

# Medi for All Shopping List



## FRED MEYER

- Rustic Tomato Parmesan salad kit
- Thai Chili Mango salad kit
- Chipotle and Cheddar salad kit
- Roadhouse BBQ Salad kit
- Hard-Boiled Eggs
- Bob's Red Mill Single Serve Oatmeal
- Wicked Single Serve Cinnamon, or 3 Seed Porridge or Very Berry Porridge
- Qia Super Seeds and Grains or Qia Coconut Cream
- Whole Wheat Bread – 100% Stone Ground or Dave's Killer Bread with Seeds
- Star-Kist white Chicken with Lemon Pepper
- Seeds of Change pouches brown and wild rice with tomato
- Gigandes Beans in Vinaigrette
- Seeds of Change Pouches Organic Brown rice with cilantro lime
- Seeds of Change organic quinoa, brown and red rice with flaxseed
- Simple Truth Brown Rice with Ancient Grains Black Pepper

### From the Freezer Section:

- Veggies Made Great- Spinach Egg White Frittata
- Blueberry Oat Muffins
- Foster Farms Grilled Southwest Chicken
- John Soules Food Fajita Chicken Strips
- Bird's Eye Power Blend Southwest Style
- Tattooed Chef-Buddha Bowl
- Tattooed Chef-Veggie Hemp Bowl:
- Tattooed Chef- Enchilada
- Amy's Bowl- Brown Rice with Black Eyed Peas

- Healthy Choice Power Bowls-Shiitake Chicken
- Healthy Choice Power Bowls-Greek Style Chicken
- Healthy Choice Simple Steamers-Garden Vegetable
- Healthy Choice Simple Steamers-Chicken Tikka Masala
- Healthy Choice Café Steamers-Mexican Style Street Corn with chicken
- Purple Carrot: Maple Chipotle Veggie Bowl
- Bird's Eye Veggies and Grains- Green Goddess

## **Meal Ideas with These Ingredients:**

### **Breakfast:**

- Veggies Made Great- Spinach Egg White Frittata with fruit + toast with nut butter
- Blueberry Oat Muffins + 2 Hard-boiled eggs
- Bob's Red Mill Single Serve Oatmeal + walnuts, pecans, or almonds with berries
- Wicked Single Serving Cinnamon and 3 Seed Porridge or Very Berry Porridge
- Qia Super Seeds and Grains or Cream Coconut + fruit (bananas or apple chunks)

### **Lunch/Dinners:**

- John Soules Food Fajita Chicken Strips + Bird's Eye Power Blend Southwest Style- brown rice, white quinoa, black beans, corn, red bell pepper;
- Birds Eye Oven Baked Meals: Chicken Taco with rice, chicken, corn, tomatoes, black beans, jalapenos in salsa con queso sauce
- Tattooed Chef: Buddha Bowl with Sweet potatoes, chili coated chickpeas, riced cauliflower with creamy tahini sauce;
- Tattooed Chef: Veggie Hemp Bowl: Turmeric Almond Butter Dressing- sweet potatoes, kale, hemp seeds over riced cauliflower and red quinoa

- Tattooed Chef: Enchilada- corn tortilla layered with riced cauliflower, black beans and veggies topped with enchilada sauce and cheddar cheese
- Amy's Bowls: Brown rice, black eyed peas, veggies-broccoli, carrots and mushrooms- in a tamari ginger sauce; Vegan Mexican Casserole with Cheeze- corn and black beans
- Healthy Choice Power Bowls: Shiitake Chicken- mushrooms and veggies- kale, peppers, carrots, edamame, with brown and red rice, red quinoa, black barley and sesame soy vinaigrette;
- Healthy Choice Power Bowls: Greek Style Chicken-tomatoes, zucchini, blend of greens, red onions, artichokes, riced cauliflower w/oregano vinaigrette;
- Healthy Choice Power Bowls: Spicy Black Bean & Chicken- pulled chicken, black beans, veggies-peppers, onions, greens, riced cauliflower with a spicy chili sauce and Cotija cheese
- Healthy Choice Simple Steamers: Garden Vegetable- Riced butternut squash, garden veggies, dried cranberries, apple cider vinaigrette +Firm tofu
- Healthy Choice Simple Steamers: Chicken Tikka Masala- riced cauliflower, chickpeas, carrots, peas, tomatoes in Tikka sauce
- Healthy Choice Café Steamers: Mexican Style Street Corn with chicken, black beans, red peppers in a creamy Cotija cheese and lime sauce
- Purple Carrot: Sweet Corn Elote Bowl- mixed veggies and grains in a creamy lime sauce + Star-Kist white Chicken with Lemon Pepper and sunflower seeds
- Maple Chipotle Veggie Bowl- mixed vegies in a sweet and savory Maple Chipotle Sauce + Foster Farms Grilled Southwest Chicken
- Bird's Eye Veggies and Grains- Green Goddess- brown rice, red quinoa, broccoli, sliced zucchini, edamame in Green sesame Tahini sauce with roasted pepitas + shrimp

- Rustic Tomato Parmesan salad kit + Seeds of Change pouches brown and wild rice with tomato + Gigandes Beans in Vinaigrette
- Thai Chili Mango salad kit + Seeds of Change Pouches organic Brown rice with cilantro lime +smoked tofu + edamame
- Chipotle and Cheddar salad kit + seeds of change organic quinoa + brown and red rice with flaxseed + sunflower seeds + dollop of Greek yogurt
- Roadhouse BBQ Salad kit- + John's Soules Food Fajita Chicken Strips + Simple Truth Brown Rice with Ancient Grains Black Pepper

### **Snacks:**

- Kefir plus mixed nuts or Power Up Trailmix
- Hummus & carrots and snap peas with Grilled pita- snack pack
- Chicken salad, cheddar cheese, grapes and grilled pita – snack pack
- Tuna salad with crackers Simple Truth Everything Seasoning with flax, sunflower and chia
- Toast with PB or nut butter
- Beanito Chips- Black beans + guacamole
- Off the Eaten Path- chickpea veggie crisps + Roasted Garlic Hummus