

GROCERY LIST - HARVEST FRUIT & NUT

PRODUCE

- 1 red onion
- 1 package spinach (sub baby kale)
- 2 apples
- 1 package red grapes
- 1 package celery
- 3 lemons
- 1 pint raspberries
- 1 small bunch fresh basil
- 1 small bunch fresh parsley
- 2 garlic cloves

DAIRY & PROTEIN

- 3-4 oz crumbled goat cheese

DRY GOODS/FROZEN

- 2 - 15 oz cans chickpeas
- ~3/4 to 1 cup walnuts (sub pecans)
- ~3/4 to 1 cup dried cranberries (look for no sugar added)
- 1 ½ to 2 cups farro (sub quinoa)
- 2 tortilla wraps

PANTRY & SEASONINGS

- Canola or mild oil
- Olive oil
- Honey
- Dijon mustard
- Balsamic vinegar
- Salt & pepper

WHAT TO PREP ON SUNDAY

- Prepare dressing—follow recipe for Raspberry Vinaigrette.
- Prepare chickpeas—follow recipe for Lemony Herb Chickpea Salad.
- Cook farro according to package directions. Cool and store in a sealed container in the fridge.
- Dice ½ of the red onion for the first few days of lunches. Mid-week, dice the second ½.
- Wash and chop apples and toss in lemon juice. Store in a sealed container in the fridge.
- Slice grapes in half and store in a sealed container in the fridge.
- Wash and dice celery. Store covered in water in a sealed container in the fridge.

RECIPES TO PREP

RASPBERRY VINAIGRETTE

INGREDIENTS

1/2 cup canola or other mild oil
2 Tbsp honey or agave nectar
1 Tbsp Dijon mustard
3 Tbsp balsamic vinegar
Juice from a fresh lemon

Salt and pepper to taste
1 pint fresh raspberries

STEPS

1. Combine all ingredients except raspberries in a food processor or blender and process briefly to emulsify.
2. Add berries and process until liquid. Store in fridge and shake or whisk well before using again.

LEMONY HERB CHICKPEA SALAD (ADAPTED FROM EPICURIOUS.COM)

INGREDIENTS

2 - 15 oz can chickpeas, rinsed,
drained

4 Tbsp chopped fresh basil
4 Tbsp chopped fresh parsley
4 Tbsp fresh lemon juice
2 Tbsp extra-virgin olive oil

STEPS

Whisk the olive oil, lemon juice, garlic, basil, and parsley in a medium bowl. Add chickpeas and mix until combined. Season with salt to taste. Store in a sealed container in the fridge.

DAILY MEALS

MONDAY

FRUIT & NUT SALAD

Spinach	+
Chickpea salad	+
Apples	+
Grapes	+
Walnuts	+
Goat cheese	+
Raspberry vinaigrette	

TUESDAY

SAVORY WRAP

Chickpea salad	+
Farro	+
Spinach	+
Red onion	+
Cranberries	+
Celery	+
Goat cheese	+
Squeeze of lemon juice	

WEDNESDAY

FARRO BOWL

Farro	+
Chickpea salad	+
Cranberries	+
Celery	+
Onion	+
Walnuts	

THURSDAY

DECONSTRUCTED

VEGAN KABOB

Chickpea salad	+
Apple slices	+
Grapes	+
Celery	+
Red onion	+
Cranberries	+
Walnuts	+
Drizzle of raspberry vinaigrette	

FRIDAY

SWEET WRAP

Spinach	+
Farro	+
Cranberries	+
Celery	+
Apples	+
Grapes	+
Goat cheese	+
Walnuts	+
Drizzle of raspberry vinaigrette	

NOTES:

LIKES/DISLIKES:

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.