

winter.  
shape up

2015

# Week 1 Meal Plan

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

# Shopping List

## Week 1



### **Produce**

Tomatoes (regular & cherry)  
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  
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

## Vegan



### **Produce**

Tomatoes (regular & cherry)  
Bell peppers  
Avocados  
Garlic  
Basil  
Parsley  
Cilantro  
Bananas  
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)  
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