



SPRING/SUMMER WEEK 5

MEAL PLAN

Day 1	Menu Item	1600 calories	2000 calories
Fruit	Trop50 Pineapple Mango Juice	½ cup (125 ml)	½ cup (125 ml)
Starch/Fruit	Raisin Bran Cereal	1 cup (250 ml)	1 ½ cup (375 ml)
Dairy	1% Milk	½ cup (125 ml)	¾ cup (175 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Entrée	Greek Entrée Salad with Chicken divided as such:		
Vegetable	Chopped Romaine Lettuce with	2 cups (500 ml)	2 cups (500 ml)
Protein	cooked chicken breast, diced	½ cup (125 ml)	½ cup (125 ml)
Vegetables	Chopped tomato & cucumber and	1 cup (250 ml)	1 cup (250 ml)
Fats	Sliced Kalamata olives,	¼ cup (50 ml);	¼ cup (50 ml)
	crumbled light feta cheese	2 Tbsp. (30 ml)	¼ cup (50 ml)
Fat	Light balsamic salad dressing	2 Tbsp.(30 ml)	3 Tbsp. (45 ml)
Starch	Whole grain pita bread with	½	½
Vegetable/Starch	Roasted Garlic Hummus	1 Tbsp. (30 ml)	2 Tbsp. (30 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Grilled Pork Loin Chop*	3 oz. (75 g)	4 oz. (125 g)
Starch	Couscous topped w/	1 cup (250 ml)	1 cup (250 ml)
Condiment/Fat	chopped fresh basil,	1 tsp. (5 ml) basil,	1 tsp. (5 ml) basil,
	crumbled light Feta cheese	1 tsp. (5 ml) feta	1 tsp. (5 ml) feta
Vegetable/Fat	Steamed Broccoli with	½ cup (125 ml);	1 cup (250 ml);
	whipped margarine	1 tsp. (5 ml)	1 tsp. (5 ml)
Fruit	Fresh Plum, sliced	½ cup (125 ml)	1 cup (250 ml)
Beverages	Red Wine (optional)	4 oz. (125 g)	4 oz. (125 g)
	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Pudding cup, any flavor	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)

*Season as desired, grill at 400 degrees F for 5 minutes per inch of thickness (about 10 minutes); do not overcook; let rest 8-10 minutes before slicing



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SPRING/SUMMER WEEK 5

MEAL PLAN

Day 2	Menu Item	1600 calories	2000 calories
Starch Protein/Fat Other carbohydrate Fruit Beverages	Two-Egg omelet with chopped onion, tomatoes topped with light feta cheese Toasted Pita Bread Unsweetened Coffee or tea Water	1 ½ Tbsp.(7 ml) ½ 1 cup (250 ml) 1 cup (250 ml)	1 1 Tbsp. (15 ml) 1 whole 1 cup (250 ml) 1 cup (250 ml)
Protein/Starch/Veg Starch Fat Fruit Beverage	Healthy Choice® Café Steamers® Grilled Basil Chicken Asiago Cheese Focaccia Bread (or similar) Extra Virgin Olive oil for dipping, desired herbs Fresh Pear Water	1 meal ½ -inch (1 cm) slice 2 tsp. (10 ml) 1 small 1 cup (250 ml)	1 meal 1-inch (2.5 cm) slice 3 tsp. (15 ml) 1 medium 1 cup (250 ml)
Protein/Vegetable Starch Fruit/Starch Beverages	Chickpea and Vegetable Stew (recipe) with: Cooked Rice Sliced Strawberries over Angel Food Cake (prepared) Red Wine (optional) Water	½ cup (125 ml) ½ cup (125 ml) ½ cup (125 ml); 1.5-inch (4cm) slice cake 4 oz. (125 g) 1 cup (250 ml)	2/3 cup (150 ml) 2/3 cup (150 ml) ½ cup (125 ml); 2-inch (5 cm) slice cake 4 oz. (125 g) 1 cup (250 ml)
Snack	Fruited Greek Yogurt individual cup (150 calorie) Water	1 1 cup (250 ml)	1 1 cup (250 ml)



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SPRING/SUMMER WEEK 5

MEAL PLAN

Day 3

Menu Item

1600 calories

2000 calories

Fruit	Trop50® Pineapple Mango Juice	½ cup (125 ml)	1 cup (250 ml)
Starch	Whole grain waffles (from frozen) topped with	2	2
Fruit	Fresh Berries of choice with Fat-free Reddi Wip®	½ cup (125 ml); 2 Tbsp. (30 ml)	1 cup (250 ml); ¼ cup (50 ml)
Other carbohydrate	Light Maple Syrup	2 Tbsp. (30 ml)	2 Tbsp. (30 ml)
Beverages	Unsweetened Coffee or tea	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Vegetable/ Fruit/Fat	Tropical Turkey and Spinach Salad (recipe)	1 serving	1 serving
Starch	Whole Grain Pita Bread	½	1 whole
Dairy	Honey flavored Greek Yogurt individual cup (150 cal)	1	1
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Starch/Veg Vegetable/Fat	Ground Beef Gyro with Cucumber Sauce (recipe) Mixed Greens with Light Dressing of Choice	1 gyro with sauce 1 cup (250 ml); 1 Tbsp. (15 ml)	1 gyro with sauce 2 cups (500 ml); 2 Tbsp. (30 ml)
Fruit	Fresh Peach or Nectarine, sliced	½ medium	1 medium
Dairy/Fruit	Fruited Greek Yogurt individual cup (100 calorie)	1	1
Beverages	Red Wine (optional)	4 oz. (125 g)	4 oz. (125 g)
	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Pudding cup, any flavor	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)



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SPRING/SUMMER WEEK 5

MEAL PLAN

Day 4

Menu Item

1600 calories

2000 calories

Fruit	Trop50® Pineapple Mango Juice	½ cup (125 ml)	½ cup (125 ml)
Starch/Fruit	Raisin Bran Cereal	1 cup (250 ml)	1 ½ cup (375 ml)
Dairy	1% Milk	½ cup (125 ml)	¾ cup (175 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/Veg	Prepared Tuna Salad in a	½ cup (125 ml)	1 cup (250 ml)
Starch	Whole Grain Pita Pocket, topped with	½	1 whole
Vegetable	tomato slices	3 slices	6 slices
Vegetable/Fat	Mixed Greens and	1 cup (250 ml),	1 cup (250 ml),
	Light Creamy Salad Dressing	1 Tbsp. (15 ml)	1 Tbsp. (15 ml)
Fat	Kalamata olives	2 Tbsp. (30 ml)	2 Tbsp. (30 ml)
Fruit	Fresh Apple Slices	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Vegetable	Chickpea and Vegetable Stew (recipe) with:	½ cup (125 ml)	2/3 cup (150 ml)
Starch	Cooked Rice	½ cup (125 ml)	2/3 cup (150 ml)
Fruit/Starch	Sliced Strawberries over	½ cup (125 ml);	½ cup (125 ml);
Beverages	Angel Food Cake (prepared)	1.5-inch (1 cm) slice cake	2-inch (5 cm) slice cake
	Red Wine (optional)	4 oz. (125 g)	4 oz. (125 g)
	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Dried Apricots with Light Ricotta Cheese	2/2 tsp. (5 ml) light ricotta	2/2 tsp. (5 ml) light ricotta
	Almonds	10	10
	Water	1 cup (250 ml)	1 cup (250 ml)



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*Prep slow cooker beef barley soup either 8 hours prior to dinner (cook on low) or 4 hours prior to dinner (cook on high).



SPRING/SUMMER WEEK 5

MEAL PLAN

Day 5	Menu Item	1600 calories	2000 calories
Fruit	Trop50® Pineapple Mango Juice	½ cup (125 ml)	1 cup (250 ml)
Protein	Scrambled Eggs with chopped spinach	2	3
Starch	Whole grain waffle (from frozen) topped with	1	1
Other carbohydrate	Light Maple Syrup	1 Tbsp. (15 ml)	1 Tbsp. (15 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	Healthy Choice® Soup Mediterranean Style Chicken with Orzo	1 cup (250 ml)	1 cup (250 ml)
Starch	Saltine crackers	5	5
Protein	Open-faced turkey sandwich on	2 oz. (60 g)	2 oz. (60 g)
Starch	Asiago Cheese Focaccia Bread (or similar type of bread)	½-inch (1 cm) slice	1-inch (2.5 cm) slice
Fat	Extra Virgin Olive oil for dipping, desired herbs	2 tsp. (10 ml)	4 tsp. (20 ml)
Vegetable	Petite Baby Carrots with Light Ranch Dressing	½ cup (125 ml); 1 Tbsp. (15 ml)	1 cup (250 ml); 2 Tbsp. (30 ml)
Fat	Sliced Apple	1 cup (250 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Starch/Veg	Ground Beef Gyro* with Cucumber Sauce (recipe)	1 gyro with sauce	1 gyro with sauce
Vegetable/Fat	Mixed Greens with	1 cup (250 ml);	2 cups (500 ml);
Fruit	Light Dressing of Choice	1 Tbsp. (15 ml)	2 Tbsp. (30 ml)
Dairy/Fruit	Fresh Kiwi, sliced and peeled	1	2
Beverages	Fruited Greek Yogurt individual cup (100 calorie)	1	1
	Red Wine (optional)	4 oz. (125 g)	4 oz. (125 g)
	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Pudding cup, any flavor	1 cup (250 ml)	1 cup (250 ml)
	Water	1 cup (250 ml)	1 cup (250 ml)





SPRING/SUMMER WEEK 5

MEAL PLAN

Day 6

Menu Item

1600 calories

2000 calories

Starch	Trop50® Pineapple Mango Juice	½ cup (125 ml)	½ cup (125 ml)
Fruit	Raisin Bran Cereal	1 cup (250 ml)	1 ½ cup (375 ml)
Dairy	1% Milk	½ cup (125 ml)	¾ cup (175 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/ Vegetable	Prepared Egg Salad in a Whole Grain Pita Pocket, topped with tomato slices	½ cup (125 ml) ½ 3 slices	1 cup (250 ml) 1 whole 6 slices
Vegetable	Mixed Greens and	1 cup (250 ml),	1 cup (250 ml),
Vegetable/Fat	Light Creamy Salad Dressing	1 Tbsp. (15 ml)	1 Tbsp. (15 ml)
Fat	Kalamata olives	2 Tbsp. (30 ml)	2 Tbsp. (30 ml)
Fruit	Fresh Pear	1	1
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein	Pan-seared Jumbo Shrimp over	6-8	10-12
Starch	Couscous topped w/ chopped fresh basil, crumbled light Feta cheese	1 cup (250 ml) 1 tsp. (5 ml) 1 Tbsp. (15 ml)	1 cup (250 ml) 1 tsp. (5 ml) 1 Tbsp. (15 ml)
Vegetable/Fat	Steamed Green Beans with whipped margarine	½ cup (125 ml); 1 tsp. (5 ml)	1 cup (250 ml); 1 tsp. (5 ml)
Fruit	Fresh Plum, sliced	1	2
Beverages	Red wine (optional) Water	4 oz. (125 g) 1 cup (250 ml)	4 oz. (125 g) 1 cup (250 ml)
Snack	Fruited Greek Yogurt individual cup (150 calorie) Water	1 1 cup (250 ml)	1 1 cup (250 ml)





SPRING/SUMMER WEEK 5

MEAL PLAN

Day 7

Menu Item

1600 calories

2000 calories

Fruit	Trop50® Pineapple Mango Juice	½ cup (125 ml)	1 cup (250 ml)
Starch	Whole grain waffles (from frozen) topped with	2	2
Fruit	Fresh Berries of choice with Fat-free Reddi Whip®	½ cup (125 ml); 2 Tbsp. (30 ml)	1 cup (250 ml); ¼ cup (50 ml)
Other carbohydrate	Light Maple Syrup	2 Tbsp. (30 ml)	2 Tbsp. (30 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/Fat	Amy's® Indian Mattar Paneer frozen meal	1 meal	1 meal
Vegetables	Roasted Garlic Hummus	1 Tbsp. (15 ml)	2 Tbsp.(30 ml)
	Baby Carrots,	¼ cup (50 ml);	½ cup (125 ml);
	Cucumber Slices	¼ cup (50 ml)	½ cup (125 ml)
Fruit	Fresh Pineapple chunks	½ cup (125 ml)	1 cup (250 ml)
Beverage	Water	1 cup (250 ml)	1 cup (250 ml)
Protein/Starch/Fat	California Pizza Kitchen® Crispy Thin Crust Margherita	1/3 pizza	1/2 pizza
Vegetable/Fat	Side Salad with	1 cup (250 ml);	1 cup (250 ml);
	Light Dressing of Choice	1 Tbsp.(15 ml)	1 Tbsp.(15 ml)
Fruit	Sliced Strawberries	½ cup;	½ cup;
	over Angel Food Cake (prepared)	1.5-inch (1 cm)	1.5-inch (1 cm)
		slice cake	slice cake
Beverages	Red wine (optional)	4 oz. (125 g)	4 oz. (125 g)
	Water	1 cup (250 ml)	1 cup (250 ml)
Snack	Dried Apricots with Light Ricotta Cheese	2/2 tsp. (10 ml) light	2/2 tsp. (10 ml)
	Almonds	ricotta	light ricotta
		10	10
	Water		



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WEEK 5 - 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

- Plums, 3 medium
- Pears, 4 medium
- Pineapple, 2 cups (500 ml) chunks
- Strawberries, enough for 3 cups (750 ml) sliced
- Berries of choice, 1 cup (250 ml)
- Peaches or Nectarine, 1 medium
- Kiwi, 2
- Dried apricots, 8
- Apples, 4 medium
- Mango, 1
- Trop50, Pineapple Mango Juice, 6 cups (1.5 l)

Vegetables

- Bell pepper, 1
- Red onion, 1 small
- Fresh Spinach, 4 cups (1 l)
- Mixed greens, 12 cups (2.8 l)
- Shredded lettuce, 2 cups (500 ml)
- Baby carrots, 2 cups (500 ml)
- Romaine lettuce, 4 cups (1 l)
- Cucumber, 2 medium
- Tomatoes, 5 medium
- Kalamata olives, 12
- Onions, 2
- Zucchini, 2 medium
- Whole Carrots, 2 medium

Meat

- Cooked Grilled chicken breast, 1 (6 oz/175 g) package
- Raw Pork chop, 2
- Jumbo shrimp, ~20 shrimp
- Deli oven roasted turkey, ½ pound (250 g)
- 90% lean ground beef, 1 pound (500 g)

Frozen

- Amy's Indian Mattar Paneer meal, 2 meals
- Frozen green bean steamers, 1 bag
- California Pizza Kitchen Crispy Thin Crust Margherita, 1
- Frozen broccoli, 1 bag
- Frozen whole grain waffles, 1 (10 count) box
- Healthy Choice Café Steamers Grilled Basil Chicken, 2 meals

Eggs & Dairy

- 1% milk, 1 gallon (16 cups)
- Eggs, 1 dozen
- Fruited Greek yogurt, 10 individual containers
- Light ricotta cheese, 1 (15 oz/425 g) container
- Prepared egg salad, 1 pound (500 g)
- Plain yogurt, 1 (6 oz/175 g) container
- Light Feta cheese, 1 (8 oz/250 g) container

Cereals & Breakfast Items

- Raisin Bran, 1 (20 oz/567 g) box

Chips

- Pita chips, 1 (9 oz/255 g) bag

Soups

- Healthy Choice® soup Mediterranean Style Chicken with Orzo, 2 (15 oz/425 g) cans

Condiments

- Light Balsamic Dressing, 1 (16 fl. Oz./453 g) bottle
- Hummus, 1 tub
- Sliced almonds, 1 (5 oz/150 g) bag

Spices

- Fresh basil

Grains

- Couscous, to make 2 cups (500 ml) cooked
- Pita bread, 5 whole
- Asiago cheese focaccia bread, 1 small loaf (enough for 2 1-inch/5.3 cm slices)
- Bakery fresh angel food cake, ½ cake if available
- Jasmine rice, any type, enough for 3 cups (750 ml) cooked

Canned

- Pudding cups, any flavor, 6
- Diced tomatoes, 1 (14.5 oz/425 g) can
- Chickpeas, 1 (15 oz/425 g) can
- Italian seasoned stewed tomatoes, 1 (14.5 oz/411 g) can
- Dry Red wine for drinking (optional), 56 oz. (1587 g)

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 (1.5 l) per day, more if coffee or tea is not consumed

Check pantry for items you may already have.



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WEEK 5 - 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

- Plums, 5 medium
- Pears, 4 medium
- Pineapple, 2 cups (500 ml) chunks
- Strawberries, enough for 3 cups (750 ml) sliced
- Berries of choice, 2 cups (500 ml)
- Peaches or Nectarines, 2 medium
- Kiwi, 4
- Dried apricots, 8
- Apples, 4 medium
- Mango, 1
- Trop50, Pineapple Mango Juice, 10 cups (2.3 l)

Vegetables

- Bell pepper, 1
- Red onion, 1 small
- Fresh Spinach, 4 cups (1 l)
- Mixed greens, 18 cups (4.25 l)
- Shredded lettuce, 2 cups (500 ml)
- Baby carrots, 3 cups (750 ml)
- Romaine lettuce, 4 cups (1 l)
- Cucumber, 2 medium
- Tomatoes, 5 medium
- Kalamata olives, 12
- Onions, 2
- Zucchini, 2 medium
- Whole Carrots, 2 medium

Meat

- Cooked Grilled chicken breast, 1 (6 oz/175 g) package
- Raw Pork chop, 2
- Jumbo shrimp, ~20 shrimp
- Deli oven roasted turkey, ½ pound (250 g)
- 90% lean ground beef, 1 pound (500 g)

Frozen

- Amy's Indian Mattar Paneer meal, 2 meals
- Frozen green bean steamers, 1 bag
- California Pizza Kitchen Crispy Thin Crust Margherita, 1
- Frozen broccoli, 1 bag
- Frozen whole grain waffles, 1 (10 count) box
- Healthy Choice Café Steamers Grilled Basil Chicken, 2 meals

Eggs & Dairy

- 1% milk, 1 gallon (16 cups)
- Eggs, 1 dozen
- Fruited Greek yogurt, 10 individual containers
- Light ricotta cheese, 1 (15 oz/445 ml) container
- Prepared egg salad, 1 pound
- Plain yogurt, 1 (6 oz/170 g) container
- Light Feta cheese, 1 (8 oz/250 g) container

Cereals & Breakfast Items

- Raisin Bran, 1 (20 oz/567 g) box

Chips

- Pita chips, 1 (9 oz/255 g) bag

Soups

- Healthy Choice® soup Mediterranean Style Chicken with Orzo, 2 (15 oz/425 g) cans

Condiments

- Light Balsamic Dressing, 1 (16 fl. Oz./453 g) bottle
- Hummus, 1 tub
- Sliced almonds, 1 (5 oz/150 g) bag

Spices

- Fresh basil

Grains

- Couscous, to make 2 cups (500 ml) cooked
- Pita bread, 10 whole
- Asiago cheese focaccia bread, 1 loaf (enough for 4 1-inch/2.5 cm slices)
- Bakery fresh angel food cake
- Jasmine rice, any type, enough for 4 cups (1 l) cooked

Canned

- Pudding cups, any flavor, 6
- Diced tomatoes, 1 (14.5 oz/425 g) can
- Chickpeas, 1 (15 oz/425 g) can
- Italian seasoned stewed tomatoes, 1 (14.5 oz/425 g) can
- Dry Red wine for drinking (optional), 56 oz. (1587 g)

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 (1.5 l) per day, more if coffee or tea is not consumed

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GROUND BEEF GYRO WITH CUCUMBER SAUCE

Serves 2 with planned leftovers

All you need:

For Sauce

- 1 cup (250 ml) plain yogurt
- 1/3 cup (75 ml) chopped seeded cucumber
- 2 Tbsp (30 ml) finely chopped onion
- 1 tsp. (5 ml) minced garlic
- 1 tsp. (5 ml) sugar

For beef filling:

- 1 tsp. (5 ml) dried oregano
- 1 tsp. (5 ml) garlic powder
- 1 tsp. (5 ml) onion powder
- 1/2 tsp. (2 ml) salt
- 1 tsp (5 ml) pepper
- 1 lb. (500 g) 90% ground beef
- 4 pita breads (6 inches/15 cm), halved, warmed
- 3 cups (750 ml) shredded lettuce
- 1 large tomato, chopped
- 1 small onion, sliced

All you do:

1. In a small bowl, combine sauce ingredients, mix well and chill.
2. In a large bowl, combine seasonings for beef filling, add beef and mix well. Shape into four patties.
3. Grill patties, over medium heat, covered until internal temperature reaches 165 degrees F (70 degrees C). Let beef patties rest for 5 minutes. Slice into thin slices, stuff into pita halves. Top with lettuce, tomato and onion. Serve with yogurt sauce.
4. Refrigerate leftovers.



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Chickpea and Vegetable STEW

**Makes about 4 cups/1 l
(planned leftovers)**

All you need:

- 1 tsp. (5 ml) canola oil
- 1 small onion, thinly sliced
- 2 medium zucchini, halved lengthwise and sliced
- 2 medium carrots, chopped
- 2 tsp. (10 ml) minced garlic
- 1 cup (250 ml) water
- 1 can (15-ounce/425 g) chickpeas (garbanzo beans), rinsed and drained
- 1 can (14.5-ounce/425 g) low sodium diced tomatoes
- 1 can (14.5-ounce/425 g) low sodium Italian seasoned stewed tomatoes
- 1 Tbsp. (15 ml) sugar
- 2-3 cups (500- 750 ml) hot cooked jasmine rice (follow package directions or use pre-cooked microwavable rice)

All you do:

1. In a large saucepan, heat oil. Cook onion in hot oil for 5 minutes. Stir in zucchini, carrots, garlic and ¼ cup (50 ml) of the water. Cook and stir for 3 minutes.
2. Stir in chickpeas, un-drained diced tomatoes, un-drained stewed tomatoes, sugar and remaining water. Bring to boiling, reduce heat. Simmer, uncovered, about 20 minutes or until desired consistency.
3. Serve over cooked rice.



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Tropical Turkey and SPINACH SALAD

Serves 2

All you need:

- 4 oz. (125 g) deli oven roasted turkey breast, sliced into 1-inch (2.5 cm) strips
- ½ cup (125 ml) diced red bell pepper
- 1 mango, cut into 1/2 -inch (1 cm) cubes (about 1 cup/250 ml)
- 2 hard cooked eggs, chopped
- ¼ cup (50 ml) chopped red onion
- 4 cups (1 l) fresh baby spinach leaves (stems removed)
- ¼ cup (50 ml) sliced almonds
- ¼ cup (50 ml) Prepared “sweet” vinaigrette dressing (i.e. red merlot vinaigrette or similar)

All you do:

1. Place spinach in a large bowl, add turkey, pepper, mango, egg, onion. Pour dressing over salad and gently toss to coat. Divide salad mixture evenly onto plate and top evenly with almonds.



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