

GROCERY LIST - EATING IN-SEASON

PRODUCE

- 1 broccoli head or ½ c broccoli florets
- 1 bunch asparagus
- ½ bunch kale
- ½ bunch mustard greens (sub: collard greens or extra kale)
- 8 oz arugula
- ¼ c basil
- 12-15 oz baby spinach
- 1 avocado
- 2 lbs strawberries
- 3-4 large oranges
- 1 lemon
- 1 red onion
- 4 cloves garlic
- 1 small shallot
- ¼ c orange juice

DAIRY & PROTEIN

- 1 lb boneless, skinless chicken breasts (or 1 package of extra-firm tofu)
- 3 oz goat cheese

PANTRY, CONDIMENTS & SEASONINGS

- 1 cup quinoa
- 2 wraps of choice (look for ones with a few grams of fiber!)
- 3 oz pecans
- Capers (1.5 Tbsp)
- Chili flakes (½ tsp)
- Dijon mustard (1 Tbsp)
- Balsamic vinegar (1 Tbsp)
- Olive oil (~1 cup)
- Salt & pepper

WHAT TO PREP ON SUNDAY

- Prepare Power Green Quinoa.
- Prepare Chicken Breasts (or use pre-prepared shredded rotisserie chicken).
- Prepare Strawberry-Lemon Vinaigrette.
- Slice oranges into wedges and peel off skin to make segments. Store in a sealed container in the fridge.
- Slice red onion into thin slices and store in a sealed container in the fridge.
- Strawberries: For best taste and freshness, wash and slice strawberries the night before or day of using them in lunches.

RECIPES TO PREP

POWER GREEN QUINOA - (BORROWED & INSPIRED BY KITCHFIX WWW.KITCHFIX.COM)

INGREDIENTS: BOWL

- 1 cup quinoa
- ½ c broccoli florets
- ½ c asparagus, cut into 1 inch pieces
- ½ bunch kale, cleaned
- ½ bunch mustard greens, cleaned (or substitute collard greens or extra kale)
- ½ c arugula
- Salt & pepper

INGREDIENTS: SAUCE VERTE

- ¼ c arugula
- ¼ c basil
- ¼ cup olive oil
- 1 Tbsp Dijon mustard
- ¼ c water
- 2 clove garlic
- 1 small shallot
- 1.5 Tbsp capers
- 1 Tbsp lemon juice
- ½ tsp chili flakes
- Salt and pepper to taste

STEPS

1. Quinoa base: Cook quinoa according to package directions. Let cool and set aside.
2. To make the sauce verte, combine all ingredients except the oil in a blender or food processor. Process until blended and smooth. Slowly add in the oil to emulsify. Adjust salt and pepper to taste. *Set aside 2 Tbsp in a separate container and store in fridge (to be used as a dressing in another dish later in the week). The remainder of the sauce will be used for the quinoa.
3. Blanch vegetables: Bring a pot of water to boil. Season the water with salt. Place the trimmed broccoli, asparagus, kale, and mustard greens into the boiling water for about 2 minutes. Remove the vegetables from the water and place into ice water to stop the cooking process. Remove the vegetables from the ice water once cold and dry off well.
4. Combine the blanched vegetables, raw arugula, cooked quinoa, and sauce verte in a mixing bowl. Adjust seasoning as desired.
5. Store quinoa mixture in a sealed container in the fridge.

EASY PAN-SEARED CHICKEN BREASTS

INGREDIENTS

- 1 lb boneless, skinless chicken breasts Or substitute 1 lb extra firm tofu, drained, pressed, and sliced
- 2 Tbsp cooking oil
- Salt & pepper

A few teaspoons of your favorite salt-free seasoning (such as Bragg's Organic Sprinkle Seasoning)

STEPS

1. Drizzle the chicken breasts with a little oil to lightly coat. Season chicken breasts with salt, pepper, and seasoning of choice.
2. Heat a skillet over medium-high heat and add 1 Tbsp of cooking oil.
3. Add chicken to the skillet and sear for about 3-4 minutes, flip, and lower heat to medium.
4. Cover with a lid and cook for another 3-4 minutes or until chicken is done (165F). (If using tofu, do not cover with a lid. Tofu will take ~8-10 min until crispy.) Remove cooked chicken from the pan and let rest on a plate. Once cooled, slice and store in a sealed container in the fridge.

STRAWBERRY-LEMON VINAIGRETTE

BORROWED FROM AMARI THOMSEN, MS, RD, LDN- AUTOIMMUNE COOKBOOK

INGREDIENTS

- 3 c strawberries, hulled (about 1 lb of strawberries)
- ½ c olive oil
- ¼ orange juice
- 1 Tbsp lemon juice
- 1 Tbsp balsamic vinegar
- 2 cloves garlic, peeled
- 1 tsp lemon zest
- 1/8 tsp sea salt

STEPS

1. Combine all ingredients in a food processor, and process for 30 seconds or until smooth.
2. Transfer to an airtight container, and store in the fridge for up to 1 week.

DAILY MEALS

MONDAY

SAVORY SPRING QUINOA BOWL

1-1.5 c power green quinoa +
3 oz chicken +
¼ avocado, sliced +
serve with a side of 1 c orange segments

TUESDAY

SWEET STRAWBERRY SPINACH SALAD

2-3 c spinach +
½ c strawberries +
½ c orange segments, diced +
red onion slices +
1 oz goat cheese +
3 oz chicken +
1 oz pecans +
1-2 Tbsp Strawberry-Lemon Vinaigrette

WEDNESDAY

SAVORY SPRING QUINOA WRAP

1 wrap +
½ c power green quinoa +
2-3 oz chicken +
red onion slices +
small handful of spinach +
¼ avocado, sliced

THURSDAY

SAVORY SPRING SPINACH SALAD

2-3 c spinach +
3 oz chicken +
red onion +
½ avocado, sliced +
1 oz pecans +
1 oz goat cheese +
drizzle of extra Sauce Verte

FRIDAY

SWEET STRAWBERRY SPINACH WRAP

1 wrap +
handful of spinach +
½ c strawberries +
¼ c orange segments, diced +
2-3 oz chicken +
1 oz goat cheese +
½ oz pecans +
drizzle of Strawberry-Lemon Vinaigrette

NOTES:

LIKES/DISLIKES:

Meals in this guide are meant for one person. This is a general guide prepared by a Registered Dietitian. Your unique lifestyle 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.