

**STEP #1:** Refer to the daily menu plans with over 100 delicious recipes with page references to the Recipes section.



Lentils are tiny legumes with a significant source of soluble fibre, which can help lower cholesterol levels if eaten regularly. They are also a great source of protein, virtually fat free and high in folate, iron and potassium.

## JANUARY 2008

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*New Year's Day*

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**2**

**3**

**4**

**5**

Saucy chicken p6  
Egg noodles  
Broccoli p38

Turkey burgers p14  
Spinach orange salad p26

Korean beef p30  
Rice  
Coleslaw p23

Pizza p20  
Friday salad p24

**6**

**7**

**8**

**9**

**10**

**11**

**12**

Chicken and sweet potato  
stew p45  
Couscous  
Tossed salad p28

Quesadillas p43  
Avocado slices

Maple pork tenderloin p30  
Brown rice \*(make 1 cup  
extra for Fri.)  
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Red pepper frittata p42  
Cranberry salad p24

Sweet chili chicken  
skewers p7  
Rice salad \*(see Wed.) p26  
Steamed carrots p38

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<b>20</b>	<i>Martin Luther King Day</i> (USA) <b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
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*Our Label Guide: Focus on simplicity and clarity*

**Choose products with:**

- the shortest ingredient list possible
- ingredients you recognize as food
- as few preservatives/additives as possible
- fruits, vegetables, legumes and whole grains listed first on the ingredient list

**Avoid products with:**

- trans fats
- saturated fat; 3g or less per serving is considered low (5g equals 1 teaspoon fat)
- excess sodium; daily recommended intake is no more than 2,200 mg/day (1 teaspoon), aim for 1,500g/day
- excess sugar; anything on a label ending in "ose" means sugar.

**Be label savvy! Remember the higher up on the ingredient list, the more the product contains.**

**STEP #2: Includes your weekly tear-off shopping and pantry list!**

# SHOPPING LIST

## January 1-4

Pizza toppings of choice  
 Garlic  
 Onion, 1 red  
 Green onions  
 Coriander (optional for burgers)  
 Broccoli  
 Carrots  
 Cucumber, 1  
 Cabbage slaw, 454g package  
 Broccoli slaw, 340g package  
 Lettuce (for burgers and Friday salad)  
 Oranges, 2  
 Spinach (2 cups for salad)  
 Green apple, 1  
 Tomato, 1  
 Parmesan cheese  
 Egg noodles, 375g  
 Salsa  
 Hamburger buns, whole wheat  
 Pizza crust of choice, preferably thin crust  
 Chicken thighs, boneless, skinless, 500g  
 Ground turkey, 500g, for burgers  
 Sirloin steak, 500g

## January 7-11

Garlic  
 Ginger  
 Onions, 1white, 2 red  
 Green onions  
 Basil  
 Coriander  
 Mint  
 Avocado,1  
 Carrots  
 Belgian endives, 2  
 Green beans, about 3 cups  
 Mango, 1  
 Mushrooms, 8  
 Leeks, 2  
 Potato, 1 large  
 Salad greens, about 2 cups  
 Romaine lettuce (for cranberry salad)  
 Peppers, 2 red, 2 green  
 Sprouts, bean or broccoli  
 Sweet potatoes, 2  
 Tomatoes, 2  
 Pitted prunes  
 Raisins  
 Apple juice  
 Dried cranberries  
 Almonds or pecans (for salad)  
 Pine nuts (need 1/2 cup)  
 Cheddar cheese  
 Feta cheese  
 Parmesan cheese  
 Sour cream  
 Salsa  
 Sweet chili sauce (Thai)  
 Chick peas, 398ml  
 Kidney beans, 398ml  
 Navy or black beans, 398ml  
 Couscous  
 Flour tortillas, whole wheat (8) large  
 Pork tenderloin (2), 800g  
 Chicken thighs, skinless, 500g  
 Chicken breasts (4), boneless, skinless, 500g  
 Wooden skewers

## January 14-18

Garlic  
 Onions, 2 white, 1 red  
 Green onions  
 Coriander  
 Parsley, preferably flat leaf  
 Broccoli  
 Carrots  
 Cauliflower  
 Celery  
 Lemon, 1  
 Mango, 1  
 Mushrooms, 8 (for chicken pasta)  
 Peppers, 1 green, 1 red  
 Romaine lettuce  
 Salad greens, about 2 cups  
 Sprouts, bean or broccoli  
 Sweet potato, 1 large  
 Almonds or pecans (for salad)  
 Frozen corn  
 Eggs (optional for fried rice)  
 Table cream, 250ml  
 Parmesan cheese  
 Cheddar cheese  
 Plain yogourt, 500g (for soup)  
 Croutons  
 Red lentils (dried), 400g package  
 Diced tomatoes, 796ml  
 Tomato paste, 156ml  
 Tomato sauce, 739ml jar  
 Spaghetti noodles  
 Spagettini noodles, whole wheat  
 Anchovy paste (for caesar dressing)  
 Artichokes, 170ml jar  
 Capers (for Caesar dressing)  
 Chicken stock, 1L tetra pack  
 Vegetable stock, 1L tetra pack  
 Whole wheat bread, sliced  
 Lean ground beef, 500g  
 Chicken breasts, boneless, skinless, 500g  
 Trout fillets, 500g  
 Bacon, 6 slices (for Caesar salad and fried rice)

## January 21-25

Garlic  
 Ginger  
 Onions, 3  
 Basil  
 Coriander  
 Avocados, 2  
 Carrots  
 English cucumber, 1  
 Green beans, about 3 cups  
 Red peppers, 3  
 Green peppers, 1  
 Lemon,1  
 Lime,1  
 Potatoes, 8  
 Tomato, 1  
 Sweet potato, 1  
 Snow peas, (about 3 cups)  
 Spinach (about 1 cup)  
 Zucchini, 1  
 Homus  
 Sour cream (optional for quesadillas)  
 Table cream, 250ml carton  
 Cheddar cheese  
 Parmesan cheese  
 Diced tomatoes, 796ml  
 Salsa  
 Vegetable stock, 1litre (optional)  
 Navy or black beans, 398ml  
 Macaroni noodles, 454g box  
 Whole grain bread, (for garlic cheese)  
 Breadcrumbs  
 Flour tortillas, whole wheat (8) large  
 Pita bread, small rounds  
 Ground beef, extra lean, 1kg (for 2 recipes)  
 Turkey or veal scaloppini, 500g  
 Chicken breasts (4), boneless, skinless, 500g  
 Sole or white fish filets, 300g  
 Wooden skewers

## January 28-February 1

Pizza toppings of choice  
 Onions, 3 white 1 red  
 Garlic  
 Ginger  
 Dill  
 Broccoli  
 English cucumber, 2  
 Lemon,1  
 Green beans, 2 cups  
 Romaine lettuce, 2 heads  
 Tomatoes, 2  
 Parsley, preferably flat leaf  
 Potatoes, 4 large (for wedges)  
 Feta cheese  
 Parmesan cheese  
 Plain yogourt, 750g tub  
 Greek olives (for salad)  
 Pizza crust of choice  
 Chick peas, 540ml  
 Couscous, 1 package  
 Diced tomatoes, 398ml  
 Croutons  
 Naan bread (for curry)  
 Chicken breasts (4), boneless, skinless, 500g  
 Chicken, lamb or beef, boneless (for Indian curry), 700g  
 Sole filets (4), 500g  
 Bacon,3 slices, (for Caesar salad)

**January 1-4****January 7-11****January 14-18****January 21-25****January 28-February 1****Pantry**

Eggs  
 Orange juice  
 Apple Cider vinegar  
 Cumin  
 Dijon mustard  
 Dried mustard  
 Mayonnaise  
 Olive oil  
 Red wine vinegar  
 Soy sauce  
 Sesame oil  
 Sesame seeds  
 Brown sugar  
 Honey  
 Maple syrup  
 Rice, brown or white  
 Salt and pepper

**Pantry**

Butter  
 Milk  
 Eggs  
 Ketchup  
 Cinnamon  
 Curry powder  
 Cumin  
 Dijon mustard  
 Olive oil  
 Lemon juice  
 Balsamic vinegar  
 Red wine vinegar  
 Honey  
 Maple syrup  
 Rice: brown or white  
 Salt and pepper

**Pantry**

Butter  
 Olive oil  
 Oregano  
 Basil  
 Dill  
 Sesame oil  
 Sesame seeds  
 Soy sauce  
 Dijon mustard  
 Mayonnaise  
 Lemon juice  
 Maple syrup  
 Balsamic vinegar  
 Red wine vinegar  
 Rice, brown or white  
 Salt and pepper

**Pantry**

Butter  
 Eggs  
 Milk  
 Olive oil  
 Dijon mustard  
 Dill  
 chili powder  
 Cumin  
 Oregano  
 Lemon juice  
 Salt and pepper

**Pantry**

Anchovy paste (for Caesar salad)  
 Capers (for Caesar salad)  
 Red curry paste and curry powder  
 Dijon mustard  
 Lemon juice  
 Olive oil  
 Oregano  
 Red wine vinegar  
 Rice, basmati, brown or white  
 Salt and pepper

# RECIPES



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Over 100 recommended, easy-to-make recipes

# Our Favourite Chicken and Turkey



## STEP #3: Make the nutritious meal in less than one hour!

### Chicken Fajitas

500g (4) chicken breasts, boneless, skinless;  
(cut into crosswise strips)  
2 tbsp olive oil, divided use  
1 tbsp fresh lime juice  
2 tsp chili powder  
1 tsp ground cumin  
1 large onion, cut into long pieces  
1 each red and green pepper, cut into strips  
1-2 avocados, peeled and sliced  
1 cup salsa  
1 cup sour cream and/or shredded cheese;  
(more or less to suit)  
8-10 flour tortillas, whole wheat, warmed

Preheat oven to 400F.

In a bowl, mix chicken with 1 tbsp oil, lime juice, chili powder and cumin; set aside.

Place onions and peppers in a large roasting pan and cover with remaining 1 tbsp of oil. Sprinkle with salt and pepper to taste.

Stir in chicken and bake about 25 minutes, stirring once, or until chicken is no longer pink inside.

Meanwhile place shredded cheese and or sour cream, sliced avocado and salsa into separate bowls.

Transfer cooked chicken and vegetables to a platter.

Wrap chicken, vegetables, salsa and sour cream/cheese into warmed tortillas.



**Chef's note:** Kids love this dish as they can assemble it themselves.

### Chicken Salad

3 cups sliced, cooked chicken  
1 cup celery, chopped  
½ cup green onions, chopped  
1 mango, chopped  
¼ cup raisins  
4 cups romaine lettuce, chopped  
½ cup slivered almonds (optional)  
½ cup shredded coconut

#### Garnish

1 cup green grapes

#### Dressing

⅔ cup mayonnaise  
⅔ cup plain yogourt  
3 tbsp mango chutney  
1 tbsp curry powder  
2 tbsp Dijon mustard  
2 tbsp lemon juice

Prepare dressing: whisk mayonnaise, yogourt, mango chutney, curry powder, Dijon mustard and lemon juice together; set aside.

Toss chicken with celery, green onions, mango and raisins in a small bowl.

Line a large platter with romaine lettuce, top with chicken mixture; drizzle with dressing. Surround platter with grapes. Sprinkle with almonds and coconut just before serving.