



FALL/WINTER WEEK 5

# MEAL PLAN

Day 1	Menu Item	1600 calories	2000 calories
Protein/Dairy	Plain Greek yogurt	1 cup (250 ml)	1 cup (250 ml)
Fruit	Banana, small, sliced	1	1
Protein/Fat	Chopped walnuts	¼ cup (50 ml)	½ cup (125 ml)
Other carbohydrate	honey	1 tsp. (5 ml)	1 tsp. (5 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Entrée	Greek Entrée Salad with Chicken divided as such:	2 cups (500 ml)	2 cups (500 ml)
Vegetable		½ cup (125 ml)	½ cup (125 ml)
Protein	Chopped Romaine Lettuce with	1 cup (250 ml)	1 cup (250 ml)
Vegetables	cooked chicken breast, diced	¼ cup (50 ml);	¼ cup (50 ml)
Fats	Chopped tomato & cucumber and	2 Tbsp. (30 ml)	¼ cup (50 ml)
Fat	Sliced black olives, crumbled light feta cheese	2 Tbsp. (30 ml)	3 Tbsp. (45 ml)
Starch	Light balsamic salad dressing	½	½
Vegetable/Starch	Whole grain pita bread with	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
Beverage	Roasted Red Pepper Hummus	1 cup (250 ml)	1 cup (250 ml)
	Water		
Protein	Roasted Lemon Tilapia*	6 oz. (175 g) fish	6 oz. (175 g) fish
Starch/Fat	Penne Pasta, tossed with olive oil, topped	1 cup (250 g) pasta,	1 cup (250 g) pasta,
Condiment/Fat	w/ chopped fresh basil, crumbled light Feta	1 tsp. (5 ml) oil	2 tsp. (10ml) oil
Vegetable	cheese	1 tsp. (5 ml) basil,	1 tsp. (5ml) basil, 2
Beverages	Pan Roasted Brussel Sprouts (recipe)	1 tsp. (5 ml) feta	tsp. (10 ml) feta
	Red Wine (optional)	½ cup (125 ml)	1 cup (250 ml)
	Water	4 oz. (125 g)	4 oz. (125 g)
		1 cup (250 ml)	1 cup (250 ml)
Snack	Frozen Gelato (any flavor)	3	3
	Water	10	10
		1 cup (250 ml)	1 cup (250 ml)

\*Season as desired, cover each slice with 3 sliced lemons, roast at 400 degrees F for 5 minutes per inch of thickness (about 10 minutes)



To us, it's personal.

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FALL/WINTER WEEK 5

# MEAL PLAN

Day 2	Menu Item	1600 calories	2000 calories
Starch	Whole grain bagel (3-inch diameter)	1	1 ½
Protein/Fat	Low Fat Ricotta Cheese (topped with)	2 Tbsp. (30 ml)	3 Tbsp. (45 ml)
Other carbohydrate	Honey, drizzled	2 tsp. (10 ml)	3 tsp. (15 ml)
Fruit	Trop50® Pomegranate Blueberry Juice	1 cup (250 ml)	1 cup (250 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Vegetable	Progresso™ Artisan Creamy Tomato and roasted red pepper soup (ready-made) or a similar flavor	1 cup (250 ml)	2 cups (500 ml)
Starch	Baguette	3-inch (7.5 cm)	3-inch (7.5 cm)
Fat	Extra Virgin Olive oil for dipping, desired herbs	2 tsp. (10 ml)	2 tsp. (10 ml)
Fruit	Apple, sliced with	1 medium	1 medium
Protein/Fat	Almond Butter	1 Tbsp. (15 ml)	1 Tbsp. (15 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Roasted Chicken Thigh*	1	1
Starch/Protein/Vegetable/Fat	Pasta Primavera with Pine Nuts (recipe) divided as such:	2/3 cup (150 ml);	1 cup (250 ml);
	Pasta mixture; broccoli florets	1/2 cup (125 ml)	1 cup (250 ml)
Fruit	Fresh pear	1	1
Fat	Goat cheese or similar soft cheese	1 oz. (30 g)	1 oz. (30 g)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Fresh Berries	1 cup (250 ml)	1 cup (250 ml)
	water	1 cup (250 ml)	1 cup (250 ml)



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\*Roast chicken on baking sheet at 350 degrees F for about 40-45 minutes, until internal temperature is 180 degrees F.



FALL/WINTER WEEK 5

# MEAL PLAN

## Day 3

## Menu Item

## 1600 calories

## 2000 calories

		1600 calories	2000 calories
<b>Fat</b>	Lightly sauté in olive oil	1 tsp. (5 ml)	2 tsp. (10 ml)
<b>Vegetable</b>	sliced zucchini (1), tomato (1), and mushrooms (1/2 cup), with Scrambled egg, add	1 cup (250 ml)	1 cup (250 ml)
<b>Protein</b>	herb of choice (oregano, basil, thyme or rosemary),	1	2
<b>Condiment</b>			
<b>Fat</b>	top with Light grated parmesan cheese	1/2 tsp. (2 ml)	1/2 tsp. (2 ml)
<b>Fruit</b>	Trop50® Pomegranate Blueberry Juice	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
<b>Beverages</b>	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
<b>Starch/Protein/Fat</b>	Pasta Primavera with Pine Nuts (leftovers)		
<b>Vegetable</b>	divided as such:	1 cup (250 ml);	1 1/3 cup (325 ml);
<b>Fruit</b>	Pasta mixture; broccoli florets	1 cup (250 ml)	1 cup (250 ml)
<b>Fat</b>	Fresh pear	1	1
<b>Beverage</b>	Goat cheese or similar soft cheese	1 oz. (30 g)	2 oz. (60 g)
	Water	1 cup (250 ml)	1 cup (250 ml)
<b>Protein/Starch/Vegetable</b>	Vegetable Lentil Soup (recipe)	1 cup (250 ml)	1 1/2 cup (375 ml)
<b>Starch</b>	Whole Grain Ciabatta Roll	1/2	1/2
<b>Vegetable</b>	Mixed Greens	1 cup (250 ml)	1 cup (250 ml)
<b>Fat</b>	with Light Creamy Salad Dressing of choice	1 Tbsp. (15 ml)	1 Tbsp. (15 ml)
<b>Beverages</b>	Red Wine (optional)	4 oz. (125 g)	4 oz. (125 g)
	Water	1 cup (250 ml)	1 cup (250 ml)
<b>Snack</b>	Banana	1	1
	water	1 cup (250 ml)	1 cup (250 ml)

Option: Prepare Couscous and Chick Pea Salad for the next day and store in refrigerator.



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FALL/WINTER WEEK 5

# MEAL PLAN

Day 4	Menu Item	1600 calories	2000 calories
Starch Fruit  Dairy Beverages	Oatmeal (1 minute cooked with water, microwave, Unsalted) add an Apple, chopped, dash of cinnamon if desired  1% Milk Unsweetened Coffee or tea Water *	1 cup (250 ml) ½ cup (125 ml)  1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)	1 ½ cup (375 ml) 1 cup (250 ml)  1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
Protein/ Starch/Fat Starch Fat Vegetable Fat Beverage	Couscous and Chick Pea Salad (recipe) Whole grain pita bread Extra Virgin Olive oil with herbs for dipping Mixed Greens with Light Balsamic Vinaigrette Dressing Water	1 cup (250 ml) ½ ½ Tbsp. (7 ml) 1 cup (250 ml) 1 Tbsp. (15 ml) 1 cup (250 ml)	1 cup (250 ml) 1 1 Tbsp. (15 ml) 2 cup (500 ml) 2 Tbsp. (30 ml) 1 cup (250 ml)
Protein/Vegetable/ Starch Starch Fat Beverages	Slow Cooker Beef Barley Soup (recipe) Baguette Extra Virgin Olive oil with herbs for dipping Red wine (optional) Water	2 cups (500 ml) 3-inch (7.5 cm) 1 Tbsp. (15 ml) 4 oz. (125 g) 1 cup (250 ml)	2 cups (500 ml) 6-inch (15 cm) 2 Tbsp. (30 ml) 4 oz. (125 g) 1 cup (250 ml)
Snack	Dried Apricots Almonds Water	3 10 1 cup (250 ml)	3 10 1 cup (250 ml)



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\*Prep slow cooker beef barley soup either 8 hours prior to dinner (cook on low) or 4 hours prior to dinner (cook on high).



FALL/WINTER WEEK 5

# MEAL PLAN

Day 5	Menu Item	1600 calories	2000 calories
Starch Protein/Fat Other carbohydrate Beverages	Whole grain bagel (3-inch diameter) Almond butter (topped with) Honey, drizzled Unsweetened Coffee or tea Water	1 1 Tbsp. (15 ml) 2 tsp. (10 ml) 1 cup (250 ml) 1 cup (250 ml)	1 ½ 3 Tbsp. (45 ml) 3 tsp. (45 ml) 1 cup (250 ml) 1 cup (250 ml)
Protein/Starch/Fat Starch Fat Vegetable Fat Beverage	Couscous and Chick Pea Salad (leftovers) Whole grain Ciabatta Roll Extra Virgin Olive oil with herbs for dipping Carrots and Celery with light creamy salad dressing of choice Water	1 cup (250 ml) ½ 1 Tbsp. (15 ml) 1 cup (250 ml) 1 Tbsp. (15 ml) 1 cup (250 ml)	1 cup (250 ml) 1 2 Tbsp. (30 ml) 1 cup (250 ml) 2 Tbsp. (30 ml) 1 cup (250 ml)
Protein Vegetable Starch Fat Beverages	Pan-Seared Shrimp Pan-roasted Carrots (recipe) Ciabatta roll Extra Virgin olive oil with herbs for dipping Red wine (optional) Water	½ cup (125 ml) 1 cup (250 ml) 1 1 Tbsp. (15 ml) 4 oz. (125 g) 1 cup (250 ml)	1 cup (250 ml) 1 cup (250 ml) 1 2 Tbsp. (30 ml) 4 oz. (125 g) 1 cup (250 ml)
Snack	Dates, pitted and stuffed with Light Ricotta Cheese Almonds Water	2 dates/ 2 tsp. light ricotta 10 1 cup (250 ml)	2 dates/ 2 tsp. light ricotta 10 1 cup (250 ml)



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\* re-heat leftovers to 165 degrees F.





FALL/WINTER WEEK 5

# MEAL PLAN

## Day 6

## Menu Item

## 1600 calories

## 2000 calories

		1600 calories	2000 calories
<b>Protein/Dairy/other carb</b>	Plain Greek yogurt with honey	4 oz. (125 g)/ 1 tsp (5 ml)	8 oz.(250 g)/ 1 tsp (5 ml)
<b>Fruit</b>	Banana, small, sliced	1	1
<b>Protein/Fat</b>	Chopped walnuts	¼ cup (50 ml)	½ cup (125 ml)
<b>Beverages</b>	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
<b>Protein/Starch/Starch</b>	Vegetable Lentil Soup (leftovers)*	1 cup (250 ml)	1 cup (250 ml)
<b>Vegetable</b>	Whole Grain Pita Pocket, stuffed with sliced cucumbers, tomatoes,	½	1
<b>Vegetable/Fat</b>	Mixed Greens and	¼ cup (50 ml);	½ cup (125 ml);
<b>Fat</b>	Light Creamy Salad Dressing	¼ cup (50 ml)	½ cup (125 ml)
	Kalamata olives	¼ cup;	½ cup (125 ml);
<b>Fruit</b>	Fresh Pear	2 Tbsp. (30 ml)	4 Tbsp. (60 ml)
<b>Beverage</b>	Water	2 Tbsp. (30 ml)	4 Tbsp. (60 ml)
		1	1
		1 cup (250 ml)	1 cup (250 ml)
<b>Protein/Vegetable/Vegetable</b>	Greek Pita Pizza (recipe)	1 pita pizza	1 pita pizza
<b>Fat</b>	Mixed Greens with	1 cup (250 ml)	2 cups (500 ml)
<b>Beverage</b>	Light Balsamic Vinaigrette Dressing	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
<b>Snack</b>	Fresh Berries	1 cup (250 ml)	1 cup (250 ml)
	water	1 cup (250 ml)	1 cup (250 ml)

\* re-heat leftovers to 165 degrees F.



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FALL/WINTER WEEK 5

# MEAL PLAN

Day 7	Menu Item	1600 calories	2000 calories
<b>Fat</b> <b>Vegetable</b> <b>Protein</b> <b>Condiment</b> <b>Fat</b> <b>Fruit</b> <b>Beverages</b>	Lightly sauté in olive oil sliced zucchini (1), tomato (1), and mushrooms (1/2 c.), with Scrambled egg, add herb of choice (oregano, basil, thyme or rosemary), top with Light grated parmesan cheese Trop50® Pomegranate Blueberry Juice Unsweetened Coffee or tea Water	1 tsp. (5 ml) 1 cup (250 ml) 1 ½ tsp. (2 ml) 1 Tbsp. (15 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)	2 tsp. (10 ml) 1 cup (250 ml) 2 ½ tsp. (2 ml) 2 Tbsp. (30 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
<b>Protein/Starch/Fat</b> <b>Vegetables</b>  <b>Starch</b> <b>Fat</b> <b>Beverage</b>	Roasted Red Pepper Hummus Baby Carrots, Cucumber Slices Pita Chips* Kalamata Olives Water	¼ cup (50 ml) ½ cup (125 ml); ½ cup (125 ml) 1 serving* ¼ cup (50 ml) 1 cup (250 ml)	¼ cup (50 ml) ½ cup (125 ml); ½ cup (125 ml) 2 servings* ¼ cup (50 ml) 1 cup (250 ml)
<b>Protein/Fruit</b>  <b>Starch</b> <b>Vegetable</b> <b>Beverages</b>	Oven-roasted Salmon with Mango-Lime Salsa (recipe) Couscous Roasted Brussel Sprouts (recipe) Red wine (optional) Water	6 oz. (175 g) salmon, ½ cup (125 ml) salsa 2/3 cup (150 ml) ½ cup (125 ml) 1 cup (250 ml) 1 cup (250 ml)	6 oz. (175 g) salmon, ½ cup (125 ml) salsa 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
<b>Snack</b>	Dates, pitted and stuffed with Light Ricotta Cheese Almonds Water	2 dates/ 2 tsp. light ricotta 10 1 cup (250 ml)	2 dates/ 2 tsp. light ricotta 10 1 cup (250 ml)

\*check label for serving size



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## WEEK 5 - 1600 CALORIE MENU

# SHOPPING LIST

All shopping lists amounts are figured for feeding 2 people at each meal. If there are not 2 people following the menu, please adjust the amounts accordingly. Also, check your cupboards, as you may have some of the items already.

### Fruits

- Apple, medium – 4
- Apricots, dried – 12
- Banana – 6
- Berries (any kind) – 4 cups (1 l)
- Dates, 8 (pitted or to pit by hand)
- Lemons – 4
- Lime – 1
- Mango – 1 or buy pre-made mango or pineapple salsa – 1 cup (250 ml)
- Pear – 6

### Vegetables

- Broccoli florets – 1 cup (250ml)
- Brussel sprouts – 1 cup (250 ml) or buy frozen
- Carrots – 1.5 lb. (750 ml)
- Cauliflower florets – 2 cups (500 ml)
- Celery stalks – 2
- Cucumbers, medium, to slice or chop – 8
- Grape or cherry tomatoes – ½ cup (125 ml)
- Green onions or scallions – 4
- Jalapeno pepper – 2 (1\*)
- Mixed greens (any variety is fine) – 7 cups (1.65 l)
- Mushrooms – 1 cup (250 ml)
- Onion, red, to chop - 1
- Onion, yellow, to chop - 1
- Romaine lettuce, chopped – 4 cups (1 l)
- Spinach, fresh – 1 cups (250 ml)
- Tomatoes, medium, to chop – 5
- Zucchini – 3

### Fresh Herbs

- Parsley, to mince about 2/3 cup (150 ml) – 1 “bunch” of leaves

### Meat

- Salmon, 2 fillets

- Deli turkey, 1/3 pound (151 g)
- Deli roast beef, 1/3 pound (151 g)
- Flounder, 2 fillets
- Chicken breast, 4
- Canadian bacon, 4 slices
- Ground turkey, ½ pound (250 g)

### Frozen

- Carrots – 2 cups (500 ml)

### Salad dressing

- Light Creamy Salad Dressing of choice – ½ cup (125 ml)
- Light Balsamic Vinaigrette Dressing – 1 cup (250 ml)

### Other fresh or packaged

#### Ingredients

- Black olives, sliced – ½ cup (125 ml)
- Chickpeas – 1 ½ cups (375 ml)
- Diced tomatoes, no added salt – 2 -14 oz. (850 g) can
- Garlic, minced – 3 Tbsp. (45 ml)
- Hummus, Roasted Red Pepper – 10 Tbsp. (150 ml)
- Honey – ¼ cup (50 ml)
- Kalamata olives - 2 cups (500 ml)
- Olive oil – 1 ¼ cup (300 ml)
- Pimento olives, green – ¼ cup (50 ml)
- Sun dried tomatoes, oil packed – ½ cup (125 ml)

#### Spices

- Bay leaf – 1
- Cumin – ¼ tsp. (1 ml)
- Dried oregano – ¼ tsp. (1 ml)
- Dried basil – ¼ tsp. (1 ml)
- Dried Herbs for olive oil dipping bread – about 3 Tbsp. (45 ml)
- Garlic powder – 2 tsp. (10 ml)
- Onion flakes – 2 Tbsp. (30 ml)

### Nuts and Nut Butters

- Almonds, whole, roasted, unsalted – 80 (about 1 ½ cups/375 ml)
- Almond Butter – ¼ cup (50 ml)
- Pine nuts – ¼ cup (50 ml)
- Walnuts, chopped – 1 cup (250 ml)

### Meat/Fish

- Beef stew meat – ½ lb. (250 g)
- Chicken thigh – 2
- Jumbo Shrimp (6-8/lb./2.8 - 3.8 kg) – 12
- Pre-cooked chicken – ½ cup (125 ml)
- Salmon – 12 ounces raw (375 g)
- Tilapia – 12 ounces raw (375 g)

### Eggs & Dairy

- 1% milk – 2 cups (500 ml)
- Eggs – 4
- Feta cheese, light, crumbled – 1/3 cup (75 ml)
- Goat cheese or similar soft cheese – 4 ounces (125 g)
- Greek yogurt, plain – 3 cups (750 ml)
- Mozzarella cheese, part skim, shredded – ½ cup (125 ml)
- Parmesan cheese, light, grated – ¼ cup (50 ml)
- Ricotta, lower fat – ½ cup (125 ml)

### Juices

- Trop50® Pomegranate Blueberry Juice – 6 cups (1.5 l)
- Dry Red Wine (i.e. Cabernet) – 40 ounces (1200 g) – optional

### Cereals & Breakfast items

- Oatmeal (1 minute type) – 1 cup (250 ml) uncooked



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## WEEK 5 - 1600 CALORIE MENU

# SHOPPING LIST (CONT.)

### Soups

- Beef broth, lower sodium – 2 cups (500 ml)
- Chicken broth, lower sodium – ½ cup (125 ml)
- Progresso® Artisan Creamy Tomato and roasted red pepper soup (readymade) or similar flavor – 2 cups (500 ml)
- Tomato soup, lower sodium – ½ can (1/2 cup/125 ml)
- Vegetable broth, lower sodium – 4 cups (1 l)

### Grains/Breads/Chips

- Bagel, whole grain, 3-inch (7.5 cm) diameter – 4
- Baguettes – 32 inches (81 cm) total
- Barley – ½ cup (125 ml) uncooked
- Ciabatta rolls, whole wheat if available – 4
- Couscous – 2 cups (500 ml) uncooked
- Penne pasta – 8 oz. (250 g) package
- Pita bread, whole wheat, whole – 5 (10 halves)
- Lentils (dry) – 1 cup (250 ml)
- Pita Chips – 4 servings
- Rotini, whole wheat pasta – 1 ½ cups (375 ml) uncooked

### To keep in your pantry:

- Aluminum foil
  - Canola oil
  - Decaf coffee (optional)
  - Mrs. Dash®
  - No-stick cooking spray
  - Fresh ground Pepper
  - Iodized Salt
  - Sugar, granulated
  - Unsweetened decaf tea (optional)
  - Water – need a minimum of 5 cups (1.25 l) per day, more if coffee or tea is not consumed
- Equipment recommended:
- Slow cooker

### Used from previous week, check your supply:

- Eggs
- Honey
- Olive oil



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## WEEK 5 - 2000 CALORIE MENU

# SHOPPING LIST

All shopping lists amounts are figured for feeding 2 people at each meal. If there are not 2 people following the menu, please adjust the amounts accordingly. Also, check your cupboards, as you may have some of the items already.

### Fruits

- Apple, medium – 4
- Apricots, dried – 12
- Banana – 6
- Berries (any kind) – 4 cups
- Dates, 8 (pitted or to pit by hand)
- Lemons – 4
- Lime – 1
- Mango – 1 or buy pre-made mango or pineapple salsa – 1 cup (250 ml)
- Pear – 6

### Vegetables

- Broccoli florets – 2 cups (500 ml)
- Brussel sprouts – 2 cups (250 ml) or buy frozen
- Carrots – 1.5 lb. (750 g)
- Cauliflower florets – 2 cups (500 ml)
- Celery stalks – 2
- Cucumbers, medium, to slice or chop – 8
- Grape or cherry tomatoes – ½ cup (125 ml)
- Green onions or scallions – 4
- Jalapeno pepper – 2 (1\*)
- Mixed greens (any variety is fine) – 8 cups (2 l)
- Mushrooms – 1 cup (250 ml)
- Onion, red, to chop – 1
- Onion, yellow, to chop – 1
- Romaine lettuce, chopped – 4 cups (1 l)
- Spinach, fresh – 1 cup (250 ml)
- Tomatoes, medium, to chop – 5
- Zucchini – 3

### Fresh Herbs

- Parsley, to mince about 2/3 cup (150 ml) – 1 “bunch” of leaves

### Frozen

- Carrots – 2 cups (500 ml)

### Salad dressing

- Light Creamy Salad Dressing of choice – ½ cup (125 ml)
- Light Balsamic Vinaigrette Dressing – 1 cup (250 ml)

### Other fresh or packaged Ingredients

- Black olives, sliced – ½ cup (125 ml)
- Chickpeas – 1 ½ cups (375 ml)
- Diced tomatoes, no added salt – 2 -14 oz. can (425 g)
- Garlic, minced – 3 Tbsp. (45 ml)
- Hummus, Roasted Red Pepper – 10 Tbsp. (150 ml)
- Honey – ¼ cup (50 ml)
- Kalamata olives - 2 cups (500 ml)
- Olive oil – 1 ¼ cup (300 ml)
- Pimento olives, green – ¼ cup (50 ml)
- Sun dried tomatoes, oil packed – ½ cup (125 ml)

### Spices

- Bay leaf – 1
- Cumin – ¼ tsp. (1 ml)
- Dried oregano – ¼ tsp. (1 ml)
- Dried basil – ¼ tsp. (1 ml)
- Dried Herbs for olive oil dipping bread – about 3 Tbsp. (45 ml)
- Garlic powder – 2 tsp. (10 ml)
- Onion flakes – 2 Tbsp. (30 ml)

### Nuts and Nut Butters

- Almonds, whole, roasted, unsalted – 80 (about 1 ½ cups/375 ml)
- Almond Butter – ¼ cup (50 ml)
- Pine nuts – ¼ cup (50 ml)
- Walnuts, chopped – 2 cups (500 ml)

### Meat/Fish

- Beef stew meat – ½ lb. (250 g)
- Chicken thigh – 2
- Jumbo Shrimp (6-8lb/2.8-3.8 kg) – 24
- Pre-cooked chicken – 1 cup (250 ml)
- Salmon – 12 ounces raw (375 g)
- Tilapia – 12 ounces raw (375 g)

### Eggs & Dairy

- 1% milk – 2 cups (500 ml)
- Eggs – 8
- Feta cheese, light, crumbled – 1/3 cup (75 ml)
- Goat cheese or similar soft cheese – 6 ounces (175 g)
- Greek yogurt, plain – 4 ½ cups (1.125 l)
- Mozzarella cheese, part skim, shredded – ½ cup (125 ml)
- Parmesan cheese, light, grated – ½ cup (125 ml)
- Ricotta, lower fat – ½ cup (125 ml)

### Juices

- Trop50® Pomegranate Blueberry Juice – 6 cups (1.5 l)
- Dry Red Wine (i.e. Cabernet) – 40 ounces (1133 g) - optional

### Cereals & Breakfast items

- Oatmeal (1 minute type) – 1 cup (250 ml) uncooked



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## WEEK 5 - 2000 CALORIE MENU

# SHOPPING LIST (CONT.)

### Soups

- Beef broth, lower sodium – 2 cups (500 ml)
- Chicken broth, lower sodium – ½ cup (125 ml)
- Progresso® Artisan Creamy Tomato and roasted red pepper soup (readymade) or similar flavor – 4 cups (1 l)
- Tomato soup, lower sodium – ½ can (1/2 cup) (125 ml)
- Vegetable broth, lower sodium – 4 cups (1 l)

### Grains/Breads/Chips

- Bagel, whole grain, 3-inch (7.5 cm) diameter – 6
- Baguettes – 32 inches (81.2) total
- Barley – ½ cup (125 ml) uncooked
- Ciabatta rolls, whole wheat if available – 5
- Couscous – 2 cups (500 ml) uncooked
- Penne pasta – 8 oz. (250 g) package
- Pita bread, whole wheat, whole – 6 (12 halves)
- Lentils (dry) – 1 cup (250 ml)
- Pita Chips – 4 servings
- Rotini, whole wheat pasta – 1 ½ cups (375 ml) uncooked

### To keep in your pantry:

- Aluminum foil
- Canola oil
- Decaf coffee (optional)
- Mrs. Dash®
- No-stick cooking spray
- Fresh ground Pepper
- Iodized Salt
- Sugar, granulated

- Unsweetened decaf tea (optional)
- Water – need a minimum of 5 cups (1.25 l) per day, more if coffee or tea is not consumed

### Equipment recommended:

- Slow cooker

### Used from previous week, check your supply:

- Eggs
- Honey
- Olive oil



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# COUSCOUS AND CHICK PEA SALAD

**Serves 4 (planned leftovers)**

## **All you need:**

- 1 cup (250 ml) plain quick-cooking couscous
- ½ tsp. (2 ml) salt
- 1 2/3 cup (390 ml) boiling water
- 1 whole lemon
- 3 Tbsp. (45 ml) olive oil
- 1 ½ cup (375 ml) cooked chickpeas (garbanzo beans), drained
- 2/3 cup (150 ml) Kalamata olives, pitted and cut in half
- 1/3 cup (75 ml) finely chopped parsley
- 1/3 cup (75 ml) thinly sliced green onions

## **All you do:**

1. In a dry small saucepan, add couscous and salt, pour the boiling water over it and cover. Let stand for 10 minutes. Fluff couscous with a fork and break up lumps.
2. Squeeze the juice from the lemon and mix with oil. Toss with couscous. Add chickpeas, olives, parsley, and onions.
3. Serve immediately, or refrigerate for flavors to marinate. If refrigerated, take it out one hour before serving to come to room temperature.



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# Greek Pita PIZZAS

**Serves 2**

## **All you need:**

### For dressing/sauce:

- 2 Tbsp. (30 ml) fresh lemon juice
- 1/2 tsp. (2 ml) garlic powder
- 1/4 tsp. (1 ml) dried oregano
- 1/4 tsp. (1 ml) dried basil
- 4 Tbsp. (60 ml) olive oil

### For pizza:

- 2 (4 inch/10 cm) pita bread rounds
- 1 cup (250 ml) chopped fresh spinach
- 1/4 cup (50 ml) halved grape tomatoes
- 1/4 cup (50 ml) sliced green olives
- 1/2 cup (125 ml) part-skim mozzarella cheese

## **All you do:**

1. Preheat oven to 350 degrees F (180 degrees C).
2. Mix lemon juice, garlic powder, oregano, and basil in a bowl; whisk oil into lemon juice mixture until well blended. Brush about 1 tablespoon (15 ml) dressing over pita breads and place on baking sheet; set aside remaining dressing.
3. Combine spinach, tomatoes, and olives in a large bowl. Pour remaining dressing over vegetables and toss to coat. Divide spinach mixture evenly over each pita; sprinkle with mozzarella cheese.
4. Bake 10 minutes or until cheese is melted and pitas are lightly toasted.



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# Oven-Roasted Salmon with **MANGO-LIME SALSA**

**Serves 2**

## **All you need:**

### Salsa\*

- 1 cup (250 ml) diced mango (about 1 fresh mango; if frozen, thaw in microwave)
- 2 Tbsp. (30 ml) diced red onion
- ¼ fresh jalapeno pepper, finely diced
- Juice of ½ lime
- ¼ tsp. (1 ml) cumin
- ¼ tsp. (1 ml) salt

\* Use pre-made mango salsa, or pre-made pineapple salsa instead



### For roasted salmon

- 12 oz. (375 g) raw salmon, skin off
- 2 Tbsp. (30 ml) olive oil
- ¼ tsp. (1 ml) minced garlic

## **All you do:**

1. Prepare salsa: in a medium bowl, combine mango, onion, pepper, lime juice, cumin, and salt to taste. Set aside.
2. Preheat oven to 400 degrees F (200 degrees C).
3. Mix olive oil and garlic in a small bowl.
4. Place salmon on baking sheet and brush with garlic-oil mixture. Cook 4-5 minutes on each side (5 minutes per inch of thickness for piece of salmon). Test by poking fork about half-way inside thickest part of salmon, turn fork a quarter of turn to see if the fish easily flakes apart. When done, remove from oven and let rest for 1-2 minutes. Do not overcook, it will finish cooking after removed from oven.
5. Plate salmon and equally top with salsa.



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# Slow Cooker Beef BARLEY SOUP

**Makes about 4 cups (1L)**

## **All you need:**

- ½ Tbsp. (7 ml) canola oil
- ½ lb. (250 g) beef stew meat
- 1 tsp. (5 ml) minced garlic
- 2 cups (500 ml) lower-sodium beef broth
- 1 can diced tomatoes
- 1 Tbsp. (15 ml) onion flakes
- ½ tsp (7 ml) freshly ground black pepper
- 1 small zucchini, chopped
- ½ cup (125 ml) quick cooking barley

## **All you do:**

1. Heat oil in skillet over medium-high heat, add beef, sauté 5 minutes, or until beef is browned.
2. Transfer beef to slow cooker. Add remaining ingredients and stir to combine.
3. Cover. Cook on low 6 to 8 hours or on high 3 to 4 hours.



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# Vegetable Lentil SOUP

**Makes 4-5 servings (planned leftovers)**

## **All you need:**

- 2 Tbsp. (30 ml) olive oil
- ½ cup (125 ml) minced yellow onion
- 2 cups (500 ml) diced frozen carrots
- 2 tsp. (10 ml) minced garlic
- One 14-ounce (425 g) can diced tomatoes,
- 4 cups (1 l) lower sodium vegetable broth
- 1 bay leaf
- 1 cup (250 ml) lentils
- ¼ cup (50 ml) minced fresh parsley
- Salt and pepper, to taste

## **All you do:**

1. In a large sauce pan, heat olive oil over medium heat, add onions and carrots, cook until softened, about 10 minutes.
2. Add the garlic and cook for 1 to 2 minutes, stirring occasionally. Stir in the tomatoes, and cook for 5 minutes.
3. Stir in broth and bay leaf and bring to a boil. Add lentils, reduce heat and simmer about 5 minutes or until the lentils are just tender. Cover and let stand for 2 minutes.
4. Stir in the parsley and salt and pepper before serving.



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# Pasta Primavera with **PINE NUTS**

**Makes 4-5 cups (planned leftovers)**

## **All you need:**

- 1.5 cups (375 ml) dry whole-wheat pasta (a small style, such as rotini)
- 2 cups (500 ml) broccoli florets (from frozen or fresh)
- 3 Tbsp. (45 ml) toasted pine nuts
- ½ cup (125 ml) chopped oil-packed sun-dried tomatoes
- 2 Tbsp. (30 ml) olive oil

## **All you do:**

1. Cook pasta according to package directions.
2. Steam broccoli florets.
3. Combine cooked, drained pasta and broccoli, toss with 2 Tbsp. (30 ml) oil.
4. Add pine nuts and tomatoes, gently toss and serve.



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