



Fall Back Into Health Grocery List

feeds 1-2 people for 5 days

PRODUCE

- Strawberries (1-2 cups, to taste)
- Lemon (1)
- Asparagus (1 bunch, 16 spears)
- Roma tomato (1)
- Green onion (1 bunch)
- Potatoes (1 medium, ~5 oz diced)
- Fresh dill (1 small bunch)

PANTRY

- Zero-sugar Jell-O cheesecake instant pudding mix (1 box)
- Graham crackers (1 box)
- Flax seed meal (small bag)
- Maple syrup
- Monkfruit sweetener or coconut sugar
- Vanilla extract
- Ground cinnamon
- Baking powder
- Salt
- Black pepper
- Oat flour (1 cup)
 - may use quick oats blended to a flour texture
- Quick oats (1 cup)
- Raisins or chopped dates (1/3 cup)
- Unsweetened applesauce (1/4 cup)
- Extra-virgin olive oil
- Dried oregano
- Light Alfredo sauce (1 jar, need 1/4 cup)
- Stonefire mini naan, original (need 2)

REFRIGERATED

- Vanilla nonfat Greek yogurt (10 oz)
- Salmon fillets (2)
- Steak (9 oz)
- Boneless, skinless chicken thighs (6 oz)
- Vegan butter or coconut oil (1/4 cup)
- Shredded cheddar cheese (1/4 cup, for the steak bowl)
- Shredded pizza-blend cheese (1/3 cup, for the pizza)
- Unsweetened non-dairy milk (small carton, need 1 1/2 tsp)



Mindful Monday

Strawberry Cheesecake Protein Bowl

Ingredients (1 serving):

- 10 oz vanilla nonfat Greek yogurt
- 14g zero-sugar Jell-O cheesecake mix
- Fresh strawberries, chopped
- 2 full sheets graham crackers, crushed

Instructions:

Whisk cheesecake mix into the Greek yogurt until smooth. Chill at least 20 minutes to set. Top with strawberries and crushed graham crackers.

Nutrition Information:

330 cal, 29g protein, 45g carbs, 3g fat, 1g fiber
(base only, add strawberries to taste)

cut here



Tranquil Tuesday

Oven Baked Salmon

Ingredients (2 servings):

- 2 salmon fillets
- 1 tbsp extra-virgin olive oil
- 16 asparagus spears
- 4 lemon slices
- Salt and pepper, to taste
- 1 tsp dried oregano
- 1 tsp fresh dill

Instructions:

Preheat oven to 400°F and season salmon with olive oil, salt, pepper, and oregano. Divide asparagus between two foil sheets, top with salmon, lemon slices, and dill, then fold and seal each packet. Bake 15-20 minutes until salmon flakes easily or reaches 145°F internally. Optionally broil uncovered 2-3 minutes for a golden finish before serving.

Nutrition Information (1 fillet serving):

280 Calories, 35.9g Protein, 14g Fat, 8.5g Carbs, ~1g Fiber

cut here



Walk It Wednesday

Healthy Cookies

Ingredients (makes 30 cookies):

- 2 tbsp flax seed meal (+ 2 tbsp warm water)
- ¼ c. melted vegan butter or coconut oil
- ¼ c. unsweetened applesauce
- ¼ c. maple syrup
- ¼ c. monkfruit sweetener (or coconut sugar)
- 1 ½ tsp non-dairy milk

- 1 tsp vanilla
- ½ tsp cinnamon
- ½ tsp baking powder
- ¼ tsp salt
- 1 c. oat flour
- 1 c. cup quick oats
- ⅓ c. raisins or chopped dates

Instructions:

Mix flax seed meal with warm water and let sit 2 minutes to thicken. Combine melted butter, applesauce, maple syrup, sweetener, milk, vanilla, cinnamon, baking powder, and salt, then stir in the flax mixture. Add oat flour and oats to form a thick batter, then fold in raisins or dates. Scoop by the tablespoon onto a parchment-lined sheet and bake at 350°F for 7-10 minutes until soft and chewy.

Nutrition Information (2 cookies):

104 Calories, 2g Protein, 4g Fat, 14g Carbs, 2g Fiber

cut here



Thoughtful Thursday

Steak & Potato Bowl

Ingredients (2 servings):

- 5 oz diced potatoes
- 1 diced roma tomato
- 9 oz steak
- Chopped green onion, to taste
- 1/4 cup cheddar cheese, shredded

Instructions:

Season diced potatoes with oil and spices of choice, then air fry at 400°F for 15-20 minutes until done. Season steak and sear in a hot pan 3-5 minutes per side, then slice. Layer potatoes, cheese, tomato, and green onion in a bowl, then top with steak.

Nutrition Information (1 bowl serving):

440 Calories, 39g Protein, 25.5g Fat, 15g Carbs, 1.5g Fiber

cut here



Feel Good Friday

Chicken Alfredo Pizza

Ingredients (2 pizzas):

- 2 Stonefire mini naan, original
- ¼ c. light Alfredo sauce
- ⅓ c. cheese, shredded
- 6 oz chicken thighs

Instructions:

Season chicken thighs with garlic powder, onion powder, salt, and pepper. Sear in an oiled pan over medium-high heat 3-5 minutes per side, then chop and return to the pan on low heat until cooked through. Spread alfredo sauce and cheese evenly over both naan, then top with chicken. Bake at 350°F for 5-10 minutes, until cheese is melted to your liking.

Nutrition Information (1 pizza serving):

368 Calories, 32g Protein, 15g Fat, 26g Carbs, 1g Fiber