

2012 sept. #GetButtonedUp Challenge

sarah's menu for week 4

sun	<p>Quinoa mac & cheese: www.monicanelsonfitness.com/blog/meals/quinoa-mac-n-cheese/ with a side of steamed broccoli</p>
mon	<p>Chopped Greek Salad with Chicken: www.eatingwell.com/nutrition_health/weight_loss_diet_plans/diet_meal_plans/500_calorie_dinners_30_minute_dinners?page=7&destination=node%2F15405</p>
tue	<p>Lemon garlic tuna burgers: www.canyoustayfordinner.com/2011/03/25/lemon-garlic-tuna-burgers/ with a side of steamed asparagus (oh & you MUST set aside time to devour her blog too—what an inspiring young woman she is).</p>
wed	<p>Baked lemon chicken: www.tasteofhome.com/Recipes/Baked-Lemon-Chicken with easy zucchini parmesan: www.recipes.sparkpeople.com/recipe-detail.asp?recipe=2718</p>
thu	<p>Spaghetti With Sauteed Chicken and Grape Tomatoes: www.skinnytaste.ziplist.com/recipes/318299-Spaghetti_with_Sauteed_Chicken_and_Grape_Tomatoes with a side salad</p>
fri	<p>Artichoke spinach pizza with white beans: www.goodlifeeats.com/2012/01/artichoke-spinach-pizza-with-white-beans.html and a side salad</p>
sat	FREE NIGHT

Shopping Guide

(be sure to adjust ingredients to fit the # of serving sizes you have)

Meat & Protein

- Chicken breasts (enough for three dinners)

Produce

- 2 heads of romaine lettuce
- 5 medium tomatoes
- 1 pint of cherry tomatoes
- 1 medium cucumber
- 3 leeks
- 1 package of fresh spinach
- 1 red onion
- 1 yellow onion
- 1-2 medium zucchini
- Green onions
- Fresh dill
- Fresh parsley
- Fresh basil
- 2 lemons
- Garlic

Grains & Breads

- English muffins (whole grain)
- 1 box of whole wheat spaghetti
- Quinoa
- Cheddar cheese (grated or a block)

Dairy

- Feta cheese
- Eggs
- Parmesan cheese
- Fresh mozzarella
- Cream cheese

Other

- Red wine vinegar
- Small can of sliced olives
- 2 six-ounce cans of tuna fish (packed in water)
- Panko bread crumbs
- Chicken broth
- Non-stick cooking spray
- Butter spray (I Can't Believe It's Not Butter, Original Buttery Spray)
- 1 packet of Fleischmann's pizza crust yeast
- 15oz can of white beans, such as cannellini
- Artichoke hearts