

# SIMPLY

JAN / FEB 2021

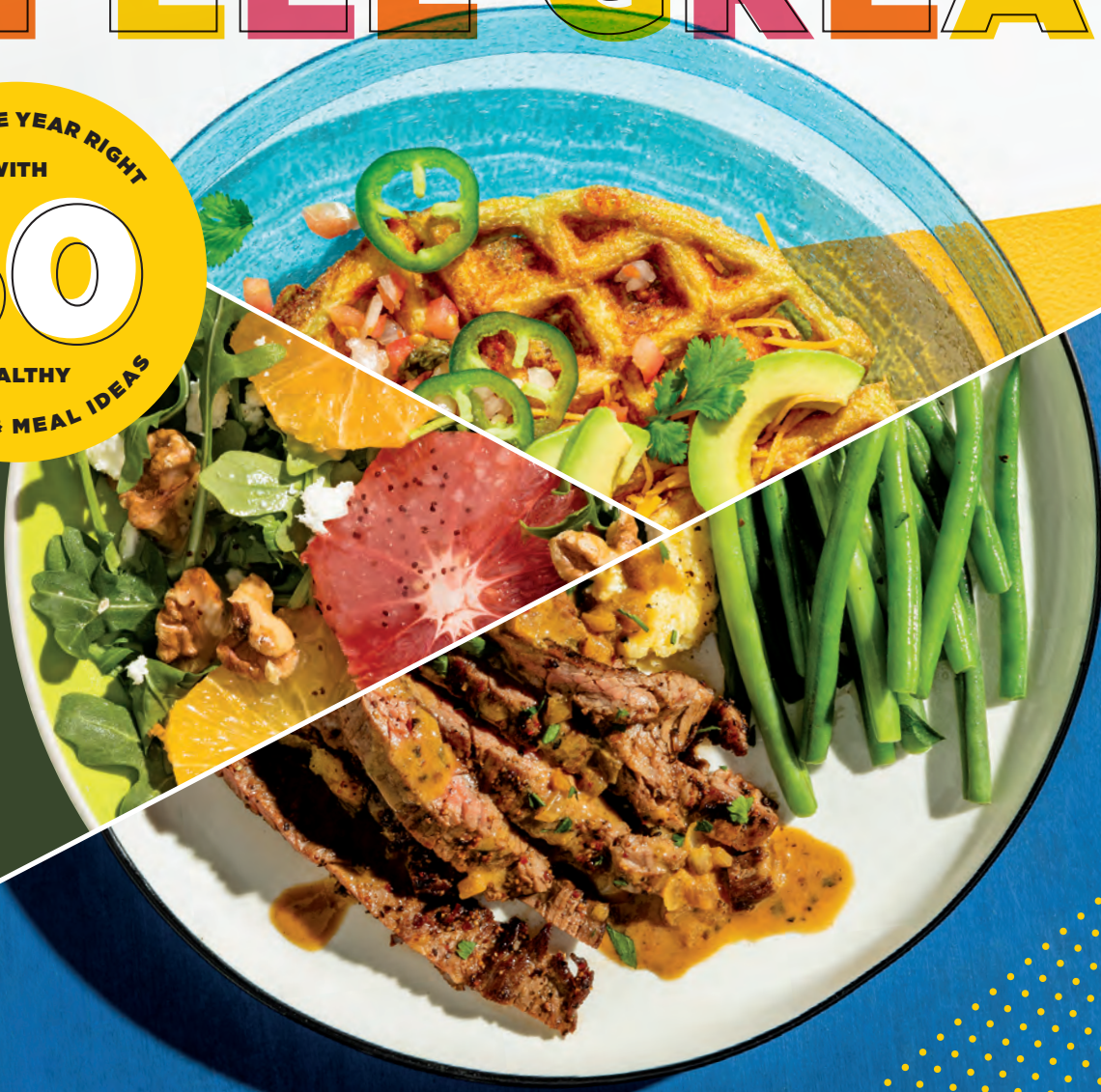
*Schnucks*

EAT GOOD to  
FEEL GREAT

START THE YEAR RIGHT  
WITH

50

HEALTHY  
RECIPES & MEAL IDEAS



**FREE**

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♥ Non-GMO Project Verified  
♥ Certified Gluten Free  
♥ Certified Vegan  
♥ Plant-based

# UP YOUR SNACK GAME

## WITH A PLANT-BASED TWIST

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**INCOGmeato™**  
MorningStar® FARMS®

# DARE TO MEAT DIFFERENT

100% PLANT PROTEIN THAT LOOKS COOKS AND TASTES LIKE MEAT

**NEW**

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# CRISPY, CRUNCHY BUNCHES



# START A *Brew-mance*



Meet the *perfect match*  
for your morning coffee.

Enjoy **belVita Biscuits** as part of a balanced  
breakfast with a serving of low fat dairy and fruit.

**NATURAL DELIGHTS**  
RAISED ON SUNSHINE™

# THE SUPERFOOD WITH *Endless Possibilities*

## MEDJOOL DATE BITES

CONVENIENT • VEGAN • GLUTEN FREE • HEALTHY

### INGREDIENTS

- 2 cups Natural Delights® Pitted Medjool Dates
- 1 large Red Apple, Jonagold, Honeycrisp or Braeburn
- Juice of 1/2 Lemon
- 4 oz. semi hard cheese such as, Manchego or Gruyere, sliced.
- 3 oz. Prosciutto, thinly sliced, cut into 2 inch pieces
- 1 cup Arugula leaves

### PREPARATION

1. Core and quarter apple. Slice each quarter into thin slices. Sprinkle with lemon juice.
2. Fill each date with a torn half or third piece of sliced cheese and a sprig of arugula.
3. Wrap date with a small piece of prosciutto. Place on an apple slice.
4. Arrange on a serving platter. Top with cracked black pepper if desired.

EXPLORE OUR COMPLETE PRODUCT LINE  
AT [NATURALDELIGHTS.COM](http://NATURALDELIGHTS.COM)



There are 28 days in American Heart Month.  
That's **84 heart-healthy\*** meals.  
You're gonna need  
**more walnuts.**



Pick up a bag today.

For more heart-smart recipes scan the QR code or visit [walnuts.org](http://walnuts.org).



So Simple. So Good.\*



Per one ounce serving.

\*California walnuts are certified by the American Heart Association® Heart-Check food certification does not apply to recipes unless expressly stated. See [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines). Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.



# ALL AROUND GOODNESS

Our Full Circle products are made with simple, wholesome and delicious ingredients that you can feel good about. Look for over 350 of our organic and better-for-you Full Circle products in store!



# JAN-FEB

## 2021 CONTENTS

### 6 Breakfast | 300–350 Calories

Put your best foot forward with these balanced and beneficial breakfast recipes.

### 12 Lunch | 400–450 Calories

Keep your mind and body energized with these simple, satisfying lunch ideas.

### 18 Dinner | 500–550 Calories

These hearty, healthy meals are packed with the flavors you crave and the nutrients you need to finish the day strong.

### 26 On the Menu

A compilation of every recipe in the issue for easy meal planning. Simply choose what sounds best!

# SIMPLY



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## EAT GOOD TO FEEL GREAT!

As we begin a new year, thoughts around self-improvement and positive change are top of mind. One of the hardest parts of initiating a behavior change is taking the first step. This is true no matter if you are trying something new or ditching an unhealthy habit. To help you get started, we've created an easy-to-use healthy eating guide providing 50 meal and snack ideas to complement your wellness journey.

Looking for certain qualities in your meals? Use our recipe key to find attributes that are important to you. Customize recipes by swapping an ingredient and find the right balance to better meet the needs of you and your family. Trying to lose weight or simply eat a little smarter? Each recipe is calorie-controlled and emphasizes specific portions to help you better understand what your body needs. Pay attention to your hunger cues and adjust portions and meals as needed. **Start by choosing three meals and two snacks to create a daily meal plan.**

So what are you waiting for? Take charge of your health and get inspired to create new habits, moving toward a healthier, happier you.

### recipe key

- Carb Smart
- Gluten Free
- Heart Smart
- High Fiber
- High Protein
- Keto Friendly
- Vegetarian

This information is not intended as medical advice. Please consult a medical professional for individual advice appropriate for you. Always read labels.

# BREAKFASTS

Put your best foot forward with these balanced and beneficial breakfast recipes.



Made from blanched whole almonds, **Bob's Red Mill Almond Flour** is perfect for low-carb and gluten-free recipes.



# ST



**350 CAL ►**  
**FRUIT & FARRO**  
**SERVES 4 | PG. 26**

**H** **HF** **V**

Change up your morning cereal with a whole grain like farro. This ancient grain has a nutty flavor and is loaded with beneficial nutrients like protein, fiber, magnesium and zinc. Besides breakfast, farro can boost your favorite salad or soup and is a delicious addition to many side dishes.



**◀ 310 CAL**  
**MEXICAN-STYLE**  
**CAULIFLOWER WAFFLE**  
**SERVES 4 | PG. 26**

**C** **GF** **HP** **K** **V**

Cauliflower can now be found beyond the produce department—and for a good reason. It's low in calories, full of fiber and a carb-conscious choice. Try something new by adding cauliflower to this flavorful fiesta waffle.



**350 CAL ►**  
**BLUEBERRY CHIA**  
**PUDDING PARFAITS**  
**SERVES 4 | PG. 26**

**C** **HF** **V**

Small and mighty, chia seeds are full of beneficial nutrients like protein, fiber and healthy fats. Sprinkle on top of yogurt and oatmeal or plan ahead and create an overnight pudding. It's a quick and simple way to give your meals a nutrition boost.



**belVita**

Lightly sweet and crunchy, **belVita Blueberry Biscuits** are made with whole grains and provide up to four hours of nutritious steady energy.

**300 CAL ►**  
MEATLESS HOT CHICKEN  
& WAFFLE SLIDERS  
SERVES 2 | PG. 27



Power up your morning with these plant-based chik'n nuggets. Full of flavor, these crispy nuggets are packed with protein and fiber to keep you full until lunch. They make a delicious meal for both vegetarians and meat-lovers alike.



**IncoGmeato Chik'n Nuggets** are delicious, dunkable and made with 100% plant-based protein.



**◀ 300 CAL**  
HONEY LIME FROYO BITES  
SERVES 6 | PG. 27



Not only is yogurt a rich source of protein, but it is full of beneficial bacteria to keep your gut healthy and balanced. Choosing low-fat and lower-sugar varieties provide these same benefits with fewer calories and saturated fats.



**Kashi GO Cereal** brings the power of protein and fiber to the breakfast table.

**wellness tip #1**

## MINDFUL MORNINGS

### Stretch and Refresh

Begin your day with a 20-minute yoga session to start strong and wake up energized.

### Set Your Day up for Success

Creating a clear plan for your day and allowing adequate time for tasks—including breaks for meals—promotes focus and can prevent you from feeling stressed or overwhelmed.

### Put Your Goals on Paper

Set health goals for eating better, moving more and stressing less. Taking time to write down your goals will keep you motivated along your health journey and in tune to what is most important for you.

**320 CAL ▶**  
**CHIA RYE LOX TOAST**  
**SERVES 2 | PG. 27**



Begin your morning on a smart note with this easy-to-assemble lox toast. Healthy fats found in fish like salmon have been associated with improved memory and overall brain health. Aim to include fish in your weekly meal routine to benefit from these brain-boosting nutrients.



Made with cracked wheat berries and chia seeds, **Izzio Chia Cracked Rye Bread** is delicious and rich in nutrients.



**▲ 340 CAL**  
**SALAD FOR BREAKFAST**  
**SERVES 2 | PG. 27**



A single egg provides high-quality protein, healthy fats, antioxidants and other vitamins and minerals to keep our bodies in tip-top shape. The versatility of eggs make these nutrition powerhouses an easy go-to food to include in a well-balanced diet.

**350 CAL ▶**  
**SWEET POTATO PIE**  
**SMOOTHIE**  
**SERVES 2 | PG. 28**



Packed with antioxidants and fiber, sweet potatoes are the perfect addition to your morning breakfast. This delicious smoothie combines sweet potatoes, almond butter, Greek yogurt and whole grains to provide long-lasting energy that will fill you up and fuel your day.



Crispy and crunchy  
**Honey Bunches of Oats**  
Cereal is made with whole  
grains for a heart-smart  
breakfast.

**wellness tip #2**

## LET'S GET PHYSICAL

### Keep it Moving

Aim for 10,000 steps each day—commit to taking the stairs, parking at the back of the lot or walking in place while watching a TV show. Stay motivated by joining our step challenge at [Schnucks.com/steps](http://Schnucks.com/steps).

### Find a Time that Works for You

Not a morning person? Try walking on your lunch break or working out before dinner. Once you find what time works best for your schedule, get into a routine to reach your 30-60 minute daily activity goal.

### Take the First Step

Not sure how to get started? Check out [Schnucks.com/fitness](http://Schnucks.com/fitness) to try something new and find a routine that fits your lifestyle.

**◀ 310 CAL**  
**CAPRESE BREAKFAST**  
**SANDWICH**  
**SERVES 4 | PG. 28**



Simplify healthy eating by basing your meals around whole grains like this English muffin. Top with simple, fresh ingredients like eggs and tomatoes or almond butter and fruit. Whether you choose sweet or savory, you'll get the nutrition you need to jump-start your day.



**310 CAL ▶**  
**ONE-PAN BAKED**  
**EGGS & GREENS**  
**SERVES 4 | PG. 28**

**C H HF HP**

Mixing greens like spinach into your eggs is a great way to get more vegetables into your diet. Greens are also filled with vitamins and antioxidants that support a healthy immune system with few calories.



## BREAKFAST ON THE GO

### PERFECTLY PORTABLE MORNING MEALS

▼ 1 Chocolate Sea Salt RX Bar + 1 bottle Rebbi Maca Cold Brew Coffee

**C GF HF V**

PER SERVING: CAL 340, FAT 16G (8G SAT. FAT), CHOL 0MG, SODIUM 390MG, CARB 39G (11G FIBER, 20G SUGARS), PRO 14G



▲ 1 Special K Caramel Pretzel Cashew Protein Bar + 1 apple + 1 tbsp. almond butter

**C H V**

PER SERVING: CAL 350, FAT 16G (3.5G SAT. FAT), CHOL 0MG, SODIUM 250MG, CARB 45G (6G FIBER, 29G SUGARS), PRO 12G



▲ 1 Oikos Pro Mixed Berry Greek Yogurt cup + ¼ cup Culinaría Oats & Honey Granola + ¼ cup blueberries + 1 tsp. Full Circle chia seeds

**C H HP V**

PER SERVING: CAL 300, FAT 7G (0G SAT. FAT), CHOL 20MG, SODIUM 115MG, CARB 34G (4G FIBER, 13G SUGARS), PRO 23G



▼ 1 package Kodiak Cakes Peanut Butter Crunchy Granola Bars + 1 Banana

**V**

PER SERVING: CAL 330, FAT 10G (1G SAT. FAT), CHOL 0MG, SODIUM 170MG, CARB 50G (5G FIBER, 25G SUGARS), PRO 11G



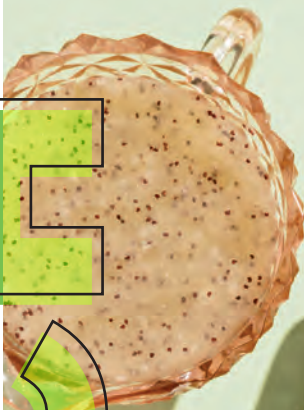
▲ 1 package Quaker Original Instant Oatmeal + ¼ cup dried fruit + 1 tbsp. chopped pecans + 1 tbsp. Schnucks Dark Chocolate Morsels + ½ tbsp. unsweetened cocoa powder

To serve: Stir in up to ¾ cup boiling water and let stand 1 minute.

**HF V**

PER SERVING: CAL 320, FAT 12G (4.5G SAT. FAT), CHOL 0MG, SODIUM 75MG, CARB 61G (15G FIBER, 19G SUGARS), PRO 6G

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▼ **400 CAL**  
**WINTER CITRUS SALAD**  
**SERVES 4 | PG. 28**

**C** **GF** **HF** **V**

Citrus fruits are bursting with nutrients like vitamin C and antioxidants that have been shown to help strengthen your immune system and fight off disease. Choosing whole fruits over juice gives you additional fiber to meet your healthy-eating goals.



**Keep your mind and body energized with these simple, satisfying lunch ideas.**

Support overall wellness by including nutrient-dense **walnuts** in your meals and snacks.

**440 CAL ▶**

**ZITI MARINARA WITH  
ROASTED VEGGIES**

**SERVES 1 | PG. 28**



Dress up your frozen pasta bowl by adding in a healthy serving of roasted mixed vegetables. Filling the bowl with broccoli and zucchini (or any veggies you have on hand) provides extra fiber and vitamins to keep you satisfied all afternoon.

### Smart Ones

Smart Ones Three Cheese Ziti Marinara is a perfectly-portioned and easy-to-prepare meal that satisfies those pasta cravings.



## HEALTHFUL HYDRATION

**5 GOOD-FOR-YOU DRINK OPTIONS**



### ◀ Tea Time

The benefits of drinking tea are numerous. Both caffeinated and herbal varieties contain powerful antioxidants shown to improve health and may reduce risks of chronic diseases.

### ▶ Cream of the Crop

If you're used to adding cream to your coffee, try swapping in unsweetened almond milk or skim milk for a lighter morning brew.



### ◀ Freshen Up

Those 8 glasses of water don't all have to taste the same! Try muddling fresh fruit and herbs into your cup or swapping still water for sparkling.



### ▶ Bubly Blueberry Pomegranate

Fizzy, flavorful and fun—this berry beverage is a smart way to quench your carbonated cravings.



### ◀ 420 CAL COLD-CUT BANH MI SERVES 4 | PG. 29



A twist on a traditional Banh Mi, this cold-cut sandwich is piled high with fresh fruits, vegetables and flavor. Sriracha sauce and jalapeño spice up this sandwich while keeping the calories in check.



### ◀ Vita Coco Pressed Pineapple Coconut Water

Recharge with coconut water! This nutritious beverage is a great way to restore hydration and replenish electrolytes.

PER SERVING: CAL 60, FAT 1G (1G SAT. FAT), CHOL 0MG, SODIUM 60MG, CARB 12G (0G FIBER, 10G SUGARS), PRO 0G



**450 CAL ►**  
**SPICY SOUP &**  
**SANDWICH COMBO**  
**SERVES 2 | PG. 29**

HF HP

Adding kale to this soup-and-sandwich combo elevates this meal to the next level. Kale is a powerhouse of nutrients boasting higher amounts of vitamin C than an orange as well as high amounts of antioxidants, vitamin A and vitamin K.

**Healthy  
Choice**

Made with fresh veggies, tender noodles and juicy white-meat chicken, **Healthy Choice Chicken Noodle Soup** is comfort food without the guilt.



**◀ 410 CAL**  
**MEDITERRANEAN**  
**SPAGHETTI SQUASH**  
**SERVES 4 | PG. 29**

GF H HF V

With spaghetti-like strands, this squash is a calorie-conscious choice to use in place of pasta noodles. Tossed with chickpeas and Greek-inspired veggies—this dish makes for a fiber-packed lunch that provides long-lasting energy.

**400 CAL ►**  
**MEATLESS GYRO WRAP**  
**SERVES 4 | PG. 30**

HF HP V

Go meat-free with a vegetarian meatball wrap. Enjoy a high-protein, high-fiber lunch with limited fat and no cholesterol—just a few of the benefits of choosing plant-based proteins.



## wellness tip #3

# PREP FOR SUCCESS

## Not Leftovers, Next-Overs

Prepare big batches to get you through the week, but keep ingredients separate until serving for the freshest-tasting meal. For example—rather than making four gyro wraps (below) at once, chop all the veggies and make the sauce, but wait to assemble until right before lunchtime.

## Things are Getting Steamy

Our *Ready, Chef, Go!* steamable meals are packed with freshly prepared vegetables and proteins that cook right in the bag. Just heat and serve for a quick, balanced meal without the cleanup.

## Take Shortcuts

Cut out the prep work with *Schnucks Shortcuts*—delicious fruits and vegetables chopped fresh in store daily.

440 CAL ▶

CHOCOLATE CHILE  
PROTEIN BOWL

SERVES 2 | PG. 30

H HF HP

In three simple steps, you can have a power-packed meal, complete with over 30 grams of protein. Just blend, pour and add nutritious toppings for an easy weekday lunch.



Keep your body going strong by eating low-fat dairy like **Greek Yogurt** for high-quality protein, calcium and Vitamin D.



**Flatout Light Flatbreads** have the whole grains, fiber and protein you want for less than 100 calories.



Bolthouse Farms uses yogurt and crumbled blue cheese to craft a deliciously rich and creamy dressing with only 35 calories per serving.

◀ **440 CAL**

**BUFFALO BLUE CHEESE  
TURKEY BURGERS**

**SERVES 4 | PG. 30**



Schnucks garden turkey burgers are crafted with fresh ground turkey and a variety of vegetables. Not to mention they are full of beneficial nutrients like vitamin C, iron and phosphorus. Topping with fresh veggies and a whole wheat bun provides a well-balanced meal.

#### wellness tip #4

## STRESS LESS

### Make Time for Meditation

As the hustle-and-bustle of daily life increases, so does the need for a little R & R. Clear your mind and focus on the moment to create a sense of calm and inner harmony.

### Get Outside

Research says just five minutes meandering in nature is a great pick-me-up.

### Spread Kindness

Expressing your gratitude for someone makes their day a little brighter, but also can do wonders for increasing your own levels of happiness in the long run.



**Verde Farms Ground Beef** is 100% grass-fed and pasture-raised; simple and delicious for you and the planet.

## MIDDAY FUEL

SNACKS WITH 150 CALORIES OR LESS

► 1 GoGo squeeZ  
applesauce pouch  
+ 12 Schnucks  
natural almonds

GF H HF V

PER SERVING:  
CAL 150, FAT 7G (0.5G  
SAT. FAT), CHOL 0MG,  
SODIUM 0MG, CARB  
19G (4.5G FIBER, 13.5G  
SUGARS), PRO 3G



◀ 1 package  
Bobo's Chocolate  
Chip Oat Bites

GF V

PER SERVING:  
CAL 150, FAT 6G  
(4G SAT. FAT),  
CHOL 0MG,  
SODIUM 70MG,  
CARB 23G (2G FIBER,  
7G SUGARS), PRO 2G



► ¼ cup Schnucks  
Fruit & Nut Trail Mix

GF V

PER SERVING:  
CAL 150, FAT 9G (3G SAT.  
FAT), CHOL 0MG, SODIUM  
0MG, CARB 16G (2G FIBER,  
10G SUGARS), PRO 3G



◀ 1 cup grapes +  
1 Schnucks Colby-  
Jack cheese stick

GF V

PER SERVING: CAL  
140, FAT 9G (4G SAT.  
FAT), CHOL 20MG,  
SODIUM 130MG, CARB  
17G (0.5G FIBER, 15G  
SUGARS), PRO 6G



▲ 430 CAL  
HAWAIIAN POKÉ BOWL  
SERVES 4 | PG. 31

C H HP

Look no further for a well-rounded meal fit into one bowl. Including healthy fats, whole grains, fresh fruits and vegetables, this poké bowl is perfectly portioned for a delicious lunch. Save time by preparing in advance to make healthy eating even easier.

◀ 420 CAL  
TACO LETTUCE WRAPS  
SERVES 4 | PG. 30

C GF HP

Substitute butter lettuce for tortillas on the next taco Tuesday for a lighter lunch. This carb-smart meal comes filled with grass-fed ground beef, black beans and a variety of fresh veggies for the perfect balance of healthy flavors.



► 12 From the  
Ground Up Sea Salt  
Cauliflower Stalks +  
1 oz. Tillamook Zero  
Sugar Beef Jerky

C GF HP K

PER SERVING: CAL  
140, FAT 4.5G (0.5G  
SAT. FAT), CHOL 30MG,  
SODIUM 590MG, CARB  
9G (0.5G FIBER, 0.5G  
SUGARS), PRO 15G



# DINNER

These hearty, healthy meals are packed with the flavors you crave and the nutrients you need to finish your day strong.

**NATURAL DELIGHTS**  
RAISED ON SUNSHINE™

**Natural Delights Medjool Dates** provide everyday energy from healthy nutrients like potassium and fiber to fuel your next adventure.



▲ 510 CAL

PICADILLO STUFFED SWEET POTATO

SERVES 4 | PG. 31

GF HF HP

Make the swap to sweet potatoes to give your dinner a nutrition boost. Compared to white potatoes, sweet potatoes contain fewer calories and provide a significantly higher amount of vitamin A along with higher amounts of Vitamin C, fiber and calcium.



All-natural **Hatfield Pork Tenderloin** is wholesomely produced and boldly flavored for easy mealtime solutions.

◀ **500 CAL**  
**SOUTHWEST PORK  
& GRAPE SALAD**  
**SERVES 4 | PG. 31**

**C** **GF** **HF** **HP**

Packed with protein and B vitamins, the pork tenderloin is one of the leanest cuts of pork. Serve it atop a bed of fresh spinach with sliced grapes and avocado to create an easy and well-balanced weeknight dinner.

#### wellness tip #5

## TAKE A HOLISTIC APPROACH

### Know Your Purpose

With meaning comes true happiness, and with that comes up to seven extra years of life expectancy.

### Maintain Genuine Relationships

Social connection is a key factor for emotional well-being. Those who keep strong relationships are often the happiest people.

### Relax and Unwind

Take a warm bath or shower to calm your mind and body as part of your evening ritual. Include bath bombs, salts or soaps with essential oils such as lavender, vanilla, jasmine or rose to increase relaxation and promote sleep.

**540 CAL ▶**

**KALE PESTO PASTA**  
**SERVES 6 | PG. 31**

**HF** **HP** **V**

This plant-forward meal is loaded with green veggies and whole grain noodles to fill you up. With 12 grams of fiber per serving, this pasta dish will help meet your daily fiber goals.

Aim for 25 grams a day for women and 38 grams for men.



# AFTERNOON DELIGHTS

SNACKS WITH 150 CALORIES OR LESS

► 1 Prairie Farms Low-Fat Cottage Cheese Cup +  
½ cup blackberries +  
½ tsp. honey

GF HF HP V

PER SERVING:  
CAL 150, FAT 3.5G (2G SAT. FAT), CHOL 15MG, SODIUM 600MG, CARB 17G (4G FIBER, 12G SUGARS), PRO 15G



◀ 24 Schnucks Original Veggie Straws + 1 cup diced cantaloupe

GF H V

PER SERVING:  
CAL 150, FAT 5G (1G SAT. FAT), CHOL 0MG, SODIUM 190MG, CARB 26G (2G FIBER, 13G SUGARS), PRO 2G



► 4 Crav'n Woven Wheat Crackers +  
2 tbsp. part-skim ricotta +  
2 halved grape tomatoes + fresh basil + black pepper

H HF V

PER SERVING:  
CAL 130, FAT 5G (2G SAT. FAT), CHOL 10MG, SODIUM 140MG, CARB 16G (2G FIBER, 0.5G SUGARS), PRO 5G



◀ 1 Skinny Pop 100 Calorie Pack + 1 cup Schnucks Strawberry Shortcuts

GF H HF V

PER SERVING:  
CAL 150, FAT 7G (0.5G SAT. FAT), CHOL 0MG, SODIUM 50MG, CARB 22G (5G FIBER, 7G SUGARS), PRO 2G



► ½ cup Black Bean Hummus + ½ sliced bell pepper + ½ cup sliced cucumber + ½ cup carrot chips

GF HF V

PER SERVING:  
CAL 130, FAT 4.5G (0G SAT. FAT), CHOL 0MG, SODIUM 340MG, CARB 21G (7G FIBER, 7G SUGARS), PRO 5G



550 CAL ▼

LIGHTER BEEF BURGUNDY

SERVES 4 | PG. 32

C GF HP K

A lighter version of beef stew, this hearty, slow-cooked meal is full of flavor. Serving mashed cauliflower on the side provides half the calories of regular mashed potatoes and is another great way to lighten up this meal without sacrificing taste.



**520 CAL ▶****PEANUT FRIED RICE  
WITH QUICK-PICKLED  
VEGGIES****SERVES 4 | PG. 32****GF HF HP V**

Using brown rice as a base is a great way to get added fiber and keep you full longer. Top with quick-pickled vegetables to brighten the dish and add fiber, vitamins and minerals for a healthy meal.



Salmon is an excellent source of omega-3 fatty acids to give your heart a health boost.

**▼ 520 CAL****CAJUN SALMON WITH  
STRAWBERRY PICO****SERVES 4 | PG. 32****C GF HF HP**

Not all fats are created equal! This dish is loaded with healthy omega-3 fats from the salmon and avocado. These healthy fats provide a feeling of fullness and have been shown to support a healthy heart.



▼ **520 CAL**

STEAKHOUSE DINNER WITH  
BLUE CHEESE POLENTA

SERVES 4 | PG. 32

GF HP

Including lean beef like flank steak is a simple way to add beneficial nutrients to your diet. Not only is it packed with protein, but it's also full of immune-boosting minerals like iron and zinc.



► **530 CAL**

CHICKEN & TOMATO MARSALA

SERVES 4 | PG. 33

C GF HP K

Traditionally served with potatoes or pasta, this dish uses spiralized zucchini for a calorie- and carb-smart alternative. Adding cherry tomatoes helps round out the dish for a boost in flavor and antioxidants.



## ◀ 500 CAL

## TURKEY CHILI VERDE

SERVES 4 | PG. 33

GF HF HP

Soups and chilis are an easy way to get added veggies into your meals that even the pickiest eaters will enjoy. The combination of peppers, zucchini, lean turkey and beans pack this soup with fiber and protein to keep you full all evening.



Mango.org

Bursting with 20 vitamins and minerals, **mangoes** are a delicious tropical snack that you can feel good about!

## 510 CAL ▲

## SHEET PAN CHICKEN &amp; MANGO FAJITAS

SERVES 4 | PG. 33

HF HP

Adding mango to this one-pan dinner creates a nutritious, well-balanced meal. Not only does it include each food group, but it comes wrapped in an easy-to-eat taco with minimal cleanup.

## wellness tip #6

## REST EASY

## Consistency is Key

Stick to a sleep schedule with a consistent bedtime and wake-up time. This makes for better quality sleep and helps you feel well-rested and rejuvenated in the morning. Aim for six to eight hours of sleep per night.

## Make Time for Downtime

Our bodies and minds like routine and it helps separate the day from the night. Plan for 30-60 minutes of pre-sleep time every evening.

## Establish a Sleep Sanctuary

Create an optimal environment for sleep in your bedroom: dark, quiet and cool. To break the silence or drown out unwanted noise, use a fan or white noise machine. Limit screen time before bed and try charging your phone outside your bedroom.

## Be Mindful of Meals

Limit eating too close to bedtime and avoid caffeine, nicotine and alcohol. Opt instead for calming beverages like herbal tea and foods high in melatonin such as tart cherries, walnuts and olives.

For more information on getting a good night's sleep, visit [Schnucks.com/sleep](https://www.schnucks.com/sleep).

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*baby*  
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DELIVERY**



# ON THE MENU

When it comes to healthy eating, one of the biggest hurdles is getting started—so we've done the work for you! Simply choose what sounds best to create your own custom meal plan. Start with one breakfast, one lunch and one dinner, then pair with two snacks (pg. 17 & pg. 20) for a full day of nutritious noshing.

KEY: ● Carb Smart ● Gluten Free ● Heart Smart ● High Fiber ● High Protein ● Keto Friendly ● Vegetarian



## MEXICAN-STYLE CAULIFLOWER WAFFLE P.6

SERVES: 4 (single serving pictured)  
ACTIVE: 30 MIN - TOTAL: 40 MIN

- 1 10-oz. bag frozen riced cauliflower, thawed
- 4 large eggs
- ¼ cup Bob's Red Mill Almond Flour
- 1 tsp. baking powder
- 1 tsp. McCormick Garlic and Onion, Black Pepper and Sea Salt All Purpose Seasoning
- ½ cup Schnucks shredded sharp Cheddar cheese, divided
- 1 cup Schnucks plain Greek yogurt
- 1 avocado, sliced
- ¼ cup Schnucks fresh pico de gallo
- 2 radishes, thinly sliced
- 1 jalapeño pepper, thinly sliced
- Fresh cilantro, for garnish

1. In a large bowl whisk together first five ingredients. Fold in ¼ cup cheese.
2. Heat a waffle maker to medium heat and coat with cooking spray. Spread ½ cup batter onto bottom of the waffle maker. Cook 4–6 minutes or until waffle is browned and cooked through. Remove and repeat with remaining batter, coating with cooking spray between each waffle.
3. Top waffles with remaining ingredients.

PER SERVING: CAL 310, FAT 21G (6G SAT. FAT), CHOL 200MG, SODIUM 400MG, CARB 13G (6G FIBER, 6G SUGARS), PRO 19G



## FRUIT & FARRO P.7

SERVES: 4 (single serving pictured)  
ACTIVE: 10 MIN - TOTAL: 25 MIN

- 1 cup Bob's Red Mill Farro, rinsed
- 2 tbsp. maple syrup, divided
- ½ tsp. cinnamon
- ½ tsp. salt, divided
- ⅛ tsp. ground cardamom
- 1 tbsp. Schnucks unsalted butter
- 1 tbsp. vanilla extract
- 2 small pears, cored and sliced
- 1 tsp. lemon juice
- ¼ cup chopped toasted pecans

1. Place farro in a large saucepan and add 3 cups water. Bring to a boil, reduce heat to medium-low and simmer for 10 minutes or until tender. Drain excess liquid. Stir in 1 tablespoon syrup, cinnamon, ¼ teaspoon salt and cardamom.
2. Meanwhile, in a medium saucepan, heat butter over medium-high heat 2–3 minutes or until it begins to brown. Stir in vanilla and reduce heat to medium. Add pears, remaining syrup and remaining salt and cook 2–3 more minutes. Stir in lemon juice.
3. Divide farro among four bowls and evenly top with pear mixture and pecans.

PER SERVING: CAL 350, FAT 9G (2G SAT. FAT), CHOL 10MG, SODIUM 290MG, CARB 57G (10G FIBER, 14G SUGARS), PRO 8G



## BLUEBERRY CHIA PUDDING PARFAITS P.7

SERVES: 4 (single serving pictured)  
ACTIVE: 15 MIN - TOTAL: 2 HR 15 MIN

- 1 cup Schnucks plain Greek yogurt
- ¾ cup Full Circle canned unsweetened coconut milk
- 1 tbsp. Culinaria maple syrup
- ½ tsp. vanilla extract
- 3 tbsp. Full Circle chia seeds
- 1½ cups blueberries
- 1 tbsp. lemon juice
- 2 tsp. sugar
- 2 packages BelVita Blueberry Biscuits (8 biscuits total)
- 4 tsp. unsweetened shredded coconut, toasted

1. In medium bowl stir together first five ingredients. Cover with foil and refrigerate at least 2 hours or overnight.
2. Combine blueberries, 2 tablespoons water, lemon juice and sugar in a large microwave-safe bowl. Cover and microwave on high power for 90 seconds. Stir, cover and microwave on high power 30 more seconds or until blueberries burst. Cool completely.
3. Coarsely crush half of the biscuits. Evenly divide crushed biscuits, blueberry mixture and chia pudding among four parfait dishes or glasses. Top each parfait with one whole biscuit and shredded coconut.

PER SERVING: CAL 350, FAT 17G (9G SAT. FAT), CHOL 0MG, SODIUM 140MG, CARB 39G (8G FIBER, 20G SUGARS), PRO 11G



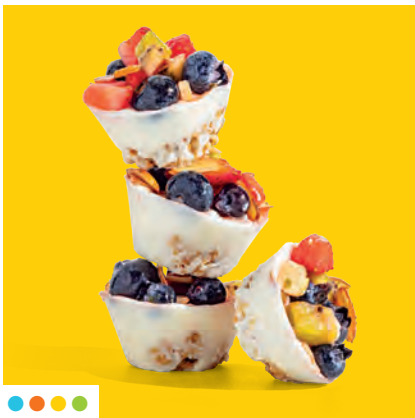
## MEATLESS HOT CHICKEN & WAFFLE SLIDERS P.8

**SERVES:** 2 (single serving pictured)  
**ACTIVE:** 20 MIN - **TOTAL:** 40 MIN

- 6 MorningStar Farms Incogmeato Plant-Based Chik'n Nuggets
- 3 Kashi 7 Grain Frozen Waffles
- 2 tsp. hot sauce
- 2 cups chopped melon

1. Prepare nuggets and waffles according to package directions. Quarter waffles.
2. Toss nuggets in hot sauce and sandwich each between two waffle quarters.
3. Serve with melon on the side.

PER SERVING: CAL 300, FAT 9G (1G SAT. FAT), CHOL 0MG, SODIUM 520MG, CARB 48G (11G FIBER, 18G SUGARS), PRO 13G



## HONEY LIME FROYO BITES P.8

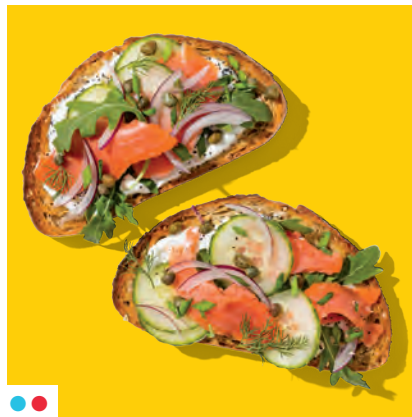
**SERVES:** 6 (single serving pictured)  
**ACTIVE:** 20 MIN - **TOTAL:** 2 HR 25 MIN

- 2 cups Kashi GO Honey Almond Flax Crunch, coarsely crushed to 1½ cups
- 1½ cups plain whole milk Greek yogurt
- 3 tbsp. Full Circle honey, divided
- 1 tbsp. lime juice
- ½ tsp. lime zest
- 3 cups blueberries, raspberries, halved blackberries, clementine sections, chopped kiwi, and/or chopped strawberries

- ¼ cup Full Circle chia seeds
- ¼ cup sliced almonds

1. Prepare a 24 cup mini muffin tin with cooking spray (or line with mini muffin wrappers). Toss crushed cereal with 1 tablespoon honey and divide among muffin cups (1 tablespoon of mixture each).
2. In a medium bowl combine Greek yogurt and 1 tablespoon honey. Divide mixture among muffin cups.
3. In a large bowl combine remaining honey, lime juice and lime zest. Add fruit, chia seeds and almonds and toss gently to coat. Divide mixture among muffin cups.
4. Freeze 2–4 hours before serving.

PER SERVING: CAL 300, FAT 10G (2.5G SAT. FAT), CHOL 10MG, SODIUM 85MG, CARB 44G (9G FIBER, 24G SUGARS), PRO 13G



## CHIA RYE LOX TOAST P.9

**SERVES:** 2 (single serving pictured)  
**ACTIVE:** 10 MIN - **TOTAL:** 10 MIN

- 4 slices Izzio Chia Cracked Rye bread
- ½ cup Green Mountain Farms Whipped Onion & Chive Greek Cream Cheese
- ½ tsp. The Spice Hunter Everything Bagel Crunch seasoning
- 2 oz. Culinaria Smoked Sockeye Salmon, thinly sliced
- ½ cup arugula
- ½ cup thinly sliced English cucumber
- ½ cup slivered red onion
- 1 tbsp. chopped fresh dill
- 2 tsp. Reese Non Pareil Capers
- Sliced chives, if desired

Toast bread. In a small bowl combine cream cheese and seasoning. Spread mixture over one side of each slice of

toasted bread. Top bread slices with remaining ingredients.

PER SERVING: CAL 320, FAT 8G (4G SAT. FAT), CHOL 35MG, SODIUM 890MG, CARB 35G (7G FIBER, 8G SUGARS), PRO 19G



## SALAD FOR BREAKFAST P.9

**SERVES:** 2 (single serving pictured)  
**ACTIVE:** 10 MIN - **TOTAL:** 25 MIN

- 2 tbsp. Schnucks olive oil, divided
- 1 small onion, sliced
- 8 oz. fresh mushrooms, sliced
- 1 tsp. minced garlic
- 1½ tsp. chopped fresh thyme leaves (or ½ tsp. dried thyme)
- 2 tbsp. white wine vinegar
- 1 tbsp. lemon juice
- 8 cups bitter mixed salad greens, such as arugula, baby kale and/or frisée
- ½ of a small avocado, sliced
- 2 soft- or hard-boiled eggs, peeled and halved
- 2 tbsp. grated Parmesan cheese

1. Heat 1 tablespoon oil in a large skillet over medium heat. Add onion and cook 3–5 minutes or until softened, stirring occasionally. Add mushrooms and cook an additional 5–7 minutes or until mushrooms are just tender. Add garlic and thyme; stir about 30 seconds or until fragrant. Stir in remaining oil, vinegar and lemon juice and continue cooking for 1 minute more. Remove from heat and cool slightly. Season with salt and pepper, if desired.
2. Arrange greens on serving plates. Top with mushroom mixture, avocado, eggs, cheese and more black pepper, if desired.

PER SERVING: CAL 340, FAT 26G (5G SAT. FAT), CHOL 190MG, SODIUM 200MG, CARB 17G (6G FIBER, 7G SUGARS), PRO 15G

# BOIL EGGS LIKE A BOSS

VISIT [SCHNUCKS.COM/EGGS](https://www.schnucks.com/eggs) FOR ALL THE WAYS TO BOIL, FRY, SCRAMBLE AND POACH THIS PROTEIN POWERHOUSE.



## SWEET POTATO PIE SMOOTHIE P.10

**SERVES:** 2 (single serving pictured)  
**ACTIVE:** 5 MIN - **TOTAL:** 5 MIN

- 1 10-oz. package frozen sweet potato cubes
- 1½ cups Full Circle Unsweetened Vanilla Almond Milk
- ½ cup Schnucks plain Greek yogurt
- 1 tbsp. almond butter
- 1 tsp. vanilla extract
- 1 tsp. pumpkin pie spice
- 1¼ cups Honey Bunches of Oats cereal, divided

1. In a blender combine first six ingredients and blend until smooth. Add 1 cup of cereal and continue to blend just until incorporated.  
2. Divide between glasses and evenly sprinkle with remaining cereal.

PER SERVING: CAL 350, FAT 8G (0.5G SAT. FAT), CHOL 0MG, SODIUM 280MG, CARB 59G (5G FIBER, 9G SUGARS), PRO 12G



## CAPRESE BREAKFAST SANDWICH P.10

**SERVES:** 4 (single serving pictured)  
**ACTIVE:** 15 MIN - **TOTAL:** 20 MIN

- 4 oz. fresh mozzarella, thinly sliced
- 4 large eggs, poached or fried
- 1 large ripe tomato, thinly sliced

Fresh basil leaves

- 4 Thomas' whole-wheat English muffins, split and toasted
- 2 tbsp. balsamic vinegar
- 1 tbsp. Schnucks olive oil

To make sandwiches, evenly divide mozzarella slices, eggs, tomato and basil among toasted English muffins. Drizzle with vinegar and oil; season with salt and pepper, if desired.

PER SERVING: CAL 310, FAT 14G (7G SAT. FAT), CHOL 200MG, SODIUM 350MG, CARB 27G (4G FIBER, 3G SUGARS), PRO 17G



## ONE-PAN BAKED EGGS & GREENS P.11

**SERVES:** 4 (single serving pictured)  
**ACTIVE:** 30 MIN - **TOTAL:** 1 HR 10 MIN

- 5 slices Dave's Killer Bread 21 Whole Grains and Seeds, torn into 1-inch pieces
- 1 tbsp. Schnucks olive oil
- 4 slices Oscar Mayer Selects Smoked Uncured Turkey Bacon, chopped
- 2 shallots, sliced
- 1 jalapeño pepper, finely chopped
- 4 garlic cloves, thinly sliced
- 2 10-oz. packages frozen chopped spinach, thawed and drained
- ½ cup Schnucks plain Greek yogurt
- ½ cup Schnucks skim milk
- ¼ cup shredded Parmesan cheese
- 2 tbsp. chopped fresh cilantro
- 4 large eggs

1. Preheat oven to 400 degrees. In a large ovenproof skillet or baking dish, toss bread and oil together. Bake 10 minutes or until bread is golden brown and crisp. Remove from oven and set aside. Reduce oven temperature to 325 degrees.  
2. In a large skillet cook bacon over medium heat until just crisp, about 8 minutes. Add shallots, jalapeño and garlic and cook 2–3 minutes or until shallots are softened. Add spinach and stir to coat. Remove from heat and mix in yogurt, milk, cheese and cilantro.

3. Add spinach mixture to skillet with bread. Using a spoon, press 4 divots into mixture and crack an egg into each one.  
4. Bake mixture, rotating pan halfway through, 20–25 minutes or until egg whites are just set and yolks are slightly runny. Let stand 10 minutes before serving.

PER SERVING: CAL 310, FAT 15G (3.5G SAT. FAT), CHOL 210MG, SODIUM 600MG, CARB 29G (8G FIBER, 8G SUGARS), PRO 23G



## WINTER CITRUS SALAD P.12

**SERVES:** 4 (single serving pictured)  
**ACTIVE:** 10 MIN - **TOTAL:** 10 MIN

- 6 cups arugula
- 2½ lbs. various citrus, peeled and sliced
- ¾ cup toasted walnuts
- ¾ cup crumbled feta cheese
- 2 tbsp. chia seeds
- ½ cup Panera Poppyseed Dressing

Arrange first five ingredients on a large platter (or toss together in a large bowl). Divide among four bowls and drizzle each with 2 tablespoons dressing.

PER SERVING: CAL 400, FAT 24G (5G SAT. FAT), CHOL 25MG, SODIUM 430MG, CARB 41G (9G FIBER, 22G SUGARS), PRO 11G



## ZITI MARINARA WITH ROASTED VEGGIES P.13

**SERVES:** 1 (single serving pictured)  
**ACTIVE:** 10 MIN - **TOTAL:** 20 MIN

- ½ cup chopped broccoli florets
- ½ cup zucchini, cut into ½-inch chunks
- ½ cup halved cherry tomatoes
- ¼ cup thinly sliced red onion
- 2 tsp. Schnucks olive oil
- 1 Smart Ones Three Cheese Ziti Marinara
- 2 tsp. sliced fresh basil
- 1 tsp. grated Parmesan cheese

1. Preheat oven to 450 degrees. Arrange vegetables on a prepared sheet pan. Toss with oil and season with salt and pepper, if desired. Roast 8–10 minutes or until vegetable edges are browned and centers are tender, stirring once halfway through.
2. Prepare ziti according to package directions; toss with roasted vegetables and sprinkle with basil and Parmesan.

PER SERVING: CAL 440, FAT 18G (5G SAT. FAT), CHOL 15MG, SODIUM 650MG, CARB 56G (6G FIBER, 11G SUGARS), PRO 16G



### COLD-CUT BANH MI P.13

SERVES: 4 (single serving pictured)  
ACTIVE: 15 MIN - TOTAL: 30 MIN

- 3 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tbsp. reduced sodium soy sauce
- 1 large pear, cut into matchsticks
- 2 carrots, cut into matchsticks
- 2 radishes, thinly sliced
- 1 jalapeño pepper, thinly sliced
- ½ cup Schnucks Plain Greek Yogurt
- 1 tbsp. sriracha
- 4 Cheesecake Factory Brown Bread Wheat Rolls, split crosswise
- 1 large avocado, sliced
- ½ medium cucumber, thinly sliced
- ½ medium red onion, thinly sliced
- 3 oz. sliced reduced-sodium deli ham
- 3 oz. sliced reduced-sodium deli turkey
- ¼ cup fresh cilantro leaves
- 4 oranges, cut into wedges

1. In a large microwave-safe bowl combine vinegar, honey and soy sauce. Microwave on high 30–60 seconds or until warm. Add the pear, carrots, radishes and jalapeño; stir to combine. Let stand 15–30 minutes.

2. Combine yogurt and sriracha. Spread over cut sides of rolls. Top with avocado, cucumber and onion, then ham and turkey. Top with pear mixture and sprinkle with cilantro. Close sandwiches and serve each with equal portions of orange wedges.

PER SERVING: CAL 420, FAT 13G (2G SAT. FAT), CHOL 20MG, SODIUM 620MG, CARB 64G (13G FIBER, 31G SUGARS), PRO 18G



### SPICY SOUP & SANDWICH COMBO P.14

SERVES: 2 (single serving pictured)  
ACTIVE: 20 MIN - TOTAL: 40 MIN

- 4 tsp. Schnucks olive oil, divided
- ½ medium onion, chopped
- 1 small leek, cleaned and thinly sliced
- 1 tsp. minced garlic
- ¼ tsp. crushed red pepper flakes
- 1 bunch kale, leaves removed from stems and torn into medium pieces
- 1 15-oz. can Healthy Choice Chicken Noodle Soup
- ½ cup canned no-salt-added cannellini beans, rinsed and drained
- 4 slices Pepperidge Farm 7 Grain Light Style Bread
- 2 slices Sargento reduced-fat Swiss cheese
- ½ medium jalapeño pepper, thinly sliced and divided
- Fresh parsley sprigs, if desired

1. In a large pot heat 2 teaspoons oil over medium-high heat. Add onion, leek, garlic and red pepper flakes. Cook 6–8 minutes or until onion is tender, stirring often.
2. Add kale. Reduce heat to medium and continue to cook, stirring frequently, about 5 minutes or until kale is wilted. Season with salt and black pepper, if desired. Remove half of kale; set aside.
3. Stir soup and beans into pot. Cover and simmer until ready to serve.
4. Make sandwiches by layering reserved wilted kale leaves over half of the bread slices. Top with cheese and a few jalapeño slices then remaining bread slices. Brush both sides of each sandwich with remaining oil.

5. Heat a large nonstick skillet over medium heat. Place sandwiches in skillet and cook 8–10 minutes or until bread is golden brown and cheese is melted, pressing flat with a spatula occasionally and turning once halfway through.
6. Garnish soup with sliced jalapeño and parsley sprigs; serve with sandwiches.

PER SERVING: CAL 450, FAT 18G (4G SAT. FAT), CHOL 35MG, SODIUM 750MG, CARB 56G (13G FIBER, 8G SUGARS), PRO 27G



### MEDITERRANEAN SPAGHETTI SQUASH P.14

SERVES: 4 (single serving pictured)  
ACTIVE: 20 MIN - TOTAL: 40 MIN

- 1 3-lb. spaghetti squash
- 1 tbsp. olive oil
- 1 cup thinly sliced red onion
- 2 tsp. minced garlic
- 1 15-oz. can no-salt-added chickpeas, rinsed and drained
- 1½ cup cherry tomatoes, halved
- 2 tsp. chopped fresh thyme
- 4 cups baby spinach, torn
- 16 pitted kalamata olives
- ¼ cup marinated artichoke hearts
- ¼ cup toasted pine nuts
- Fresh lemon wedges

1. Cut squash in half lengthwise. Scrape out seeds and membranes and discard.
2. Place one spaghetti squash half, cut-side down, into a microwave safe dish. Add ½ cup water, cover and microwave on high 10–12 minutes or until squash is tender. Let stand, covered, to cool slightly. Repeat with remaining squash half.
3. Scrape inside of both squash halves with a fork to remove spaghetti-like strands (about 4 cups).
4. In a large skillet, heat oil over medium-high heat. Add onion and garlic and cook 4–5 minutes or until softened, stirring occasionally. Add chickpeas, tomatoes and thyme; cook and stir 2–3 minutes or until tomatoes begin to soften. Add spaghetti squash, spinach, olives and artichoke hearts and toss gently to combine. Cook 2–3 minutes or until spinach is just wilted.

5. Top with pine nuts and serve with lemon wedges.

PER SERVING: CAL 410, FAT 19G (2G SAT. FAT), CHOL 0MG, SODIUM 390MG, CARB 52G (13G FIBER, 13G SUGARS), PRO 11G



## MEATLESS GYRO WRAP P.15

**SERVES: 4 (single serving pictured)**  
**ACTIVE: 20 MIN - TOTAL: 20 MIN**

- 1 cup Schnucks Plain Greek Yogurt
- ½ cup grated English cucumber
- 1 tbsp. lemon juice
- 1 tsp. minced garlic
- 4 Flatout Lite Original Wraps
- ¾ cup shredded red cabbage
- 1 large tomato, thinly sliced
- ¼ medium red onion, thinly sliced
- 1 12.7-oz. package Frozen Gardein Classic Plant-Based Meatballs, prepared according to package
- ¼ cup crumbled feta cheese
- ¼ cup parsley leaves
- 4 kiwifruit

1. In a small bowl combine first 4 ingredients. Season with salt and pepper, if desired.  
2. Arrange wraps on a flat surface. Top each with equal portions cabbage, tomato onion and meatballs. Drizzle with yogurt mixture and top with feta and parsley. Wrap and serve with kiwifruit on the side.

PER SERVING: CAL 400, FAT 11G (2G SAT. FAT), CHOL 15MG, SODIUM 780MG, CARB 52G (16G FIBER, 15G SUGARS), PRO 36G



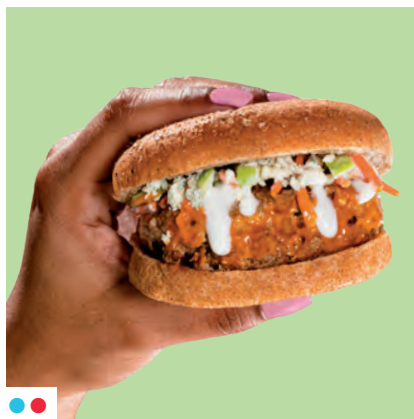
## CHOCOLATE CHILE PROTEIN BOWL P.15

**SERVES: 2 (single serving pictured)**  
**ACTIVE: 15 MIN - TOTAL: 15 MIN**

- 2 cups ice cubes
- 1 cup Schnucks Plain Greek Yogurt
- 2 bananas, divided
- ½ cup Almond Breeze Unsweetened Chocolate Almond Milk
- 4 scoops Nature's Truth Vitamins Ultra Unflavored Collagen Powder
- 2 tbsp. unsweetened cocoa powder
- 2 tbsp. Full Circle Organic Creamy Almond Butter
- ½ tsp. cayenne powder
- 2 tbsp. Culinaria Oats and Honey Granola
- 2 tbsp. sliced almonds
- 1 tbsp. chia seeds

1. In a blender combine ice, yogurt, one banana, almond milk, collagen powder, cocoa powder, almond butter and cayenne powder. Blend until smooth.  
2. Divide shake between two shallow bowls. Slice remaining banana. Top bowls with sliced banana, granola, almonds, chia seeds and more cayenne, if desired.

PER SERVING: CAL 440, FAT 17G (2G SAT. FAT), CHOL 5MG, SODIUM 135MG, CARB 48G (10G FIBER, 23G SUGARS), PRO 31G



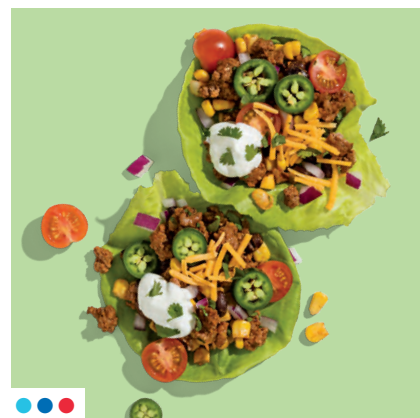
## BUFFALO BLUE CHEESE TURKEY BURGERS P.16

**SERVES: 4 (single serving pictured)**  
**ACTIVE: 20 MIN - TOTAL: 30 MIN**

- 1 small green apple, cored and julienned
- ⅓ cup julienned carrots
- 2 small celery stalks, sliced
- 3 tbsp. Bolthouse Farms Blue Cheese Dressing, divided
- 1 tbsp. white wine vinegar
- 4 Schnucks Garden Turkey Burgers
- 2 tbsp. Schnucks Mild Buffalo Wing Sauce
- 4 Pepperidge Farm Whole Wheat Hamburger Buns, split and toasted
- 1 tbsp. crumbled blue cheese

1. In a medium bowl combine apple, carrots and celery. Toss with 1 tablespoon dressing and vinegar. Season with black pepper, if desired. Set aside.  
2. Meanwhile, coat a large skillet with cooking spray and heat over medium-high heat. Reduce heat to medium and add burgers. Cook burgers 8–12 minutes, turning once halfway through or until internal temperature reaches 165 degrees.  
3. To assemble, toss burgers in hot sauce and place onto bottom buns. Evenly top with apple slaw mixture, crumbled blue cheese, remaining dressing and top buns.

PER SERVING: CAL 440, FAT 15G (4G SAT. FAT), CHOL 100MG, SODIUM 750MG, CARB 41G (4G FIBER, 8G SUGARS), PRO 33G



## TACO LETTUCE WRAPS P.16

**SERVES: 4 (single serving pictured)**  
**ACTIVE: 15 MIN - TOTAL: 25 MIN**

- 1 lb. Verde Farms 85/15 Ground Beef
- 1 4-oz. can diced green chiles
- 1 1.25-oz. packet Ortega 40% less sodium taco seasoning
- 1 cup canned no-salt-added corn kernels, drained
- 1 cup canned no-salt-added organic black beans, rinsed and drained
- 2 tbsp. chopped fresh cilantro
- 8 butter lettuce leaves
- ½ cup Schnucks Plain Greek Yogurt
- ½ cup halved cherry tomatoes
- ¼ cup shredded Cheddar cheese
- ¼ cup chopped red onion
- 1 jalapeño, sliced

1. Brown ground beef in a large skillet over medium heat; drain excess fat. Stir in green chiles, seasoning and 1 tablespoon water. Bring to a boil; cook and stir 1–2 minutes or until water is evaporated. Stir in corn, beans and cilantro and cook until warmed through, 1–2 more minutes.  
2. To serve, place two lettuce leaves on a plate and top with equal portions of beef mixture, yogurt, tomatoes, cheese, onion and sliced jalapeño.

PER SERVING: CAL 420, FAT 20 (8G SAT. FAT), CHOL 85MG, SODIUM 600MG, CARB 28G (4G FIBER, 6G SUGARS), PRO 31G



## HAWAIIAN POKÉ BOWL P.17

**SERVES:** 4 (single serving pictured)

**ACTIVE:** 20 MIN - **TOTAL:** 20 MIN

- 2 cups fresh mixed salad greens
- 1 cup cooked whole grain brown rice
- 10 oz. sushi grade salmon or tuna, cut into ½-inch cubes
- ½ medium cucumber, thinly sliced
- 1 cup shelled edamame
- 1 cup pineapple tidbits
- 1 small avocado, sliced
- ¼ cup pickled ginger slices
- ⅓ cup Full Circle Organic Asian Sesame Ginger Dressing
- 1 tbsp. Sriracha
- 2 green onions, thinly sliced
- 1 tbsp. sesame seeds

Divide greens among four shallow bowls. Top with equal portions of rice, salmon, cucumber, edamame, pineapple, avocado and ginger. Drizzle with salad dressing and sriracha sauce. Sprinkle with green onions and sesame seeds.

PER SERVING: CAL 430, FAT 25G (4.5G SAT. FAT), CHOL 40MG, SODIUM 360MG, CARB 31G (7G FIBER, 9G SUGARS), PRO 22G



## PICADILLO STUFFED SWEET POTATO P.18

**SERVES:** 4 (single serving pictured)

**ACTIVE:** 20 MIN - **TOTAL:** 50 MIN

- 4 large sweet potatoes
- ½ red onion, chopped
- 1 shredded carrot (about ½ cup)
- 1 tsp. garlic powder
- 1 tbsp. chili powder
- ½ tsp. cinnamon
- 1 lb. extra-lean ground turkey
- 1 16-oz. package Schnucks frozen cut leaf spinach, thawed
- 1 jalapeño, thinly sliced
- 1 15-oz. can no-salt-added diced tomatoes
- 1 cup Full Circle low-sodium chicken broth
- ¼ cup sliced green olives
- ½ cup Natural Delight Pitted Fresh Medjool dates, finely chopped
- ¼ cup Schnucks plain Greek yogurt
- Cilantro and slivered almonds, for garnish

**1.** Preheat oven to 425 degrees. Pierce potatoes all over with a fork and place on an aluminum foil-lined baking sheet; bake until tender, about 50 minutes.

**2.** While potatoes bake, warm a large skillet over medium-high heat. Add onion and carrot; cook until soft, 4 minutes. Add garlic powder, chili powder and cinnamon and cook 1 more minute.

**3.** Add ground turkey and cook until browned, about 5 minutes. Stir in spinach, jalapeño, tomato, chicken broth, green olives and dates. Simmer for 5–7 minutes until mixture thickens. Keep warm.

**4.** Remove potatoes from oven. Slice open and mash insides with a fork; divide picadillo mixture among potatoes and top with Greek yogurt, cilantro and almonds.

PER SERVING: CAL 510, FAT 6G (1G SAT. FAT), CHOL 55MG, SODIUM 330MG, CARB 82G (12G FIBER, 21G SUGARS), PRO 38G



## SOUTHWEST PORK & GRAPE SALAD P.19

**SERVES:** 4 (single serving pictured)

**ACTIVE:** 10 MIN - **TOTAL:** 30 MIN

- 1 10-oz. package fresh spinach
- 3 cups red grapes, halved
- 1 red onion, thinly sliced

- ¼ cup queso fresco
- 1 avocado, sliced
- ½ cup Organic Girl Avocado Cilantro Vinaigrette
- ¼ cup sliced almonds
- 1 tbsp. Full Circle chia seeds
- 1 Hatfield Chili Verde pork tenderloin, prepared according to package
- Fresh cilantro, for garnish

Combine first eight ingredients and divide among four plates. Slice pork and divide among salads. Serve topped with cilantro.

PER SERVING: CAL 500, FAT 29G (4.5G SAT. FAT), CHOL 75MG, SODIUM 730MG, CARB 36G (10G FIBER, 21G SUGARS), PRO 29G



## KALE PESTO PASTA P.19

**SERVES:** 6 (single serving pictured)

**ACTIVE:** 20 MIN - **TOTAL:** 30 MIN

- 1 bunch kale
- ½ cup Schnucks natural almonds
- ½ cup olive oil
- 2 garlic cloves
- 1 tsp. salt
- Juice and zest of 1 lemon
- 1 16-oz. box whole wheat spaghetti
- 1 large zucchini, thinly sliced
- 1 cup frozen peas, thawed
- 1 cup arugula
- ¼ cup Parmesan cheese

**1.** Cook kale in a large pot of boiling water until bright green, about 30 seconds. Remove using a slotted spoon, squeeze out excess water and set aside. Add spaghetti to pot and prepare according to package, reserving pasta water.

**2.** Add ¼ cup water, almonds, oil, garlic, salt and lemon juice and zest to a blender or food processor and blend until smooth. Add kale and blend. Add water 1 tablespoon at a time, as needed, until smooth. Transfer pesto to a large bowl.

**3.** Coat a large skillet with cooking spray and add zucchini. Cook zucchini over medium-high heat until softened, stirring often, about 5 minutes. Add peas and cook until warmed, about 2 minutes. Stir in arugula and transfer vegetables to pesto bowl.

4. Add spaghetti to bowl with vegetables and pesto. Add ¼ cup reserved pasta water and toss until coated.

PER SERVING: CAL 540, FAT 28G (4G SAT. FAT), CHOL 3.5MG, SODIUM 515MG, CARB 66G (12G FIBER, 5G SUGARS), PRO 16G



## LIGHTER BEEF BURGUNDY P.20

**SERVES: 4** (single serving pictured)  
**ACTIVE: 20 MIN - TOTAL: 4 HR 20 MIN**

- 1 tbsp. olive oil
- 1½ lb. grass-fed beef chuck, cut into 1-inch chunks
- 2 tbsp. Bob's Red Mill Almond Flour
- 1 large onion, diced
- 8 oz. mushrooms, sliced
- 1 tsp. dried thyme or 2 tsp. fresh thyme leaves
- 1½ cups unsalted beef broth
- 1½ cups dry red wine, such as Burgundy
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 15-oz. can no-salt-added diced tomatoes
- ¼ cup chopped fresh parsley
- 3 strips low-sodium bacon, cooked and crumbled
- 1 12-oz. package Earthbound Farm organic mashed cauliflower, prepared according to package

1. Preheat oven to 325 degrees. Heat oil in a large ovenproof pot on high. Season beef with salt and pepper (if desired) and toss with flour. Add beef and flour to pot and cook 5 minutes, stirring occasionally.
2. Add onion, mushrooms and thyme to pot; continue to cook until vegetables have softened and beef has browned, 3–5 more minutes, stirring occasionally.
3. Remove from heat and stir in broth, wine, carrots, celery and tomatoes. Cover and transfer to oven. Braise until meat is tender and broth has thickened, 3–4 hours.
4. Stir in parsley and top with crumbled bacon. Serve with cauliflower mash.

PER SERVING: CAL 550, FAT 27G (9G SAT. FAT), CHOL 130MG, SODIUM 420MG, CARB 22G (6G FIBER, 10G SUGARS), PRO 40G



## PEANUT FRIED RICE WITH QUICK-PICKLED VEGGIES P.21

**SERVES: 4** (single serving pictured)  
**ACTIVE: 25 MIN - TOTAL: 30 MIN**

- ½ cup Full Circle creamy peanut butter
- 1 tbsp. + ½ cup rice vinegar, divided
- 1 tbsp. stevia, divided
- ½ tsp. La Choy less-sodium soy sauce
- 1 tsp. minced garlic
- 1 large cucumber, sliced or diced
- 1 cup radish, sliced
- 1 jalapeño, sliced
- ½ tsp. salt
- 1 tsp. Schnucks olive oil
- 1 16-oz. package frozen pepper and onion strips
- 2 carrots, peeled and sliced
- 1 cup frozen peas, thawed
- 3½ cups cooked brown rice
- ½ cup chopped peanuts
- Chopped fresh mint and cilantro, for garnish

1. Add peanut butter, 2 tablespoons hot water, 1 tablespoon vinegar, 1 teaspoon stevia, soy sauce and garlic to a small saucepan over medium heat and cook, whisking constantly and adding water if necessary, until well combined. Set aside.
2. In a small bowl stir together remaining vinegar and stevia, salt and 1 cup warm water. Place cucumber, radish and jalapeño in a shallow bowl and top with vinegar mixture. Set aside and allow to soak for at least 15 minutes at room temperature or cover and refrigerate up to one week.
3. Heat oil in a large skillet on high; add onion, carrots and bell pepper and cook 4 minutes or until softened, stirring frequently. Reduce heat to medium and stir in peas, rice and peanut sauce. Cover and cook 4 more minutes or until warm.
4. Divide rice mixture between four plates and evenly top with pickled vegetables, chopped peanuts, cilantro and mint.

PER SERVING: CAL 520, FAT 21G (3G SAT. FAT), CHOL 0MG, SODIUM 430MG, CARB 66G (11G FIBER, 11G SUGARS), PRO 18G



## CAJUN SALMON WITH STRAWBERRY PICO P.21

**SERVES: 4** (single serving pictured)  
**ACTIVE: 10 MIN - TOTAL: 20 MIN**

- 4 4-oz. salmon filets
- 1 tbsp. The Spice Hunter Cajun Creole seasoning
- 8 oz. fresh strawberries, diced
- 2 jalapeño peppers, seeded and diced
- 2 avocados, diced
- ½ red onion, sliced
- ½ cup chopped fresh cilantro
- Juice of 2 limes
- 2 cups cooked wild rice, warmed

1. Preheat oven to 450 degrees. Top salmon with seasoning and place on a prepared baking sheet. Roast 12–17 minutes or until salmon reaches an internal temperature of 145 degrees.
2. Combine strawberries, jalapeño, avocado, onion, half of the cilantro and half of the lime juice; set aside.
3. Stir together warmed rice, remaining lime juice and remaining cilantro.
4. Serve each roasted salmon filet with strawberry pico and ½ cup rice.

PER SERVING: CAL 520, FAT 31G (6G SAT. FAT), CHOL 60MG, SODIUM 80MG, CARB 36G (10G FIBER, 7G SUGARS), PRO 29G



## STEAKHOUSE DINNER WITH BLUE CHEESE POLENTA P.22

**SERVES: 4** (single serving pictured)

ACTIVE: 25 MIN - TOTAL: 30 MIN

- 1 cup ground polenta
- 1/3 cup blue cheese
- 2 12-oz. packages Pero Family Farms fresh green beans
- 1 1/2 lb. skirt or flank steak, cut into 4 equal pieces
- 1 tbsp. Lawry's seasoned pepper
- 1/2 cup no-salt beef broth
- 1 minced shallot
- 1 tsp. dried thyme
- 1 tbsp. Dijon mustard
- Chopped fresh parsley, if desired

1. Prepare polenta and green beans according to package directions and season with salt and pepper, if desired. Add blue cheese to polenta and stir to combine. Cover to keep warm.

2. Heat a large skillet over medium-high heat and coat with cooking spray. Season steak with salt and pepper, if desired and add to pan. Cook 2-4 minutes per side or until steak reaches an internal temperature of 145 degrees. Transfer steak to a cutting board, reserving drippings in pan. Let steak rest 5 minutes then slice against the grain.

3. Add shallot and thyme to pan and cook 2-3 minutes, scraping up browned bits. Add broth and stir until bubbly, about 2 more minutes. Whisk in mustard.

4. Serve steak with green beans, polenta and pan gravy. Top with chopped fresh parsley, if desired.

PER SERVING: CAL 520, FAT 17G (7G SAT. FAT), CHOL 120MG, SODIUM 330MG, CARB 46G (7G FIBER, 7G SUGARS), PRO 45G



## CHICKEN & TOMATO MARSALA P.22

SERVES: 4 (single serving pictured)  
ACTIVE: 25 MIN - TOTAL: 40 MIN

- 8 boneless, skinless chicken thighs
- 1/4 cup plus 1 tbsp. olive oil, divided
- 1 tbsp. Italian seasoning
- 8 oz. sliced mushrooms
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 10 oz. cherry tomatoes
- 2 tbsp. tomato paste
- 1/2 cup Marsala or sweet red wine

- 1 cup unsalted chicken broth
- 1 12-oz. package spiralized zucchini
- 2 tbsp. grated Parmesan cheese
- Chopped fresh parsley, for garnish

1. Preheat oven to 400 degrees. Rub chicken thighs with 1/4 cup oil and Italian seasoning. In a large pan over medium-high heat, sear chicken thighs for 3 minutes per side. Transfer to a plate.

2. Add mushrooms, garlic powder, onion powder and tomatoes to pan and cook for 5-7 minutes until mushrooms and tomatoes are softened. Stir in tomato paste and cook for 1 minute more. Add wine and simmer for another minute, then stir in chicken broth.

3. Return chicken to pan, cover and cook for 7-10 minutes until chicken reaches 165 degrees. While chicken cooks, toss zucchini with 1 tablespoon oil and roast on a baking sheet for 10 minutes in a 400-degree oven. Sprinkle with Parmesan.

4. Garnish with chopped parsley and serve over roasted spiralized zucchini.

PER SERVING: CAL 530, FAT 28G (5G SAT. FAT), CHOL 195MG, SODIUM 290MG, CARB 14G (3G FIBER, 7G SUGARS), PRO 50G



## TURKEY CHILI VERDE P.23

SERVES: 4 (single serving pictured)  
ACTIVE: 25 MIN - TOTAL: 3 HR 30 MIN

- 1 lb. 99% lean ground turkey
- 1 sweet yellow onion, diced
- 1 1/2 tsp. minced garlic
- 2 poblano peppers, chopped
- 2 jalapeño peppers, sliced
- 1 tbsp. cumin
- 1 tsp. oregano
- 1 large zucchini, chopped
- 1/2 cup chopped fresh cilantro, plus more for garnish
- 1 15-oz. can Full Circle organic pinto beans, drained and rinsed
- 1 16-oz. jar Pace Salsa Verde
- 2 cups Pacific organic low-sodium vegetable broth
- 1/2 cup Schnucks plain Greek yogurt
- 1 small avocado, chopped
- Lime wedges, for garnish

## 32 Full Circle Organic Yellow Corn Tortilla Chips

1. Warm a large pot over medium-high heat and coat with cooking spray. Add turkey and cook until browned, 5-7 minutes. Add onion, garlic, peppers, cumin and oregano; continue cooking another 3-5 minutes until vegetables have softened.

2. Stir in zucchini, cilantro, beans, salsa and vegetable broth. Cover, reduce heat to low and simmer 3 hours.

3. To serve, ladle chili into bowls and top as desired with yogurt, cilantro, lime wedges and avocado. Serve each bowl with 8 tortilla chips on the side.

PER SERVING: CAL 500, FAT 12G (2G SAT. FAT), CHOL 55MG, SODIUM 790MG, CARB 57G (14G FIBER, 15G SUGARS), PRO 40G



## SHEET PAN CHICKEN & MANGO FAJITAS P.23

SERVES: 4 (single serving pictured)  
ACTIVE: 10 MIN - TOTAL: 30 MIN

- 1 lb. chicken tenderloins, halved lengthwise
- 1 16-oz. package frozen pepper and onion strips
- 1 jalapeño, thinly sliced
- 2 mangos, peeled and sliced
- 1 tbsp. Schnucks olive oil
- 1 packet salt-free fajita seasoning
- 8 6-inch whole wheat tortillas
- 1/4 cup Schnucks plain Greek yogurt
- 1/2 cup pico de gallo
- Lime wedges for garnish

1. Preheat oven to 400 degrees. In a large bowl combine first six ingredients and toss to coat. Add mixture to a baking sheet and roast until produce has softened and chicken is cooked through, 15-18 minutes, stirring once halfway through.

2. Warm tortillas and top with chicken mixture, Greek yogurt, pico de gallo and lime wedges.

PER SERVING: CAL 510, FAT 13G (4.5G SAT. FAT), CHOL 85MG, SODIUM 460MG, CARB 62G (12G FIBER, 22G SUGARS), PRO 36G



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