



# The Be Fit Minute

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## SEVEN DAYS, SEVEN DINNERS, SEVEN RECIPES: ONE WEEKLY PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#"><u>Spinach &amp; Cheese Strata</u></a>	<a href="#"><u>Black Bean Burger</u></a>	<a href="#"><u>Quinoa Parsley Salad</u></a>	<a href="#"><u>Greens and Beans</u></a>	<a href="#"><u>Glazed Salmon</u></a>	<a href="#"><u>Marinated White Bean and Tuna Salad</u></a>	<a href="#"><u>Ginger Spiced Chicken</u></a>
<b>Recipe Notes:</b> This needs to sit, so start 2 hours before you plan to eat. Have the leftovers for breakfast.	<b>Recipe Notes:</b> The recipe calls for cilantro, but parsley can be used instead.	<b>Recipe Notes:</b> This recipe is paired with chicken breast. To go meatless toss in tofu or beans instead.	<b>Recipe Notes:</b> Freeze any leftovers in individual containers and use them for quick lunches.	<b>Recipe Notes:</b> If you are short on time skip the marinating. Make the couscous and spinach while the fish cooks.	<b>Recipe Notes:</b> Mix this recipe in the morning and most of dinner will be done.	<b>Recipe Notes:</b> If you don't have white wine on hand try using a little citrus juice.

### GROCERY LIST (most recipes make 4 servings)

#### FRESH PRODUCE

- Onions, about 3
- Tomatoes, about 4
- Garlic, 1 bulb
- Cilantro and/or parsley, 1 bunch
- Carrots, about 2 bunches
- Avocado, 1
- Lettuce, 1 head
- Celery, 1 bunch
- Green onion (scallions), 1 bunch
- Lemons and limes, about 2 each
- Oranges, 4
- Cucumbers, about 2
- Red or green peppers, about 3
- Kale, 1 bunch

#### SPICES

- Red pepper flakes
- Paprika
- Dried oregano
- Dried thyme
- Chili powder
- Nutmeg
- Cumin
- Dried ginger
- Cinnamon
- Allspice

#### FRIDGE

- Cheese, assort. (1/4 pound)
- Eggs, 1 dozen
- Low fat milk, 1 quart
- Chicken breasts, 1 pound
- Chicken thighs, 1 pound
- Salmon, 1 1/2 pound
- Hummus, 1 container
- Bacon, 2 slices
- Butter

#### BREADS

- Hamburger buns, 1 pkg
- Whole wheat rolls, 4
- Fresh bread, 1 loaf
- Whole wheat pita, 1 pkg

#### GRAINS

- Brown rice
- Whole wheat couscous
- Quinoa

#### PANTRY/STAPLES

- Olive/canola oil
- Honey
- Brown sugar
- Low sodium broth, 1 quart
- Slivered almonds
- Pumpkin seeds
- Dried apricots
- Canned garbanzo beans, 2 cans
- Canned black beans, 2 cans
- Canned white beans, 1 can
- Canned fruit salad, 2 cans
- Canned tuna, 2 cans
- Capers
- Vinegar
- Soy sauce
- White wine
- Bourbon
- Kosher salt and black pepper

#### FREEZER

- Spinach, about 4 pkgs
- Mixed vegetables, about 2 pkgs
- Mango, about 2 pkgs
- Peas, about 1 pkg