

The Four Pillars of Healthy Eating

Our healthy eating initiative is based on these four criteria:

WHOLE FOOD

Choose foods that are whole, fresh, natural, organic, local, seasonal and unprocessed. Eliminate the consumption of refined, highly processed foods and foods void of nutrients, such as artificial flavors, colors, preservatives, sweeteners and hydrogenated fats.

HEALTHY FATS

Get your healthy fats from plant sources like nuts, seeds and avocados. Minimize extracted oils and processed fats. If eating a diet that includes animal products, choose leaner meats and seafood as well as low-fat dairy products.

PLANT STRONG™

Reconfiguring the Plate: No matter what type of diet you follow, including those that incorporate dairy, meat and/or seafood, eat more plants, like raw and cooked vegetables, fruits, legumes and beans, nuts, seeds and whole grains. Eat a colorful variety of plants to ensure you're getting the best nutrients for your body, which leads to feeling satiated.

NUTRIENT DENSE

Choose foods that are rich in nutrients when compared to their total caloric content (also known as foods with a high nutrient density). Build your menus around plant-based foods to ensure highly micro-nutrient-dense meals. Choose foods with a wide spectrum of vitamins, minerals, phytonutrients and antioxidants.

Look for the **Aggregate Nutrient Density Index (ANDI) scoring system** throughout our store to guide you on healthier choices.



MEALS FOR FOUR

Shopping List

Planning ahead makes healthy eating easy! Everything you need to make these four delicious meals is listed below.

•• From our Produce Department ••

- Onions (3 SMALL)
- Apple (1)
- Red Cabbage (1 HEAD)
- Carrots (4)
- Celery (5 STALKS)
- Russet Potato (1)
- Parsley Stems (4)
- Leek (1)
- Roma Tomatoes (3)
- Lemon (1)
- Garlic Cloves (12)
- Avocados (2)
- Kale (6 LEAVES)
- Romaine Lettuce (1 HEAD)
- Red Onion (1)
- Cucumber (1)
- Green Pepper (1)
- Apricots (2)
- Cilantro (1 BUNCH)

•• From our Grocery Aisles ••

- Biotaila Navy Beans (15OZ CAN)
- Lentils (1 CUP)
- Couscous (1 1/2 CUPS)
- Golden Raisins (1/4 CUP)
- Whole Almonds (3/4 CUP)
- Tofu (1/2 POUND)
- 365 Everyday Value™ Vegetable Stock (9 CUPS)
- 365 Everyday Value™ Grapefruit Juice (1 CUP)
- 365 Everyday Value™ Orange Juice (1/2 CUP)

•• Pantry Staples ••

- Three Wishes Red Wine
- Red Vinegar
- Cinnamon Stick
- Cinnamon
- Whole Cloves
- Bay Leaves
- Hot Sauce
- Cracked Black Peppercorn
- Thyme, fresh or dried
- Tomato Paste
- Juniper Berries
- Salt and Pepper

MEALS for FOUR





The ingredients for these five healthy Meals for Four cost less than \$15 per recipe...under \$40 total!

You can eat healthy and save money, all it takes is a little planning. These five “Healthy Eating” recipes were developed with an emphasis on nutrient-dense fresh vegetables, healthy fats and whole foods. This cost-saving technique relies on our comprehensive shopping list, which details brands that are the most economical as well as essential pantry items. The rest is simple: just prepare one recipe per day for five consecutive days, and enjoy healthful, delicious dinners for an entire work-week. Here’s to your health!

MONDAY:

Braised Red Cabbage

- 1 small onion, sliced
- 1 apple, peeled and sliced
- ½ head red cabbage, peeled, cored and finely shredded
- ¼ cup red wine
- ¼ cup red vinegar
- ¼ cup water
- 1 cinnamon stick
- 1 whole clove
- 3 juniper berries
- 1 bay leaf
- Salt and pepper, to taste

Combine all ingredients and marinate for 6-8 hours or overnight. After marinating, bring to a simmer in a large pot. Transfer to an oven-proof dish, cover and braise in the oven at 350° F for 45 minutes. Serves 4.

TUESDAY:

Senate Bean Soup

- 1 15oz can navy beans
- 32oz vegetable stock
- 1 small onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 russet potato, peeled and diced
- 1 teaspoon hot sauce
- Salt and pepper, to taste

Sachet d’epices:

Cut a square sheet of cheese cloth large enough to include herbs, and spices. Place Sachet ingredients in the middle of your cloth, collect ends, and tie together with kitchen twine.

- 4 parsley stems
- 1 bay leaf
- 1 teaspoon cracked black peppercorn
- 1 teaspoon thyme, fresh or dried

Bring ½ cup water to a simmer in a medium soup pot. Add onions, carrots, celery and garlic. Cook until translucent. Add potatoes, beans, vegetable stock and sachet. Simmer until potatoes are tender, season with hot sauce, salt and pepper. Yields four 8oz servings. Serve alongside our freshly baked sprouted flour bread spread with our house made guacamole.

WEDNESDAY:

Lentil Ragout

- ¼ cup water
- 1 small onion, diced
- 1 leek, diced (white part only)
- 2 carrots, diced
- 3 celery stalks, diced
- 6 cloves garlic, roasted
- 1 tablespoon tomato paste
- 2 cups vegetable stock
- 1 cup lentils
- Salt and white pepper, to taste

Heat a sauté pan until very hot. Add ½ cup vegetable stock, and then add the onions, leeks, carrots and celery to the steaming stock, cook until the onions are translucent. Add tomato paste and sauté until caramelized, add garlic. Add stock and the lentils. Simmer until the lentils are tender, about 30 minutes. Season to taste. Serve over steamed brown rice. Yields four 8oz servings.

THURSDAY:

Moroccan Couscous Kale Wraps

- 1 bunch kale (6 leaves)
- 1 ½ cups couscous
- 3 cups vegetable stock
- ¼ cup apricots, diced
- ¼ cup golden raisins
- 4 cloves garlic, roasted
- 1 Roma tomato, seeded and diced
- 1 ½ teaspoons cinnamon
- ½ cup whole almonds, toasted and chopped
- Salt and black pepper, to taste

Cut the bottom third off the kale stems. Wash to remove any dirt. Bring a large pot of water to a boil. Drop in kale and cook until leaves are tender (about 3-5 minutes). Shock kale in ice water to cool down quickly. In a sauce pan heat vegetable stock until simmering, then add couscous and cinnamon and cover for 15 minutes. Fluff couscous with fork and add apricots, raisins, garlic, tomatoes and almonds. Mix together. Lay kale leaves flat. Fill each leaf with ⅓ of the couscous mixture, and wrap. Secure each wrap with a toothpick. Yields 6 wraps.

FRIDAY:

Chopped Salad with Creamy Avocado Dressing

Salad:

- 1 head Romaine lettuce, chopped
- ¼ red onion, thinly sliced
- 2 Roma tomatoes, quartered
- 1 cucumber, thinly sliced
- 1 green pepper, chopped
- 1 oz almonds, chopped

Creamy Avocado Dressing:

- ½ pound tofu
- 2 avocados
- 1 cup grapefruit juice
- ½ cup orange juice
- ½ tablespoon lemon juice
- ½ teaspoon salt
- ¼ bunch cilantro

Combine dressing ingredients in a blender on low. Slowly increase blender speed until smooth. Toss salad ingredients with dressing, sprinkle with chopped almonds. Serves 4.