

# Traditional PORK POZOLE SOUP

## Servings 2-3

### All you need:

- 1 Tbsp. (15 ml) canola oil
- ½ pound cooked pork (about ¾ cup/175 ml)  
– use leftovers from slow cooker spicy pulled pork
- ½ cup (125 ml) chopped sweet onion
- 1 tsp. (5 ml) minced garlic
- 4 cups (1 l) lower sodium chicken broth
- ½ teaspoon (2 ml) ground cumin
- ½ chipotle chile in adobe sauce, minced
- ½ can (14 ½ oz./398 ml) diced tomatoes, un-drained
- ½ can (15 ounce/398 ml) hominy whole kernel corn, rinsed and drained
- 2 Tbsp. (30 ml) chopped fresh cilantro leaves

### All you do:

1. Use cooked pork butt (leftover) or cooked pork loin.
2. Add oil to a medium sized saucepan on medium heat. Add the onion and garlic and cook until they're tender.
3. Stir the broth, cumin, chipotle pepper, tomatoes and hominy in the saucepan. Heat to a boil. Add pork to the saucepan and reduce the heat to low. Cover and cook for 35 minutes or until the pork is cooked through and tender. Garnish with the cilantro.

**Tip:** Hominy is dried white or yellow corn kernels with the germ and hull removed. When canned, it's ready-to-eat. The form of ground hominy is also known as corn grits or simply grits.

**Slow Cooker alternative:** Combine all ingredients in Slow Cooker and cook on medium or low for 4 -5 hours.



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# Chicken QUESADILLA

Servings 2

## All you need:

- No-stick cooking spray
- 4 flour tortillas (8 inch/20 cm)
- 1 cup (250 ml) precooked chicken, shredded
- 1 cup (250 ml) shredded reduced-fat Mexican-style cheese blend

## All you do:

1. Preheat 10-inch (25 cm) non-stick skillet over medium heat.
2. Spray pan with cooking spray. Place one tortilla into hot skillet and sprinkle with ½ cup (125 ml) shredded cheese and ½ (125 ml) cup shredded chicken, spread evenly to cover bottom tortilla, then top with second tortilla.
3. Cook until golden brown on the bottom side and carefully flip onto uncooked side. When other side is golden brown, quesadilla is done. Cooking times vary per stove top temperature.
4. Repeat for 2nd quesadilla.



  
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## Chicken

# TORTILLA SOUP

**Makes 6 cups (planned leftovers)**

### All you need:

- 6 corn tortillas (6 inch/15 cm)
- 1 ½ tsp. (7 ml) canola oil, divided
- ½ lb. (250 g) raw boneless skinless chicken breasts, cut into bite-size pieces\*
- 4 cups (1 l) lower sodium chicken broth
- 1 cup (250 ml) thick & chunky mild salsa
- 1 cup (250 ml) frozen corn
- 1 cup (250 ml) shredded reduced fat Mexican-style cheese blend

### All you do:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Cut 2 tortillas into strips; toss with 1/2 tsp. (2 ml) oil. Spread in single layer on baking sheet. Bake 5 minutes, pull out baking sheet and flip the strips, return to oven and bake additional 5 minutes or until desired crispiness.
3. Cut remaining tortillas into bite-size pieces, set aside.
4. In a 4-quart (3.7 l) pot, heat remaining oil on medium-high heat. Add chicken in a single layer in pot, let cook for about 3 minutes before stirring to allow for slight browning, flip chicken pieces to continue cooking until no longer pink - about 6 minutes total. Add chopped tortillas, broth, salsa and corn. Bring to a boil, lower heat to medium-low and simmer for about 15 minutes.
5. Top with shredded cheese and crispy tortilla strips.

\*You can use pre-cooked chicken, just heat up for less cook time in step 4.



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## Creamy Verde

# CHICKEN ENCHILADAS

**Makes 2 enchiladas**

**All you need:**

- No-stick cooking spray
- 2/3 cup (150 ml) cooked chicken breast, shredded
- 1/2 -3/4 cup (125 ml - 175 ml) Verde salsa, use larger amount if spicy hot is desired
- 1/2 cup (125 ml) light sour cream
- 1/2 cup (125 ml) shredded lower fat Cheddar cheese, divided
- 1/2 can condensed cream of chicken soup
- 2 (10 inch/25 cm) flour tortillas

**All you do:**

1. Place rack in middle of oven. Preheat oven to 350 degrees F (180 degrees C).
2. Spray small square glass baking dish with no-stick cooking spray and Spread 2 Tbsp (30 ml) condensed cream of chicken soup on bottom of baking dish, set aside.
3. In a bowl, mix together salsa, sour cream, 1/4 cup (50 ml) cheese, and 1/3 cup (75 ml) condensed cream soup.
4. In another bowl, combine the shredded chicken with just enough of the salsa mixture to coat the shredded chicken.
5. Divide chicken mixture evenly and place filling inside each tortilla and roll to enclose. Place in baking dish, seam-side down. Top the enchiladas with the remaining salsa mixture and the remaining cheese.
6. Place in preheated oven, bake uncovered until heated through – about 20 minutes. Let stand 10 minutes before serving.



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# Fish TACOS

**Serves 2 (2 tacos each)**

## **All you need:**

- 1 cup (250 ml) cabbage slaw mix
- ¼ tsp. (1 ml) salt
- No-stick cooking spray
- ¼ lb. (125 g) fresh tilapia fillets (or cod or Pollock fillets, whichever is preferred)
- 2 ½ Tbsp. (35 ml) lime juice, divided
- ½ Tbsp. (7 ml) taco seasoning mix
- 2 Tbsp. (30 ml) light mayonnaise or Miracle Whip®
- 1 Tbsp. (15 ml) chopped fresh cilantro, divided
- 4 corn tortillas (6 inch/15 ml), warmed
- ¼ cup (50 ml) shredded reduced fat Mexican-style cheese blend

## **All you do:**

1. In a small bowl, sprinkle salt into cabbage slaw mix; toss well, set aside and let stand.
2. Heat 10-inch (25 cm) skillet over medium heat, coat bottom of pan with no-stick cooking spray. Brush fish with 1 Tbsp. (15 ml) lime juice; sprinkle with seasoning mix. Place fish in skillet and cook for about 3 minutes on first side, flip and drizzle another Tbsp. (15 ml) of lime juice over fish and continue to cook for about 3 minutes or until fish flakes easily with fork. Remove from heat and flake with fork into bite-size pieces.
3. Mix mayo, ½ Tbsp. (7 ml) lime juice and ½ Tbsp. (7 ml) cilantro into cabbage slaw mix.
4. Warm tortillas in a tortilla warmer or by heating in the microwave for about 20 seconds.
5. Top warm tortillas with coleslaw, fish, cheese and remaining cilantro.



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# Home-made Beef TACO SALAD

**Serves 2**

**All you need:**

- 2 flour tortillas (10 inch/25 ml)
- No-stick cooking spray
- ½ lb. (250 g) lean ground beef (90-93% lean)
- ½ Tbsp. (7 ml) taco seasoning
- ½ cup (125 ml) canned black beans, drained and rinsed
- ¼ cup (50 ml) salsa of choice
- 3 cups (750 ml) mixed salad greens
- ¼ cup (50 ml) shredded reduced fat Mexican-style cheese blend
- 2 Tbsp. (30 ml) lower fat or light ranch dressing
- 1 medium tomato, chopped

**All you do:**

1. Preheat oven to 400 degrees F (200 degrees C).
2. Pull off 2 large sheets of aluminum foil and crumple each into 5-inch (in diameter) (12.5 cm) balls. Place these on baking sheet and place 1 tortilla on top of each ball and gently fold sides of tortilla around the ball, as best possible, it will not be a tight fit. Spray the tortillas with cooking-spray. Bake 8 to 10 minutes or until tortillas are golden brown.
3. In a medium non-stick skillet, brown meat, add taco seasoning, stir occasionally until meat is fully cooked.
4. Add beans and salsa to meat mixture and heat through, stirring occasionally – about 3 to 5 minutes.
5. In a large bowl, add salad greens, meat mixture, cheese and dressing. Toss gently (with clean hands is ideal) until all ingredients are lightly coated with dressing and well distributed.
6. Divide salad mixture evenly into taco shells and top with chopped tomatoes.



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## Mexican-Style

# CHOPPED SALAD

for 1600 calorie menu

**Serves 2, 1 cup (250 ml) each**

### All you need:

- 3 Tbsp. (45 ml) Light Zesty Italian Dressing
- ¼ tsp. (1 ml) ground cumin
- ½ cup (125 ml) black beans, rinsed
- 1 small avocado, chopped
- ¾ cup (175 ml) halved cherry tomatoes
- ½ yellow pepper, chopped
- ¼ (50 ml) cup chopped red onions
- ¼ cup (50 ml) 2% reduced fat Mexican-style Cheese
- ½ cup (125 ml) thawed frozen corn
- 1 Tbsp. (15 ml) chopped fresh cilantro
- ¼ cup (50 ml) broken tortilla chips

### All you do:

1. Mix dressing and cumin.
2. Combine beans, avocado, tomatoes, pepper, onions, cheese, corn and cilantro and gently mix all ingredients.
3. Add dressing mixture; mix lightly. Top with ¼ cup (50 ml) broken tortilla chips.
4. Serve immediately.

### Make Ahead

Salad can be made ahead of time, except leave out avocado and cheese until just before serving. All of the other ingredients can be prepped and refrigerated up to 8 hours. Toss with avocados and cheese just before serving.



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# Mexican-Style CHOPPED SALAD

for 2000 calorie menu

**3 servings, 1 cup (250 ml) each**

## All you need:

- 3 Tbsp. (45 ml) Light Zesty Italian Dressing
- ¼ tsp. (1 ml) ground cumin
- ½ can (15 oz./398 ml) black beans, rinsed
- 1 avocado, chopped
- 1 cup (250 ml) halved cherry tomatoes
- ½ yellow pepper, chopped
- ¼ cup (50 ml) chopped red onions
- ¼ cup (50 ml) 2% reduced fat Mexican-style cheese
- ½ cup (125 ml) thawed frozen corn
- 1 Tbsp. (15 ml) chopped fresh cilantro
- ¼ cup (50 ml) broken tortilla chips

## All you do:

1. Mix dressing and cumin.
2. Combine beans, avocado, tomatoes, pepper, onions, cheese, corn and cilantro and gently mix all ingredients.
3. Add dressing mixture; mix lightly. Top with ¼ cup (50 ml) broken tortilla chips.
4. Serve immediately.

## Make Ahead

Salad can be made ahead of time, except leave out avocado and cheese until just before serving. All of the other ingredients can be prepped and refrigerated up to 8 hours. Toss with avocados and cheese just before serving.



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# Slow Cooker Spicy PULLED PORK

**Yield: 6 servings (planned leftovers)**

## All you need:

### Spicy Rub\*

- 1/2 Tbsp. (7 ml) brown sugar
- 1/2 teaspoon (2 ml) cayenne pepper
- 2 Tbsp. (30 ml) chili powder
- 1/8 teaspoon (0.5 ml) cinnamon
- 1 teaspoon (5 ml) ground cumin
- 1/2 teaspoon (2 ml) garlic powder
- 1/2 teaspoon (2 ml) ground oregano
- 1/2 teaspoon (2 ml) onion powder
- 1/2 Tbsp. (7 ml) salt
- \*you may substitute a pre-mixed spicy rub, for simplicity.

### The roast:

- 2 ½ to 3 pound (1 kg to 1.5 kg) boneless pork shoulder roast (pork butt)
- 2 Tbsp. (30 ml) canola oil

## All you do:

1. Combine and mix the rub ingredients in a small bowl.
2. Remove the string from the roast, and pat dry with paper towels. Cover the roast with the rub mixture, reserving any leftover rub mix for later. Marinate in the rub overnight or at least for one hour.
3. Heat canola oil in a large skillet medium high heat. Place the roast in the pan and brown all sides.
4. Place the roast in a slow cooker, and sprinkle any reserved spice rub onto the roast. Cook on low setting for 6 to 10 hours, until the pork is so tender that meat falls apart when checking internal temperature (internal temp 190-205 degrees F (about 90-100 degrees C)).
5. Remove the roast from the slow cooker and place on a cutting board. Let rest for 5 minutes. Cut into large chunks. Then use two forks to pull the meat apart into bite sized shreds. Return the shreds to the slow cooker and stir to coat with the juice and rub mix from the roast.
6. Serve with warmed corn tortillas, sliced avocados, and salsa of your choice.



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## Turkey & Black Bean

# POBLANO PEPPERS

**Serves 4 (planned leftovers)**

### All you need:

- ¼ cup (50 ml) chopped red onion
- Pan-spray
- 2 tsp. (10 ml) canola oil
- 1 lb. (500 g) lean ground turkey
- 1 tsp. (5 ml) ground coriander
- 1 tsp. (5 ml) ground cumin
- ½ can black beans (15 ounces/398 ml), rinsed and drained
- ½ can (14.5 ounces/398 ml) “no added salt” petite diced tomatoes
- 2 green onions, thinly sliced
- 4 medium-large Poblano peppers
- ½ cup (125 ml) shredded reduced fat Mexican-style cheese
- ½ cup (125 ml) salsa
- 4 Tbsp. (60 ml) light sour cream

### All you do:

1. Spray 9x9 inch glass or ceramic baking dish with nonstick pan-spray. Preheat oven to 350 degrees F (180 degrees C).
2. In large skillet, cook onion and oil over medium high heat 3-4 minutes or until tender, stirring occasionally.
3. Add turkey, coriander and cumin, and cook 5 to 7 minutes or until browned, breaking up turkey while cooking.
4. Stir in beans (rinsed and drained) and tomatoes with juice, and cook over medium heat 5 to 7 minutes or until slightly thickened, stirring occasionally.
5. Stir in half the green onions. Lower heat to simmer.
6. With a small, sharp knife, leaving stem-end intact, cut lengthwise slit along one side of each pepper; remove seeds and membranes being careful not to tear peppers.
7. Evenly stuff peppers with about ¾ cup (175 ml) turkey mixture; place peppers in single layer in prepared dish.
8. Top each pepper with 2 Tbsp. (30 ml) cheese. Bake 20-25 minutes or until cheese melts and is lightly browned.
9. To serve, top each pepper with 2 Tbsp. (30 ml) salsa and 1 Tbsp. (15 ml) light sour cream; sprinkle with remaining green onions.



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## WEEK 3 - 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

- Avocados – 2
- Bananas – 6
- Blueberries – 2 cups (500 ml)
- Berries (any combo) – 2 cups (500 ml)
- Kiwi – 8
- Limes (fresh) – 3 (or may substitute lime juice – ½ cup/125 ml)
- Orange – 3
- Pear – 4
- Pineapple chunks (fresh) – 2 cups (500 ml)

### Vegetables

- Cherry tomatoes – ¾ cup (174 ml)
- Cilantro, fresh (for chopping 4Tbsp./60 ml)
- Coleslaw blend or cabbage slaw mix - (1 cup/250 ml)
- Garlic, minced garlic - 1 tsp. (5 ml)
- Green onion – 2
- Jalapeno – 2
- Mixed Greens – 9 cups (about 2.1 l)
- Onion, yellow (sweet) – ½ large
- Poblano peppers – 4 (to stuff)
- Red onion – ½ cup (125 ml) chopped
- Red peppers – ½ cup (125 ml) chopped
- Romaine lettuce, chopped – 8 cups (2.1)
- Shredded lettuce – 1 cup (250 ml)
- Tomato, medium sized – 2
- Yellow pepper – ½

### Meat

- Beef, lean, ground – ½ lb. (250 g) raw
- Chicken breasts – ½ lb. (250 g) or add 1 ½ cups (375 ml) to pre-cooked chicken amount
- Chicken Sausage, pre-cooked, breakfast – 2 links
- Pork Butt – 2.5-3 lb. (1-1.5 kg) raw
- Pre-cooked chicken – 2 cups (250 ml)
- Tilapia Fillets or Pollock or Cod

(whichever is preferred) – 1/4-1/3 lb.

(125 g – 151 g) raw

- Turkey, lean, ground – 1 lb. (500 g) raw

### Cereals and breakfast items

- Cheerios – 3 cups (750 ml)
- Corn Flakes® – 3 cups (750 ml)
- Cream of Wheat® – 1 cup (250 ml) uncooked to yield 2 cups (500 ml) cooked
- Oatmeal, 1 minute quick oats – 1 cup (250 ml) uncooked to yield 2 cups (500 ml) cooked

### Frozen

- Corn – 2 cups (500 ml)
- Green Beans – 1 cup (250 ml)
- Hash brown potatoes, shredded - 2 cups (500 ml)
- Light vanilla ice cream – 2 cups (500 ml)
- Southwest Mix Vegetables (corn, black beans, red peppers) – 1.5 cups

### Eggs and Dairy

- 1% Milk - 2 gallons (32 cups/7.5 l)
- Cottage Cheese, low fat – 1 cup (250 ml)
- Eggs, medium - 8
- Greek yogurt, any fruited flavor, 150 calorie per serving – 8
- Margarine, tub light (or whipped) – 4 Tbsp. (60 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 cheese Mexican style blend or Colby-Jack blend, 2% reduced fat – 5 cups (1.25 l)
- Sour Cream, Light (optional) – 1 cup (250 ml)

### Chips

- Tortilla Corn Chips (lower fat, favorite brand) – approx. 60 chips
- Pita Chips, cinnamon sugar flavor – 40 chips

### 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)

### Soups

- Chicken broth, low sodium – 8 cups (2 l)
- Condensed Cream of Chicken soup – ½ can

### Condiments

- Italian dressing, light and zesty – 3 Tbsp. (45 ml)
- Miracle Whip®, light or Mayonnaise, light – 3 Tbsp. (45 ml)
- Peach Salsa (or similar fruit flavored salsa) – 1 cup (250 ml)
- Ranch dressing, light or lower fat (3-5 grams of total fat per serving) – 1 cup (250 ml)
- Salsa (of choice) – 3 cups (750 ml)
- Salsa, thick and chunky (of choice) – 2 cups (500 ml)

### Grains

- Corn tortillas – 21
- Flour tortillas (8 inch/20 cm) – 10
- Flour tortillas (10 inch/25 cm) - 4
- Minute white or brown rice (any plain variety, i.e. basmati, jasmine) – 1 ½ cups (375 ml) uncooked to yield 3 cups (750 ml) cooked



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## WEEK 3 - 1600 CALORIE MENU

# SHOPPING LIST (CONT.)

### Spices & Ingredients

- Bay leaf – 1
- Brown sugar – ½ Tbsp. (7 ml)
- Cayenne – ½ tsp. (7 ml)
- Chili powder – 2 Tbsp. (30 ml)
- Chipotle chili in adobe sauce - ½
- Cinnamon – 1/8 tsp. (0.5 ml)
- Coriander, ground – 1 tsp. (5 ml)
- Cumin, ground – 7 tsp. (34 ml)
- Garlic powder – ½ tsp. (7 ml)
- Kosher salt – 1 Tbsp. (15 ml)
- Mexican seasoning blend OR taco seasoning blend – 3 Tbsp. (45 ml)
- Onion powder – ½ tsp. (7 ml)
- Oregano – 1 tsp. (5 ml)

### Used from Week 1 or 2 check your supply:

- Brown sugar
- Cheerios
- Cream of Wheat
- Margarine, tub, light or whipped
- Oatmeal, 1 minute quick oats – 1 cup (250 ml) uncooked to yield 2 cups (500 ml) cooked
- Salsa

### Canned Beans, Vegetables & Fruits

- Black beans (plain or seasoned or some of each) – 5 cups (1.25 l)
- Hominy whole kernel corn – ½ can
- Peaches in light syrup – 2 cups (500 ml)
- Petite diced tomatoes, no added salt – 2 cups (500 ml)
- Pinto beans – 1 can

### To keep in your pantry:

- Aluminum foil
- Canola oil
- Decaf coffee (optional)
- Mrs. Dash
- No-stick pan 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



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## WEEK 3 - 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

- Avocados – 3
- Bananas – 6
- Blueberries – 2 cups (500 ml)
- Berries (any combo) – 2 cups (500 ml)
- Kiwi – 8
- Limes (fresh) – 3 (or may substitute lime juice – ½ cup/125 ml)
- Orange – 4
- Pear – 4
- Pineapple chunks (fresh) – 2 cups (500 ml)

### Vegetables

- Cherry tomatoes – 1 cup (250 ml)
- Cilantro, fresh (for chopping 4Tbsp./60 ml)
- Coleslaw blend or cabbage slaw mix - 1 cup (250 ml)
- Garlic, minced – 2 tsp. (10 ml)
- Green onion – 2
- Jalapeno – 2
- Mixed Greens – 9 cups (about 2.1 l)
- Onion, yellow (sweet) – ½ cup (125 ml) chopped
- Poblano peppers – 4 (to stuff)
- Red onion – ½ cup (125 ml) chopped
- Red peppers – 1 cup (250 ml) chopped
- Romaine lettuce, chopped – 10 cups (about 2.3 l)
- Shredded lettuce – 1 cup (250 ml)
- Tomato to chop – 2
- Yellow pepper – ½

### Meat

- Beef, lean, ground – ½ lb. (250 g) raw
- Chicken breasts – ½ lb. (250 g) or add 1 ½ cups (375 ml) to pre-cooked chicken amount
- Chicken Sausage, pre-cooked, breakfast – 2 links
- Pork Butt – 2.5-3 lb. (1-1.5 kg) raw
- Pre-cooked chicken – 2 cups (500 ml)

- Tilapia Fillets – 1/4-1/3 lb. (125 g-151 g) raw
- Turkey, lean, ground – 1 lb. (500 g) raw

### Cereals & Breakfast items

- Oatmeal, 1 minute quick oats – 1 ½ cups (375 ml) uncooked to yield 3 cups (750 ml) cooked
- Cheerios – 4 cups (1 l)
- Corn Flakes® – 4 cups (1 l)
- Cream of Wheat® – 1 ½ cups (375 ml) uncooked to yield 3 cups (750 ml) cooked

### Frozen

- Corn – 2.5 cups (625 ml)
- Green Beans – 2 cups (500 ml)
- Hash brown potatoes, shredded - 2 cups (500 ml)
- Light vanilla ice cream – 3 cups (750 ml)
- Southwest Mix Vegetables (corn, black beans, red peppers) – 1.5 cups (375 ml)

### Eggs and Dairy

- 1% Milk - 2 gallons (36 cups/7.5 l)
- Greek yogurt (or similar brand), any fruited flavor, 150 calorie per serving – 8
- Eggs, medium - 12
- Margarine, tub light (or whipped) – 5 Tbsp. (75 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 4 Cheese Mexican style, 2% reduced fat (or store brand) – 5 cups (1.25 l)
- Sour Cream, Light (optional) – 1 cup (250 ml)
- Cottage Cheese, low fat – 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

- Pita chips, cinnamon sugar flavor – 40 chips
- Tortilla Corn Chips (lower fat, favorite brand) – approx. 65 chips

### Soups

- Chicken broth, low sodium – 8 cups (2 l)
- Condensed cream of chicken soup – ½ can

### Condiments

- Italian dressing, light and zesty – 3 Tbsp. (45 ml)
- Miracle whip, light or Mayo, light – 2 Tbsp. (30 ml)
- Peach Salsa (or similar fruit flavored salsa) – 1 cup (250 ml)
- Ranch dressing, light – 1 ½ cups (375 ml)
- Salsa (of choice) – 1 ½ cups (375 ml)
- Salsa, thick and chunky (of choice) – 3 cups (750 ml)

### Continued



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## WEEK 2 - 2000 CALORIE MENU

# SHOPPING LIST (CONT.)

### Grains

- Corn tortillas – 25
- Flour tortillas (8 inch/20 cm) – 12
- Flour tortillas (10 inch/25 cm) - 4
- Minute white or brown rice (any plain variety, i.e. basmati, jasmine) – 4.25 cups (1 l – 1.25 l) uncooked to yield 8.5 cups (2 l) cooked

### Spices & Ingredients

- Bay leaf – 1
- Brown sugar – ½ Tbsp. (7 ml)
- Cayenne pepper – ½ tsp. (2 ml)
- Chili powder – 2 Tbsp. (30 ml)
- Chipotle chili in adobe sauce - ½
- Cinnamon – 1/8 tsp. (0.5 ml)
- Coriander, ground – 1 tsp. (5 ml)
- Cumin, ground – 3 tsp. (15 ml)
- Garlic powder – ½ tsp. (2 ml)
- Kosher salt – 1 Tbsp. (15 ml)
- Mexican seasoning blend OR taco seasoning blend – 1 Tbsp. (15 ml)
- Onion powder – ½ tsp. (7 ml)
- Oregano – ½ tsp. (2 ml)

### Canned Beans, Vegetables &

#### Fruits

- Black beans (plain or seasoned or some of each as desired) – 6 cups (1.5 l)
- Hominy whole kernel corn – ½ can
- Peaches in light syrup – 2 cups (500 ml)
- Petite diced tomatoes, no added salt – 2 cups (500 ml)
- Pinto beans – 1 can

### To keep in your pantry:

- Aluminum foil
- Canola oil
- Decaf coffee (optional)
- Mrs. Dash®

- No-stick pan 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 or 2 check

#### your supply:

- Brown sugar
- Cheerios
- Cream of Wheat
- Margarine, tub, light or whipped
- Oatmeal, 1 minute quick oats – 1 cup (250 ml) uncooked to yield 2 cups (500 ml) cooked
- Salsa



[SundayDinnerPledge.com](http://SundayDinnerPledge.com) or [SundayDinnerPledge.ca](http://SundayDinnerPledge.ca)

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FALL/WINTER WEEK 2

# MEAL PLAN

Day 1	Menu Item	1600 calories	2000 calories
<b>Proteins</b>	Sautéed egg (cooked as desired) with sautéed pre-cooked chicken sausage links	1 2	2 2
<b>Starch</b>	Warm Flour Tortilla (8-inch/20 cm)	1	2
<b>Dairy</b>	1% Milk	1 cup (250 ml)	1 cup (250 ml)
<b>Beverages</b>	Unsweetened Coffee or tea Water	1 cup (250 ml) 1 cup (250 ml)	1 cup (250 ml) 1 cup (250 ml)
<b>Protein/Vegetable/Fat</b>	Mexican-Style Chopped Salad (recipe)	1 cup (250 ml)	1 ½ cups (375 ml)
<b>Fruit</b>	Fresh Kiwi, peeled and sliced	2	2
<b>Dairy</b>	Fruited Greek Yogurt, individual 150 calorie cup	1	1
<b>Beverage</b>	Water	1 cup (250 ml)	1 cup (250 ml)
<b>Protein</b>	Turkey & Black Bean Poblano Peppers (recipe)	1 serving	1 serving
<b>Vegetables</b>	Sautéed Corn & chopped Red Pepper	½ cup (125 ml)	1 cup (250 ml)
<b>Starch</b>	“Minute” Rice	½ cup (125 ml)	1 cup (250 ml)
<b>Fruit</b>	Pear, sliced	1 medium	1 medium
<b>Dairy</b>	1% Milk	1 cup (250 ml)	1 cup (250 ml)
<b>Beverage</b>	Water *	1 cup (250 ml)	1 cup (250 ml)
<b>Snack</b>	Tortilla Corn Chips and Salsa Water	10; 2 Tbsp. (30 ml) 1 cup (250 ml)	10; 2 Tbsp. (30 ml) 1 cup (250 ml)



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\*Prep tonight: Rub for Slow Cooker Spicy Pulled Pork and refrigerate pork with rub on it overnight. Cook on low in Slow Cooker for 8-10 hours on day 2.



FALL/WINTER WEEK 3

# MEAL PLAN

Day 2	Menu Item	1600 calories	2000 calories
Starch Dairy Fruit Other carbohydrate Beverages	Cheerios®, plain, or store brand 1% Milk Banana, sliced Sugar, white, granulated Unsweetened Coffee or tea Water	1 ½ cup (375 ml) 1 cup (250 ml) 1 medium 1 tsp. (5 ml) 1 cup (250 ml) 1 cup (250 ml)	2 cups (500 ml) 1 ½ cups (375 ml) 1 large 2 tsp. (10 ml) 1 cup (250 ml) 1 cup (250 ml)
Protein Vegetables Starch Fruit Dairy Beverage	Turkey & Black Bean Poblano Peppers (utilize leftovers)* Sautéed Corn & chopped Red Peppers “Minute” Brown Rice Canned Peaches in light syrup 1% Milk Water	1 serving ½ cup (125 ml) 1/3 cup (75 ml) ½ cup (125 ml) 1 cup (250 ml) 1 cup (250 ml)	1 serving 1 cup (250 ml) 2/3 cup (150 ml) ½ cup (125 ml) 1 cup (250 ml) 1 cup (250 ml)
Protein Starch Fat Vegetable Dairy Beverage	Slow Cooker Spicy Pulled Pork (recipe) served on Warm Corn Tortillas with Avocado & Salsa 1% Milk Water	1 oz. (30 g) per taco 3 1 slice/taco 1 Tbsp (15 ml)/taco 1 cup (250 ml) 1 cup (250 ml)	1 oz. (30 g) per taco 4 2 slice/taco 2 Tbsp (30 ml)/taco 1 cup (250 ml) 1 cup (250 ml)
Snack	Fruited Greek Yogurt, individual 150 calorie cup Water	1 1 cup (250 ml)	1 1 cup (250 ml)



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



FALL/WINTER WEEK 3

# MEAL PLAN

Day 3	Menu Item	1600 calories	2000 calories
Protein/Vegetable Starch Beverages	Scrambled eggs topped with salsa on a Warm Flour Tortilla (8 inch) Unsweetened Coffee or tea Water	2 eggs, 2 Tbsp. (30 ml) salsa 1 1 cup (250 ml) 1 cup (250 ml)	2 eggs, 4 Tbsp. (60 ml) salsa 2 1 cup (250 ml) 1 cup (250 ml)
Protein/Vegetable Starch Fruit Dairy Beverage	Traditional Pork Pozole Soup (recipe)* served with Warm Corn Tortillas Fresh Pineapple Chunks Low fat Cottage Cheese Water	2 cups (500 ml) 2 1 cup (250 ml) ½ cup (125 ml) 1 cup (250 ml)	2 ¼ cups (550 ml) 3 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
Protein/Starch/Dairy Vegetable Fat Fruit Dairy Beverage	Chicken Quesadilla (recipe) Mixed Greens with Light Ranch Dressing Fresh Orange, peeled and sliced 1% Milk Water	1 serving 1 cup (250 ml) 1 Tbsp. (15 ml) ½ medium ½ cup (125 ml) 1 cup (250 ml)	1 serving 1 cup (250 ml) 2 Tbsp. (30 ml) 1 medium 1 cup (250 ml) 1 cup (250 ml)
Snack	Banana Water	1 1 cup (250 ml)	1 1 cup (250 ml)



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\*utilize leftover pork from slow cooker Mexican pulled pork



FALL/WINTER WEEK 3

# MEAL PLAN

Day 4	Menu Item	1600 calories	2000 calories
<b>Starch</b> <b>Fat</b> <b>Other Carbohydrate</b> <b>Fruit</b> <b>Dairy</b> <b>Beverages</b>	Cooked Oatmeal, add the following as desired: with Whipped Margarine Sugar, granulated Fresh Berries 1% Milk Unsweetened Coffee or tea Water	1 cup (250 ml) 1 Tbsp. (15 ml) 2 tsp. (10 ml) 1 Tbsp. (15 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)	1 cup (250 ml) 2 Tbsp. (30 ml) 2 tsp. (10 ml) 2 Tbsp. (30 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
<b>Entrée</b> <b>Protein</b> <b>Starch/Protein</b> <b>Vegetables</b>  <b>Fat</b> <b>Fruit/Dairy</b> <b>Beverage</b>	South of the Border Chicken Entrée Dish: Cooked Chicken, bite-size* Black Beans, drained, rinsed Chopped Romaine Lettuce Salsa, any brand Light Ranch Salad Dressing Fruited Greek Yogurt, individual 150 calorie cup Water	 2 oz. 1 2 slices 1 Tbsp. (15 ml) 1 cup (250 ml) 2 Tbsp. (30 ml) 2 1 cup (250 ml)	 3 oz. (75 g) 2 2 slices 1 Tbsp. (15 ml) 1 cup (250 ml) 3 Tbsp. (45 ml) 3 1 cup (250 ml)
<b>Protein/Vegetable/Starch</b> <b>Protein/Starch</b> <b>Starch</b> <b>Dairy</b> <b>Beverage</b>	Fish Tacos (recipe) Seasoned black beans (canned) “Minute” Rice 1% Milk Water	2 tacos ½ cup (125 ml) 1/3 cup (75 ml) 1 cup (250 ml) 1 cup (250 ml)	2 tacos ½ cup (125 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
<b>Snack</b>	Peach Jalapeno Salsa (or similar flavor) Pita Chips, cinnamon sugar flavor water	¼ cup (50 ml) 10 1 cup (250 ml)	¼ cup (50 ml) 10 1 cup (250 ml)

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



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FALL/WINTER WEEK 3

# MEAL PLAN

Day 5	Menu Item	1600 calories	2000 calories
Protein	Sautéed egg (cooked as desired) with	1	2
Protein	sautéed pre-cooked chicken sausage links	2	2
Starch	Warm Flour Tortilla (8-inch)	1	2
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	Spicy Pulled Pork Rice Bowl		
Protein	Pulled Pork (utilize leftovers) serve on	2 ounces (60 g)	3 ounces (75 g)
Starch	Cooked "Minute" Rice	½ cup (125 ml)	1 cup (250 ml)
Fat/Vegetable	With Avocado chunks & Salsa	2 Tbsp. / 2 Tbsp. (30 ml)	2 Tbsp. / 2 Tbsp. (30 ml)
Dairy	Shredded Reduced Fat Mexican Style Cheese blend	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
Fat	Light Sour Cream	1 Tbsp. (15 ml)	1 Tbsp. (15 ml)
Vegetable	Mixed Greens	1 cup (250 ml)	1 cup (250 ml)
Fat	Light Salad Dressing	1 Tbsp. (15 ml)	1 Tbsp. (15 ml)
Fruit	Pear, Sliced	1	1
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water or unsweetened decaf tea	1 cup (250 ml)	1 cup (250 ml)
Protein/Vegetable/Starch	Chicken Tortilla Soup (recipe)	1 ½ cups (375 ml)	2 cups (500 ml)
Starch	Served with warmed corn tortilla	1	2
Starch/Protein	Seasoned black beans	½ cup (125 ml)	½ cup (125 ml)
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Fruited Greek Yogurt, individual 150 calorie cup	1 cup (250 ml)	1 cup (250 ml)
	water	1 cup (250 ml)	1 cup (250 ml)



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FALL/WINTER WEEK 3

# MEAL PLAN

## Day 6

### Menu Item

### 1600 calories

### 2000 calories

<b>Starch</b>	Corn Flakes Cereal, plain, or store brand	1 ½ cup (375 ml)	2 cups (500 ml)
<b>Dairy</b>	1% Milk	1 cup (250 ml)	1 ½ cups (375 ml)
<b>Fruit</b>	Banana, sliced	1 medium	1 large
<b>Other carbohydrate</b>	Sugar, white, granulated	1 tsp. (5 ml)	2 tsp. (10 ml)
<b>Beverages</b>	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
<b>Protein/Vegetable/Starch</b>	Chicken Tortilla Soup (utilize leftovers)*	1 ½ cups (375 ml)	2 cups (500 ml)
<b>Starch</b>	Served with warmed corn tortilla	1	2
<b>Vegetable</b>	Mixed Greens with	1 cup (250 ml)	1 cup (250 ml)
	Light Ranch Dressing	1 Tbsp. (15 ml)	1 Tbsp. (15 ml)
<b>Dairy</b>	1% Milk	1 cup (250 ml)	1 cup (250 ml)
<b>Beverage</b>	Water	1 cup (250 ml)	1 cup (250 ml)
<b>Protein/Vegetable/Starch</b>	Home-made Beef Taco Salad (recipe)	1 serving	1 serving
<b>Starch/Protein</b>	Pinto Beans, salsa	½ cup, 1 Tbsp. (125 ml; 15 ml)	½ cup, 1 Tbsp. (125 ml; 15 ml)
<b>Dairy/Other carbohydrate</b>	Light Vanilla Ice Cream	½ cup (125 ml)	1 cup (250 ml)
<b>Fruit</b>	Canned Peach Slices in light syrup	½ cup (125 ml)	½ cup (125 ml)
<b>Dairy</b>	1% Milk	½ cup (125 ml)	1 cup (250 ml)
<b>Beverage</b>	Water	1 cup (250 ml)	1 cup (250 ml)
<b>Snack</b>	Peach Jalapeno Salsa (or similar flavor)	¼ cup (50 ml)	¼ cup (50 ml)
	Pita Chips, cinnamon sugar flavor	10	10
	water	1 cup (250 ml)	1 cup (250 ml)



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\*reheat leftovers to 165 degrees F.



FALL/WINTER WEEK 3

# MEAL PLAN

**Day 7**

**Menu Item**

**1600 calories**

**2000 calories**

		1600 calories	2000 calories
<b>Starch</b>	Cream ofWheat® Cereal (1 minute cooked w water, microwave, add the following as desired:	1 cup (250 ml)	1 ½ cups (375 ml)
<b>Fat</b>	Whipped Margarine	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
<b>Other Carbohydrate</b>	Sugar, granulated	2 tsp. (10 ml)	3 tsp. (15 ml)
<b>Fruit</b>	Berries	1 cup (250 ml)	1 cup (250 ml)
<b>Dairy</b>	1% Milk (add desired amount, then drink the rest)	1 cup (250 ml)	1 cup (250 ml)
<b>Beverages</b>	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
<b>Entrée</b>	Chicken Taco Surprise:		
<b>Protein</b>	Cooked Chicken, bite-size*	3 oz. (75 g)	3 oz. (75 g)
<b>Vegetable</b>	Chopped Romaine Lettuce	2 cups (500 ml)	2 ½ cups (625 ml)
<b>Dairy</b>	Shredded reduced fat Mexican cheese blend	¼ cup (50 ml)	1/3 cup (75 ml)
<b>Vegetable</b>	Salsa, thick and chunky	¼ cup (50 ml)	1/3 cup (75 ml)
<b>Starch</b>	Tortilla Corn Chips	6	10
<b>Fat</b>	Light Ranch Salad Dressing	2 Tbsp. (30 ml)	3 Tbsp. (45 ml)
<b>Fruit</b>	Fresh Orange, sliced	1	1
<b>Dairy</b>	1% Milk	1 cup (250 ml)	1 cup (250 ml)
<b>Beverage</b>	Water	1 cup (250 ml)	1 cup (250 ml)
<b>Protein/Starch/Fat/ Dairy</b>	Creamy Verde Chicken Enchilada (recipe) served with Shredded lettuce,	1 serving	1 serving
<b>Vegetables/Fat</b>	chopped tomatoes, and light sour cream	½ cup; ½ cup; 1 Tbsp. (125 ml; 125 ml; 15 ml)	½ cup; ½ cup; 2 Tbsp. (125 ml; 125 ml; 30 ml)
<b>Starch</b>	“Minute” rice	2/3 cup (150 ml)	1 cup (250 ml)
<b>Fruit</b>	Kiwi, peeled and sliced	1	2
<b>Dairy</b>	1% Milk	1 cup (250 ml)	1 cup (250 ml)
<b>Beverage</b>	Water	1 cup (250 ml)	1 cup (250 ml)
<b>Snack</b>	Light, Vanilla Ice Cream	½ cup (125 ml)	½ cup (125 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)



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