



FALL/WINTER WEEK 2

MEAL PLAN

Day 1

Menu Item

1600 calories

2000 calories

Protein	Egg – Poached or Pan Sautéed, use pan-spray and non-stick skillet (use medium eggs)	1	2
Starch	SARALEE® (45 calories) & Delightful™ Toast	2	2
Fat	with Whipped Margarine	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
Fruit	Berries (from fresh or frozen)	½ cup (125 ml)	1 cup (250 ml)
Dairy	Greek Yogurt – 100 calorie individual size cup	1	1
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Entrée	BLT Grilled Chicken Bowl:		
Protein	Cooked Grilled Chicken, shredded*	3 oz. (75 g)	3 oz. (75 g)
Vegetable	Fresh Baby Spinach Leaves	2 cups (500 ml)	2 cups (500 ml)
Fat	Pre-cooked Bacon Pieces	2 Tbsp. (30 ml)	3 Tbsp. (45 ml)
Vegetable	Diced Tomatoes, no added salt, drained	¼ cup (50 ml)	1/3 cup (75 ml)
Fat	Light Ranch Salad Dressing	2 Tbsp. (30 ml)	2 Tbsp.
Starch	Club-type Crackers, Reduced Sodium	10 crackers	15 crackers
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Burgers – use 90% lean ground beef	3 oz. (75 g)	3 oz. (75 g)
Starchy Vegetable	Baked Steak Fries	12	15
Vegetable	Steamed Mixed Vegetables	½ cup (125 ml)	1 cup (250 ml)
Fruit	Pineapple chunks (Fresh or Canned)	1 cup (250 ml)	1 cup (250 ml)
Dairy	Low-fat Cottage Cheese	½ cup (125 ml)	½ cup (125 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Pretzels, Unsalted	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)



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*Rotisserie Chicken works well, just pull the meat off the bone



FALL/WINTER WEEK 1

MEAL PLAN

Day 2	Menu Item	1600 calories	2000 calories
Starch	Wheaties®, plain, or store brand	1 ½ cup (375 ml)	2 cups (500 ml)
Dairy	1% Milk	1 cup (250 ml)	1 ½ cup (375 ml)
Fruit	Banana, sliced	1 medium	1 large
Other carbohydrate	Sugar, white, granulated	1 tsp. (5 ml)	2 tsp. (10 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Entrée	Chicken Fajita Bowl:		
Protein	Baked or Grilled Chicken*	2 ounces (60 g)	3 ounces (75 g)
Vegetables	Chopped Tomatoes,	½ cup (125 ml)	½ cup (125 ml)
	Chopped Bell Pepper, de-seeded	½ cup (125 ml)	½ cup (125 ml)
	On Red Leaf Lettuce (or in-season variety)	2 cups (500 ml)	2 cups (500 ml)
Starch	Fritos® Chips	½ cup (125 ml)	¾ cup (175 ml)
Fat	Light Ranch Dressing	2 Tbsp. (30 ml)	2 Tbsp. (30 ml)
Fruit	Clementine, peeled, sliced	2	3
Beverage	Water or unsweetened decaf tea	1 cup (250 ml)	1 cup (250 ml)
Entrée	Shrimp Alfredo:		
Protein	Cooked Shrimp, tail off over	½ cup (125 ml)	2/3 cup (150 ml)
Starch	Fettuccini pasta, enriched	2/3 cup (150 ml)	1 cup (250 ml)
Dairy/Fat	RAGU® Light Alfredo Sauce (or light store brand)	½ cup (125 ml)	2/3 cup (150 ml)
Vegetable	Steamed or Roasted Broccoli (from fresh or frozen)	1 cup (250 ml)	1 cup (250 ml)
Fat	Margarine, whipped	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Graham Crackers	1 large rectangular sheets	1 large rectangular sheets
	1% milk	1 cup (250 ml)	1 cup (250 ml)
	water	1 cup (250 ml)	1 cup (250 ml)

*Rotisserie Chicken works well, just pull the meat off the bone



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FALL/WINTER WEEK 1

MEAL PLAN

Day 3	Menu Item	1600 calories	2000 calories
Fruit	Trop50® Orange Juice	½ cup (125 ml)	1 cup (250 ml)
Protein	Scrambled Egg	1	2
Starch	SARALEE® (45 calories &) Delightful™ Toast	2	2
Fat	with Whipped Margarine	2 tsp. (10 ml)	1 Tbsp. (15 ml)
Dairy	Greek Yogurt – 100 calorie, any flavor	1	1
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Entrée	Tuna Salad Delight:		
Protein	Tuna, Light, in water, drained, mix with	½ cup (125 ml)	1/3 cup (75 ml)
Fat	Miracle Whip®, Light, serve on	2 Tbsp. (30 ml)	3 Tbsp. (45 ml)
Vegetable	Mixed Greens or Baby Romaine Lettuce	2 cups (500 ml)	2 cups (500 ml)
Dairy	Shredded, reduced fat Mexican-style cheese	¼ cup (50 ml)	¼ cup (50 ml)
Starch	Hint of Salt Wheat Thin® Crackers	12 crackers	18 crackers
Beverage	Water or unsweetened decaf tea	1 cup (250 ml)	1 cup (250 ml)
Protein	Rosemary-Crusted Pork Tenderloin (recipe*)	4 oz.	6 oz.
Vegetable	Carrots	1 cup (250 ml)	1 cup (250 ml)
Starch	SARALEE® Delightful 45 calorie Bread	2	2
Fat	with Whipped Margarine	2 tsp. (10 ml)	2 tsp. (10 ml)
Fruit	Apple, sliced	1	1
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Pineapple chunks (Fresh or Canned)	½ cup (125 ml)	½ cup (125 ml)
	Low-fat Cottage Cheese	½ cup (125 ml)	½ cup (125 ml)
	water	1 cup (250 ml)	1 cup (250 ml)



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*use oven or slow cooker



FALL/WINTER WEEK 1

MEAL PLAN

Day 4

Menu Item

1600 calories

2000 calories

Starch	Oatmeal, 1 minute ckd w water, microwv, Unsalted	1 cup (250 ml)	1 cup (250 ml)
Fat	with Whipped Margarine	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
Other Carbohydrate	Sugar, granulated	2 tsp. (10 ml)	2 tsp. (10 ml)
Fruit	Raisins	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Entrée	Roast Beef & Swiss Sandwich:		
Protein	Sliced Deli Roast Beef &	2 oz.	3 oz. (75 g)
Dairy	Swiss Cheese Slice on	1	2
Starch	SARALEE® (45 calories &) Delightful™ Bread	2 slices	2 slices
Fat	Whipped Margarine	1 Tbsp. (15 ml)	1 Tbsp. (15 ml)
Vegetables	Sliced Fresh Vegetables (Carrots, Cucumbers, Peppers)	1 cup (250 ml)	1 cup (250 ml)
Fat	Light Ranch Salad Dressing	2 Tbsp. (30 ml)	3 Tbsp. (45 ml)
Fruit	Clementine, peeled, sliced	2	3
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Vegetable	Hearty Pork and Vegetable Soup (recipe)*	2 cups (500 ml)	2 ½ cup (625 ml)
Starch	Saltine-type crackers, unsalted	10	15
Vegetable	Mixed Greens with Light Dressing of Choice	1 cup (250 ml), 1 Tbsp. (15 ml)	2 cup (500 ml), 2 Tbsp. (30 ml)
Fruit	Banana	1	1
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Light Mozzarella Cheese stick	1	1
	Pretzels, unsalted	½ cup (125 ml)	½ cup (125 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)

*Use leftover Pork from night before



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FALL/WINTER WEEK 1

MEAL PLAN

Day 5

Menu Item

1600 calories

2000 calories

		1600 calories	2000 calories
Starch	Crispix® Cereal, plain, or store brand	1 ½ cup (375 ml)	2 cups (500 ml)
Dairy	1% Milk	1 cup (250 ml)	1 ½ cup (375 ml)
Fruit	Berries	1 cup (250 ml)	1 cup (250 ml)
Other carbohydrate	Sugar, white, granulated	1 tsp. (5 ml)	2 tsp. (10 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Starch/Dairy	Lean Pocket®, Ham & Cheese	1	2
Vegetable	Fresh Vegetables, Cucumbers, Carrot Chips	1 cup (250 ml)	1 cup (250 ml)
Fat	Light Ranch Salad Dressing	2 Tbsp. (30 ml)	2 Tbsp. (30 ml)
Fruit	Fresh Orange, Peeled and Sliced	1 medium	1 medium
Dairy	Greek Yogurt – 100 calorie, any flavor	1	1
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Meatloaf for Two (recipe)	4 oz. serving	4 oz. serving
Starchy Vegetable	Mashed Potatoes (from scratch or instant)	½ cup (125 ml)	1 cup (250 ml)
Vegetable	Petite, Whole Green Beans (from fresh or frozen)	1 cup (250 ml)	1 cup (250 ml)
Starch	SARALEE® (45 calories &) Delightful™ Bread	1 slice	2 slices
Fat	Margarine, Whipped	1 tsp. (5 ml)	2 tsp. (10 ml)
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Graham Crackers	1 large rectangular sheets	1 large rectangular sheets
	1% Milk	1 cup (250 ml)	1 cup (250 ml)





FALL/WINTER WEEK 1

MEAL PLAN

Day 6

Menu Item

1600 calories

2000 calories

Starch	SARALEE® (45 calories &) Delightful™ Bread, toasted	2	2
Protein	Peanut Butter, no added salt or Natural	½ Tbsp. (7 ml)	1 ½ Tbsp. (20 ml)
Fruit	SMUCKERS® Low Sugar Jam, Strawberry	½ Tbsp. (7 ml)	1 ½ Tbsp. (20 ml)
Dairy	Greek Yogurt – 100 calorie size, any flavor	1	1
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Entrée	Loaded Nachos:		
Protein	Cooked Ground Beef, 90% lean*	¼ cup (50 ml)	½ cup (125 ml)
Vegetable	Shredded Lettuce	½ cup (125 ml)	1/3 cup
Dairy	Shredded 2% reduced fat Mexican-style cheese on	¼ cup (50 ml)	1/3 cup (75 ml)
Starch	Tostitos® Bite-Size Chips	30 chips	30 chips
Condiment/Veg	Salsa (optional)	¼ cup (50 ml)	1/3 cup (75 ml)
Fat	Light Sour Cream (optional)	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Vegetable	Comfort Vegetable Beef Soup (recipe)	2 ½ cup (625 ml)	3 cups (750 ml)
Starch	Saltine-type crackers, unsalted	10	15
Fruit	Apple, sliced	1	1
Dairy	Low-fat Cottage Cheese	½ cup (125 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Light Mozzarella Cheese stick	1	1
	Pretzels, unsalted	½ cup (125 ml)	½ cup (125 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)



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*brown enough ground beef for recipe at dinner



FALL/WINTER WEEK 1

MEAL PLAN

Day 7

Menu Item

1600 calories

2000 calories

Protein	Two-egg Omelet with	1	1
Vegetable	Spinach &	¼ cup (50 ml)	¼ cup (50 ml)
Dairy	Shredded 2% reduced fat Mexican-style cheese	¼ cup (50 ml)	1/3 cup (75 ml)
Starch	SARALEE® Delightful 45 calorie Bread, toasted	1 slice	2 slices
Fat	Margarine, Whipped	1 tsp. (5 ml)	2 tsp. (10 ml)
Dairy	1% Milk	½ cup (125 ml)	1 cup (250 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Entrée	Homemade Turkey & Cheese lunch-plate:		
Protein	Oven Roasted Deli Turkey, Reduced Sodium – bite-size	3 oz. (75 g)	3 oz. (75 g)
Dairy	Swiss Cheese Slice	2	2
Starch	Hint of Salt Wheat Thins® Crackers	12	18
Vegetable	Fresh Carrots, sliced	½ cup (125 ml)	1 cup (250 ml)
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Broiled Salmon (recipe)	4 oz. (125 g)	6 oz. (175 g)
Starch	Cooked Quinoa seasoned with	1 cup (250 ml)	1 cup (250 ml)
Fat	Margarine, Whipped	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
Vegetable	Steamed or Roasted Broccoli	½ cup (125 ml)	1 cup (250 ml)
Fruit	Orange, peeled, sliced	1	1
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Light, Vanilla Ice Cream	½ cup (125 ml)	½ cup (125 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)



WEEK 2 - 1600 CALORIE MENU

SHOPPING LIST

All shopping lists amounts are figured for feeding 2 people at each meal. If there are not 2 people following the menu, please adjust the amounts accordingly. Also, check your cupboards, as you may have some of the items already.

Fruits

- Apples – 4
- Bananas – 4
- Berries (Strawberries or Blueberries or Raspberries or Blackberries) – any combo - 3 cups (750 ml) total
- Clementine or “Cuties” – 8
- Oranges - 4
- Pineapple Chunks (fresh preferred, but canned in its own juice will do) – 3 cups (750 ml)
- Raisins – 2 Tbsp. (30 ml)

Vegetables

- Baby Spinach – 4 ½ cups (1.125 l)
- Bell Peppers, any color (to dice) – 1 cup (250 ml)
- Cabbage, shredded or coleslaw mix – ¼ cup (50 ml)
- Carrots, any kind – 6 cups (1.5 l)
- Celery Stalks (to chop) – 1 cup (250 ml)
- Cucumbers (to slice) – 3
- Mixed Greens – 6 cups (1.5 l)
- Onion (to chop) – 1 (or Onion Flakes is an option)
- Potatoes, Yukon Gold 1 lb. (500 g) to cook for mashed or instant is an option
- Red Leaf Lettuce – 4 cups (1 l)
- Shredded Lettuce – 1 cup (250 ml)
- Tomato (to dice) – 1 cup (250 ml)

Meat

- Ground Beef (90% lean) – 2 ¼ lb. (1.125 kg) raw
- Pork Tenderloin – about 1 ½ - 2 lb. (750 g – 1 kg) raw
- Salmon – 8 oz. (250 g) raw
- Shrimp (raw or pre-cooked) – 1 cup (250 ml) raw
- Tuna (in a can), light, packed in water, lower sodium – 1

Delicatessen

- Oven Roasted Turkey Breast, reduced sodium – 6 oz. (175 g)
- Pre-cooked Chicken (suggest Rotisserie Chicken) – approx. ¾ lb. (375 g) cooked chicken (10 ounces)
- Roast Beef, reduced sodium – 4 oz. (125 g)

Frozen

- Broccoli Florets – 3 cups (750 ml)
- Green Beans – 2 cups (500 ml)
- Lean Pockets®, Ham and Cheese – 2
- Light Vanilla Ice Cream – 1 cup (250 ml)
- Mixed Vegetables – 1 cup (250 ml)
- Steak Fries – 1 small bag

Eggs and Dairy

- 1% Milk - (24 cups) – 1 ½ gallons (6 l)
- Greek yogurt (or similar brand), any fruited flavor, 100 calories – 8
- Cottage Cheese, Low-Fat – 3 cups (750 ml)
- Eggs, medium – 10
- Margarine, tub light (or whipped) – 20 Tbsp. (300 ml)
- Suggested brands:
I Can't Believe It's Not Butter® Light
I Can't Believe It's Not Butter® Sweet Cream & Calcium
Parkay® Light Spread
Store brand Light Spread
- Shredded Sargento 4 Cheese Mexican style, 2% reduced fat (or store brand) – 1.5 cups (375 ml)
- Sour Cream, Light (optional) – 2 Tbsp. (30 ml)
- String Cheese Stick, Light – 4
- Swiss cheese Slices - 6
- Trop50® Orange Juice – 1 cup (250 ml)

Breads, Cereals and breakfast items

- Crispix® Cereal, plain, or store brand – 3 cups (from week 1) (750 ml)
- Oatmeal, Quick Cooking – 1 cup (250 ml) raw to yield 2 cups cooked
- Peanut butter, no added salt, all natural (ingredients should be just peanuts) – 1 Tbsp. (15 ml)
- SARALEE® (45 calories &) Delightful™ Bread, flavor of choice – 1 loaf (24 slices)
- Smuckers® low sugar strawberry Jam (or similar brand) – 1 Tbsp. (15 ml)
- Wheaties® Cereal, plain, or store brand – 3 cups (from week 1) (750 ml)

Chips

- Fritos®, original – 1 cup (250 ml)
- Pretzels, unsalted – 4 cups (1 l)
- Salsa (flavor of choice) – 1 cup (250 ml)
- Tostitos® bite-size chips – 60 chips (small bag)

Crackers

- Club Crackers, reduced sodium (or similar brand) – 20 crackers
- Graham Crackers, Honey – 4 large rectangles
- Saltines, unsalted or reduced sodium – 40 crackers
- Wheat Thins, Hint of Salt – 48 crackers

Pasta & Sauce & Other Grains

- Fettuccini pasta – approx. 2 servings dry to yield 1 1/3 cups (325 ml)
- Light Alfredo Sauce – 1 cup (250 ml)
- Quinoa – 1 cup (250 ml), uncooked to yield 2 cups (500 ml) cooked

Continued



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WEEK 2 - 1600 CALORIE MENU

SHOPPING LIST (CONT.)

Canned Vegetables & Fruits & Dried Fruits

- Diced Canned Tomatoes, no added salt – 1 small can (1/2 cup)

Soups & Condiments & Spices

- Bacon Pieces – 1/4 cup (50 ml)
- Beef Broth, reduced sodium, all natural – 2 cups (500 ml)
- Bread crumbs – 1 cup (250 ml)
- Brown sugar – 2 tsp. (10 ml)
- Chicken broth, lower sodium – 2 cans
- Dried parsley – 1 tsp. (5 ml)
- Garlic, minced – 1 1/2 Tbsp. (20 ml)
- Ketchup, no-added salt
- Light Ranch Dressing, brand of choice – approx. 1 1/4 cup (50 ml)
- Miracle Whip®, Light – 2 Tbsp. (30 ml)
- Olive oil – 2 tsp. (10 ml)
- Paprika – 2 tsp. (10 ml)
- Quick cooking barley – 1/4 cup (50 ml)
- Rosemary – 2 Tbsp. (30 ml)

To keep in your pantry:

- Canola oil
- Decaf coffee or tea (optional)
- Mrs. Dash®
- No-stick cooking spray
- Pepper
- Salt
- Sugar, granulated
- Unsweetened decaf tea (optional)
- Water – need a minimum of 5 cups (1.25 l) per day, more if coffee or tea is not consumed

Used from Week 1, check your supply:

- Brown sugar
- Club crackers, reduced sodium
- Crispix, plain (or store brand)
- Fritos
- Garlic, minced
- Graham Crackers, honey
- Margarine, tub, light or whipped
- Miracle whip, light
- Peanut butter
- Salsa
- Saltines, unsalted
- Swiss cheese
- Wheat Thins, Hint of Salt
- Wheaties, plain (or store brand)



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WEEK 2 - 2000 CALORIE MENU

SHOPPING LIST

All shopping lists amounts are figured for feeding 2 people at each meal. If there are not 2 people following the menu, please adjust the amounts accordingly. Also, check your cupboards, as you may have some of the items already.

Fruits

- Apples – 4
- Bananas – 4
- Berries (Strawberries or Blueberries or Raspberries or Blackberries) – any combo - 4 cups (1 l) total
- Clementine or “Cuties” – 12
- Oranges - 4
- Pineapple Chunks (fresh preferred, but canned in its own juice will do) – 3 cups (750 ml)
- Raisins – 4 Tbsp. (60 ml)

Vegetables

- Baby Spinach – 4 ½ cups (1.125 ml)
- Bell Peppers, any color (to dice) – 1 cup (250 ml)
- Cabbage, shredded or coleslaw mix – ¼ cup (50 ml)
- Carrots, any kind – 7 cups (1.7 l)
- Celery Stalks (to chop) – 1 cup (250 ml)
- Cucumbers (to slice) – 3
- Mixed Greens – 8 cups (2 l)
- Onion (to chop) – ¼ cup (50 ml) (or Onion Flakes is an option)
- Potatoes, Yukon Gold 2 cups to cook for mashed or instant is an option + 1 for soup
- Red Leaf Lettuce – 4 cups (2 l)
- Shredded Lettuce – 2/3 cups (150 ml)
- Tomato (to dice) – 1 cup (250 ml)

Meat

- Ground Beef (90% lean) – 2 ¾ lb. raw (1.3 kg)
- Pork Tenderloin – about 2 ½ lb. raw (1.2 kg)
- Salmon – 12 oz. raw (340 g)
- Shrimp (raw or pre-cooked) – 2 1/3 cups raw (575 ml)
- Tuna (in a can), light, packed in water, lower sodium – 2

Delicatessen

- Oven Roasted Turkey Breast, reduced sodium – 6 oz. (175 g)
- Pre-cooked Chicken (suggest Rotisserie Chicken) – approx. 12 oz. cooked chicken (375 g)
- Roast Beef, reduced sodium – 6 oz. (175 g)

Frozen

- Broccoli Florets – 4 cups (1 l)
- Green Beans – 2 cups (500 ml)
- Lean Pockets®, Ham and Cheese – 4
- Light Vanilla Ice Cream – 1 cup (250 ml)
- Mixed Vegetables – 3 cups (750 ml)
- Steak Fries – 1 small bag

Eggs and Dairy

- 1% Milk – 2 gallons (7.5 l)
- Greek yogurt (or similar brand), any fruited flavor, 100 calories – 8
- Cottage Cheese, Low-Fat – 4 cups (2 l)
- Eggs, medium – 1 dozen + 1 egg
- Margarine, tub light (or whipped) – 32 Tbsp. (473 ml)
- Suggested brands:
 - I Can't Believe It's Not Butter® Light*
 - I Can't Believe It's Not Butter® Sweet Cream & Calcium*
 - Parkay® Light Spread*
 - Store brand Light Spread*
- Shredded Sargento 4 Cheese Mexican style, 2% reduced fat (or store brand) – 2 cups (500 ml)
- Sour Cream, Light (optional) – ½ cup (125 ml)
- String Cheese Stick, Light – 4
- Swiss cheese Slices - 8
- Trop50® Orange Juice – 2 cups (500 ml)

Breads, Cereals and breakfast items

- Crispix® Cereal, plain, or store brand – 4 cups (1 l) (from week 1)
- Oatmeal, Quick Cooking – 1 cup raw to yield 2 cups cooked (250 ml)
- Peanut butter, no added salt, all natural (ingredients should be just peanuts) – 3 Tbsp. (45 ml)
- SARALEE® (45 calories &) Delightful™ Bread, flavor of choice – 1 loaf + 4 slices (28 slices)
- Smuckers® low sugar strawberry Jam (or similar brand) – 3 Tbsp. (45 ml)
- Wheaties® Cereal, plain, or store brand – 4 cups (from week 1) (1 l)

Chips

- Fritos®, original – 1 ½ cups (375 ml)
- Pretzels, unsalted – 4 cups (1 l)
- Salsa (flavor of choice) – 2/3 cups (150 ml)
- Tostitos® bite-size chips – 60 chips (small bag)

Snacks and Crackers

- Club Crackers, reduced sodium (or similar brand) – 30 crackers
- Graham Crackers, Honey – 4 large rectangles
- Saltines, unsalted or reduced sodium – 60 crackers
- Wheat Thins, Hint of Salt – 72 crackers

Pasta & Sauce & Other Grains

- Fettuccini pasta – approx. 6 oz. dry (175 g) (3 servings dry) – to yield 2 cups (500 ml) cooked
- Light Alfredo Sauce – 1 1/3 cups (325 ml)
- Quinoa – 1 cup (250 ml), uncooked to yield 2 cups (500 ml) cooked



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WEEK 2 - 2000 CALORIE MENU

SHOPPING LIST (CONT.)

Canned Vegetables & Fruits & Dried Fruits

- Diced Canned Tomatoes, no added salt – 2 small cans (1 cup) (250 ml)

Soups & Condiments & Spices

- Bacon Pieces – 2/3 cup (150 ml)
- Beef Broth, reduced sodium, all natural – 2 cups (500 ml)
- Bread crumbs – 1 cup (250 ml)
- Brown sugar – 2 tsp. (10 ml)
- Chicken broth, lower sodium – 2 cans
- Dried parsley – 1 tsp. (5 ml)
- Garlic, minced – 1 1/2 Tbsp. (20 ml)
- Ketchup, no-added salt – 1/3 cup (75 ml)
- Light Ranch Dressing, brand of choice – approx. 1 1/4 cups (300 ml)
- Miracle Whip®, Light – 2 Tbsp. (30 ml)
- Olive oil – 2 tsp. (10 ml)
- Paprika – 2 tsp. (10 ml)
- Quick cooking barley – 1/4 cup (50 ml)
- Rosemary – 2 Tbsp. (30 ml)

To keep in your pantry:

- Canola oil
- Coffee/tea (optional)
- Decaf coffee (optional)
- Mrs. Dash®
- No-stick cooking spray
- Pepper
- Salt
- Sugar, granulated
- Unsweetened decaf tea (optional)
- Water – need a minimum of 5 cups (1.25 l) per day, more if coffee or tea is not consumed

Used from Week 1, check your supply:

- Brown sugar
- Club crackers, reduced sodium
- Crispix®, plain (or store brand)
- Fritos®,
- Garlic, minced
- Graham Crackers, honey
- Margarine, tub, light or whipped
- Miracle Whip®, light
- Peanut butter
- Salsa
- Saltines, unsalted
- Swiss cheese
- Wheat Thins®, Hint of Salt
- Wheaties®, plain (or store brand)



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Broiled SALMON

Serves 2

All you need:

- 2 portions of salmon, desired size
- 2 tsp. (10 ml) olive oil
- 2 tsp. (10 ml) favorite seasoning
- Dash pepper

All you do:

1. Adjust if needed, oven rack to the 2nd from the top position.
2. Pre-heat oven to broil-high.
3. Use a glass oven-safe flat-bottomed square dish or smaller. Brush $\frac{1}{2}$ tsp. olive oil on each top of salmon; sprinkle $\frac{1}{2}$ tsp. (2 ml) seasoning on each piece. Measure salmon at thickest part. Plan to broil on high for 5 minutes per side, per inch of thickness (i.e. if salmon is 2 inches (5 cm) thick, broil on first side for 5 minutes, flip and broil on second side for 5 minutes).
4. Place baking dish with seasoned salmon in oven to broil. Set your timer to remind you to flip the salmon.
5. Pull dish out of oven. Flip salmon pieces to the uncooked side. Brush with remaining olive oil and seasoning (divided). Place back in oven and broil for additional 5 minutes or until thickest part of salmon just separates when tested with a fork. Do not overcook salmon. Let salmon rest on stove top for 1-2 minutes before serving.



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Vegetable BEEF SOUP

Servings: 2

All you need:

- 1/3 pound (150 g) 90% lean ground beef
- 2 cups (500 ml) beef broth, lower sodium
- 1 (14.5 ounce) (400 ml) can diced tomatoes, with juice
- 1 Tbsp. (15 ml) onion flakes
- 1 large potato, peeled and cubed
- 1 cup frozen mixed vegetables
- pepper – to taste

All you do:

1. In a skillet over medium heat, cook beef until brown. Drain of any fat.
2. In a medium-sized pot over medium heat, combine cooked beef, onion flakes, tomatoes, potatoes, mixed vegetables, broth and pepper. Bring to a boil, then reduce heat and simmer 20-25 minutes.

* Slow cooker alternative: Brown hamburger ahead of time. Combine all ingredients and cook on high for 4 hours or on low for 7-8 hours or until vegetables are tender. Slow cookers vary slightly in temperature, therefore, in cooking time.



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Hearty Pork and VEGETABLE SOUP

Serves 2

All you need:

- 2 (14.5 ounce cans) (400 ml) lower sodium chicken broth
- 1 cup (250 ml) celery, chopped
- 1 cup (250 ml) carrots, chopped
- ¼ cup (50 ml) onion, chopped
- 1 tsp. (5 ml) minced garlic
- ¼ cup (50 ml) shredded cabbage
- ¼ cup (50 ml) quick cooking barley
- ¾ cup (175 ml) cooked pork tenderloin, cut bite-size (use leftover pork)
- 1 tsp. (5 ml) dried parsley

All you do:

1. Place the chicken broth, celery, carrots, onions, garlic, cabbage, barley, pork and parsley in a pot over high heat.
2. Bring to a boil, reduce heat to low and simmer for 1 hour.

Slow cooker alternative: cook on high for 4 hours or low for 7-8 hours or until veggies are tender.



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MEAT LOAF

for Two

Serves 2

All you need:

- No-stick cooking spray
- 1/3 cup (75 ml) ketchup, no added salt
- 2 teaspoons (10 ml) firmly packed dark brown sugar
- 1/3 pound (150 g) ground sirloin beef (90% lean)
- 1/3 cup (75 ml) bread crumbs
- 1/3 (75 ml) cup milk
- 1/4 teaspoon (1 ml) salt
- Dash of pepper
- 1 egg, lightly beaten

All you do:

1. Preheat oven to 350°F (180 degrees C). Use a glass dish (5-inch by 9-inch) (12.5 cm by 23 cm). Spray bottom and sides with cooking spray.
2. Mix ketchup and brown sugar in small bowl; set aside.
3. Combine meat, bread crumbs, milk and egg in bowl. Shape meat mixture into a loaf shape and place in the pan.
4. Bake 15 minutes. Remove from oven; pour ketchup mixture over meatloaf. Bake 15 minutes or until meatloaf is cooked through (165°F) (72°F). Let stand 8 minutes before cutting into slices.



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Rosemary-Crusted Pork TENDERLOIN

Serves 2 plus planned leftovers

All you need:

- ½ cup (125 ml) finely ground bread crumbs
- 4 tsp. (20 ml) minced garlic
- 2 tsp. (10 ml) smoked paprika
- 2 Tbsp. (30 ml) chopped rosemary
- ½ tsp. (2 ml) salt substitute
- ½ tsp. (2 ml) black pepper
- Approx. 2-pounds (1 kg) of raw pork tenderloin
- 1 tsp. (5 ml) canola oil

All you do:

1. Heat oven to 425 degrees F (22 degree C).
2. In a small bowl, combine the bread crumbs, garlic, paprika, rosemary, salt and pepper.
3. Rub the pork with oil, carefully and thoroughly coat with the bread crumb mixture, and place on a baking sheet, uncovered.
4. Roast the pork until internal temperature reaches 165 degrees F (72 degrees C), 30-40 minutes. Let rest 5-10 minutes before slicing.

Slow cooker alternative: follow recipe and cook on high for 4 hours or on low for 7-8 hours or until internal temperature of pork reaches 160 degrees F (72 degrees C). Let rest outside of slow cooker before slicing.



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