



SPRING/SUMMER WEEK 1

MEAL PLAN

Day 1	Menu Item	1600 calories	2000 calories
Entrée	Cottage Cheese and Fruit Parfait	½ cup (125 ml)	1 cup (250 ml)
Protein/Dairy	Low-fat cottage cheese, 1% milkfat	1 cup (250 ml)	1 cup (250 ml)
Fruit	Blueberries	¼ cup (50 ml)	½ cup (125 ml)
Starch	Low-fat, reduced sugar granola	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	Berry Mixed Green Salad with Grilled Chicken	2 cups (500 ml)	2 cups (500 ml)
Vegetables	Mixed Baby Greens	½ cup (125 ml)	1 cup (250 ml)
Fruit	Sliced Strawberries	2 Tbsp. (30 ml)	2 Tbsp. (30 ml)
Fat	Finely Crumbled Goat Cheese (or Feta Cheese)	3 oz. (75 g)	4 oz. (125 g)
Protein/Meat	Lean Grilled Chicken Breast, sliced	2 Tbsp. (30 ml)	3 Tbsp. (45 ml)
Fat	Light Raspberry Vinaigrette Salad Dressing	5	10
Bread/Starch	Club Crackers, Reduced Sodium	1 cup (250 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/ Starch	Pizza Burgers (recipe) on whole wheat bun	½ cup (125 ml) meat mixture on 1 whole bun	2/3 cup (150 ml) meat mixture on 2 whole buns
	Topped with shredded part-skim mozzarella cheese	2 Tbsp. (30 ml)	¼ cup (50 ml)
Vegetable	Steamed California blend vegetables*	½ cup (125 ml)	½ cup (125 ml)
Fruit	Apple, sliced	1 medium	1 medium
Milk	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Orange Sherbet	½ cup (125 ml)	½ cup (125 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)





SPRING/SUMMER WEEK 1

MEAL PLAN

Day 2	Menu Item	1600 calories	2000 calories
Starch Fat Other carbohydrate Dairy Beverages	Blueberry Waffles (from frozen) with Whipped margarine Light Syrup 1% Milk Unsweetened Coffee or tea Water	2 2 tsp. (5 ml) 2 Tbsp. (30 ml) ½ cup (125 ml) 1 cup (250 ml) 1 cup (250 ml)	4 4 tsp. (20 ml) ¼ cup (50 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
Entrée Protein/Meat Fat Vegetable Bread/Starch Vegetable Fruit Starch Beverage	Turkey Wrap: Deli, thin-sliced, lower sodium turkey breast with Reduced-fat Garden Vegetable Cream Cheese Spread and mixed baby greens on 8-10" whole grain tortilla V-8® Juice, 5.5 oz. can Grapes, Red or Green Baked Chips (any flavor, any brand)* Water	3 ounces (75 g) 1 Tbsp. (15 ml) ¼ cup (50 ml) 1 1 1 cup (250 ml) 1 serving 1 cup (250 ml)	3 ounces (75 g) 1 Tbsp. (15 ml) ¼ cup (50 ml) 1 1 1 cup (250 ml) 1 serving 1 cup (250 ml)
Entrée/Protein Veg/Starch Vegetable Fat Milk Beverage	Chicken & Asparagus Long-Grain Rice Skillet (recipe) Side Salad with Chopped Romaine Lettuce & tomatoes With Light Italian Dressing 1% Milk Water	4 oz. (125 g) chicken breast & ½ cup asparagus with 1 cup rice mixture 1 cup (250 ml) 1 Tbsp. (15 ml) 1 cup (250 ml) 1 cup (250 ml)	6 oz. (175 g) chicken breast & ½ cup asparagus with 1 cup rice mixture 2 cups (500 ml) 2 Tbsp. (30 ml) 1 cup (250 ml) 1 cup (250 ml)
Snack	Low calorie, fat-free frozen fudge bar (suggested brands: Weight Watchers®, Skinny Cow®, or similar store brand) Water	1 1 cup (250 ml)	1 1 cup (250 ml)



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SPRING/SUMMER WEEK 1

MEAL PLAN

Day 3	Menu Item	1600 calories	2000 calories
Bread/Starch	Corn Flakes®, plain, or store brand	1 ½ cup (375 ml)	2 cups (500 ml)
Dairy	1% Milk	1 cup (250 ml)	1 ½ cups (375 ml)
Fruit	Sliced strawberries	½ cup (125 ml)	1 cup (250 ml)
Other carbohydrate	Sugar, white, granulated	1 tsp. (5 ml)	2 tsp. (10 ml)
Fruit/Juice	Trop50® Orange Juice	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)
Protein/Dairy	Deli thin-sliced Roast Beef and Swiss Cheese	2 oz. (60 g); 1 slice	3 oz. (75 g); 2 slices
Starch	on Rye Bread with	2 slices (1 sandwich)	3 slices (1 ½ sandwich)
Fat	whipped margarine or Light Miracle Whip®	2 tsp. (10 ml)	3 tsp. (15 ml)
Vegetables	Fresh cut veggies (suggest: cucumber slices, red bell pepper strips, carrot sticks) with	½ cup (125 ml)	1 cup (250 ml)
Starch/Protein/Fat	Roasted Red Pepper flavored Hummus	2 Tbsp. (30 ml)	3 Tbsp. (45 ml)
Starch	Baked Chips (any flavor, brand)*	1 serving	1 serving
Dairy/Fruit	Fruited non-fat Greek Yogurt cup (100 calories)	1	1
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Grilled Salmon	3 oz. (75 g)	6 oz. (175 g)
Starchy Vegetable	Mashed Potatoes (from scratch or instant)	1 cup (250 ml)	1 cup (250 ml)
Vegetable	Grilled Asparagus	8	12
Fat	Margarine, whipped	2 Tbsp. (30 ml)	3 Tbsp. (45 g)
Fruit	Apple, sliced	1 medium	1 medium
Milk	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Club Crackers, any brand, reduced sodium	5	5
	Peanut butter, reduced sodium or all natural	1 Tbsp. (15 ml)	1 Tbsp. (15 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)



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SPRING/SUMMER WEEK 1

MEAL PLAN

Day 4	Menu Item	1600 calories	2000 calories
Starch Fat Other carbohydrate Dairy Beverages	Blueberry Waffles (from frozen) with Whipped margarine Light Syrup 1% Milk Unsweetened Coffee or tea Water	2 2 tsp. (10 ml) 2 Tbsp. (30 ml) ½ cup (125 ml) 1 cup (250 ml) 1 cup (250 ml)	4 4 tsp. (20 ml) ¼ cup (50 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
Entrée Proteins Fat Vegetable Fat Starch Dairy/Fruit Beverage	Club Salad: Deli, thin-sliced, lower sodium, ham &/or turkey Hardboiled egg and Shredded 2% reduced-fat Cheddar Cheese On Chopped Romaine Light Ranch dressing Club Crackers, reduced sodium Fruited non-fat Greek Yogurt cup (100 calories) Water	2 ounces (60 g) 1 2 Tbsp. (30 ml) 2 cups (500 ml) 2 Tbsp. (30 ml) 5 1 1 cup (250 ml)	2 ounces (60 g) 1 4 Tbsp. (60 ml) 2 cups (500 ml) 2 Tbsp. (30 ml) 10 1 1 cup (250 ml)
Protein Starch Vegetable/Fat Fruit Dairy Beverage	Turkey Loose Meat Sandwich (recipe) on Whole wheat bun Steamed Green Beans with whipped margarine Cantaloupe Chunks 1% Milk Water	½ cup (125 ml) 1 whole bun 1 cup (250 ml); 1 tsp. (5 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)	1 cup (250 ml) 2 whole buns 1 cup (250 ml); 1 tsp. (5 ml) 1 cup (250 ml) 1 cup (250 ml) 1 cup (250 ml)
Snack	Low calorie, fat-free frozen fudge bar (suggested brands: Weight Watchers®, Skinny Cow®, or similar store brand) Water	1 1 cup (250 ml)	1 1 cup (250 ml)



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SPRING/SUMMER WEEK 1

MEAL PLAN

Day 5

Menu Item

1600 calories

2000 calories

Protein/Veg/Dairy	Broccoli & Cheddar Scramble (Recipe)	1 cup (250 ml)	1 cup (250 ml)
Bread/Starch	Rye Bread, toasted	1	2
Fat	with 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	Deli Ham & Swiss Wrap:		
Protein/Meat	Deli, thin-sliced lower sodium Ham and sliced Swiss cheese	2 ounces (30 g); 1 slice	2 ounces (30 g); 1 slice
Fat	with lower fat Garden Vegetable Cream Cheese Spread	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
Vegetable	and mixed baby greens	¼ cup (50 ml)	¼ cup (50 ml)
Bread/Starch	on 8-10" whole grain tortilla	1	1
Vegetable	mini baby carrots with	½ cup (125 ml);	½ cup (125 ml);
	Roasted Red Pepper Hummus	2 Tbsp. (30 ml)	3 Tbsp. (45 ml)
Fruit	Pineapple Chunks (from fresh or Canned in own juice)	½ cup (125 ml)	1 cup (250 ml)
Starch	Baked Chips, any brand*	1 serving	1 serving
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Grilled Lean Hamburger (use 90% lean)	3 oz. (75 g)	4 oz. (125 g)
Starch	on whole wheat bun	1 whole bun	2 whole buns
Dairy	American Cheese	1 slice	2 slices
Vegetables	Lettuce & tomato, ketchup, mustard (as desired)	1, 1, 1 tsp., 1 tsp. (5 ml)	2, 2, 2 tsp., 2 tsp. (10 ml)
	Side Salad with	1 cup (250 ml);	1 cup (250 ml);
	Light Dressing of Choice	1 Tbsp. (15 ml)	1 Tbsp. (15 ml)
Fruit	Fresh Mixed Fruit	1 cup (250 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)
Snack	Orange Sherbet	½ cup (125 ml)	½ cup (125 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)



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SPRING/SUMMER WEEK 1

MEAL PLAN

Day 6	Menu Item	1600 calories	2000 calories
Entrée	Cottage Cheese and Fruit Plate		
Protein/Dairy	Low-fat cottage cheese, 1% milkfat	½ cup (125 ml)	2/3 cup (150 ml)
Fruit	Sliced Peach (Fresh or canned)	1 cup (250 ml)	1 ½ cup (375 ml)
Starch/Fat	Rye bread, toasted with whipped margarine	1; 1 tsp. (5 ml)	2; 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	Tuna, Light, in water, drained, mixed with	½ cup (125 ml) tuna	1 cup (250 ml) tuna
Fat	Light Miracle Whip®	2 Tbsp. (30 ml)	¼ cup (50 ml)
Starch	on whole wheat bun	1 whole bun	2 whole buns
Vegetable	V-8® Juice, 5.5 oz. can	1 can	1 can
Fruit	Grapes, Red or Green	1 cup (250 ml)	1 cup (250 ml)
Dairy/Fat	Light Vanilla Ice cream	½ cup (125 ml)	½ cup (125 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Starch	Light Shrimp Fried Rice (recipe)	1 ½ cup (375 ml)	2 cups (500 ml)
Vegetable/Fat	Steamed mixed vegetables with whipped margarine	1 cup (250 ml); 1 tsp. (5 ml)	1 cup (250 ml); 2 tsp. (10 ml)
Fruit	Cantaloupe Chunks with Reddi Wip®	1 cup (250 ml); 2 Tbsp. (30 ml)	1 cup (250 ml); 3 Tbsp. (45 ml)
Dairy	1% Milk	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Club Crackers, any brand, reduced sodium	5	5
	Peanut butter, reduced sodium or all natural	1 Tbsp. (15 ml)	1 Tbsp. (15 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)



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SPRING/SUMMER WEEK 1

MEAL PLAN



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Day 7	Menu Item	1600 calories	2000 calories
Bread/Starch Dairy Fruit Other carbohydrate Beverages	Corn Flakes® Cereal, 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)
Starchy Vegetable Protein Vegetable Dairy Fruit Beverage	Loaded Baked Potato (cook potato in microwave) top with Deli, thin-sliced, lower sodium turkey, Cooked broccoli florets, whipped margarine and Shredded 2% reduced-fat Cheddar Cheese Apple, sliced Water	1 (medium: 2 ¼ - 3 ¼ inch/ 5.1 – 8 cm in diameter) 2 oz. (60 g) ½ cup (125 ml) ¼ cup (50 ml) 1 1 cup (250 ml)	1 (large: 3 ½ - 4 ½ inch/ 7.8 -10 cm in diameter) 2 oz. (60 g) 1 cup (250 ml) 1/3 cup (75 ml) 1 1 cup (250 ml)
Protein/Meat Starch Vegetable Fruit Dairy Beverage	Pan-Grilled Ham & Swiss on Rye Steamed Broccoli with whipped margarine Baked Chips Fresh Raspberries with Reddi-Wip® 1% milk Water	2 slices ham; 1 slice Swiss 2 Slices bread ½ cup (125 ml); 1 tsp. (5 ml) 1 serving 1 cup (250 ml); 2 Tbsp. (30 ml) ½ cup (125 ml) 1 cup (250 ml)	2 slices ham; 1 slice Swiss 2 Slices bread 1 cup (250 ml); 2 tsp. (10 ml) 1 serving 1 cup (250 ml); 2 Tbsp. (30 ml) 1 cup (250 ml) 1 cup (250 ml)
Snack	Sherbet Water	½ cup (125 ml) 1 cup (250 ml)	½ cup (125 ml) 1 cup (250 ml)

WEEK 1 - 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

- Blueberries, 1 pint (473 ml)
- Strawberries, 2 cups (250 ml)
- Apples, 6 small-medium
- Grapes, 2 pounds (1 kg)
- Lemon, 1
- Cantaloupe, 1 medium
- Bananas, 2 medium
- Raspberries, 2 cups (500 ml)

Vegetables

- Celery, 1 bunch
- Green onion, 1 bunch
- Mushrooms, 1 small container
- White potatoes, 2 medium-large
- Broccoli, 1 head
- Asparagus, 2 bundles
- Chopped romaine lettuce, 6 cups (1.5 l)
- Grape tomatoes, 1 small container
- Onion, 1 small
- Baby carrots, 1 small bag
- Bell pepper, 2
- Cucumber, 1 small
- Mixed baby greens, 4 cups (1 l)
- Instant potatoes, 1 box
- V8® juice, 1 (8 count) package

Meat

- Pre-cooked chicken breast, 2 (6 oz/175g) containers or 1 rotisserie chicken
- 90% lean ground beef, 1 pound (500 g)
- Deli low sodium turkey, 1 pound (500 g)
- Deli roast beef, 1/2 pound (250 g)
- Deli ham, 1/3 pound (151 g)
- Ground turkey, 1 pound (500 g)
- Raw Chicken breast, 2
- Salmon, 2 (6 oz/175 g) fillets
- Shrimp, 1/2 pound (250 g)

Soups

- Condensed cream of chicken soup, 1 can

Frozen

- Light vanilla ice cream, 1 (1.75 qt/) carton
- Frozen fudge bar, 6 count box
- Frozen blueberry waffles, 2 (10 count) boxes
- Orange sherbet, 1 (1.75 qt/946 ml) container
- Frozen green bean steamers, 1 package
- Frozen California mixed vegetables steamers, 2 bags

Eggs and Dairy

- 1 % cottage cheese, 2 cups (500 ml)
- Light Feta cheese, 1 (5 oz/150 g) container
- 1% milk, 1 gallon (3.7 l)
- Part-skim Shredded mozzarella cheese, 1 (8 oz/250 g) package
- Whipped margarine, 1 (16 oz/453 g) tub
- Light Garden veggie cream cheese, 1 (8 oz/250 g) container
- Non-fat Fruited Greek yogurt, 4 individual (6 oz/175 g) containers
- Shredded parmesan cheese, 1 cup (250 ml)
- Sliced Swiss cheese, 1/3 pound (0.15 kg)
- 2% reduced fat Cheddar cheese, 1 (8 oz.) bag
- Eggs, 6 count carton
- Egg beaters, 1 small carton
- American cheese, 1 package
- Cabot® 75% light Cheddar Cheese

Cereals and breakfast items

- Corn Flakes®, 1 box
- Trop50® juice, 1 container
- Rye bread, 1 loaf
- Low sugar granola, 1 package

Chips

- Baked chips, 1 bag

Condiments

- Hummus, 1 container
- Low sodium peanut butter, 1 jar
- Light ranch dressing, 1 bottle
- Light Italian dressing, 1 bottle
- Raspberry vinaigrette, 1 bottle
- Brown sugar, 1 package
- Wine vinegar, 1 bottle
- Ketchup, 1 bottle
- Soy sauce, 1 small bottle
- Miracle Whip®, 1 bottle
- Reddi Whip®, 1 can
- Tomato sauce, 1 jar
- Light syrup, 1 bottle

Spices

- Dried onion flakes
- Red pepper flakes
- Minced garlic

Grains

- 10 inch tortilla, 10 count package
- Hamburger buns, 1 package
- Club crackers, 1 (13.7 oz/425 g) package
- Instant white rice, 1 (42 oz/1990 g) box

Canned items

- Canned pineapple, 1 (20 oz/822 g) can
- Canned peaches, 1 (15 oz/425 g) can
- Canned tuna, 2 (12 oz/340 g) cans

To keep in your pantry:

- Aluminum foil
- Canola oil
- Decaf coffee
- Mrs. Dash®
- No-stick cooking spray
- Ground pepper
- Iodized salt
- Sugar, granulated
- Unsweetened decaf tea



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WEEK 1 - 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

- Blueberries, 1 pint
- Strawberries, 2 cups
- Apples, 6 small-medium
- Grapes, 2 pounds
- Lemon, 1
- Cantaloupe, 1 medium
- Bananas, 2 medium
- Raspberries, 2 cups

Vegetables

- Celery, 1 bunch
- Green onion, 1 bunch
- Mushrooms, 1 small container
- White potatoes, 2 medium-large
- Broccoli, 1 head
- Asparagus, 2 bundles
- Chopped romaine lettuce, 6 cups
- Grape tomatoes, 1 small container
- Onion, 1 small
- Baby carrots, 1 small bag
- Bell pepper, 2
- Cucumber, 1 small
- Mixed baby greens, 4 cups
- Instant potatoes, 1 box
- V8® juice, 1 (8 count) package

Meat

- Pre-cooked chicken breast, 2 (6 oz.) containers or 1 rotisserie chicken
- 90% lean ground beef, 1 pound
- Deli low sodium turkey, 1 pound
- Deli roast beef, ½ pound
- Deli ham, 1/3 pound
- Ground turkey, 1 pound
- Raw Chicken breast, 2
- Salmon, 2 (6 oz.) fillets
- Shrimp, ½ pound

Soups

Condensed cream of chicken soup, 1 can

Frozen

- Light vanilla ice cream, 1 (1.75 quart) carton
- Frozen fudge bar, 6 count box
- Frozen blueberry waffles, 2 (10 count) boxes
- Orange sherbet, 1 (1.75 quart) container
- Frozen green bean steamers, 1 package
- Frozen California mixed vegetables steamers, 2 bags

Eggs and Dairy

- 1 % cottage cheese, 4 cups
- Light Feta cheese, 1 (5 oz.) container
- 1% milk, 1 gallon
- Part-skim Shredded mozzarella cheese, 1 (8 oz.) package
- Whipped margarine, 1 (16 oz.) tub
- Light Garden veggie cream cheese, 1 (8 oz.) container
- Non-fat Fruited Greek yogurt, 4 individual (6 oz.) containers
- Shredded Parmesan cheese, 1 cup
- Sliced Swiss cheese, 1/3 pound
- 2% reduced fat Cheddar cheese, 1 (8 oz.) bag
- Eggs, 6 count carton
- Egg beaters, 1 small carton
- American cheese, 1 package

Cereals and breakfast items

- Corn Flakes®, 1 box
- Trop50® juice, 1 container
- Rye bread, 1 loaf
- Low sugar granola, 1 package

Chips

- Baked chips, 1 bag

Condiments

- Hummus, 1 container
- Low sodium peanut butter, 1 jar
- Light ranch dressing, 1 bottle

- Light Italian dressing, 1 bottle
- Raspberry vinaigrette, 1 bottle
- Brown sugar, 1 package
- Wine vinegar, 1 bottle
- Ketchup, 1 bottle
- Soy sauce, 1 small bottle
- Miracle Whip®, 1 bottle
- Reddi Whip, 1 can
- Tomato sauce, 1 jar
- Light syrup, 1 bottle

Spices

- Dried onion flakes
- Red pepper flakes
- Minced garlic

Grains

- 10 inch tortilla, 10 count package
- Hamburger buns, 1 package
- Club crackers, 1 (13.7 oz./425 g) package
- Instant white rice, 1 (42 oz./1990 g) box

Canned items

- Canned pineapple, 1 (20 oz./822 g) can
- Canned peaches, 1 (15 oz./425 g) can
- Canned tuna, 2 (12 oz./340 g) cans

To keep in your pantry:

- Aluminum foil
- Canola oil
- Decaf coffee
- Mrs. Dash®
- No-stick cooking spray
- Ground pepper
- Iodized salt
- Sugar, granulated
- Unsweetened decaf tea
- Water-need a minimum of 5 cups per day, more if coffee or tea is not consumed



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Turkey Loose Meat SANDWICH

for 2000 calorie meal plan

Serves 2 (larger portions)

All you need:

- 2 tsp. (10 ml) canola oil
- $\frac{3}{4}$ cup (175 ml) chopped onion
- $\frac{3}{4}$ cup (175 ml) chopped green bell pepper
- $\frac{3}{4}$ lb. (375 g) lean turkey breast
- $\frac{3}{4}$ cup (175 ml) tomato sauce
- $\frac{3}{4}$ tsp. (4 ml) brown sugar
- $\frac{1}{3}$ cup (75 ml) ketchup
- $\frac{3}{4}$ tsp. (4 ml) red pepper flakes
- 1 $\frac{1}{2}$ tsp. (7 ml) wine vinegar

All you do:

1. In a large skillet, heat oil and sauté onion and bell pepper until translucent. Add the turkey and cook about 6 minutes.
2. Add the tomato sauce, brown sugar, ketchup, pepper flakes, vinegar and mix well. Simmer 15 minutes, stirring occasionally.
3. Serve on buns.



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Turkey Loose Meat SANDWICH

for 1600 calorie meal plan

Serves 2

All you need:

- 1 tsp. (5 ml) canola oil
- ½ cup (125 ml) chopped onion
- ½ cup (125 ml) chopped green bell pepper
- ½ lb. (250 g) lean turkey breast
- ½ cup (125 ml) tomato sauce
- ½ tsp. (2 ml) brown sugar
- ¼ cup (50 ml) ketchup
- ½ tsp. (2 ml) red pepper flakes
- 1 tsp. (5 ml) wine vinegar

All you do:

1. In a large skillet, heat oil and sauté onion and bell pepper until translucent. Add the turkey and cook about 6 minutes.
2. Add the tomato sauce, brown sugar, ketchup, pepper flakes, vinegar and mix well. Simmer 15 minutes, stirring occasionally.
3. Serve on buns.



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Pizza

BURGERS

for 2000 calorie meal plan

Serves 2

All you need:

- $\frac{3}{4}$ lb. (375 g) 90% lean ground beef
- 1 Tbsp. (15 ml) onion flakes
- $\frac{3}{4}$ cup (175 g) pizza quick sauce
- 4 hamburger buns
- $\frac{1}{2}$ cup (125 ml) shredded part-skim mozzarella cheese

All you do:

1. Preheat oven to 350 degrees F (180 degrees C).
2. Brown meat and onion. Drain if needed. Mix sauce into meat.
3. Split buns, put meat mixture on bun bottoms, divide cheese and place on top of each bun with meat mixture. Place bun tops on baking sheet to toast.
4. Bake at 350 degrees F (180 degrees C) until cheese melts, about 12 minutes. Serve while warm.



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Pizza

BURGERS

for 1600 calorie meal plan

Serves 2

All you need:

- ½ lb. (250 g) 90% lean ground beef
- ½ Tbsp. (7 ml) onion flakes
- ½ cup (125 ml) pizza quick sauce
- 2 hamburger buns
- ¼ cup (50 ml) shredded part-skim mozzarella cheese

All you do:

1. Preheat oven to 350 degrees F (180 degrees C).
2. Brown meat and onion. Drain if needed. Mix sauce into meat.
3. Split buns, put meat mixture on bun bottoms, divide cheese and place on top of each bun with meat mixture. Place bun tops on baking sheet to toast.
4. Bake at 350 degrees F (180 degrees C) until cheese melts, about 12 minutes. Serve while warm.



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Light SHRIMP FRIED RICE

Makes 4 cups (1 L)

All you need:

- 1 tsp. (5 ml) canola oil
- ½ cup (125 ml) chopped green onion
- ¼ cup (50 ml) chopped green pepper
- ¼ cup (50 ml) chopped celery
- ½ cup (125 ml) sliced mushrooms
- 1 lb. (500 g) peeled and deveined shrimp
- 1 ½ (375 ml) cups cooked rice
- ½ tsp (2 ml) pepper
- ½ tsp. (2 ml) garlic powder
- 1 Tbsp. (15 ml) reduced sodium soy sauce
- ½ cup (125 ml) egg substitute

All you do:

1. Cook the rice according to package directions, or buy pre-cooked microwavable rice to save steps.
2. In a large skillet, on medium high heat, heat oil and add onion, bell pepper, celery and mushrooms for about 5 minutes. Add the shrimp and stir-fry until just cooked (about 3 minutes).
3. Add the rice, pepper, garlic powder and soy sauce. Stir-fry on medium heat for 10 minutes.
4. Make a hole in the middle of the mixture, add egg substitute. Cook egg until done and mix into rice mixture. Serve hot.



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BROCCOLI AND CHEDDAR SCRAMBLE

Serves 2

All you need:

- 1 cup (250 ml) chopped steamed broccoli
- 2 cups (500 ml) egg substitute
- 2 oz. (60 g) finely shredded Cabot® 75% light Cheddar Cheese, or any brand low-fat cheddar cheese

All you do:

1. Heat large non-stick skillet over medium-high heat. Spray with non-stick pan spray. Place steamed broccoli in pan. Pour in egg substitute. Cook for about 2 minutes, stir, and cook until remaining egg mixture is almost cooked.
2. Add shredded cheese and cook for 1 more minute. Turn off burner when egg mixture is cooked. Let cheese finish melting before removing from heat.
3. Serve while hot.



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CHICKEN & ASPARAGUS LONG-GRAIN RICE SKILLET

Serves 2

All you need:

- 2 raw, small, boneless, skinless chicken breast halves (about 4 oz. / 125 g each)
- 2 dash salt
- 2 dash pepper
- 1 tsp. (5 ml) canola oil
- 1 Tbsp. (15 ml) onion flakes
- 1 tsp. (5 ml) minced garlic
- 2 Tbsp. (30 ml) Parmesan cheese, grated
- 1 Tbsp. (15 ml) lemon zest
- ½ cup (125 ml) 1% milk
- ½ can condensed cream of chicken soup
- ¼ lb. (125 g) fresh asparagus spears, cut into 1.5 inch (1 cm) pieces
- 1 cup (250 ml) instant long-grain white rice

All you do:

1. Season chicken with salt and pepper. In a large skillet, heat oil over medium-high heat. Add chicken breasts, cook 5-7 minutes on each side or until chicken is no longer pink.
2. Remove chicken from pan, add milk soup, asparagus, onion, garlic, cheese, lemon zest. Bring to a boil, reduce heat and simmer 3 minutes.
3. Stir in uncooked rice, top with cooked chicken. Cover pan, remove from heat. Let stand 5 minutes or until rice is cooked. Serve hot.



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