



Week 4 Meal Plan

	Breakfast	Lunch	Dinner
Monday	<p><u>Banana and Spinach Smoothie</u> with toast + nut butter</p> <p>GF – use gluten free bread Vegan – use nondairy milk</p>	<p><u>“Cheesy” Mushroom Quinoa</u></p>	<p><u>Spiced Raisin and Pine Nut Barley Salad</u> with salad</p> <p>GF – use brown rice in place of barley</p>
Tuesday	<p><u>Homemade Egg Sandwich</u> (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>Mediterranean Quinoa Salad</u> With cooked chicken, tuna, or tofu</p> <p>Vegan – use diced avocado in place of feta</p>	<p><u>(Ridiculously Easy) Crockpot Chicken Curry</u> with spinach and brown rice</p> <p>Vegan – use tofu or tempeh in place of chicken</p>
Wednesday	<p><u>Perfect (Microwave) Banana Oatmeal</u> topped with nuts, seeds, and fruit</p> <p>GF – use certified gluten free oats Vegan – use nondairy milk</p>	<p><u>Grain, Bean, and Veggie Salad</u></p> <p>(½ cup cooked grains + ½ cup cooked beans over mixed greens with veggies, avocado, and balsamic vinaigrette)</p>	<p><u>Sweet Potato Black Bean Quinoa Salad</u></p>
Thursday	<p><u>Zesty Lemon Zucchini Muffins</u></p> <p>GF – use your favorite gluten free flour blend Vegan – use nondairy milk</p>	<p><u>Leftover Mediterranean Quinoa Salad</u></p> <p>Or</p> <p><u>Leftover Sweet Potato Black Bean Quinoa Salad</u></p>	<p><u>“Cheesy” Coconut Sautéed Chickpeas and Kale</u> with brown rice</p>
Friday	<p><u>Vanilla Mint Smoothie</u> with a handful of almonds or toast and nut butter</p> <p>Vegan – use protein powder or silken tofu in place of yogurt</p>	<p><u>Tuna Salad with a Healthy Twist</u> on whole wheat bread/pita + salad</p> <p>GF – use gluten free bread/pita Vegan – use white beans in place of tuna and avocado in place of yogurt, omit feta</p>	<p>Dinner out!</p> <p>Try to choose something with a balance of protein, healthy fat, and complex carbs</p>
Saturday	<p><u>Dairy and Gluten Free Peach Muffins</u> with eggs and fresh fruit</p> <p>Vegan – leftover zucchini muffins + scrambled tofu</p>		<p><u>Healthy Chicken Enchiladas</u></p> <p>Vegan – use black beans in place of chicken, mashed avocado in place of yogurt, and omit cheese</p>
Sunday	<p>Brunch out!</p> <p>Try to choose something with a balance of protein, healthy fat, and complex carbs</p>		<p>Leftover Chicken Enchiladas!</p>



Shopping List

Week 4

Produce

Bananas
Spinach
Avocados
Zucchini
Lemons
Limes
Bok choy
Kale
Mushrooms
Tomatoes
Cucumber
Bell peppers
Celery
Broccoli slaw
Onion
Sweet potatoes
Butternut squash
Mint
Cilantro
Salad veggies of choice
Fruit of choice

Meat & Fish

Chicken breasts
Chunk light tuna

Canned & Jarred Goods

Nut butter
Unsweetened applesauce
2 cans white beans
2 cans chickpeas
Black beans
Other beans/legumes of choice
1 can diced green chiles
Black olives
Salsa
28 oz crushed tomatoes
Chicken/vegetable broth

Dairy & Eggs

Milk (or nondairy milk of choice)
Eggs
Greek yogurt (plain & vanilla)
Shredded cheddar cheese
Feta cheese

Dry Goods & Bread, Condiments & Staples

Bread/pita/English muffins
Corn tortillas
Whole wheat pastry flour
Oatmeal
Walnuts
Pine nuts

Nuts & seeds of choice
Raisins
Quinoa
Brown rice
Barley
Grains of choice
Nutritional yeast
Coconut oil
Dijon mustard
Olive oil
Balsamic vinegar
Hot sauce

Spices

Garlic powder
Turmeric
Cumin
Ginger
Chili powder
Curry powder
Oregano
Salt
Pepper
Cinnamon
Nutmeg
Sugar
Baking powder
Baking soda



Shopping List

Week 4 Vegan

Produce

Bananas
Spinach
Avocados
Zucchini
Lemons
Limes
Bok choy
Kale
Mushrooms
Tomatoes
Cucumber
Bell peppers
Celery
Broccoli slaw
Onion
Sweet potatoes
Butternut squash
Mint
Cilantro
Salad veggies of choice
Fruit of choice

Proteins

Firm tofu
Silken tofu
Tempeh
Nondairy milk of choice

Canned & Jarred Goods

Nut butter
Unsweetened applesauce
2 cans white beans
2 cans chickpeas
Black beans
Other beans/legumes of choice
1 can diced green chiles
Black olives
Salsa
28 oz crushed tomatoes
Vegetable broth

Dry Goods & Bread, Condiments & Staples

Bread/pita/English muffins
Corn tortillas
Whole wheat pastry flour
Oatmeal
Walnuts
Pine nuts
Nuts & seeds of choice
Raisins
Quinoa
Brown rice
Barley
Grains of choice
Nutritional yeast
Coconut oil
Dijon mustard
Olive oil
Balsamic vinegar
Hot sauce

Spices

Garlic powder
Turmeric
Cumin
Ginger
Chili powder
Curry powder
Oregano
Salt
Pepper
Cinnamon
Nutmeg
Sugar
Baking powder
Baking soda



Shopping List

Week 4 Gluten Free

Produce

Bananas
Spinach
Avocados
Zucchini
Lemons
Limes
Bok choy
Kale
Mushrooms
Tomatoes
Cucumber
Bell peppers
Celery
Broccoli slaw
Onion
Sweet potatoes
Butternut squash
Mint
Cilantro
Salad veggies of choice
Fruit of choice

Meat & Fish

Chicken breasts
Chunk light tuna

Canned & Jarred Goods

Nut butter
Unsweetened applesauce
2 cans white beans
2 cans chickpeas
Black beans
Other beans/legumes of choice
1 can diced green chiles
Black olives
Salsa
28 oz crushed tomatoes
Chicken/vegetable broth

Dairy & Eggs

Milk (or nondairy milk of choice)
Eggs
Greek yogurt (plain & vanilla)
Shredded cheddar cheese
Feta cheese

Dry Goods & Bread, Condiments & Staples

GF Bread/pita/English muffins
Corn tortillas
Gluten free flour blend
GF oatmeal
Walnuts
Pine nuts
Nuts & seeds of choice
Raisins
Quinoa

Brown rice
Nutritional yeast
Coconut oil
Dijon mustard
Olive oil
Balsamic vinegar
Hot sauce

Spices

Garlic powder
Turmeric
Cumin
Ginger
Chili powder
Curry powder
Oregano
Salt
Pepper
Cinnamon
Nutmeg
Sugar
Baking powder
Baking soda