

# 5-Day Whole Foods Meal Plan

by Kiran Dodeja Smith with 100 Days of Real Food

## The Menu

### **Monday**

Lunch: Greens with Carrots, Feta Cheese and Brown Rice

Dinner: The Easiest Spinach Lasagna, with Sliced Pears

### **Tuesday**

Lunch: Potato and Cauliflower Chowder

Dinner: Lime-Cilantro Quinoa Salad served with corn tortillas topped with cheese, black beans and salsa.

### **Wednesday**

Lunch: Quick Hummus and Vegetable Stuffed Pitas

Dinner: Rosemary Roasted Chicken with Roasted Broccoli and Simple Skillet Cornbread.

### **Thursday**

Lunch: Spinach Lasagna, with a Tasty Smoothie and Nuts

Dinner: Cobb Salad with Pears and Stonyfield 100% Grassfed Yogurt

### **Friday**

Lunch: Yogurt and Fruit Parfait with Hemp and Chia Seeds

Dinner: Sour Cream and Onion Chicken Salad with Cornbread and Veggies

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## The Meal Plan & Recipes

### Monday: Lunch

Going with a “meatless Monday” theme, and sticking with simple recipes that are filling and full of good things. Lunch is Greens with Carrots, Feta Cheese and Brown Rice – quick, and easy. For dinner it’s The Easiest Spinach Lasagna with Sliced Pears. Feel free to substitute the sliced pears with another fruit/vegetable on the side (maybe something that is on sale, or in season).

#### Greens with Carrots, Feta Cheese and Brown Rice

##### Ingredients:

- 2 carrots, shredded
- 2 bunches dark leafy greens (kale, collard greens, or Swiss chard), tough stems removed, leaves very thinly sliced
- ½ red onion, finely chopped
- ¼ teaspoon ground black pepper
- ¼ pound feta cheese, crumbled
- 1 (20-ounce) package frozen 365 Everyday Value Organic Whole Grain Brown Rice, prepared according to package directions

##### Instructions:

Put carrots, greens, onions, ¼ cup water, salt and pepper into a large, deep skillet and toss well. Cook and cover over medium heat, tossing once or twice, until greens are wilted and tender, 10-15 minutes.

Toss with feta cheese and spoon over brown rice.

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## Monday: Dinner

Serve this lasagna with sliced pears – yum!

### The Easiest Spinach Lasagna

#### Ingredients:

- 15 ounces ricotta cheese
- 8 ounces mozzarella cheese, grated
- 1 cup grated Parmesan cheese, divided
- 10 ounces frozen chopped spinach, thawed and squeezed dry
- 1 egg
- ¼ teaspoon salt
- 3 cups (25 ounce jar) marinara sauce
- 8 ounces whole-wheat, no-boil lasagna noodles

#### Instructions:

Preheat the oven to 375 degrees F.

In a large bowl, mix the ricotta, mozzarella, ¾ cup of the Parmesan, spinach, egg, and salt. In a 13x9 inch baking dish, spread ¾ cup sauce on the bottom. Layer a few of the noodles on top. Spread a third of the cheese mixture on top of that and then another ¾ cup sauce. Repeat layers until all ingredients are gone, ending with the sauce.

Top with remaining ¼ cup Parmesan, cover with foil, and bake for 30 minutes. Remove foil and bake for another 20 to 25 minutes or until the noodles have completely softened. Let rest for 5 minutes, serve warm and enjoy!

**Note** – Save any leftover lasagna for lunch on Thursday!

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## Tuesday: Lunch

For lunch, it's Potato and Cauliflower Chowder that you can keep economical by using Whole Foods Market's 365 brand for broth, and buying just the right amount of bacon (instead of a whole package) from the meat department. Dinner is Lime-Cilantro Quinoa Salad served with corn tortillas topped with cheese, black beans and salsa.

### Potato and Cauliflower Chowder

#### Ingredients:

- 3 pieces bacon, chopped
- ½ onion
- 3 cloves garlic, minced
- 1 head cauliflower, cut into 1-2 inch florets
- 2 pounds Russet potatoes, unpeeled and cut into 1 inch cubes
- 6 cups chicken stock or broth
- ½ cup heavy cream
- 2 tablespoons butter
- 1½ teaspoons salt (if using store bought broth, taste test after only 1 teaspoon)
- Pepper, to taste
- Recommended toppings: Grated cheese, sliced green onions, and more bacon of course!

#### Instructions:

In a large soup pot over medium heat, cook bacon pieces while stirring, until golden brown, about 3 to 4 minutes. Add diced onion and minced garlic, and cook while stirring for 1 more minute. Add the cauliflower florets, potato chunks, and broth and bring to a boil. Turn the heat down to a low simmer and cook until the cauliflower and potatoes are tender when pierced with a fork, about 15 minutes. Dip a hand immersion blender into the pot and puree most of the soup. Or, pulse in a counter top blender until mostly smooth with some chunks remaining. Stir in the cream, butter, salt, and pepper. If desired, top with grated cheese, sliced onions, and more bacon, and enjoy! Freeze the leftovers in individual portions for a rainy day.

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## Tuesday: Dinner

Serve the recipe below alongside corn tortillas topped with cheese, black beans, and salsa. Heat the tortillas (with toppings) in an oven, preheated to 350 degrees F, for 5-7 minutes.

### Lime-Cilantro Quinoa Salad

#### Ingredients for Salad

- 3 cups cooked quinoa (1 cup dry)
- $\frac{3}{4}$  cup dried fruit – raisins, golden raisins, chopped dried apricots, and dried currants
- $\frac{1}{4}$  cup pine nuts, toasted
- $\frac{1}{4}$  cup cilantro, chopped
- 1 bell pepper of any color, diced

#### Ingredients for Dressing:

- $\frac{1}{4}$  cup lime juice
- $\frac{1}{4}$  cup olive oil
- 1 teaspoon Dijon mustard
- 2 garlic cloves, minced
- Pinch of salt

#### Instructions:

Mix all salad ingredients together in a large bowl.

In a separate, smaller bowl, whisk together all dressing ingredients. Pour the dressing over the salad and mix thoroughly.

Can be stored in an airtight container in the fridge.

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## Wednesday: Lunch

It's midweek, so how about an easy to prep recipe for lunch? Quick Hummus and Vegetable Stuffed Pitas fit the bill. Reserve some veggies for dinner on Friday.

Wednesday's dinner goes the extra mile. It's Rosemary Roasted Chicken with Roasted Broccoli and Simple Skillet Cornbread. You'll be repurposing the chicken and cornbread on Friday, so be sure to double if need be.

Tip – you can buy the cornmeal in bulk, and ask the meat department to cut down the meat so it's just the right size for your family.

### Quick Hummus and Vegetable Stuffed Pitas

#### Ingredients:

- 1 whole wheat pita bread, halved
- ½ cup hummus
- 1/3 cup lightly packed shredded lettuce or baby spinach
- ½ cup assorted raw vegetables such as halved cherry tomatoes, shredded carrots, sliced cucumbers or avocados

#### Instructions:

Spread half the hummus inside each pita half then fill with lettuce and vegetables, and serve.

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## Wednesday: Dinner

Don't forget to hold back leftovers for Friday (you'll need 2 cups)!

### Rosemary Roasted Chicken

#### Ingredients:

- 1 tablespoon chopped fresh rosemary
- 4 cloves garlic, minced
- ¼ cup freshly squeeze lemon juice (with lemon peel reserved)
- ¼ cup olive oil + extra for roasting rack
- ½ teaspoon salt
- Pepper, to taste
- 1 whole chicken, 3 to 4 pounds in size
- Special equipment needed: Baking sheet or roasting pan fitted with rack (or a cooling rack), basting brush, and a basic (yet good-quality) meat thermometer

#### Instructions:

Preheat the oven to 425 degrees F. Place roasting or cooling rack on a baking sheet or roasting pan and brush with olive oil. Set aside. In a small bowl, mix the rosemary, garlic, lemon juice, olive oil, salt, and pepper. Remove giblets or bag of "parts" that may be stored inside the chicken. Reserve for another use (like stock or gravy), or discard. Place chicken on the prepared rack with the breast side down. Brush a little less than half of the oil mixture on the top and sides. Turn the chicken over so the breast side is up. Pour a little bit of the olive oil mixture inside the cavity and brush remaining oil on the top and sides. Stick the reserved lemon peel inside the cavity.

Put chicken in the oven, and use measuring cup with a pour spout to add 2 to 3 cups of water to bottom of the roasting pan or baking sheet. Roast the chicken for 40 to 50 minutes or until thermometer inserted in the thickest part of thigh is 170 degrees F (remove while baking). Check it a couple times while cooking, adding water to the bottom of the pan if necessary. Let the chicken cool before carving.

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## Wednesday: Dinner

Feel free to substitute another vegetable in for the broccoli. Most vegetables, at 450 degrees F, will roast for around 30 minutes.

### Roasted Broccoli

#### Ingredients:

- 1 head of broccoli, chopped
- 3 cloves garlic, minced
- 1-2 tablespoons olive oil
- Salt to taste

#### Instructions:

Preheat oven to 450 degrees F.

Coat chopped broccoli with garlic, salt, and oil. Spread out on a baking sheet, and bake 30-40 minutes.

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## Wednesday: Dinner

Don't forget to double this recipe if needed, as Friday will be using its leftovers!

### Simple Skillet Cornbread

#### Ingredients:

- 2 cups fine ground cornmeal
- 1 teaspoon salt
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- 1½ cups buttermilk
- 2 large eggs
- 5 tablespoons melted butter

#### Instructions:

Preheat a 9 inch (seasoned) cast iron skillet in a 450 degree F oven for at least 10 minutes.

In a large bowl, whisk together the cornmeal, salt, baking powder, and baking soda. Make a well (hole) in the center of the mixture and drop in the buttermilk, eggs, and melted butter. Use a fork to mix the wet and dry ingredients together until thoroughly combined.

Pour the cornbread batter into the hot skillet (you can keep the skillet in the oven to do this), and bake until the cornbread is golden brown and a toothpick inserted in the center comes out clean, about 18 minutes. Serve warm, and freeze the leftovers for a rainy day!

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## Thursday: Lunch

Lunch is leftover lasagna from Monday, served with a Smoothie and Nuts on the side. Up your smoothie game by tossing in some chia or hemp seeds.

Dinner is a Cobb Salad with Pears and Stonyfield 100% Grassfed Yogurt (or yogurt of your choice). Feel free to substitute the pears for another fruit (or vegetable) you may prefer instead.

### Tasty Smoothies

#### Ingredients:

- 1½ cups plain organic yogurt
- 1 cup berries, fresh or frozen (or try two oranges, peeled)
- 2 bananas (or 1-2 tablespoons of honey if you don't like bananas)
- 2 tablespoons milk
- ½ - ¾ cup fresh spinach leaves (you can also try leftover broccoli)
- Optional: if using fresh berries (instead of frozen) add some ice cubes
- Add in chia or hemp seeds, if desired

#### Instructions:

Combine all ingredients into a blender and blend.

Pour into cups and garnish with fruit.

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## Thursday: Dinner

Top this salad with your favorite healthy dressing, and don't forget to serve the pears and Stonyfield 100% Grassfed Yogurt with it!

### Cobb Salad

#### Ingredients:

- 1 head lettuce (any variety)
- 8 slices local (or organic) bacon
- 3 eggs, hardboiled and peeled
- 2 avocados
- 2 tomatoes (or equivalent amount of cherry tomatoes)
- 1 ripe pear

#### Instructions:

Set a frying pan over medium heat and fry the bacon until crisp (3 - 5 minutes on each side).

While the bacon is cooking, dice the boiled egg, avocados, tomatoes, and pear. Chop and arrange the lettuce on a large platter.

Drain the bacon on paper towels. When it is cool enough to handle, dice into small pieces. Arrange the toppings in rows over the lettuce. Serve with a side of your favorite salad dressing.

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## Friday: Lunch and Dinner

Lunch is a fruit and yogurt parfait (using the leftover Stonyfield 100% Grassfed Yogurt), with hemp and chia seeds – so simple and delicious, and no recipe required. Toss everything together in a bowl, and enjoy.

Remember the leftovers you kept from Wednesday? We're making use of them for dinner. Sour Cream and Onion Chicken Salad will use up the rest of the chicken. Serve it with leftover cornbread and veggies (tomato slices and cucumber, from Wednesday's lunch).

### Sour Cream and Onion Chicken Salad

#### Ingredients:

- 2 cups shredded or diced cooked chicken
- ½ cup sour cream
- 2 tablespoons dried minced onion (in spice aisle)
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon salt

#### Instructions:

In a medium bowl, mix all ingredients together thoroughly.

Serve with whole-grain crackers or fresh veggies. This chicken salad would also be great with bits of celery mixed in!

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## Shopping List

### Key:

Monday Lunch - a

Monday Dinner - A

Tuesday Lunch - b

Tuesday Dinner - B

Wednesday Lunch - c

Wednesday Dinner - C

Thursday Lunch - d

Thursday Dinner - D

Friday Lunch - e

Friday Dinner - E

### Bakery

Ingredient	Quantity	Key
Whole Wheat Pita Bread	1/3 cup	c

### Baking

Ingredient	Quantity	Key
Corn Tortillas	1 package	b
Fine ground cornmeal	2 cups	C
Olive oil	1/2 cup	b, C
Onion powder	1/2 tsp	e

### Bulk

Ingredient	Quantity	Key
Chia seeds	1/3 cup	d, e
Hemp seeds	1/3 cup	d, e
Nuts of choice	2 cups	d
Dried minced onion	2 tbsp	E

### Canned Goods

Ingredient	Quantity	Key
Black beans	1 can	B
Dijon mustard	1 tsp	B
Marinara sauce	3 cups (25 oz jar)	A
Salsa	1 jar	B

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## Key:

Monday Lunch - a

Monday Dinner - A

Tuesday Lunch - b

Tuesday Dinner - B

Wednesday Lunch - c

Wednesday Dinner - C

Thursday Lunch - d

Thursday Dinner - D

Friday Lunch - e

Friday Dinner - E

## Dairy

Ingredient	Quantity	Key
Butter	1 stick	b, C
Buttermilk	1½ cups	C
Cheddar cheese	1 package	B
Feta cheese, crumbled	¼ lb	a
Grated Parmesan cheese	1 cup	A
Heavy cream	½ cup	b
Sour cream	½ cup	E
Eggs	1 dozen	A, C, D
Milk	2 tbsp	d
Mozzarella cheese	8 oz pkg	A
Ricotta cheese	15 oz	A
Stonyfield Grassfed Yogurt	12 containers	D, e
Plain organic yogurt	1½ cups	D

## Deli

Ingredient	Quantity	Key
Hummus	1 pkg	c

## Dry Goods

Ingredient	Quantity	Key
Chicken stock or broth	6 cups	b
Dried fruit (raisins, apricots, or currants)	¾ c	B
Garlic powder	¼ tsp	E
Whole-wheat no-boil lasagna noodles	8 oz	A
Pine nuts	¼ cup	B
Quinoa	1 cup	B

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Monday Lunch - a

Monday Dinner - A

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Tuesday Dinner - B

Wednesday Lunch - c

Wednesday Dinner - C

Thursday Lunch - d

Thursday Dinner - D

Friday Lunch - e

Friday Dinner - E

## Frozen

Ingredient	Quantity	Key
365 Everyday Value Organic Berries (or fresh - see Produce section below)	Your preference	d, e
365 Everyday Value Organic Whole Grain Brown Rice	1 package	a
Chopped spinach	10 oz	A

## Meat

Ingredient	Quantity	Key
Whole chicken	3-4 lbs in size	C
Diced or shredded cooked chicken (if no leftovers from Wednesday dinner)	2 cups	E
Local (or organic) bacon	11 slices	b, E

## Produce

Ingredient	Quantity	Key
Avocados	3	c, D
Baby spinach	1 pound	c, d
Bananas	2	d
Bell pepper (any color)	1	B
Berries	1-2 cups	d, e
Broccoli	1 head	C
Carrots	4	a, c
Cauliflower	1 head	b
Cilantro	¼ cup	B
Cucumber	1	c
Dark leafy greens (kale, collard greens, or Swiss chard)	2 bunches	a
Garlic	12 cloves	b, B, C

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## Key:

Monday Lunch - a

Monday Dinner - A

Tuesday Lunch - b

Tuesday Dinner - B

Wednesday Lunch - c

Wednesday Dinner - C

Thursday Lunch - d

Thursday Dinner - D

Friday Lunch - e

Friday Dinner - E

## Produce, Continued

Ingredient	Quantity	Key
Lemons	2	C
Lettuce	1 head	D
Lime juice	¼ cup	B
Onion – Red	½	a
Onion – White or yellow	½	b
Pears	7	A, D
Rosemary – chopped & fresh	1 tbsp	C
Russet potatoes	2 lbs	b
Tomatoes (or cherry tomato equivalent)	4	c, D

*\*This list does not include a few items that we consider to be pantry basics, such as salt, pepper, baking soda, baking powder, etc.*