



HIGGINBOTHAM®



Eat **RIGHT**, Live **RIGHT**!



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*Grocery Lists, Meal Plans and Delivery Options*

# Grocery CHECKLIST



## HOUSEHOLD ITEMS

- **Antibacterial Hand Soap**  
(Dial, etc.)
- **Disinfecting Wipes**  
(Clorox, etc.)
- **Multi-Surface Cleaner**  
(409, Lysol, etc.)
- **White Vinegar**
- **Laundry Detergent**
- **Paper Towels**
- **Kleenex**
- **Toilet Paper**

## LEAN PROTEINS

- **Eggs**
- **Sausage**  
(Turkey, Chicken Apple, Andouille, etc.)
- **Chicken Strips**
- **Chicken Breasts / Cutlets**
- **Rotisserie Chicken**
- **Ground Beef**
- **Salmon**  
(Fresh/Frozen)
- **Low Sodium Deli Meat**  
(Turkey, Pepperoni, etc.)
- **Tofu**
- **Tuna Fish**  
(Canned)

## DAIRY / DAIRY SUBSTITUTE

- **Coffee Creamer**
- **Yogurt**  
(Probiotics)
- **Mexi-Cheese Blend**
- **Grated Parmesan**
- **Mozzarella**
- **String Cheese**

## FRUITS

- **Lemons**  
(Anti-Viral)
- **Strawberries**  
(Vitamin C)
- **Oranges**  
(Vitamin C)
- **Bananas**
- **Mangoes**  
(Vitamin C & Zinc)
- **Pineapple**  
(Vitamin C)
- **Grapes**

## HEALTHY FATS (OILS / SPREADS)

- **Olive Oil**
- **Nut Butter(s)**
- **Unsalted Nut Mix / Trail Mix**
- **Salad Dressing**  
(Primal Kitchen, etc.)
- **Mayo**  
(Primal Kitchen, etc.)

## WHOLE GRAINS / GRAIN ALTERNATIVES

- **Oats**
- **Quinoa**
- **Brown / Wild Rice**
- **Whole Grain Pasta**
- **Whole Grain Bread**  
(Sliced)
- **Whole Grain Bagels**  
(Mini)
- **Corn Taco Shells**  
(Hard/Soft)
- **Cauliflower Gnocchi**  
(Frozen)
- **Cauliflower Rice**
- **Whole Grain Pizza Crust /  
Cauliflower Crust**  
(Frozen)

## VEGETABLES

- **Spinach/Kale**
- **Romaine Lettuce**
- **Broccoli**  
(Vitamin C)
- **Brussels Sprouts**  
(Vitamin C)
- **Green Beans**
- **Carrots**
- **Onions**
- **Celery**
- **Bell Peppers**  
(Vitamin C)
- **Mushrooms**  
(Anti-Viral)
- **Tomatoes**
- **Avocados**
- **Garlic**  
(Anti-Viral)
- **Ginger**  
(Anti-Viral)
- **Sweet Potatoes**

## OTHER

- **Red Beans**
- **Cornbread**
- **Corn**
- **Black Beans / Pinto Beans**
- **Salsa**
- **RO-TEL**
- **Tomato Sauce**
- **BBQ Sauce**
- **Thai Sweet Chili Sauce**
- **Hummus / Healthy Dips**
- **Veggie / Quinoa / Corn Chips**
- **Honey**  
(Anti-Viral)
- **Elderberry**  
(Anti-Viral)
- **Green Tea**  
(Anti-Viral)
- **Kombucha**  
(Probiotics)
- **Coffee**
- **Protein Bars**

# 14-Day MEAL PLAN



Week 1		
BREAKFAST	LUNCH	DINNER
<b>DAY 1</b>		
<b>Veggie Omelet</b> <i>(eggs, spinach, onion, etc.)</i>	<b>Waldorf Chicken Salad</b> <i>(grapes, walnuts, celery, mayo and shredded rotisserie chicken)</i>	<b>Red Beans and Rice with Sausage, Cornbread and Green Beans</b>
<b>DAY 2</b>		
<b>Fruit and Yogurt</b>	<b>Leftover Red Beans and Rice with Sausage, Cornbread and Green Beans</b>	<b>Taco Salad</b> <i>(ground beef with low sodium taco seasoning, lettuce, tomatoes, avocados, corn, black beans/pinto beans, salsa or salad dressing and cheese (optional))</i>
<b>DAY 3</b>		
<b>Veggie Omelet</b> <i>(eggs, spinach, onion, etc.)</i>	<b>Pasta Salad</b> <i>(garlic, olive oil, spinach, penne or bow tie pasta and grated parmesan)</i>	<b>Salmon, Wild Rice/Cauliflower Rice and Pan Seared Brussels Sprouts</b>
<b>DAY 4</b>		
<b>Whole Grain Waffle, Fruit and Honey</b>	<b>Leftover Taco Salad</b>	<b>Tofu/Chicken Stir Fry</b> <i>(sautéed onions, bell peppers, mushrooms, broccoli, rice and tofu/chicken)</i>
<b>DAY 5</b>		
<b>Fruit and Yogurt</b>	<b>Make Your Own Board</b> <i>(chopped fresh veggies, hummus, fruit and low sodium deli meat)</i>	<b>Build Your Own Pizza Night</b> <i>(make it a family affair!)</i>
<b>DAY 6</b>		
<b>Scrambled Eggs, Whole Grain Bagel and Nut Butter</b>	<b>Leftover Stir Fry</b>	<b>Slow Cooker Chicken Noodle Soup</b>
<b>DAY 7</b>		
<b>Avocado Toast and Scrambled Eggs</b>	<b>Leftover Slow Cooker Chicken Noodle Soup and Sandwiches</b>	<b>Sloppy Joes with a side of Broccoli, Sautéed Mushrooms and Onions</b>

## Snacks

- Energy Bites
- Smoothies
- Orange, Whole Grain Crackers and String Cheese
- Hummus and Veggie Sticks
- Trail Mix
- Yogurt
- Veggie / Quinoa / Corn Chips and Salsa
- Quinoa Salad



Serving Size: 2 Cups

Serves: 2-4

Prep Time: 10 Minutes

Cook Time: 6-8 Hours

# Slow Cooker Chicken Noodle Soup

## INGREDIENTS

**1-2** Chicken Breasts

**1** Medium Yellow Onion

**2-4** Medium Carrots

**2-4** Celery Stalks

**2-4** Garlic Cloves

**½** Lemon

**3 Tablespoons** Dried Parsley

**1 Teaspoon** Dried Rosemary

**1 Teaspoon** Dried Thyme

**1-2** Dried Bay Leaves

**4-8 Cups** Chicken Stock

**8 Ounces** Egg Noodles

**1-2 Cups** Zoodles

Salt and Pepper, to taste

## INSTRUCTIONS

1. In a large slow cooker/crockpot, add chicken, onion, carrots, celery, garlic, parsley, rosemary, thyme, chicken stock and salt and pepper. Cook on low for 6 to 8 hours.
2. Remove the chicken and chop or shred with two forks. Add shredded chicken back to the slow cooker/crockpot and switch to Warm setting.
3. Prepare noodles according to package instructions:  
**Egg Noodles:** Add 4 to 6 cups of water to a pot and bring to a boil. Add Egg Noodles and boil for 10 minutes. Remove from heat and strain in a colander.  
**Zoodles:** Add 4 to 6 cups of water to a pot and bring to a boil. Add Zoodles and blanch for 5 minutes. Remove from heat and strain in a colander.
4. Serve in a bowl and garnish with lemon.



## Tips

- Add a tablespoon of olive oil to your Egg Noodles/Zoodles to prevent them from sticking together.
- Cook the Egg Noodles/Zoodles in a separate pot and combine with soup upon serving instead of adding them to your slow cooker/crockpot.
- Ingredient amounts listed will vary depending on the size of your slow cooker/crockpot.

# 14-Day MEAL PLAN



## Week 2

BREAKFAST	LUNCH	DINNER
<b>DAY 8</b>		
<b>Veggie Omelet</b> <i>(eggs, spinach, onion, etc.)</i>	<b>Spinach/Kale/Romaine Salad, Protein, Veggies, Fruit and 2 or less Healthy Fats</b>	<b>Buddha Bowl</b> <i>(quinoa, sautéed spinach, avocado, sausage, fried egg and Thai sweet chili sauce)</i>
<b>DAY 9</b>		
<b>Fruit and Yogurt</b>	<b>Tuna Salad, Whole Grain Crackers and Fresh Veggies</b>	<b>Chicken Tacos</b> <i>(chicken strips or shredded rotisserie chicken with RO-TEL, lettuce, tomatoes, avocados and a side of broccoli with red bell peppers and corn)</i>
<b>DAY 10</b>		
<b>Veggie Omelet</b> <i>(eggs, spinach, onion, etc.)</i>	<b>Leftover Chicken Tacos</b>	<b>Pesto Gnocchi and Grilled Vegetables</b>
<b>DAY 11</b>		
<b>Whole Grain Waffle, Fruit and Honey</b>	<b>Grocery Store Snack Pack</b> <i>(hummus, carrots, rotisserie chicken, boiled eggs, etc.)</i>	<b>Buffalo Chicken Sweet Potatoes with Pan Seared Brussels Sprouts</b>
<b>DAY 12</b>		
<b>Fruit and Yogurt</b>	<b>Make Your Own Board</b> <i>(chopped fresh veggies, hummus, fruit and low sodium deli meat)</i>	<b>Build Your Own Pizza Night</b> <i>(make it a family affair!)</i>
<b>DAY 13</b>		
<b>Scrambled Eggs, Whole Grain Bagel and Nut Butter</b>	<b>Leftover Buffalo Sweet Potatoes</b>	<b>Salmon, Wild Rice/Cauliflower Rice, Mango Salsa and Sautéed Spinach</b>
<b>DAY 14</b>		
<b>Avocado Toast and Scrambled Eggs</b>	<b>Salad and Sandwiches</b>	<b>Chicken Parmesan, Noodles/Veggie Noodles, Tomato Sauce and Steamed Broccoli</b>

## Snacks

- Banana and Nut Butter
- Fruit Pops
- Orange, Hard Boiled Egg and String Cheese
- Strawberries and Almonds
- Protein Bar
- Green Tea, Lemon and Honey
- Avocado Toast
- Bean Salad



Serving Size: 1/3 Crust  
Serves: 3  
Prep Time: 10-15 Minutes  
Cook Time: 10-12 Minutes

# Build Your Own Pizza Night

## INGREDIENTS

### Supreme Pizza

- 1 Box CAULIPOWER® Frozen Pizza Crust
- 1 Jar Pizza Sauce
- 1 Package Mozzarella Cheese or Cheese Substitute
- 1 Package Pepperoni Slices
- 1 Package Mushrooms
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- 1 Onion (Yellow, Sweet or White)

### BBQ Chicken Pizza

- 1 Box CAULIPOWER® Frozen Pizza Crust
- 1 Jar BBQ Sauce
- 1 Package Mozzarella Cheese or Cheese Substitute
- 1 Package Shredded Rotisserie Chicken
- 1 Package Mushrooms
- 2-3 Banana Peppers
- 1 Red Onion

## INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Display all ingredient options on your kitchen counter in an organized assembly line fashion:  
**Assembly Line 1:** Supreme Pizza  
**Assembly Line 2:** BBQ Chicken Pizza
3. Gather all family members around the kitchen counter and encourage them to “build their own pizza”.
4. Bake each pizza in the oven for 10-15 minutes until crust is crispy.
5. Once cooked, cut each pizza into 6 slices and serve family-style.



### Tips

- Using CAULIPOWER® frozen pizza crust (or any other cauliflower pizza crust/Paleo pizza crust with 2 pizza crusts per package) gives you a low-calorie and gluten-free crust alternative!
- Experiment with different toppings and ingredients that you have on hand, including tomatoes, olives, basil, bacon and more!
- Ingredient amounts will vary depending on the number of members in your household.

# Healthy MEAL DELIVERY



## MEAL DELIVERY SERVICE

COMPANY	WEBSITE
Amazon Fresh	<a href="http://www.amazon.com">www.amazon.com</a>
Blue Apron	<a href="http://www.blueapron.com">www.blueapron.com</a>
Bistro MD	<a href="http://www.bistromd.com">www.bistromd.com</a>
Daily Harvest	<a href="http://www.daily-harvest.com">www.daily-harvest.com</a>
Every Plate	<a href="http://www.everyplate.com">www.everyplate.com</a>
Fresh Direct	<a href="http://www.freshdirect.com">www.freshdirect.com</a>
Fresh & Easy	<a href="http://www.freshandeasy.com">www.freshandeasy.com</a>
Front Porch Pantry	<a href="http://www.frontporchpantry.com">www.frontporchpantry.com</a>
Green Chef	<a href="http://www.greenchef.com">www.greenchef.com</a>
Hello Fresh	<a href="http://www.hellofresh.com">www.hellofresh.com</a>
Home Chef	<a href="http://www.homefresh.com">www.homefresh.com</a>
Imperfect Foods	<a href="http://www.imperfectfoods.com">www.imperfectfoods.com</a>
Martha & Marley Spoon	<a href="http://www.marleyspoon.com">www.marleyspoon.com</a>
Purple Carrot	<a href="http://www.purplecarrot.com">www.purplecarrot.com</a>
Snap Kitchen	<a href="http://www.snapkitchen.com">www.snapkitchen.com</a>
Sun Basket	<a href="http://www.sunbasket.com">www.sunbasket.com</a>
Yumble	<a href="http://www.yumblekids.com">www.yumblekids.com</a>

## PREPARED MEAL DELIVERY SERVICE

COMPANY	WEBSITE
Home Chef	<a href="http://www.homechef.com">www.homechef.com</a>
Freshly	<a href="http://www.freshly.com/delivery">www.freshly.com/delivery</a>

## GROCERY DELIVERY SERVICE

COMPANY	WEBSITE
Costco	<a href="http://www.costco.com">www.costco.com</a>
Farmhouse Delivery (in Austin and Dallas ONLY)	<a href="http://www.farmhousedelivery.com">www.farmhousedelivery.com</a>
H-E-B	<a href="http://www.heb.com">www.heb.com</a>
Kroger (Instacart)	<a href="http://www.kroger.com">www.kroger.com</a>
Randall's	<a href="http://www.randalls.com">www.randalls.com</a>
Safeway	<a href="http://www.safeway.com">www.safeway.com</a>
Sam's	<a href="http://www.samsclub.com">www.samsclub.com</a>
Target (Shipt)	<a href="http://www.target.com">www.target.com</a>
Tom Thumb	<a href="http://www.tomthumb.com">www.tomthumb.com</a>
Walmart	<a href="http://www.walmart.com">www.walmart.com</a>
Whole Foods (Instacart)	<a href="http://www.wholefoodsmarket.com">www.wholefoodsmarket.com</a>

### Tip

Enjoy a picnic and some fresh air in your backyard!





# Eat A RAINBOW!

Be sure to include at least two different colors of fruits and vegetables in each meal. Try to get the full rainbow in each week!

The color of a fruit or veggie gives you a hint about its nutritional value! Here are some examples:

**RED** – *Antioxidants* –  
Berries, cherries, watermelon, tomatoes and beets

**YELLOW AND ORANGE** – *Vitamins A and C* –  
Citrus fruits and gourds

**GREEN** – *Vitamins K, B and E* –  
Spinach, kale, asparagus, avocado

**PURPLE** – *Vitamins C and K* –  
Eggplant, red cabbage, grapes

Adding a variety of fruits and veggies to your diet is an easy way to **Eat Right and Live Right!**

