



Week 1 Meal Plan

	Breakfast	Lunch	Dinner
Monday	<p><u>Baked Oatmeal</u> GF – use certified gluten free oats Vegan – use flax egg {1 T flax + 3 T warm water} and nondairy milk</p>	<p><u>Grain, Bean, and Veggie salad</u> (½ cup cooked grains + ½ cup cooked beans over mixed greens with veggies, avocado, and balsamic vinaigrette)</p>	<p><u>Mexican Lasagna</u> GF – use corn tortillas Vegan – leave out cheese and chicken, replace yogurt with mashed avocado</p>
Tuesday	<p><u>Scrambled Egg Muffins</u> GF – use your favorite gluten free flour blend Vegan – tofu scramble</p>	<p><u>Creamy Tomato Basil Soup + avocado toast</u> Vegan – use silken tofu or nondairy yogurt in place of the greek yogurt</p>	<p>Leftover Mexican Lasagna!</p>
Wednesday	<p><u>Tropical Island Smoothie with toast + nut butter</u> GF – use gluten free bread or leftover baked oatmeal Vegan – use silken tofu or protein powder in place of yogurt</p>	<p><u>Tuna Salad with a Healthy Twist on whole wheat bread/pita + salad</u> GF - gluten free bread/pita Vegan – use white beans in place of tuna and avocado in place of yogurt, omit feta</p>	<p><u>Easy Coconut Curry with brown rice</u> Vegan – use tofu in place of chicken</p>
Thursday	<p><u>Perfect (Microwave) Banana Oatmeal topped with desired nuts, seeds, and fruit</u> GF – use certified gluten free oats Vegan – use nondairy milk</p>	<p><u>Kale Chickpea Feta Greek Salad with leftover cooked grains and chicken or tofu</u> Vegan – omit feta cheese</p>	<p><u>Almond Crusted Tilapia with brown rice and salad or sautéed veggies</u> GF – use ground flaxseed in place of flour Vegan – use firm tofu in place of tilapia</p>
Friday	<p><u>Banana and Spinach Smoothie with toast + nut butter</u> GF – use gluten free bread or oatmeal Vegan – use nondairy milk</p>	<p><u>Mexican Barley Salad topped with cooked beans or chicken, avocado, and chopped veggies</u> GF – use a gluten free grain like quinoa or brown rice in place of barley</p>	<p>Dinner out! Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>
Saturday	<p><u>Strawberry Scones, scrambled eggs, and fresh fruit</u> GF – use your favorite gluten free flour blend or make another batch of baked oatmeal Vegan – make scrambled tofu!</p>		<p><u>Quinoa Taco Salad</u> Vegan – omit cheese</p>
Sunday	<p>Brunch out! Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>		<p><u>Creamy Garlic & Herb Pasta topped with cooked chicken, tuna, or tofu</u> GF – use gluten free pasta</p>



Shopping List

Week 1

Produce

Tomatoes
Bell peppers
Avocados
Garlic
Basil
Dill
Parsley
Cilantro
Bananas
Spinach
Kale
Salad greens
Celery
Broccoli slaw
Strawberries
Cucumber
Lemons
Bok choy
Other veg of choice
Fruit of choice

Meat & Fish

Chicken breasts
Tilapia
Chunk light tuna

Frozen

Peas

Canned & Jarred Goods

Coconut milk
Black beans
Red kidney beans
Chickpeas
Sliced olives
Unsweetened applesauce
Coconut oil

Dairy & Eggs

Shredded cheddar cheese
Plain Greek yogurt
Feta cheese
Eggs
Milk (dairy or nondairy of choice)

Dry Goods & Bread

Pasta
Quinoa & grains of choice
Tortillas
Oats
Flaxseed meal
Sliced almonds
Spelt flour
Whole wheat pastry flour
Whole wheat bread
Whole wheat pita bread
Nuts, seeds & dried fruit of choice
Brown sugar

Seasonings, Condiments & Staples

Olive oil
Salsa
Hot sauce
Dijon mustard
Balsamic vinegar
Salt
Pepper
Cumin
Curry paste
Curry powder
Cinnamon
Baking powder
Vanilla extract



Shopping List

Week 1 Vegan

Produce

Tomatoes
Bell peppers
Avocados
Carrot
Garlic
Basil
Dill
Parsley
Cilantro
Bananas
Spinach
Kale
Salad greens
Celery
Broccoli slaw
Strawberries
Cucumber
Lemons
Bok choy
Fruit of choice
Other veg of choice

Proteins

Firm tofu
Silken tofu
Tempeh
Nondairy milk of choice

Frozen

Peas

Canned & Jarred Goods

Coconut milk
Black beans
Red kidney beans
Chickpeas
White beans
Sliced olives
Unsweetened applesauce
Coconut oil

Dry Goods & Bread

Pasta
Quinoa & grains of choice
Tortillas
Oats
Flaxseed meal
Sliced almonds
Spelt flour
Whole wheat pastry flour
Whole wheat bread
Whole wheat pita bread
Nuts, seeds & dried fruit of choice
Brown sugar

Seasonings, Condiments & Staples

Olive oil
Salsa
Hot sauce
Dijon mustard
Balsamic vinegar
Salt
Pepper
Cumin
Turmeric
Nutritional yeast
Curry paste
Curry powder
Cinnamon
Baking powder
Vanilla extract



Shopping List

Week 1 Gluten Free

Produce

Tomatoes
Bell peppers
Avocados
Garlic
Basil
Dill
Parsley
Cilantro
Bananas
Spinach
Kale
Salad greens
Celery
Broccoli slaw
Strawberries
Cucumber
Lemons
Bok choy
Fruit of choice
Other veg of choice

Meat & Fish

Chicken breasts
Tilapia
Chunk light tuna

Frozen

Peas

Canned & Jarred Goods

Coconut milk
Black beans
Red kidney beans
Chickpeas
Sliced olives
Unsweetened applesauce
Coconut oil

Dairy & Eggs

Shredded cheddar cheese
Plain Greek yogurt
Feta cheese
Eggs
Milk (dairy or nondairy of choice)

Dry Goods & Bread

GF Pasta
Quinoa & grains of choice
Corn tortillas
GF oats
Flaxseed meal
Sliced almonds
GF flour
GF bread/pita
Nuts, seeds & dried fruit of choice
Brown sugar

Seasonings, Condiments & Staples

Olive oil
Salsa
Hot sauce
Dijon mustard
Balsamic vinegar
Salt
Pepper
Cumin
Curry paste
Curry powder
Cinnamon
Baking powder
Vanilla extract



Snack Ideas

- Apple or banana & nut butter
- Veggies and hummus
- Yogurt or cottage cheese with fruit and nuts
- Whole wheat toast with mashed avocado
- Hard boiled eggs and fruit/veg
- Cheese and crackers with frozen grapes
- Trail mix – make your own mix of dried fruit, nuts, and seeds!
- Frozen banana drizzled with dark chocolate & sprinkled with walnuts
- Celery with peanut butter and raisins
- Cherry tomatoes with fresh mozzarella and basil
- Watermelon with feta and fresh mint
- Iced latte with a handful of nuts
- Strawberries dipped in Greek yogurt