

# GROCERY LIST - CARIBBEAN MENU

## PRODUCE

- 1-20 oz can pineapple slices or chunks in 100% juice
- 2 mangoes (or ~2 cups prepared)
- 2 green bell peppers
- 1 red bell pepper
- 10 oz package grape tomatoes
- 1 head butter lettuce
- 1-5oz package of mixed leafy greens
- 1 small red onion
- 1 bunch cilantro
- 1 jalapeno (optional)
- 2 limes
- 2 garlic cloves

## DAIRY & PROTEIN

- 1 lb boneless, skinless chicken breasts (or 1 lb salmon filet or 1 block extra firm tofu)

## PANTRY, CONDIMENTS & SEASONINGS

- 1 14 oz can coconut milk (choose light version for lower calorie option)
- 1 jar of mango salsa (if not making fresh - see recipe)
- 1-14oz can kidney beans
- 6 oz unsweetened Roasted Plantain Chips (Find at Trader Joes or in the bins at Whole Foods or Mariano's)
- 1 cup chicken or vegetable stock
- Jerk seasoning (~2 Tbsp)
- Smoked paprika (1/2 tsp)
- Salt
- Cooking oil
- Rice

## WHAT TO PREP ON SUNDAY

- Prepare recipe for Jamaican Jerk Chicken/Salmon/Tofu.
- Prepare recipe for Coconut Beans & Rice.
- Prepare recipe for Easy Mango Salsa (if not using store-bought salsa).
- Prepare pineapple—if using fresh, cut up into chunks and store in a sealed container in the fridge. If using canned, drain from the juice and store in a sealed container in the fridge.
- Wash and dice the green bell peppers (the red one will go into the mango salsa), yielding about 1 cup diced. Store in a sealed container in the fridge.
- Wash and dry whole butter lettuce leaves and store in a sealed container in the fridge.

# RECIPES TO PREP

## COCONUT RICE & BEANS (ADAPTED FROM COOK SMARTS)

### INGREDIENTS

- |                                                                   |                                  |
|-------------------------------------------------------------------|----------------------------------|
| 1 - 14 oz can kidney beans, rinsed and drained                    | 1 tsp Jerk seasoning             |
| 2 garlic cloves, minced                                           | 1 cup brown rice                 |
| 1 cup coconut milk (use light version for a lower calorie option) | 1 cup chicken or vegetable stock |
|                                                                   | 1/4 tsp salt                     |

### STEPS

1. Heat a Dutch oven or non-stick pot over medium-high heat.
2. Pour in coconut milk, garlic, and jerk seasoning.
3. Bring to a simmer and then add rice, stock, and salt.
4. Cover and bring to a boil and then simmer for 15 to 20 minutes, until rice has absorbed all the liquid.
5. Fold in beans. Remove from pan and let cool, and store in a sealed container in the fridge.
6. Makes 4 servings.

## JAMAICAN JERK CHICKEN (SUBSTITUTE SALMON OR TOFU)

### INGREDIENTS

- |                                         |                       |
|-----------------------------------------|-----------------------|
| 1 lb boneless, skinless chicken breasts | pressed, and sliced   |
|                                         | Or 1 lb salmon filet  |
| Or 1 lb extra firm tofu, drained,       | 1 Tbsp jerk seasoning |
|                                         | 2 Tbsp cooking oil    |

### STEPS

1. Drizzle the chicken breasts with a little oil to lightly coat.
2. Rub the jerk seasoning onto chicken breasts to evenly cover.
3. Heat a skillet over medium-high heat and add 1 Tbsp of cooking oil.
4. Add chicken to the skillet and sear for about 3-5 minutes, flip, and lower heat to medium.

## EASY MANGO SALSA (ADAPTED FROM VEGETARIAN TIMES)

### INGREDIENTS

- |                                                |                                                  |
|------------------------------------------------|--------------------------------------------------|
| 2 mangoes, peeled, pitted, and diced (~2 cups) | chopped (~1 cup)                                 |
| 1 large red bell pepper, finely                | 1/2 cup finely chopped red onion                 |
|                                                | 1/4 cup chopped cilantro                         |
|                                                | 3 Tbsp fresh lime juice                          |
|                                                | 1 jalapeno, seeded and finely chopped (optional) |

### STEPS

1. Toss together all ingredients in small bowl.
2. Season with salt and additional paprika, if desired.
3. Store in a sealed container in the fridge. Recipe yields about 3 cups salsa.

# DAILY MEALS

## MONDAY

### CARIBBEAN RICE BOWL

½ cup mixed greens +  
1 cup rice & beans +  
3 oz jerk chicken +  
1 oz grape tomatoes +  
¼ c bell pepper +  
¼ c mango salsa

## TUESDAY

### TROPICAL SALAD

2-3 c mixed greens +  
3 oz jerk chicken +  
¼ c bell pepper +  
½ c pineapple +  
¼ c mango salsa +  
squeeze of lime +  
side of ½ oz of plantain chips (~10)

## WEDNESDAY

### PLANTAIN "NACHOS"

1 oz plantain chips (~20) +  
½ cup rice & beans +  
3 oz diced jerk chicken +  
¼ c bell pepper +  
1 oz diced grape tomatoes +  
¼ c mango salsa

## THURSDAY

### LETTUCE WRAPS

3-4 butter lettuce wraps +  
3 oz jerk chicken +  
¼ c bell pepper +  
½ c pineapple +  
1 oz grape tomatoes +  
½ c mango salsa

## FRIDAY

### ISLAND PLATE

3 oz jerk chicken +  
½ cup rice & beans +  
1 c pineapple +  
¼ c mango salsa +  
½ oz plantains (~10) +  
serve with leftover butter lettuce leaves

## NOTES:

### LIKES/DISLIKES:

Meals in this guide are meant for one person. This is a general guide prepared by a Registered Dietitian. Your unique life-style and body may require that you adjust the quantities of ingredients to fit your personal needs.

## PLAN BY CATHERINE BORKOWSKI, RD, LDN

Catherine Borkowski, RD, LDN is a Chicago-based Registered Dietitian, yoga lover and nutrition nerd. As a self-proclaimed "flexitarian," Catherine's nutrition philosophy promotes living a plant-based powered life, practicing moderation, not deprivation and cultivating a healthy relationship with food. Catherine has focused much of her career working in the field of behavior change, helping others develop healthy, sustainable lifestyle changes. She directs a team of health coaches at EngagementHealth, a corporate wellness company in the West Loop. Outside of her passion for yoga, Catherine loves to tone with Pilates and dance it up in cardio hip hop.