

- 01 *GRILLED PESTO SALAD & GRILLED BALSAMIC SHRIMP*
- 02 *EGG & AVOCADO CHICKEN SALAD*
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- 04 *CITRUS SHRIMP & AVOCADO TOAST*
- 05 *BALSAMIC KALE & CHICKPEA SALAD*

## *GROCERY LIST*

1 SUMMER SQUASH  
1 BUNCH OF ASPARAGUS  
2 RED BELL PEPPER  
1 YELLOW BELL PEPPER  
1 BOX OF MIXED GREENS  
1 SMALL JAR OF PESTO  
4 OZ. CONTAINER FETA CHEESE  
3/4 LB. OF LARGE SHRIMP  
1 LOAF OF WHOLE GRAIN BREAD  
1 ROTISSERIE CHICKEN  
4 MEDIUM AVOCADOS  
3 LIMES  
3 PINTS OF CHERRY TOMATOES  
1/2 DOZEN EGGS  
5-8 OZ. OF NONFAT YOGURT  
8 OZ. CONTAINER OF ORANGE JUICE  
1/4 TEASPOON OF CUMIN  
1 BOX OF BABY BELLA MUSHROOMS  
1 SMALL BAG OF FROZEN CORN  
1 BOX OF KALE  
3 TABLESPOONS OF RAISINS  
1 CAN OF CHICKPEAS

8 OZ. OF SLICED WATER CHESTNUTS  
1 PACKAGE OF WHOLE WHEAT PITA  
1 SMALL YELLOW SQUASH  
1 SMALL ZUCCHINI  
1 PACKAGE OF SLICED PROVOLONE

### PANTRY STAPLES (ALREADY HAVE)

*MINCED GARLIC*  
*OLIVE OIL*  
*BALSAMIC VINEGAR*  
*SALT*  
*PEPPER*  
*HONEY*

### OPTIONAL

*1/3 CUP OF HALVED WALNUTS*  
*1 BAG OF GRAPES*

# GRILLED PESTO SALAD & GRILLED BALSAMIC SHRIMP

1 / 5

FOR SALAD:

OLIVE OIL | 2 TBSP.

SALT | 1/4 TSP.

1 SUMMER SQUASH, SLICED 1/4" THICK

1/2 BUNCH OF ASPARAGUS, DICED

1 RED BELL PEPPER, DICED

1 YELLOW BELL PEPPER, DICED

MIXED GREENS | 4 CUPS

PESTO | 1 1/2 TBSP.

FETA CHEESE | 2 TBSP.

10 LARGE SHRIMP DEVEINED

FOR VINAIGRETTE FOR SHRIMP:

BALSAMIC VINEGAR | 2 TBSP.

OLIVE OIL | 2 TBSP.

HONEY | 2 TSP.

SALT & PEPPER TO TASTE

01 *Heat grill pan on medium heat.*

02 *Toss the chopped veggies in 2 tablespoons olive oil, 1/4 teaspoon salt and a dash of pepper.*

03 *Grill veggies on grill pan until they begin to char, grill marks form and they soften about 10 minutes.*

04 *Place veggies in bowl and gently toss with the pesto. Cover to keep warm.*

05 *Lower the heat of the grill pan.*

06 *Cook the shrimp until done, about 1 to 1 1/2 minutes per side.*

07 *Assemble each plate by adding 2 cups of mixed greens, followed by about 1 cup of mixed veggies, 1 tablespoon feta cheese and 5 shrimp.*

08 *If desired, serve toasted whole grain bread on the side.*

# EGG & AVOCADO CHICKEN SALAD

2 / 5

PULLED ROTISSERIE CHICKEN | 3 CUPS

2 MEDIUM AVOCADOS, DICED

JUICE OF 1/2 A LIME

1 PINT OF CHERRY TOMATOES, HALVED

SALT | 1/4 TSP.

PEPPER | 1/8 TSP.

3 HARD BOILED EGGS

NONFAT PLAIN YOGURT | 1/4 CUP

1 WHOLE WHEAT PITA

- 01 *Place avocados into a medium mixing bowl and mash until almost smooth.*
- 02 *Add in the yogurt, lime juice, salt and pepper, and mix until it is a smooth consistency.*
- 03 *Fold the pulled rotisserie chicken into the avocado base until well combined.*
- 04 *Mix in the tomatoes and chopped egg until well combined. Store in the refrigerator or eat immediately.*
- 05 *If desired, preheat oven to 350 degrees F. Cut pita into triangles and toast in preheated oven for about 8 to 10 minutes, turning halfway to crisp both sides.*
- 06 *Serve with chicken salad and enjoy!*

# GRILLED VEGGIE PITA

3 / 5

OLIVE OIL | 2 TSP.

2 WHOLE WHEAT PITA HALVES

4 BABY BELLA MUSHROOMS, SLICED

1/2 SMALL YELLOW SQUASH, SLICED

1/2 SMALL ZUCCHINI, SLICED

PESTO | 1 TBSP.

1 SLICE OF PROVOLONE CHEESE

- 01 *Heat 2 teaspoons olive oil in a skillet over medium heat.*
- 02 *Add mushrooms, squash and zucchini, and cook until softened, about 5 minutes.*
- 03 *Add in 1 tablespoon of the pesto and stir so that vegetables are well coated.*
- 04 *Divide sauteed vegetables evenly between the 2 pitas.*
- 05 *Place 1/2 slice of cheese in one pita pocket, between the veggies and the pita pocket and the other 1/2 in the other.*
- 06 *Press pita in preheated Panini or sandwich press or in the skillet used to cook vegetables for about 5 minutes, until the cheese is melted and the pita is crisp.*

# CITRUS SHRIMP & AVOCADO TOAST

4 / 5

## FOR SHRIMP:

OLIVE OIL | 2 TBSP.

LIME JUICE | 2 TBSP.

ORANGE JUICE | 4 TBSP.

GROUND CUMIN | 1/4 TSP.

ORANGE JUICE | 4 TBSP.

1/2 LB. OF DEVEINED SHRIMP

## FOR TOAST:

MASHED AVOCADO | 1 CUP

LIME JUICE | 1 TBSP.

2 PINTS OF CHERRY TOMATOES

OLIVE OIL | 2 TBSP.

SALT | 1/4 TSP.

YELLOW CORN | 1/2 CUP

8 SLICES OF WHOLE WHEAT BREAD

1/2 CUP OF FETA CHEESE

- 01 *To make the shrimp marinade, combine the first 4 ingredients (listed under "For Shrimp") in a small bowl and mix well to combine.*
- 02 *Add the shrimp to a plastic sealable bag and then pour in the marinade.*
- 03 *Place plastic bag in the refrigerator and allow shrimp to marinate while preparing the rest of ingredients for the toast (or at least 30 minutes).*
- 04 *Add 1/2 tablespoon lime juice to the mashed avocado to flavor and prevent browning while preparing the rest of the dish.*
- 05 *Heat a skillet over medium heat.*
- 06 *In a medium bowl, combine the cherry tomatoes with the 2 tablespoons olive oil and 1/4 teaspoon salt.*
- 07 *Add the tomatoes to the heated skillet and cook about 10 minutes, stirring occasionally until the tomatoes begin to soften and burst. Once tomatoes are cooked, place them in a small bowl and set aside.*
- 08 *While the tomatoes cook, toast the bread in a toaster or toaster oven.*
- 09 *Wipe out the skillet used to cook the tomatoes and then reheat again over medium heat.*
- 10 *Add the marinated shrimp to the skillet and cook shrimp about 1 to 1 1/2 minutes per side, until shrimp are pink and white.*
- 11 *Assemble the toast by spreading each slice of toast with:*
  - (a) 2 tablespoons mashed avocado
  - (b) 2 tablespoons roasted tomatoes
  - (c) 1 tablespoon sweet yellow corn
  - (d) 3 orange lime citrus shrimp
- 12 *Serve 1/2 cup feta at the table to complement toast, if desired.*

# *BALSAMIC KALE & CHICKPEA SALAD*

5 / 5

KALE | 8-10 CUPS

HALVED WALNUTS | 1/3 CUP

RAISINS | 3 TBSP.

WARM WATER | 1/3 CUP

OLIVE OIL | 2 TBSP.

BALSAMIC VINEGAR | 2 TBSP.

HONEY | 1 TBSP.

SALT | 1/8 TSP.

BABY BELLA MUSHROOMS, SLICED | 1 CUP

RED BELL PEPPER, DICED | 1/2 CUP

CHICKPEAS | 3/4 CUP

8 OZ. OF WATER CHESTNUTS DRAINED

01 *Preheat oven to 350 degrees F.*

02 *Spread walnuts evenly onto a baking sheet.*

03 *While oven preheats, soak raisins in a small bowl with 1/3 cup of warm water.*

04 *Roast walnuts in preheated oven for about 6 - 7 minutes, stirring halfway through.*

05 *While the walnuts roast, add kale to a large bowl.*

06 *In a small bowl, whisk together the olive oil, balsamic vinegar, honey and salt until well incorporated.*

07 *Pour dressing slowly over kale and massage into leaves with hand to incorporate.*

09 *Drain the raisins and then add to salad along with the mushrooms, bell peppers and chickpeas.*

10 *Toss all ingredients with tongs.*

11 *Top salad with the roasted walnuts (optional) and the water chestnuts.*

12 *Salad can be stored up to 5 days in the refrigerator.*