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**Love Your Body.
Nourish Your Soul.**

*Grocery List
&
Weekly Meal Plan Calendar*



Grocery List

Fruits and Veggies

Protein Foods (meat, seafood)

Grains/Canned Foods/Frozen

Dairy (milk, yogurt, cheese, eggs, butter)

Nuts/Seeds

Others (t.p., tooth paste, cleaning)



Weekly Meal Plan Calendar

	<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
<i>Breakfast</i>							
<i>Lunch</i>							
<i>Dinner</i>							
<i>Snacks</i>							

Notes:



Steps to follow each week:

1) Pick a day to make a grocery list.

Be specific!

What day of the week and what time?

This will help you to develop a habit that will stick :)

Day:_____

Time:_____

2) Pick a day to shop.

Day:_____

Time:_____

3) Pick a day to Prepare.

Day:_____

Time:_____

Note: All three steps can be done on the same day. That is up to you to decide what works best for you. I prefer to do at least two of the three steps on one day if I can't get in all three done in one day.

Shopping Tips:

1) Do NOT go there hungry! Always have something to eat before you go or you will be tempted to buy everything you see.

2) Shop with your list and don't stray.

3) Shop the perimeter.

Go to produce, meats, dairy, freezer and the cleaning aisle, but skip the bulk candy section, the cracker aisle, baked goods, and cereal aisle.

4) Look at the label.

So perhaps you "accidentally" went down the cookie aisle. Don't worry, we have all done it. Read the label before you make the final decision to take it home. You wouldn't hire a sitter before you got to know what type of person they are. Do your homework with food that is getting put into your body. If you can't pronounce ingredients be scared! When in doubt, use Dr. Google.



Recipes

Breakfast

Egg & Veggie Scramble

Ingredients:

2-3 cage-free, free range organic eggs (best option)

1/4 cup bell pepper chopped- any color

1/2-1 cup raw spinach

1 Tablespoon grass-fed butter

Dash of salt and pepper.

Directions:

Heat skillet on medium-high heat for 1-3 minutes until hot.

Scramble eggs in a dish.

Add butter to heated skillet and let melt covering the entire pan.

Add bell peppers and spinach. Sauté for 3-5 minutes until spinach is wilted.

Add scrambled eggs to the skillet and stir everything together.

Cook until eggs are no longer watery.

Sprinkle with salt and pepper to taste.

*Eat immediately or * do 3 things (wash dishes, feed the kids, take a shower) prior to enjoying- eggs will be cold.*

Classic Bacon & Eggs Over-easy with Sauté Spinach.

Ingredients:

Nitrate free, uncured bacon- preferably organic

2 eggs cage-free, free range organic eggs (best option)

1 cup of raw spinach

1 Tablespoon grass-fed butter

1 clove diced garlic

Salt and pepper to taste

Directions:

Heat skillet on medium-high heat for 1-3 minutes until hot.

Scramble eggs in a bowl.

Add half of butter to heated skillet and let melt covering the entire pan.

Add garlic. Cook for 1 minute.

Add spinach and sauté until wilted. Remove from pan.

Add other half of butter and melt.

Add eggs and cook until eggs are no longer watery.

Sprinkle with salt and pepper to taste.

*Eat immediately or * do 3 things (wash dishes, feed the kids, take a shower) prior to enjoying- eggs will be cold.*

**Optional*