



Q V GF

CHICKPEA SALAD

In a large bowl, toss together 1 15-oz can chickpeas, drained, 2 cups diced cucumber, 2 cups quartered cherry tomatoes, ½ cup diced red onion, ¼ cup hemp hearts, ¼ cup chopped fresh dill, ¼ cup lemon juice, ¼ cup EVOO, ¼ tsp salt and ¼ tsp black pepper. Makes 4 servings.





MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: Blueberry Ginger Smoothie (p. 58)</p> <p>SNACK: 1 peach; ¼ cup almonds</p> <p>LUNCH: Greek Chicken Platter: On a plate, place 1 cup shredded rotisserie chicken, 1 cup cucumber sticks, ½ red bell pepper, cut into strips, ½ cup cherry tomatoes and 1 pita, cut into strips. Serve with ¼ cup tzatziki for dipping.</p> <p>SNACK: 1 serving Cherry Chia Pudding: In a small bowl, combine 2 cups milk, 1 cup pitted and chopped cherries (or frozen and thawed), ½ cup chia seeds, 1 tbsp honey and 1 tsp cinnamon. Cover and refrigerate at least 2 hours or overnight (makes 4 servings; eat 1, save leftovers).</p> <p>DINNER: 1 serving Sesame Chicken Salad (p. 57; save leftovers)</p>	<p>BREAKFAST: Overnight Oats: In each of 2 glass jars with lids, combine ½ cup oats, ½ cup milk, 2 tbsp chia seeds and 1 tbsp honey. Cover and refrigerate at least 2 hours or overnight. Top 1 jar with ½ cup raspberries (eat 1 jar, save other jar).</p> <p>SNACK: 1 peach; ¼ cup almonds</p> <p>LUNCH: 1 serving Sesame Chicken Salad (leftovers, p. 57)</p> <p>SNACK: 1 serving Cherry Chia Pudding (leftovers)</p> <p>DINNER: Greek Chicken Platter: On a plate, place 1 cup shredded rotisserie chicken, 1 cup cucumber sticks, ½ red bell pepper, cut into strips, ½ cup cherry tomatoes and 1 pita, cut into strips. Serve with ¼ cup tzatziki for dipping.</p>	<p>BREAKFAST: Blueberry Ginger Smoothie: (p. 58)</p> <p>SNACK: ½ cup Homemade Hummus (p. 57; save leftovers) with 1½ cups sliced cucumber</p> <p>LUNCH: 1 serving Chickpea Salad (p. 55; save leftovers) over ½ head romaine lettuce, chopped</p> <p>SNACK: 1 pita round, topped with 2 tbsp tahini, 1 tbsp each honey and hemp hearts and ½ tsp cinnamon</p> <p>DINNER: 1 serving Sesame Chicken Salad (leftovers, p. 57)</p>
<p>NUTRIENTS: Calories: 1,753, Total Fat: 107 g, Sat. Fat: 23 g, Carbs: 160 g, Fiber: 35 g, Sugars: 82 g, Protein: 83 g, Sodium: 1,914 mg, Cholesterol: 151 mg</p>	<p>NUTRIENTS: Calories: 1,746, Total Fat: 99 g, Sat. Fat: 20 g, Carbs: 181 g, Fiber: 42 g, Sugars: 78 g, Protein: 79 g, Sodium: 1,858 mg, Cholesterol: 139 mg</p>	<p>NUTRIENTS: Calories: 1,895, Total Fat: 113 g, Sat. Fat: 19 g, Carbs: 181 g, Fiber: 41 g, Sugars: 17 g, Protein: 71 g, Sodium: 1,613 mg, Cholesterol: 59 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: 1 jar Overnight Oats (leftovers), topped with ½ cup raspberries</p> <p>SNACK: ½ cup Homemade Hummus (leftovers) with 1½ cups sliced cucumber</p> <p>LUNCH: 1 serving Sesame Chicken Salad (leftovers, p. 57)</p> <p>SNACK: 1 serving Cherry Chia Pudding (leftovers)</p> <p>DINNER: 2 Tzatziki Salmon Wraps (p. 54; save leftovers)</p>	<p>BREAKFAST: Blueberry Ginger Smoothie (p. 58)</p> <p>SNACK: ½ cup Homemade Hummus (leftovers) with 1½ cups sliced cucumber</p> <p>LUNCH: 2 Tzatziki Salmon Wraps (leftovers, p. 54)</p> <p>SNACK: 1 serving Cherry Chia Pudding (leftovers)</p> <p>DINNER: 1 serving Chickpea Salad (leftovers, p. 55) over ½ head romaine lettuce, chopped</p>	<p>BREAKFAST: Overnight Oats: In each of 2 glass jars with lids, combine ½ cup oats, ½ cup milk, 2 tbsp chia seeds and 1 tbsp honey. Cover and refrigerate at least 2 hours or overnight. Top 1 jar with ½ cup raspberries (eat 1 jar, save other jar).</p> <p>SNACK: 1 peach; ¼ cup almonds</p> <p>LUNCH: 2 Tzatziki Salmon Wraps (leftovers, p. 54)</p> <p>SNACK: ½ cup Homemade Hummus (leftovers) with 1½ cups sliced cucumber</p> <p>DINNER: 2 pita halves, filled with 1 serving Chickpea Salad (leftovers, p. 55)</p>	<p>BREAKFAST: 1 jar Overnight Oats (leftovers), topped with ½ cup raspberries</p> <p>SNACK: 1 pita round, topped with 2 tbsp tahini, 1 tbsp each honey and hemp hearts and ½ tsp cinnamon</p> <p>LUNCH: 1 serving Chickpea Salad (leftovers, p. 55) over ½ head romaine lettuce, chopped</p> <p>SNACK: ¼ cup blueberries; ¼ cup almonds</p> <p>DINNER: 2 Tzatziki Salmon Wraps (leftovers, p. 54)</p>
<p>NUTRIENTS: Calories: 1,637, Total Fat: 93 g, Sat. Fat: 19 g, Carbs: 143 g, Fiber: 40 g, Sugars: 61 g, Protein: 82 g, Sodium: 1,781 mg, Cholesterol: 136 mg</p>	<p>NUTRIENTS: Calories: 1,729, Total Fat: 102 g, Sat. Fat: 11 g, Carbs: 149 g, Fiber: 44 g, Sugars: 52 g, Protein: 82 g, Sodium: 1,117 mg, Cholesterol: 54 mg</p>	<p>NUTRIENTS: Calories: 1,767, Total Fat: 91 g, Sat. Fat: 14 g, Carbs: 184 g, Fiber: 46 g, Sugars: 59 g, Protein: 84 g, Sodium: 1,737 mg, Cholesterol: 89 mg</p>	<p>NUTRIENTS: Calories: 1,840, Total Fat: 95 g, Sat. Fat: 15 g, Carbs: 187 g, Fiber: 46 g, Sugars: 67 g, Protein: 86 g, Sodium: 1,506 mg, Cholesterol: 89 mg</p>

Sesame Chicken Salad



SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

This salad comes together fast and provides crunch plus sweet and salty notes from the oranges and Asian dressing.

- ¼ cup** extra-virgin olive oil
- 3 tbsp** rice vinegar
- 2 tbsp** reduced-sodium soy sauce or tamari
- 1 tbsp** sesame oil
- 1 head** romaine lettuce, shredded (4 cups)
- 2 cups** sliced or torn rotisserie chicken
- 1** carrot, shredded or cut into matchsticks
- 1 15-oz can** mandarin oranges packed in juice, drained
- ½** red bell pepper, thinly sliced
- ¼ cup** unsalted almonds, chopped

1. In a small bowl, whisk together olive oil, vinegar, soy sauce and sesame oil; set aside.

2. In a large bowl, toss together lettuce, chicken, carrot, drained orange sections, bell pepper and almonds. Toss salad with dressing.

NOTE: If following our Meal Plan, store leftover salad and dressing in separate containers in the refrigerator. Toss together when called for.

PER SERVING (¼ of recipe): Calories: 363, Total Fat: 32 g, Sat. Fat: 5 g, Monounsaturated Fat: 19 g, Polyunsaturated Fat: 6 g, Carbs: 15 g, Fiber: 4 g, Sugars: 9 g, Protein: 15 g, Sodium: 591 mg, Cholesterol: 35 mg



HOMEMADE HUMMUS

To a food processor or high-powered blender, add 1 15-oz can chickpeas, drained, ¼ cup lemon juice, ¼ cup tahini, 2 tbsp each EVOO and water, 1 tsp cumin and ¼ tsp each salt and black pepper; blend until very smooth and refrigerate. (Makes 2 cups/4 servings.)

