

The Amy's Diet

Forget fast food and find delicious, healthy organic meal options that are perfect for people on the go. Now there is no excuse to not eat healthy by utilizing meal options from Amy's Kitchen. These items can be found at Woodmans, Hilander and Logli.

1500 Calorie Plan

Week 1 Shopping List (includes everything you need for one week of meals which are listed on the website)

AMY'S KITCHEN PRODUCTS

Purchase one each of the below unless stated otherwise:

- Amy's Breakfast Burrito (burrito)
- Amy's Brown Rice and Veggies Bowl (bowl) 🍷
- Amy's Tamale Pie (entrée)
- Amy's Organic Cream of Tomato Soup (soup) 🍷
- Amy's All American Veggie Burger (burger)
- Amy's Salsa (your choice) 🍷
- 2 Amy's Tofu Scramble in a Pocket Sandwiches (pocket)
- Amy's Pocket Sandwich (Spinach Feta) (pocket)
- Amy's Cheese Enchilada Whole Meal (entrée) 🍷
- Amy's Organic Pasta & 3 Bean Soup (soup)
- Amy's Organic Split Pea Soup (soup) 🍷
- Amy's Strawberry or Apple Toaster Pop
- Amy's Brown Rice Bowl with Black Eyed Peas and Veggies (bowl) 🍷
- Amy's Teriyaki Bowl (bowl)
- Amy's Organic Vegetable Barley Soup (soup)
- Amy's Indian Vegetable Korma (entrée) 🍷
- Amy's Organic Medium Chili with Vegetables 🍷
- Amy's Stuffed Pasta Shells Bowl (bowl)
- Amy's Organic Curried Lentil Soup (soup) 🍷
- Amy's Veggie Loaf Whole Meal (entrée)
- Amy's Steel Cut Oats Hot Cereal Bowl
- Amy's Rolled Oats Hot Cereal Bowl
- Amy's Multi Grain Hot Cereal Bowl
- Amy's Light in Sodium Single Serve Spinach Pizza

FRUITS & VEGETABLES

Purchase locally grown and organic when possible.

- 1 pint orange juice
- 1 tangerine (or small orange)
- 1 package mini carrots
- 14 cups salad greens
- 1 peach (canned or fresh)
- 1 apple
- 1 bell pepper
- 1 pear (canned or fresh)
- 1 bunch celery
- 2 cucumbers
- 1 cup mushrooms (if desired)
- 2 tomatoes
- 1 medium red onion
- 1 lemon
- Bag of mixed vegetables (preferably Asian mix)
- 3 cups Fresh or frozen berries
- 1 large can pineapple (crushed or cubed) • Cilantro (if desired)

in 100% juice

- 1 cup mixed fruit

DAIRY

Purchase organic when possible.

- 1 small container part skim ricotta cheese
- 4 cups nonfat plain yogurt (1 quart)
- 1 quart 1% milk or soymilk (if choosing yogurt rather than milk: increase yogurt by 2 cups and decrease milk by 2 cups)
- 1 cup lowfat cottage cheese
- 1/2 ounce feta cheese
- 1/2 ounce reduced fat Monterrey Jack cheese

PANTRY ITEMS

- Salad dressing - Here are some good choices:
- Annie's Naturals Gingerly Low Fat
- Trader Joe's Fat Free Balsamic Vinaigrette
- Brianna's Fat Free Lively Lemon Tarragon
- Consorzio's Fat Free Raspberry Balsamic Vinaigrette
- Almond butter
- Almonds - slivered or sliced
- Tamari or low sodium soy sauce
- Walnuts
- Whole wheat hamburger buns (such as Alvarado St)
- Pumpkin seeds
- Whole wheat tortillas (such as Alvarado St)
- Corn tortillas
- Olive oil
- Balsamic vinegar
- Cashews
- Raisins or other small, dried fruit
- Cinnamon
- Oatmeal
- Organic rice cakes (such as Lundberg), whole grain crackers or wheat bread (such as Ezekiel Bread and Alvarado St Bakery)

Day at a Glance

Breakfast

Amy's Rolled Oats Hot Cereal Bowl

1/2 cup sliced fresh or frozen strawberries
2 tablespoons sliced almonds or other nuts
1/2 cup 1% fat milk or soy milk

Lunch

Amy's Southwestern Burrito

1/2 cup carrots and cucumbers
2 tablespoons salsa

Snack

4 whole grain crackers
1 small apple

Dinner

Amy's Stuffed Pasta Shells Bowl

3 cups salad
2 tablespoons light dressing

Dessert

Frozen fruit bar

Please visit www.amyskitchen.com for more daily menu options as well as vegan and gluten-free diet plans, information on where to purchase, weight loss tips and testimonials.