- 3 oz deli turkey
- 3 oz pancetta
- 4 oz boneless pork loin chop
- 4 oz pork tenderloin
- 1 pkg snack-size beef sticks (TRY: Nick's Sticks Grass-Fed Beef Snack Sticks)
- 6 oz firm tofu (TRY: Hodo Soy Organic)
- 1 bag shredded cheddar cheese (TRY: Horizon Organic Shreds—Organic Finely Shredded Cheddar Cheese)
- 1 carton cottage cheese (TRY: Kalona SuperNatural 2% Cottage Cheese)
- 1 pkg cheese snack sticks (TRY: Organic Valley Medium Cheddar Cheese Snack Sticks)
- 1 tub ⅓-less-fat cream cheese (TRY: Organic Valley Neufchatel Cheese)
- 1 pint organic milk or non-dairy milk
- 8 oz kefir (TRY: Lifeway Organic Lowfat Raspberry Kefir)
- 3 5- to 6-oz cartons yogurt (TRY: 1 Stonyfield Organic Greek Blueberry Yogurt and 2 Kalona SuperNatural Organic 2% Vanilla Yogurts)
- 1 11-oz protein shake (TRY: Organic Valley Organic Balance Milk Protein Shake, Vanilla Bean)
- 1 carton whipped topping (TRY: Truwhip Skinny Frozen Whipped Topping)
- 1 veggie burger (TRY: Organic Sunshine Burgers, Garden Herb)
- 1 15-oz can black beans (TRY: Westbrae Natural Organic Black Beans)
- 1 15-oz can cannellini beans
- 1 can lentil soup (TRY: Amy's Organic Lentil Vegetable Soup, Light in Sodium)
- 1 tub or box organic butter

GRAINS

- 1 box cinnamon graham squares (TRY: Annie's Homegrown Organic Cinnamon Graham's)
- 1 box shells and cheese (TRY: Annie's Homegrown Organic Whole Wheat Shells & White Cheddar Mac & Cheese)
- 1 small box pancake mix (TRY: Arrowhead Mills Organic Sprouted Grain Pancake & Waffle Mix)
- 1 small carton steel cut oats (TRY: Arrowhead Mills Organic Steel Cut Oats)

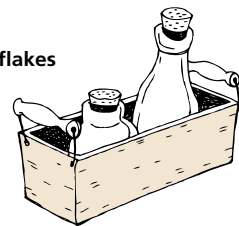
- 1 box wheat crackers (TRY: Back to Nature Organic Stoneground Crackers)
- 1 loaf ciabatta bread
- 1 box cereal (TRY: Erewthon Organic Raisin Bran)
- 3 burger buns (TRY: Food for Life Ezekiel 4:9 Sprouted Grain Burger Buns)
- 1 box corn taco shells (TRY: Garden of Eatin' Blue Corn Taco Shells)
- 1 1-lb bag basmati rice (TRY: Lundberg Organic California Brown Basmati Rice)
- 1 bag microwave popcorn (TRY: Newman's Own Organics Pop's Corn Organic Microwave Popcorn, Unsalted)
- 1 pkg whole-wheat English muffins

MISCELLANEOUS

- 2 cups (16 oz) canned chicken broth, less salt
- 14-oz can light coconut milk
- 1 jar salsa (TRY: Muir Glen Organic Garlic Cilantro Salsa)
- 2 single-serve bottles coconut water (TRY: Naked Pure Coconut Water)
- 1 pkg fig cookies (TRY: Newman's Own Low Fat Fig Newmans)
- 1 snack-size pkg fruit leather (TRY: Organic Veggie-Go's Chewy Fruit & Veggie Snacks, Cinnamon Spiced Beet)
- 1 pkg prepared guacamole snack cup (TRY: Wholly Guacamole Minis Organic 100-Calorie Cups)
- 1 small jar red or green curry paste
- 1 pkg taco seasoning (TRY: Simply Organic Southwest Taco Seasoning)
- 1 container hummus (TRY: Tribe Organic Sweet Roasted Red Pepper Hummus)

PANTRY STAPLES

- Black pepper
- Sea salt
- Crushed red pepper flakes
- Ground cinnamon
- Ground cumin
- Ground turmeric
- Honey
- Extra-virgin olive oil
- Sesame oil
- Brown sugar
- White cane sugar
- 1 bottle BBQ sauce (TRY: Woodstock Organic BBQ Sauce)
- 1 bottle low-sodium soy sauce
- 1 bottle vinaigrette (TRY: Annie's Naturals Organic Red Wine & Olive Oil Vinaigrette)
- Thai red curry powder or Thai seasoning
- 1 black tea bag (TRY: The Republic of Tea Biodynamic Organic Darjeeling)





Thai Chicken Curry with Sweet Potatoes

Serves 6

This spicy, warming dish can be made with different vegetable combinations, such as bamboo shoots and potatoes, red bell pepper and water chestnuts, or pineapple and snow peas (add this last combination 45 minutes prior to serving). If you're vegetarian, omit the chicken and add lightly sautéed tofu when you add the green beans and peas. For even more spice, garnish with red pepper flakes and sliced Serrano pepper. Serve with basmati rice.

1 teaspoon sesame oil
2 teaspoons minced fresh ginger
4 garlic cloves, minced (about 1 tablespoon)
1 cup chopped white onion
½ yellow bell pepper, diced (about ¾ cup)
½-1 teaspoon Thai red curry powder or Thai seasoning (optional)
2-3 teaspoons red or green curry paste
1 teaspoon ground cumin
4 teaspoons low-sodium soy sauce or liquid aminos
1 teaspoon salt

1 tablespoon brown sugar
1 medium-large sweet potato, peeled and diced into 1-inch cubes (about 2 cups)
1 small eggplant, diced into 1-inch cubes (about 2 cups)
½ cup fresh green beans, trimmed
2 stalks lemongrass
4 chicken drumsticks, skin removed
1 14-ounce can light coconut milk
½ cup 100% orange juice
¾ cup frozen peas
Salt, to taste
Fresh basil, for garnish

1. Combine sesame oil, ginger, and garlic in a medium bowl. Add onions and yellow bell pepper; stir thoroughly. Add curry powder, curry paste, cumin, soy sauce, salt, and brown sugar. Mix thoroughly and set aside.
2. Place sweet potatoes, eggplant, and green beans in slow cooker. Remove tough base and outer layers of lemongrass; cut each stalk into 3 pieces and crush slightly with the flat edge of a knife. Layer stalks on top of vegetables.
3. In a nonstick skillet coated with cooking spray, brown chicken drumsticks over medium-high heat until golden on each side. Add chicken to slow cooker.
4. Spread onion-curry mixture over vegetables and chicken. Pour in coconut milk. Cover and cook on low for 6–8 hours or until vegetables are tender and chicken is cooked. Forty-five minutes prior to serving, add pineapple juice and frozen peas. Add salt if needed. Stir gently and re-cover. To serve, garnish with fresh basil.

PER SERVING: 241 cal, 9g fat (4g sat), 32mg chol, 623mg sodium, 27g carb (4g fiber), 12g protein

Ribollita

Serves 8 | Staff favorite

This Tuscan bread-and-veggie soup is comfort at its best.

8 cups (1-inch) bread cubes from 1 loaf ciabatta bread
2 tablespoon extra-virgin olive oil
3 ounces pancetta, chopped
1 onion, chopped (1 cup)
2 carrots, chopped (1 cup)
2 cloves garlic, minced
1 (28-ounce) can fire-roasted diced tomatoes, undrained
2 cups reduced-sodium chicken broth
½ teaspoon salt
½ teaspoon crushed red pepper flakes
4 cups chopped kale leaves
1 (15-ounce) can cannellini beans, drained and rinsed

1. Heat oven to 375°. On a rimmed baking sheet, toss bread with oil; bake 15 minutes, stirring halfway through, until golden.
2. Heat a 4- or 5-quart Dutch oven or heavy pot over medium. Add pancetta; cook 5 minutes, stirring often, until crispy. Add onion, carrots, and garlic; heat 3–5 minutes, stirring occasionally. Stir in tomatoes with juice, broth, salt, and pepper flakes; bring to a simmer. Stir in kale and beans; cook 5–7 minutes or until kale is tender.
3. To serve, divide bread among bowls; ladle soup over top.

PER SERVING: 327 cal, 9g fat (4g mono, 2g poly, 3g sat), 7mg chol, 790mg sodium, 48g carb (7g fiber, 9g sugars), 13g protein