

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Green Lean Power Smoothie	✕	✕	✕	✕	✕	✕
LUNCH	Radish Egg Salad Sandwich, Apple	✕	✕	✕	✕	✕	✕
DINNER	Honey Mustard Crusted Salmon	✕	✕	✕	✕	✕	✕
SNACK	Watermelon Balsamic Basil Salad						



GROCERY LIST

BAKING GOODS

- 1 package (8 oz) of Plain Breadcrumbs

BEVERAGES

- 1 package (16-18 oz) of Plant-Based Protein Powder

BREADS / CEREALS

- 1 loaf (24 oz) of Whole Wheat Bread







DAIRY

- 1 half dozen Eggs
- 1 container (8 oz) of Grated Parmesan Cheese
- 1 container (6 oz) of Plain Low-Fat Greek Yogurt

MEATS / SEAFOOD


- 1 pound of Salmon

PRODUCE

- 1 package (4 oz) of Alfalfa Sprouts
- 2 Red Apples 
- 1 Avocados
- 1 bunch of Fresh Basil
- 1 bunch of Celery 
- 1 package (1 oz) of Fresh Chives
- 1 Cucumber 
- 1/4 ounces of Fresh Ginger
- 1 bunch (2 oz) of Fresh Parsley
- 3/4 pounds of Green Beans
- 1 package (5 oz) of Baby Kale
- 1 Lemon
- 3 Red Potatoes 
- 1 bunch of Radishes
- 1 bag (6 oz) of Raw Spinach 
- 1 pint of Cherry Tomatoes 
- 1 Watermelon Seedless

SPICES / CONDIMENTS

- 1 jar (8 oz) of Dijon Mustard
- 1 jar (3 oz) of Garlic Powder
- 1 jar (1-2 oz) of Ground Mustard
- 1 bottle (12 fl oz) of Honey Mustard Dressing
- 1 bottle (16 fl oz) of Olive Oil
- 1 jar (1-2 oz) of Red Pepper Flakes
- 1 bottle (8-9 fl oz) of Balsamic Vinegar

 EWG Recommends to buy organic

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RECIPE

Honey Mustard Crusted Salmon

By: Cookie Rookie

Servings: 4

1 pound red potatoes quartered
3 cups green beans snapped
1 tablespoon olive oil
1 dash salt
1 dash pepper
2 teaspoons garlic powder
1/2 cup fresh parsley chopped
1/3 cup honey mustard dressing
1 1/2 tablespoons dry mustard
4 4-oz fillets salmon
3/4 cup bread crumbs
1/4 cup grated parmesan cheese
2 cups cherry tomatoes

NUTRITION INFORMATION PER SERVING

Protein: 36g, Total Fat: 23g, Carbs: 57g,
Calories: 572kcal, Fiber: 7g, Sodium: 648mg,
Saturated Fat: 4.31g, Fruits: 0 servings,
Vegetables: 1.31 servings, Added Sugar: 5.2g,

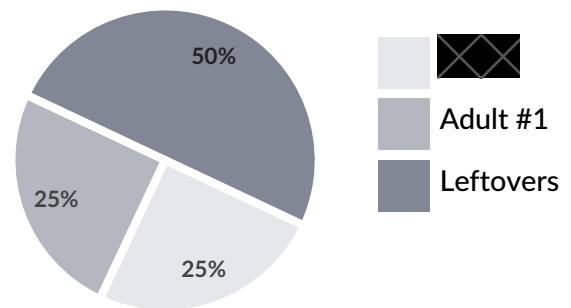
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DIRECTIONS

1. Preheat oven to 375°F.
2. In a large bowl, toss the potatoes, green beans, olive oil, salt and pepper, and garlic powder. Toss to make sure all the veggies are coated in the oil and spices.
3. Spread the veggies out on a large baking sheet in a single layer.
4. Bake for 10 minutes.
5. Meanwhile, combine the mustards in a small bowl. Combine the bread crumbs, parsley and parmesan in another small bowl. Spread the mustard in a thick layer on one side of each salmon filet.
6. Coat the mustard layer with bread crumb mixture and pat to make sure it adheres.
7. After the veggies have cooked for 10 minutes, remove from the oven and add the salmon. You can add them right on top of the veggies, or move the veggies around a bit to make room for the salmon. Also add the tomatoes to the pan.
8. Return to the oven and bake for another 15-18 minutes, or until the salmon is completely cooked through (opaque).
9. Serve the salmon alongside the vegetables.

PORTIONS

How much should I eat?



RECIPE

Radish Egg Salad Sandwich

By: A Couple Cooks

Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 eggs hard boiled
1 cup radishes sliced
1/4 cup chives chopped
1/4 cup Greek yogurt
1 tablespoon dijon mustard
1/2 cup alfalfa sprouts
4 slices whole wheat bread

NUTRITION INFORMATION PER SERVING

Protein: 25g, Total Fat: 13g, Carbs: 34g,
Calories: 354kcal, Fiber: 5.6g, Sodium: 520mg,
Saturated Fat: 4.04g, Fruits: 0 servings,
Vegetables: 0.87 servings, Added Sugar: 0.07g,

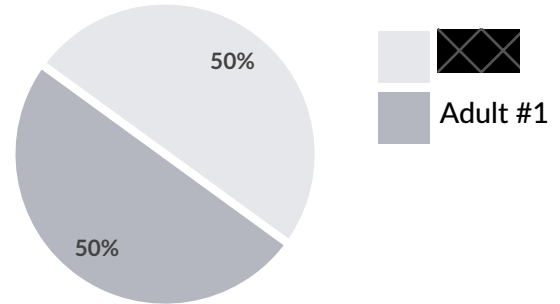
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DIRECTIONS

1. In a bowl, combine the eggs, radishes, and chives with Greek yogurt, Dijon mustard, and salt.
2. Taste, then add more seasonings as desired.
3. To assemble, spread egg salad on one bread slice, then top with sprouts and another bread slice.

PORTIONS

How much should I eat?



RECIPE

Apple

By: Everyday EatLove

Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 apples sliced

NUTRITION INFORMATION PER SERVING

Protein: 0.43g, Total Fat: 0.21g, Carbs: 24g,
Calories: 98kcal, Fiber: 3.96g, Sodium: 1.72mg,
Saturated Fat: 0g, Fruits: 1 servings,
Vegetables: 0 servings, Added Sugar: 0g,

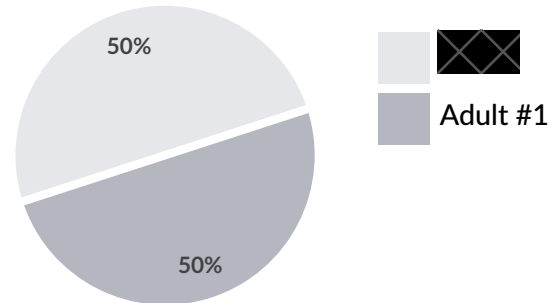
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DIRECTIONS

1. Wash and slice apple. Serve.

PORTIONS

How much should I eat?



RECIPE

Watermelon Balsamic Basil Salad

By: Let's Regale

Servings: 4

4 cups watermelon chopped
5 leaves basil chopped
1 tablespoon balsamic
1 teaspoon olive oil
1 dash salt, to taste

NUTRITION INFORMATION PER SERVING

Protein: 0.97g, Total Fat: 1.36g, Carbs: 12g,
Calories: 59kcal, Fiber: 0.62g, Sodium: 41mg,
Saturated Fat: 0.18g, Fruits: 1 servings,
Vegetables: 0.01 servings, Added Sugar: 0g,

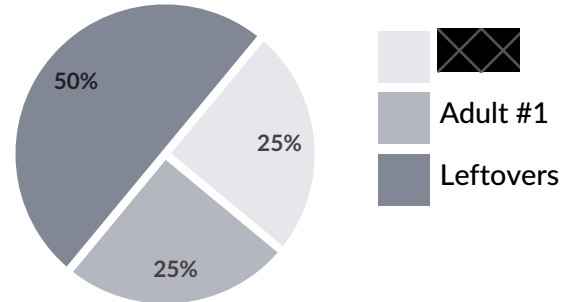
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DIRECTIONS

1. In a small mixing bowl, whisk together vinegar and olive oil. Mix in the watermelon and let it refrigerate until ready to serve.
2. Spread 2/3 of the watermelon on a serving platter. Top with basil and season with salt.

PORTIONS

How much should I eat?



RECIPE

Green Lean Power Smoothie

By: Let's Regale

Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups baby kale
4 cups raw spinach
1/2 lemon juiced
1/2 cup cucumber peeled
2 stalks celery chopped
1 avocado
2 teaspoons ginger grated
2 scoops vegan protein powder
2 cups water
10 ice cubes

NUTRITION INFORMATION PER SERVING

Protein: 24g, Total Fat: 16g, Carbs: 22g,
Calories: 291kcal, Fiber: 12g, Sodium: 350mg,
Saturated Fat: 2.53g, Fruits: 0.25 servings,
Vegetables: 2.22 servings, Added Sugar: 0g,

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DIRECTIONS

1. Blend all ingredients together until smooth and serve.

PORTIONS

How much should I eat?

