

Week 1 Meal Flan

2015			
	Breakfast	Lunch	Dinner
Monday	Microwave Banana Oatmeal topped with desired nuts, seeds, and fruit GF – use certified gluten free oats Vegan – use nondairy milk	Healthy Tuna Salad on whole wheat bread/pita + salad GF - gluten free bread/pita Vegan – use white beans in place of tuna and avocado in place of yogurt, omit feta	Mexican Lasagna GF – use corn tortillas Vegan – leave out cheese and chicken, replace yogurt with mashed avocado
Tuesday	Egg, Mushroom, and Kale Breakfast Burrito GF – use gluten free wrap Vegan – use tofu in place of eggs, omit cheese and milk	Veggie & Bean Quinoa Bites Vegan – omit egg and cheese, serve as quinoa salad	Cornflake Crusted Chicken Fingers with Roasted Vegetables and Sweet Potatoes Vegan – use tofu in place of chicken
Wednesday	Flour Free High Protein Pancake Vegan – Almond Butter Banana Breakfast Bars	Roasted Veggie Grilled Cheese (use leftover veggies from dinner) GF – use gluten free bread Vegan – omit cheese or use vegan cheese substitute	Leftover Mexican Lasagna!
Thursday	Yogurt/cottage cheese topped with desired nuts, seeds, and fruit Vegan – use nondairy yogurt or oatmeal in place of yogurt	Salsa Lentil Soup	{Ridiculously Easy} Crockpot Curry Chicken Vegan – use tofu, tempeh, or seitan in place of chicken
Friday	Tomato Basil Feta Omelette Vegan – substitute tofu for eggs, omit feta to make a tomato basil tofu scramble	Omelette Quesadilla Vegan – make a veggie, grain, and bean salad topped with avocado	"Cheesy" Coconut Sautéed Chickpeas and Kale with brown rice
Saturday	Simple Baked Oatmeal GF – use certified gluten free oats Vegan – use flax egg {1 T flax + 3 T warm water} and nondairy milk		Dinner out or Leftovers! Try to choose a dish with a balance of protein, healthy fat, and complex carbs
	Leftover Simple Baked	Supe	rbowl!

Don't deprive yourself early in the day to save up for a party food! Have a big salad with some protein before heading to a Superbowl party, then pick and choose some indulgences that are the most worth it. Have fun!

Sunday

Oatmeal!

Shopping List Week 1



Produce

Tomatoes (regular & cherry)

Bell peppers

Avocados

Garlic

Basil

Parsley

Cilantro

Bananas

Dananas

Spinach

Kale

Salad greens & veggies

Celery

Broccoli slaw

Mushrooms

Onions

Carrots

Butternut squash

Veggies for roasting

Sweet potatoes

Zucchini

Fruit of choice

Meat & Fish

Chicken breasts Chunk light tuna

Frozen

Peas

Canned & Jarred Goods

Coconut milk

Black beans

Red kidney beans

Chickpeas

Sliced olives

Unsweetened applesauce

Coconut oil

Vegetable/chicken broth

Dairy & Eggs

Cabot cheddar cheese

Plain Greek yogurt

Cottage cheese

Feta cheese

Food

Milk (dairy or nondairy of

choice)

Dry Goods & Bread

Quinoa & grains of choice

Brown rice

Green lentils

Tortillas

Oats

Whole wheat bread

Whole wheat pita bread

Nuts, seeds & dried fruit of

choice

Brown sugar

Cornflakes

Seasonings, Condiments & Staples

Olive oil

Canola oil

Salsa

Dijon mustard

Balsamic vinegar

Salt

Pepper

Cumin

Chili garlic sauce

Chili powder

Dried oregano

Nutritional yeast

Cinnamon

Baking powder

Shopping List Week 1



Produce Canned &

Tomatoes (regular & cherry)

Bell peppers

Avocados

Garlic

Basil

Parslev

Cilantro

Bananas

Dananas

Spinach

Kale

Salad greens & veggies

Celery

Broccoli slaw

Mushrooms

Onions (yellow and red)

Carrots

Butternut squash

Veggies for roasting

Sweet potatoes

Zucchini

Fruit of choice

Proteins

Tofu

Tempeh/seitan

Nondairy yogurt

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

Vegetable broth

Dry Goods & Bread

Quinoa & grains of choice

Brown rice

Green lentils

Tortillas

Oats

Whole wheat bread

Whole wheat pita bread

Nuts, seeds & dried fruit of

choice

Brown sugar

Cornflakes

Seasonings, Condiments & Staples

Olive oil

Canola oil

Salsa

Dijon mustard

Balsamic vinegar

Salt

Pepper

Cumin

Chili garlic sauce

Chili powder

Dried oregano

Nutritional yeast

Cinnamon

Baking powder

Shopping List Week 1 Gluten Free

Produce

Tomatoes (regular & cherry)

winter shape up

Bell peppers

Avocados

Garlic

Basil

Parsley

Cilantro

Bananas

Spinach

Kale

Salad greens & veggies

Celery

Broccoli slaw

Mushrooms

Onions

Carrots

Butternut squash

Veggies for roasting

Sweet potatoes

Zucchini

Fruit of choice

Meat & Fish

Chicken breasts Chunk light tuna

Frozen

Peas

Canned & Jarred Goods

Coconut milk

Black beans

Red kidney beans

Chickpeas

Sliced olives

Unsweetened applesauce

Coconut oil

Vegetable/chicken broth

Dairy & Eggs

Cabot cheddar cheese

Plain Greek yogurt

Cottage cheese

Feta cheese

Eggs

Milk (dairy or nondairy of

choice)

Dry Goods & Bread

Quinoa & grains of choice

Brown rice

Green lentils

Corn tortillas

Oats

Gluten free bread

Gluten free pita bread

Nuts, seeds & dried fruit of

choice

Brown sugar

Cornflakes

Seasonings, Condiments & Staples

Olive oil

Canola oil

Salsa

Dijon mustard

Balsamic vinegar

Salt

Pepper

Cumin

Chili garlic sauce

Chili powder

Dried oregano

Nutritional yeast

Cinnamon

Baking powder