

MEAL PLAN SHOPPING LIST:

Fresh Produce

7 bell peppers (at least 4 red, 2 green)
2 carrots
3 onions (at least 1 small, 1 medium)
6 cups broccoli
7 garlic cloves
1 large potato
1 pound green beans
2 cups snow peas (or snap peas)
3 green onions

Dry Goods

1 cup canned pineapple chunks plus $\frac{1}{4}$ cup juice
1 (15 oz.) can chopped tomatoes or tomato soup
1 (15 oz) can garbanzo beans (*optional*)
 $\frac{3}{4}$ cup dried raisins (*optional*)

Meat or Substitutes

2 pound boneless skinless chicken
1 pound lean ground beef
 $\frac{1}{2}$ pound ground pork
1 pound pork stew meat

Pantry Staples

Ground black pepper
2 tbsp olive oil
1 tbsp canola oil
4 cups brown rice
 $\frac{1}{4}$ tsp red pepper flakes
4 tbsp ketchup
12 tbsp low-sodium soy sauce
1 tsp garlic powder
 $\frac{3}{4}$ tsp ground ginger
Hot sauce
2 tbsp honey
1 tbsp sesame seeds
1 $\frac{1}{2}$ tsp brown sugar
Nonstick cooking spray

Other

4 cups cooked brown rice



Pineapple Chicken Stir Fry

Serves 4

Ready in 25 minutes

Ingredients

2 tablespoon canola oil
1 pound boneless skinless chicken, *cut into 1-inch cubes*
1 red bell pepper, *cut into 1-inch cubes*
1 small onion, *cut into 1-inch cubes*
1 cup canned pineapple chunks plus $\frac{1}{4}$ cup juice
 $\frac{1}{4}$ teaspoon red pepper flakes
2 tablespoons ketchup
2 tablespoons soy sauce
1 teaspoon garlic powder
 $\frac{1}{2}$ teaspoon ground ginger
Ground black pepper, *to taste*
2 cups brown rice, *cooked*

Directions

1. In a small bowl, stir together $\frac{1}{4}$ cup pineapple juice, pepper flakes, ketchup, soy sauce, garlic, and ginger, to make sauce
2. Heat a large skillet with oil. Saute chicken over medium high heat until cooked, about 8 minutes.
3. Add bell pepper and onion to the skillet and saute for 3 minutes
4. Add sauce. Cook and stir for about 2 minutes until vegetables are crisp tender, and sauce is thick.
5. Add 1 cup pineapple to the wok or skillet and cook until hot. Season with ground black pepper to taste.
6. Stir stir-fry over $\frac{1}{2}$ cup of cooked brown rice.

Chef Tip: Make sure to use the pineapple packed in juice, not syrup. You can also substitute canned mandarin juice to make orange chicken.

Nutrition information per 2 cup serving size:

Total calories: 385 Total fat: 7 g Saturated fat: 1 g Carbohydrates: 46 g Protein: 33 g
Fiber: 4 g Sodium: 662 mg

Recipe Source: Leah's Pantry

For more meal plans and recipes, visit eatfresh.org

Beef and Broccoli

Serves 4

Ready in 25 minutes

Ingredients

6 cups broccoli, *chopped*
1 bell pepper, *chopped*
1 pound lean ground beef
 $\frac{3}{4}$ teaspoon ground ginger
5 cloves garlic, *minced*
2 tablespoons honey
2 tablespoons ketchup
 $\frac{1}{2}$ teaspoon hot sauce
 $\frac{1}{4}$ cup low sodium soy sauce
 $\frac{1}{2}$ cup bunch green onions *diced (optional)*

Directions

1. Saute broccoli and bell pepper until tender in a large frying pan.
2. Remove vegetables from the pan. Cook ground beef, ginger, and garlic in a little bit of oil.
3. To make the sauce, mix together honey, ketchup, hot sauce, soy sauce, and ground pepper.
4. Add sauce to beef and simmer for 3-5 minutes
5. Add vegetables back to beef and sprinkle with green onions.

Chef Tip: Two tablespoons of chopped fresh ginger can be substituted for ground ginger. Use gluten-free soy sauce to make this recipe gluten free.

Nutrition information per $\frac{1}{4}$ cup serving size:

Total calories: 224 Total fat: 7 g Saturated fat: 3 g Carbohydrates: 17 g Protein: 21 g
Fiber: 3 g Sodium: 521 mg

Recipe Source: Leah's Pantry

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Ginisang Sitaw (Sauteed Green Beans)

Serves 6

Ready in 30 minutes

Ingredients

2 tablespoons olive oil
1 medium onion, *diced*
3 cloves garlic, *minced*
½ pound ground pork
4 tablespoons low sodium soy sauce
1 pound green beans, *cut into 3" pieces*
½ medium red bell pepper, *diced*

Directions

1. Heat olive oil in a pan.
2. Saute onion until soft
3. Add ground pork and garlic. Cook until meat is browned.
4. Add soy sauce, string beans, and bell pepper and cook in medium heat until soft

Chef Tip: You can substitute ground pork with ground chicken or turkey.

Nutrition information per 1 ¼ cup serving size:

Total calories 129 Total fat: 7 g Saturated fat: 2 g Carbohydrates: 11 g Protein: 6 g
Fiber: 3 g Sodium: 399 mg

Recipe Source: Leah's Pantry

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Sesame Chicken with Peppers and Snow Peas

Serves 4

Ready in 30 minutes

Ingredients

1 tablespoon sesame seeds
Nonstick cooking spray
1 pound boneless, skinless chicken breasts, *cut into strips*
2 cups snow peas or snap peas *trimmed*
1 medium red bell pepper, *chopped*
1 medium green bell pepper, *chopped*
3 tablespoons low-sodium soy sauce
2 tablespoons water
1 ½ teaspoons packed brown sugar
¼ teaspoon ground ginger
2 green onions, *sliced*
2 cups brown rice, *cooked*

Directions

1. Place sesame seeds in a large nonstick skillet; cook for 2 minutes over medium-high heat until lightly browned. Remove from the skillet and set aside.
2. Spray the same skillet with nonstick cooking spray. Add chicken; cook and stir for about 10 minutes or until chicken is fully cooked.
3. Add snow peas and bell peppers; stir fry for 3 to 4 minutes more until vegetables are crisp-tender.
4. In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet. Cook for 5 minutes over medium-high heat.
5. Sprinkle with sesame seeds and green onions. Serve ¾ cups of chicken mixture over ½ cup of brown rice.

Nutrition information per 1 ¼ cup serving size:

Total calories 293 Total fat: 6 g Saturated fat: 1 g Carbohydrates: 28 g Protein: 30 g
Fiber: 5 g Sodium: 470 mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (California Department of Public Health)

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Filipino-Style Menudo

Serves 3

Ready in 40 minutes

Ingredients

1 onion, *chopped*
3 cloves garlic finely, *minced*
1 tablespoon oil
1 pound pork stew meat, *fat trimmed*
1 (15 oz.) can chopped tomatoes or tomato soup
½ cup water
1 large potato, *chopped*
2 red bell peppers or green bell peppers, *chopped*
3 carrots, *chopped*
Black pepper, *to taste*
1 tablespoon soy sauce
1 (15 oz.) can garbanzo beans, *drained (optional)*
¾ cup raisins (*optional*)

Directions

1. Heat oil in the bottom of the skillet until it sizzles.
2. Add onions and garlic. Cook, stirring frequently, until soft.
3. Add pork and cook until lightly browned. Stir occasionally to prevent sticking.
4. Add tomatoes and water and close the cover.
5. Cook until pork is tender. Check a few times and add more water if needed.
6. Add potatoes, bell pepper, carrots, soy sauce and pepper.
7. Close the cover and continue to cook until potatoes and carrots are tender.
8. Add garbanzo beans and raisins, if using. Heat for about 10 more minutes.

Chef Tip: This recipe can be done using a rice cooker as well.

Nutrition Information *per 1 cup serving size:*

Total calories: 451 Total fat: 17 g Saturated fat: 5 g Carbohydrates: 41 g Protein: 37 g
Fiber: 11 g Sodium: 704 mg

Recipe Source: Leah's Pantry

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