

winter.  
shape up

2015

# Week 2 Meal Plan

	Breakfast	Lunch	Dinner
Monday	<p><b><u>Flour Free High Protein Pancake</u></b></p> <p>Vegan – <u>Almond Butter Banana Breakfast Bars</u></p>	<p><b><u>Mexican Quinoa Salad</u></b></p> <p>(or leftovers from last week!)</p>	<p><b><u>Wild Blueberry and Kale Stuffed Chicken Breasts</u></b> with quinoa and salad</p> <p>Vegan – make blueberry balsamic sauce, serve over roasted tofu and sautéed kale</p>
Tuesday	<p>2-egg omelette with cheese/avocado and veggies, whole wheat toast</p> <p>GF – use GF bread</p> <p>Vegan – substitute tofu for eggs and omit cheese, make a tofu scramble!</p>	<p><b><u>Vegetable Couscous with Wild Blueberries</u></b></p> <p>GF – use quinoa or other GF grain</p>	<p><b><u>Sweet Potato and Black Bean Enchiladas</u></b></p> <p>GF – use corn tortillas</p> <p>Vegan – omit cheese</p>
Wednesday	<p><b><u>Almond Butter Banana Breakfast Bars</u></b></p> <p>GF – use your favorite gluten free flour blend</p>	<p>Salad with <b><u>Wild Blueberry Balsamic Dressing</u></b>, chicken/tuna/white beans, nuts/cheese, desired veggies, desired grain</p>	<p>Leftover Enchiladas!</p>
Thursday	<p><b><u>Perfect Microwave Oatmeal</u></b> topped with desired nuts, seeds, fruit</p> <p>Vegan – use nondairy milk</p>	<p>Lunch out (or leftovers)!</p> <p>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>	<p><b><u>Chicken &amp; White Bean Chili Soup</u></b></p> <p>Vegan – add 2 extra cans of white beans in place of chicken, use vegetable broth</p>
Friday	<p><b><u>Fitnessista's Breakfast Cookie</u></b></p>	<p><b><u>Chicken Pesto Naan Pizza</u></b></p> <p>GF – use GF flatbread or corn tortillas as base</p> <p>Vegan – omit parmesan in pesto, top naan with desired beans and veggies</p>	<p>Dinner out (or leftovers)!</p> <p>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>
Saturday	<p><b><u>Blueberry Apple Cinnamon Yogurt Bread</u></b></p> <p>GF – use your favorite gluten free flour blend</p> <p>Vegan – use nondairy milk, substitute mashed banana or nondairy yogurt for yogurt</p>		<p><b><u>Wild Blueberry Turkey Burgers</u></b></p> <p>GF – serve over lettuce or on GF buns</p> <p>Vegan – <u>Black Bean Quinoa Burrrgers</u></p>
Sunday	<p>Brunch out (or leftovers)!</p> <p>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>		<p><b><u>Sesame Ginger Meatballs</u></b> with brown rice &amp; sautéed snow peas</p> <p>GF – use GF breadcrumbs</p> <p>Vegan – braise crumbled tempeh in sesame ginger sauce in slow cooker</p>

# Shopping List

## Week 2



### **Produce**

Bananas  
Sweet potato (1)  
Mushrooms (1 lb)  
Bell peppers (2)  
Jalapeno pepper (1)  
Garlic  
Spinach  
Avocado (1)  
Lemons (2)  
Carrots (2)  
Zucchini (1)  
Onions (2)  
Kale  
Cherry tomatoes  
Snow peas  
Cilantro  
Parsley  
Basil (2 cups)  
Ginger root  
Green onions

### **Meat**

Chicken breasts (4)  
Rotisserie chicken (1)  
Ground turkey (1 lb)  
Ground chicken (1 lb)  
Bacon

### **Frozen**

Wild blueberries (6 cups)

### **Canned & Jarred Goods**

Black beans (2 can)  
Chickpeas (1 can)  
White beans (2-3 cans)  
Green enchilada sauce (12 oz)  
Vegetable broth (2 cups)  
Chicken broth (3 cans)  
Salsa  
Unsweetened applesauce  
Almond butter

### **Dairy & Eggs**

Eggs  
Milk  
Shredded cheddar cheese  
Plain yogurt  
Ricotta cheese (8oz)  
Feta cheese  
Parmesan cheese  
Fresh mozzarella cheese

### **Dry Goods & Bread**

Quinoa & grains of choice  
Brown rice  
Couscous  
Tortillas  
Oats  
Whole wheat naan  
Whole wheat burger buns  
Nuts, seeds & dried fruit of choice  
Pecans  
Walnuts  
Ground flaxseed

### **Seasonings, Condiments & Staples**

Spelt flour  
Panko breadcrumbs  
Cornmeal  
Protein powder  
Vanilla extract  
Cinnamon  
Ground ginger  
Nutmeg  
Cloves  
Sugar  
Brown sugar  
Maple syrup  
Honey  
Baking powder  
Baking soda  
Olive oil  
Canola oil  
Cumin  
Chili powder  
Oregano  
Dijon mustard  
Balsamic vinegar  
Rice vinegar  
Soy sauce  
Sesame oil

# Shopping List

## Week 2

## Vegan



### Produce

Bananas  
Sweet potato (1)  
Mushrooms (1 lb)  
Bell peppers (2)  
Jalapeno pepper (1)  
Garlic  
Spinach  
Avocado (1)  
Lemons (2)  
Carrots (2)  
Zucchini (1)  
Onions (2)  
Kale  
Cherry tomatoes  
Snow peas  
Cilantro  
Parsley  
Basil (2 cups)  
Ginger root  
Green onions

### Proteins

Tofu  
Tempeh  
Nondairy milk  
Nondairy yogurt (optional)

### Frozen

Wild blueberries (6 cups)

### Canned & Jarred Goods

Black beans (2 cans)  
Chickpeas (1 can)  
White beans (4-5 cans)  
Other beans of choice  
Green enchilada sauce (12 oz)  
Vegetable broth (8 cups)  
Salsa  
Unsweetened applesauce  
Almond butter

### Dry Goods & Bread

Quinoa & grains of choice  
Brown rice  
Couscous  
Tortillas  
Oats  
Whole wheat naan  
Whole wheat burger buns  
Nuts, seeds & dried fruit of choice  
Pecans  
Walnuts  
Ground flaxseed

### Seasonings, Condiments & Staples

Spelt flour  
Protein powder  
Vanilla extract  
Cinnamon  
Ground ginger  
Nutmeg  
Cloves  
Sugar  
Brown sugar  
Maple syrup  
Honey  
Baking powder  
Baking soda  
Olive oil  
Canola oil  
Cumin  
Chili powder  
Oregano  
Dijon mustard  
Balsamic vinegar  
Rice vinegar  
Soy sauce  
Sesame oil

# Shopping List

## Week 2

## Gluten Free



### **Produce**

Bananas  
Sweet potato (1)  
Mushrooms (1 lb)  
Bell peppers (2)  
Jalapeno pepper (1)  
Garlic  
Spinach  
Avocado (1)  
Lemons (2)  
Carrots (2)  
Zucchini (1)  
Onions (2)  
Kale  
Cherry tomatoes  
Snow peas  
Cilantro  
Parsley  
Basil (2 cups)  
Ginger root  
Green onions

### **Meat**

Chicken breasts (4)  
Rotisserie chicken (1)  
Ground turkey (1 lb)  
Ground chicken (1 lb)  
Bacon

### **Frozen**

Wild blueberries (6 cups)

### **Canned & Jarred Goods**

Black beans (2 cans)  
Chickpeas (1 can)  
White beans (2-3 cans)  
Green enchilada sauce (12 oz)  
Vegetable broth (2 cups)  
Chicken broth (3 cans)  
Salsa  
Unsweetened applesauce  
Almond butter

### **Dairy & Eggs**

Eggs  
Milk  
Shredded cheddar cheese  
Plain yogurt  
Ricotta cheese (8oz)  
Feta cheese  
Parmesan cheese  
Fresh mozzarella cheese

### **Dry Goods & Bread**

Quinoa & grains of choice  
Brown rice  
Corn tortillas  
Oats (gf certified)  
Gluten free flatbread  
Gluten free burger buns  
Nuts, seeds & dried fruit of choice  
Pecans  
Walnuts  
Ground flaxseed

### **Seasonings, Condiments & Staples**

Gluten free flour  
Gluten free breadcrumbs  
Cornmeal  
Protein powder  
Vanilla extract  
Cinnamon  
Ground ginger  
Nutmeg  
Cloves  
Sugar  
Brown sugar  
Maple syrup  
Honey  
Baking powder  
Baking soda  
Olive oil  
Canola oil  
Cumin  
Chili powder  
Oregano  
Dijon mustard  
Balsamic vinegar  
Rice vinegar  
Soy sauce  
Sesame oil