



Week 2 Meal Plan

	Breakfast	Lunch	Dinner
Monday	<p><u>Almond Butter Banana Breakfast Bars</u></p> <p>GF – use certified gluten free oats & GF flour</p>	<p>Chicken Salad on whole wheat bread or over greens (mix cooked chicken breast, chopped veggies, greek yogurt, lemon juice, dijon mustard, avocado)</p> <p>GF – use gluten free bread Vegan – use white beans in place of chicken</p>	<p><u>Shrimp, Cucumber, and Feta Orzo Salad</u></p> <p>GF – use a gluten free grain (like brown rice) in place of orzo Vegan – use tofu or tempeh in place of shrimp and avocado in place of feta</p>
Tuesday	<p><u>Flour Free Protein Pancake</u></p> <p>Vegan – <u>Vegan Protein Pancakes</u></p>	<p><u>4 ingredient quinoa salad over greens and chopped veggies with avocado</u></p>	<p><u>Cornflake Encrusted Chicken Fingers with sweet potato fries and sauteed veggies</u></p> <p>Vegan – use firm tofu in place of chicken and flax eggs (2 T ground flax + 5 T water) in place of egg</p>
Wednesday	<p><u>Chocolate Tart Cherry Espresso Smoothie + toast with nut butter</u></p> <p>GF – use gluten free bread or leftover breakfast bars</p>	<p>Leftover Shrimp, Cucumber, and Feta Orzo Salad</p> <p>OR</p> <p>Leftover 4 Ingredient Quinoa Salad!</p>	<p><u>Lentil and Brown Rice Herbed Salad over greens</u></p> <p>Vegan – use avocado in place of feta</p>
Thursday	<p>Homemade Egg Sandwich (whole wheat English muffin, 2 eggs, avocado, spinach)</p> <p>GF – use gluten free bread/English muffin Vegan – use tofu or tempeh in place of egg</p>	<p><u>Mexican black bean and spinach burgers in a whole wheat bun or over mixed greens (make a double batch!)</u></p> <p>GF – use GF flour and bun</p>	<p><u>Pesto Baked Salmon and Veggies</u></p> <p>Vegan – use firm tofu or tempeh in place of salmon</p>
Friday	<p><u>Hidden Veggie Tart Cherry Lemon Smoothie + toast with nut butter</u></p> <p>GF – use gluten free bread Vegan – use nondairy milk and protein powder or silken tofu in place of yogurt</p>	<p>Leftover Mexican Black Bean and Spinach Burgers!</p>	<p>Dinner out!</p> <p>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p> <p>OR</p> <p>leftovers!</p>
Saturday	<p>Brunch out!</p> <p>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>		<p><u>Sweet Potato Black Bean Enchiladas</u></p> <p>GF – use corn tortillas Vegan – omit cheese</p>
Sunday	<p><u>Almond Butter Stuffed Vanilla Coconut French Toast</u></p> <p>GF – use gluten free bread Vegan – use ½ a mashed banana in place of the egg</p>		<p>Leftover Sweet Potato Black Bean Enchiladas!</p>



Shopping List

Week 2

Produce

Bananas
Avocados
Spinach
Tomatoes
Zucchini/summer squash
Red onion
Shallots
Garlic
Sweet potatoes
Cucumber
Jalapeno pepper
Bell peppers
Mushrooms
Lemons
Cilantro
Dill
Parsley
Salad veggies & greens
Veggies for sauteeing
Fruit of choice

Meat & Fish

Chicken breasts
Rotisserie chicken/cooked chicken
Shrimp (2 lb)
Salmon fillets

Frozen

Tart cherries

Canned & Jarred Goods

Applesauce (1/2 cup)
Pesto
Black beans (x3)
Chickpeas
Other beans of choice
Green enchilada sauce (12 oz)
Salsa (2 jars)

Dairy & Eggs

Milk
Chocolate almond milk
Coconut vanilla almond milk
Lemon greek yogurt (6 oz)
Plain greek yogurt
Eggs
Shredded cheddar cheese

Dry Goods & Bread

Oats
Spelt flour
Whole wheat flour
Ground flaxseed
Bread/buns/English muffins
Tortillas
Lentils
Brown rice
Quinoa
Sliced almonds (1/2 cup)
Corn flake cereal
Orzo pasta (12 oz)
Grains of choice

Seasonings, Condiments & Staples

Maple syrup
Hummus
Almond butter (or other nut butter)
Coconut oil
Balsamic vinegar
Olive oil
Dijon mustard
Red wine vinegar
Espresso/coffee
Salt
Pepper
Cumin
Chili powder
Garlic powder
Paprika
Cinnamon
Baking powder
Baking soda



Shopping List

Week 2 Vegan

Produce

Bananas
Avocados
Spinach
Tomatoes
Zucchini/summer squash
Red onion
Shallots
Garlic
Sweet potatoes
Cucumber
Jalapeno pepper
Bell peppers
Mushrooms
Lemons
Cilantro
Dill
Parsley
Salad veggies & greens
Veggies for sauteeing
Fruit of choice

Proteins/Alternatives

Tofu
Tempeh
Protein powder
Nondairy milk
Chocolate almond milk
Coconut vanilla almond milk

Frozen

Tart cherries

Canned & Jarred Goods

Applesauce (1/2 cup)
Pesto
Black beans (x3)
Chickpeas
White beans
Other beans of choice
Green enchilada sauce (12 oz)
Salsa (2 jars)

Dry Goods & Bread

Oats
Spelt flour
Whole wheat flour
Chickpea flour
Almond flour
Ground flaxseed
Bread/buns/English muffins
Tortillas
Lentils
Brown rice
Quinoa
Sliced almonds (1/2 cup)
Corn flake cereal
Orzo pasta (12 oz)
Grains of choice

Seasonings, Condiments & Staples

Maple syrup
Hummus
Almond butter (or other nut butter)
Coconut oil
Balsamic vinegar
Olive oil
Dijon mustard
Red wine vinegar
Espresso/coffee
Salt
Pepper
Cumin
Chili powder
Garlic powder
Paprika
Cinnamon
Baking powder
Baking soda



Shopping List

Week 2 Gluten Free

Produce

Bananas
Avocados
Spinach
Tomatoes
Zucchini/summer squash
Red onion
Shallots
Garlic
Sweet potatoes
Cucumber
Jalapeno pepper
Bell peppers
Mushrooms
Lemons
Cilantro
Dill
Parsley
Salad veggies & greens
Veggies for sauteeing
Fruit of choice

Meat & Fish

Chicken breasts
Rotisserie chicken/cooked chicken
Shrimp (2 lb)
Salmon fillets

Frozen

Tart cherries

Canned & Jarred Goods

Applesauce (1/2 cup)
Pesto
Black beans (x3)
Chickpeas
Other beans of choice
Green enchilada sauce (12 oz)
Salsa (2 jars)

Dairy & Eggs

Milk
Chocolate almond milk
Coconut vanilla almond milk
Lemon greek yogurt (6 oz)
Plain greek yogurt
Eggs
Shredded cheddar cheese

Dry Goods & Bread

Oats
GF flour
Ground flaxseed
GF Bread/buns/English muffins
Corn tortillas
Lentils
Brown rice
Quinoa
Sliced almonds (1/2 cup)
Corn flake cereal
Grains of choice

Seasonings, Condiments & Staples

Maple syrup
Hummus
Almond butter (or other nut butter)
Coconut oil
Balsamic vinegar
Olive oil
Dijon mustard
Red wine vinegar
Espresso/coffee
Salt
Pepper
Cumin
Chili powder
Garlic powder
Paprika
Cinnamon
Baking powder
Baking soda



Snack Ideas

(items not included on grocery lists)

- Fruit & nut butter
- Greek yogurt or cottage cheese with fruit and nuts
- Whole wheat toast with mashed avocado
- Cheese and crackers
- Hard boiled eggs + fresh fruit or veggies
- Tart cherry juice or dried tart cherries + nuts
- Popcorn
- Half a sandwich
- Pita chips with smoked salmon & hummus
- Edamame
- Toast with nut butter + sliced banana