



Week 3 Meal Plan

	Breakfast	Lunch	Dinner
Monday	<p><u>Blueberry Maple Overnight Oatmeal</u> (use Chex's plain instant oatmeal instead of flavored for less sugar) Vegan – use additional coconut or almond milk in place of yogurt</p>	<p><u>Deconstructed quinoa burrito</u></p>	<p><u>Pesto Baked Salmon with Veggies</u> (figured you'd want to use that leftover pesto! Chicken would also work well) Vegan – use tempeh in place of salmon</p>
Tuesday	<p><u>Pear & Pineapple Green Smoothie</u> with a handful of nuts or toast & nut butter <i>Take a pic of your green smoothie + share on Instagram #VersaChallenge</i></p>	<p>Hummus veggie wrap (whole wheat wrap with hummus, avocado, greens, veggies) + a side of fruit! GF – use gluten free wrap</p>	<p><u>Pan Seared Balsamic Vinaigrette Chicken</u> over greens, veggies, and feta cheese Vegan – use tempeh or firm tofu in place of chicken</p>
Wednesday	<p>Veggie Omelet (2 whole eggs, avocado, spinach, tomato, mushrooms, etc.) + toast GF – use gluten free bread Vegan – scramble firm tofu in place of eggs</p>	<p><u>Lemony Spinach and Quinoa Bean Salad</u> Side of fruit</p>	<p><u>Curried Barley Chickpea Salad</u> With sautéed veggies</p>
Thursday	<p><u>Carrot Cake Muffins</u> GF – substitute all purpose gluten free flour or GF oat flour for the whole wheat flour</p>	<p><u>Easy Lentil Veggie Burgers</u> on greens or pita with avocado and salsa</p>	<p><u>Sweet and Spicy Mango Shrimp</u> with brown rice and sautéed veggies Vegan – use firm tofu in place of shrimp</p>
Friday	<p>Yogurt/cottage cheese mess (top yogurt or cottage cheese with nuts, seeds, raw oats, fresh fruit, cinnamon, etc.) Vegan – use chia pudding in place of yogurt</p>	<p>Lunch/Dinner out! Fourth of July BBQ Enjoy the holiday and head to a barbeque with friends – try to fit in a good mix of protein, healthy fat, and complex carbs, and lots of veggies to fill you up, but don't feel bad about indulging a little, too, as long as it's worth it and you enjoy it!</p>	
Saturday	<p><u>Pomegranate Blueberry Pancakes</u> GF – use gluten free pancake mix Vegan – use ½ a ripe banana in place of the egg</p>		<p><u>Orange Lemon Chicken with Garlic Herb Roasted Veggies</u> Vegan – use tempeh or firm tofu in place of the chicken</p>
Sunday	<p>Brunch out! Try to choose something with a balance of protein, healthy fat, and complex carbs</p>		<p><u>Simple Mediterranean Pasta Salad</u> with fresh spinach GF – use gluten free pasta Vegan – omit feta cheese</p>



Shopping List

Week 3

SUMMER
SHAPE UP
2014

Produce

Avocados
Spinach
kale
Carrots
Bananas
Green peppers
Mushrooms
Salad greens & veggies
Veggies for sauteeing
Blueberries
Zucchini/squash
Tomatoes
Garlic
Lemons
Oranges
Red onion
Limes
Mango
Pear
pineapple
Basil
Green onions
Cilantro
Orange juice
1 bottle Pomegranate juice

Meat & Fish

Chicken breasts
Shrimp
Salmon

Canned & Jarred Goods

Black beans
Kidney beans
Chickpeas
1 can artichokes
1 can sliced black olives
1 jar salsa
1 can tomato paste
Unsweetened applesauce
1 jar pesto

Dairy & Eggs

Milk (dairy or nondairy of choice)
Eggs
Feta cheese
Greek yogurt
Cottage cheese

Dry Goods & Bread, Condiments & Staples

Whole wheat pastry flour
Whole wheat pancake mix
Pita bread/wrap
Bread
Whole wheat pasta
Brown sugar
Walnuts
Pecans
Raisins
Chex plain instant oatmeal packets
Ground flax

Quinoa
Brown rice
Green lentils
Barley
1 bottle balsamic vinaigrette
Olive oil
Coconut oil
Soy sauce
Sweet Thai chili sauce
White wine vinegar
Dijon mustard
Balsamic vinegar

Spices

Salt
Pepper
Crushed red pepper
Garlic powder
Oregano
Rosemary
Paprika
Curry powder
Nutritional yeast
Cumin
Chili powder
Coriander
Turmeric
Cinnamon
Nutmeg
Baking soda
Baking powder



Shopping List

Week 3 Vegan

Produce

Avocados
Spinach
kale
Carrots
Bananas
Green peppers
Mushrooms
Salad greens & veggies
Veggies for sauteeing
Blueberries
Zucchini/squash
Tomatoes
Garlic
Lemons
Oranges
Red onion
Limes
Mango
Pear
pineapple
Basil
Green onions
Cilantro
Orange juice
1 bottle Pomegranate juice

Proteins/Alternatives

Firm tofu
Tempeh
Nondairy milk of choice

Canned & Jarred Goods

Black beans
Kidney beans
Chickpeas
1 can artichokes
1 can sliced black olives
1 jar salsa
1 can tomato paste
Unsweetened applesauce
1 jar (vegan) pesto

Dry Goods & Bread, Condiments & Staples

Whole wheat pastry flour
Whole wheat pancake mix
Pita bread/wrap
Bread
Whole wheat pasta
Brown sugar
Walnuts
Pecans
Raisins
Chex plain instant oatmeal
packets
Ground flax
Chia seeds
Quinoa
Brown rice
Green lentils
Barley
1 bottle balsamic vinaigrette
Olive oil

Coconut oil
Soy sauce
Sweet Thai chili sauce
White wine vinegar
Dijon mustard
Balsamic vinegar

Spices

Salt
Pepper
Crushed red pepper
Garlic powder
Oregano
Rosemary
Paprika
Curry powder
Nutritional yeast
Cumin
Chili powder
Coriander
Turmeric
Cinnamon
Nutmeg
Baking soda
Baking powder



Shopping List

Week 3 Gluten Free

Produce

Avocados
Spinach
kale
Carrots
Bananas
Green peppers
Mushrooms
Salad greens & veggies
Veggies for sauteeing
Blueberries
Zucchini/squash
Tomatoes
Garlic
Lemons
Oranges
Red onion
Limes
Mango
Pear
pineapple
Basil
Green onions
Cilantro
Orange juice
1 bottle Pomegranate juice

Meat & Fish

Chicken breasts
Shrimp
Salmon

Canned & Jarred Goods

Black beans
Kidney beans
Chickpeas
1 can artichokes
1 can sliced black olives
1 jar salsa
1 can tomato paste
Unsweetened applesauce
1 jar pesto

Dairy & Eggs

Milk (dairy or nondairy of choice)
Eggs
Feta cheese
Greek yogurt
Cottage cheese

Dry Goods & Bread, Condiments & Staples

GF flour/oat flour
GF pancake mix
GF Pita bread/wrap
GF pasta
Brown sugar
Walnuts
Pecans
Raisins
Chex plain instant oatmeal packets
Ground flax

Quinoa
Brown rice
Green lentils
Barley
1 bottle balsamic vinaigrette
Olive oil
Coconut oil
GF Soy sauce
Sweet Thai chili sauce
White wine vinegar
Dijon mustard
Balsamic vinegar

Spices

Salt
Pepper
Crushed red pepper
Garlic powder
Oregano
Rosemary
Paprika
Curry powder
Nutritional yeast
Cumin
Chili powder
Coriander
Turmeric
Cinnamon
Nutmeg
Baking soda
Baking powder