



Simple Healthy Eating Plan // C It Nutritionally

Watermelon Avocado Tomato Stack

6 Ingredient Easy Lentil Tacos

Spicy Lentil Bolognese

Creamy Avocado Pasta

Chopped Summer Salad

Produce

- watermelon (1/2)
- avocado (1) (1) (1)
- beefsteak tomato (1 large)
- onion (1/2) (1/2)
- garlic cloves (2) (2) (2) (1)
- bell peppers (1/2 C) (1)
- grape tomatoes (1/2 C)
- avocado (optional topping)
- zucchinis (2)
- baby spinach (3 C) (4 C)
- lemon (1 T juice)
- cucumbers (2)
- heirloom tomato (1)
- beet (1 large)
- raw green beans (1/2 C)
- ear corn (1)

Herbs

- basil leaves (1/4 C) (1/2 C)
- cilantro (optional) (2 T)
- fresh parsley (1/4 C) (2 T)
- fresh dill (2 T)

Spices

- cumin (1/2 t)
- garlic powder (1/2 t)
- smoked paprika (1/2 t)(pinch) (pinch)
- chili powder (1 t) (1/4 t)
- dried oregano (1/2 t) (pinch)
- red chili powder (1/4 t)
- dried basil (1 t)
- no salt seasoning (1 t)

Beans

- dry lentils (1 C) (2 C)

Bread & Tortillas

- high fiber 6 inch tortillas

Pantry Items

- balsamic glaze (topping)
- nonstick olive oil spray (spray)
- salsa (optional topping)
- olive oil (1 T) (3 T)
- fire roasted tomatoes with green chiles (15 oz)
- crushed tomatoes (15 oz)
- unsweetened coconut milk (1 C)
- Dijon (2 t)
- red wine vinegar (2 T)
- honey (1/4 t)