

winter.
shape up

2015

Week 2 Meal Plan

	Breakfast	Lunch	Dinner
Monday	<p><u>Flour Free High Protein Pancake</u></p> <p>Vegan – <u>Almond Butter Banana Breakfast Bars</u></p>	<p><u>Mexican Quinoa Salad</u></p> <p>(or leftovers from last week!)</p>	<p><u>Wild Blueberry and Kale Stuffed Chicken Breasts</u> with quinoa and salad</p> <p>Vegan – make blueberry balsamic sauce, serve over roasted tofu and sautéed kale</p>
Tuesday	<p>2-egg omelette with cheese/avocado and veggies, whole wheat toast</p> <p>GF – use GF bread</p> <p>Vegan – substitute tofu for eggs and omit cheese, make a tofu scramble!</p>	<p><u>Vegetable Couscous with Wild Blueberries</u></p> <p>GF – use quinoa or other GF grain</p>	<p><u>Sweet Potato and Black Bean Enchiladas</u></p> <p>GF – use corn tortillas</p> <p>Vegan – omit cheese</p>
Wednesday	<p><u>Almond Butter Banana Breakfast Bars</u></p> <p>GF – use your favorite gluten free flour blend</p>	<p>Salad with <u>Wild Blueberry Balsamic Dressing</u>, chicken/tuna/white beans, nuts/cheese, desired veggies, desired grain</p>	<p>Leftover Enchiladas!</p>
Thursday	<p><u>Perfect Microwave Oatmeal</u> topped with desired nuts, seeds, fruit</p> <p>Vegan – use nondairy milk</p>	<p>Lunch out (or leftovers)!</p> <p>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>	<p><u>Chicken & White Bean Chili Soup</u></p> <p>Vegan – add 2 extra cans of white beans in place of chicken, use vegetable broth</p>
Friday	<p><u>Fitnessista's Breakfast Cookie</u></p>	<p><u>Chicken Pesto Naan Pizza</u></p> <p>GF – use GF flatbread or corn tortillas as base</p> <p>Vegan – omit parmesan in pesto, top naan with desired beans and veggies</p>	<p>Dinner out (or leftovers)!</p> <p>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>
Saturday	<p><u>Blueberry Apple Cinnamon Yogurt Bread</u></p> <p>GF – use your favorite gluten free flour blend</p> <p>Vegan – use nondairy milk, substitute mashed banana or nondairy yogurt for yogurt</p>		<p><u>Wild Blueberry Turkey Burgers</u></p> <p>GF – serve over lettuce or on GF buns</p> <p>Vegan – <u>Black Bean Quinoa Burgers</u></p>
Sunday	<p>Brunch out (or leftovers)!</p> <p>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>		<p><u>Sesame Ginger Meatballs</u> with brown rice & sautéed snow peas</p> <p>GF – use GF breadcrumbs</p> <p>Vegan – braise crumbled tempeh in sesame ginger sauce in slow cooker</p>

Shopping List

Week 2



Produce

Bananas
Sweet potato (1)
Mushrooms (1 lb)
Bell peppers (2)
Jalapeno pepper (1)
Garlic
Spinach
Avocado (1)
Lemons (2)
Carrots (2)
Zucchini (1)
Onions (2)
Kale
Cherry tomatoes
Snow peas
Cilantro
Parsley
Basil (2 cups)
Ginger root
Green onions

Meat

Chicken breasts (4)
Rotisserie chicken (1)
Ground turkey (1 lb)
Ground chicken (1 lb)
Bacon

Frozen

Wild blueberries (6 cups)

Canned & Jarred Goods

Black beans (2 can)
Chickpeas (1 can)
White beans (2-3 cans)
Green enchilada sauce (12 oz)
Vegetable broth (2 cups)
Chicken broth (3 cans)
Salsa
Unsweetened applesauce
Almond butter

Dairy & Eggs

Eggs
Milk
Shredded cheddar cheese
Plain yogurt
Ricotta cheese (8oz)
Feta cheese
Parmesan cheese
Fresh mozzarella cheese

Dry Goods & Bread

Quinoa & grains of choice
Brown rice
Couscous
Tortillas
Oats
Whole wheat naan
Whole wheat burger buns
Nuts, seeds & dried fruit of choice
Pecans
Walnuts
Ground flaxseed

Seasonings, Condiments & Staples

Spelt flour
Panko breadcrumbs
Cornmeal
Protein powder
Vanilla extract
Cinnamon
Ground ginger
Nutmeg
Cloves
Sugar
Brown sugar
Maple syrup
Honey
Baking powder
Baking soda
Olive oil
Canola oil
Cumin
Chili powder
Oregano
Dijon mustard
Balsamic vinegar
Rice vinegar
Soy sauce
Sesame oil

Shopping List

Week 2

Vegan



Produce

Bananas
Sweet potato (1)
Mushrooms (1 lb)
Bell peppers (2)
Jalapeno pepper (1)
Garlic
Spinach
Avocado (1)
Lemons (2)
Carrots (2)
Zucchini (1)
Onions (2)
Kale
Cherry tomatoes
Snow peas
Cilantro
Parsley
Basil (2 cups)
Ginger root
Green onions

Proteins

Tofu
Tempeh
Nondairy milk
Nondairy yogurt (optional)

Frozen

Wild blueberries (6 cups)

Canned & Jarred Goods

Black beans (2 cans)
Chickpeas (1 can)
White beans (4-5 cans)
Other beans of choice
Green enchilada sauce (12 oz)
Vegetable broth (8 cups)
Salsa
Unsweetened applesauce
Almond butter

Dry Goods & Bread

Quinoa & grains of choice
Brown rice
Couscous
Tortillas
Oats
Whole wheat naan
Whole wheat burger buns
Nuts, seeds & dried fruit of choice
Pecans
Walnuts
Ground flaxseed

Seasonings, Condiments & Staples

Spelt flour
Protein powder
Vanilla extract
Cinnamon
Ground ginger
Nutmeg
Cloves
Sugar
Brown sugar
Maple syrup
Honey
Baking powder
Baking soda
Olive oil
Canola oil
Cumin
Chili powder
Oregano
Dijon mustard
Balsamic vinegar
Rice vinegar
Soy sauce
Sesame oil

Shopping List

Week 2

Gluten Free



Produce

Bananas
Sweet potato (1)
Mushrooms (1 lb)
Bell peppers (2)
Jalapeno pepper (1)
Garlic
Spinach
Avocado (1)
Lemons (2)
Carrots (2)
Zucchini (1)
Onions (2)
Kale
Cherry tomatoes
Snow peas
Cilantro
Parsley
Basil (2 cups)
Ginger root
Green onions

Meat

Chicken breasts (4)
Rotisserie chicken (1)
Ground turkey (1 lb)
Ground chicken (1 lb)
Bacon

Frozen

Wild blueberries (6 cups)

Canned & Jarred Goods

Black beans (2 cans)
Chickpeas (1 can)
White beans (2-3 cans)
Green enchilada sauce (12 oz)
Vegetable broth (2 cups)
Chicken broth (3 cans)
Salsa
Unsweetened applesauce
Almond butter

Dairy & Eggs

Eggs
Milk
Shredded cheddar cheese
Plain yogurt
Ricotta cheese (8oz)
Feta cheese
Parmesan cheese
Fresh mozzarella cheese

Dry Goods & Bread

Quinoa & grains of choice
Brown rice
Corn tortillas
Oats (gf certified)
Gluten free flatbread
Gluten free burger buns
Nuts, seeds & dried fruit of choice
Pecans
Walnuts
Ground flaxseed

Seasonings, Condiments & Staples

Gluten free flour
Gluten free breadcrumbs
Cornmeal
Protein powder
Vanilla extract
Cinnamon
Ground ginger
Nutmeg
Cloves
Sugar
Brown sugar
Maple syrup
Honey
Baking powder
Baking soda
Olive oil
Canola oil
Cumin
Chili powder
Oregano
Dijon mustard
Balsamic vinegar
Rice vinegar
Soy sauce
Sesame oil