

# 20 Meals Under 500 Calories

WEEK 2 – WHOLE GRAINS

## GROCERY LIST



### THIS WEEK'S RECIPES:

Vegetable Quinoa Soup  
Mexican Pork and Rice Bowl  
Slow Cooker Pulled Pork  
Broiled Salmon With Sweet Corn  
and Barley Risotto  
Steak and Brown Rice Burrito Bowl  
Lemongrass Pork Tenderloin  
With Stir-Fried Quinoa  
Quinoa Oatmeal Chocolate  
Chip Cookies

### YOU'LL ALSO NEED:

Salt  
Pepper  
Olive oil  
Lemon juice  
Vegetable oil  
Granulated sugar  
Baking soda

- 7 green onions
- 1 sweet potato, (about 340 g)
- 2 bunches kale
- 1 cup bottled strained tomatoes,  
(passata)
- 1 head of lettuce
- 1 sweet red pepper
- 1 tomato
- 1 cup cremini mushrooms,  
(about 115 g)
- 1 sweet green pepper
- 1 lemongrass stalk
- 1 lemon
- 1 daikon radish
- 1 cup fresh corn kernels,  
(about 2 cobs) or frozen
- corn kernels
- 1 inch of fresh ginger
- ¼ cup chopped fresh chervil
- 2 carrots
- 6 onions
- 3 heads of garlic
- 1 bunch Swiss chard
  
- ½ cup light sour cream
- 1 egg
- 1 cup butter
- ½ cup grated Parmesan cheese
  
- 12 oz beef tenderloin grilling steak  
(about 2)
- 4 small skin-on salmon fillets,  
(450 g total)
- 3-½ lb pork shoulder blade roast
- 1 lb pork tenderloin
  
- 2 cups whole grain parboiled  
brown rice
- 2-½ cups quinoa
- ¼ cup tomato paste
- 2 cups semisweet chocolate chips
- 1-½ cups all-purpose flour
- 1 tsp vanilla
- 2 bay leaves
- 3 tbsp packed brown sugar
- 1 cup uncooked brown rice
- 2 tbsp cider vinegar
- 3 tbsp unseasoned rice vinegar
- 1 tbsp red wine vinegar
- Chili powder
- Ground cumin
- Ground coriander
- Fennel seeds
- 4-½ cups vegetable broth
- 1 cup pot barley
- 1 cup packed brown sugar
- 1-1½ cups quick-cooking rolled  
oats, not instant
- 1 tbsp fish sauce
- 2 cans black beans
- 1 can (14 oz/398 mL) tomato sauce
- 2 tbsp Worcestershire sauce