

winter.
shape up

2015

Week 3 Meal Plan

	Breakfast	Lunch	Dinner
Monday	<p><u>Pumpkin Pie Smoothie</u> with whole wheat toast + nut butter</p> <p>GF – use GF bread</p>	<p><u>Curried Barley Chickpea Salad</u></p> <p>GF – use brown rice in place of barley</p>	<p><u>Almond Crusted Tilapia</u> with sautéed veggies</p> <p>Vegan – use tofu in place of tilapia</p>
Tuesday	<p><u>Perfect Microwave Oatmeal</u> topped with desired nuts, seeds, and fruit</p> <p>Vegan – use nondairy milk</p>	<p><u>Four Ingredient Soup</u></p> <p>Vegan – omit chicken, add additional beans</p>	<p><u>Turkey, Veggie, and Barley Chili</u></p> <p>GF – use brown rice or quinoa in place of barley</p> <p>GF – use crumbled tempeh in place of turkey</p>
Wednesday	<p>Yogurt with fruit, oats or granola, nuts/seeds</p> <p>Vegan – use nondairy yogurt or milk</p>	<p><u>Healthy Egg Salad</u> on whole wheat bread with a salad</p> <p>Vegan – <u>Raw Not Chicken Salad</u> (Fitnessista)</p>	<p><u>Sriracha Black Bean Burgers</u> on whole wheat bun with salad</p> <p>GF – use GF breadcrumbs & bun</p> <p>Vegan – use flax egg in place of egg</p>
Thursday	<p>Egg Sandwich – Cook two eggs, sandwich between whole wheat bread with avocado + veggies</p> <p>GF – use GF bread or make an omelet</p> <p>Vegan – scramble tofu</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><u>Pesto Baked Salmon and Veggies</u></p> <p>Vegan – use tofu or tempeh in place of salmon</p>
Friday	<p><u>High Protein Oatmeal</u></p> <p>Vegan – omit egg, add protein powder or additional flaxseed</p>	<p><u>Lentil and Brown Rice Herbed Salad</u></p>	<p>Leftover <u>Turkey, Veggie, and Barley Chili</u></p>
Saturday	<p>Brunch out or leftovers!</p> <p>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>		<p><u>Lemon and Herb Fish</u> with green beans</p> <p>Vegan – use tofu in place of fish</p>
Sunday	<p><u>Peanut Butter Banana Bread</u></p> <p>GF – use your favorite GF flour blend</p> <p>Vegan – use flax egg (1 T flax + 3 T warm water) in place of egg and non-dairy milk</p>		<p><u>Spaghetti Eggs with Paprika Sauce</u></p> <p>GF – use GF pasta</p> <p>Vegan – make pasta + tomato sauce with plenty of veggies, beans, and nutritional yeast</p>

Shopping List

Week 3



Produce

Bananas
Fruit of choice
Spinach
Red bell pepper
Red onion
Yellow onions (3)
Shallot
Green beans
Veggies for sauteeing
Zucchini (2)
Yellow squash
Tomato
Mushrooms (8 oz)
Lettuce/salad veggies
Green onions
Cilantro
Avocado
Garlic

Meat

Ground turkey (1 lb)
Rotisserie chicken
Salmon filets
White fish filets
Tilapia filets

Dairy & Eggs

Eggs
Milk
Plain yogurt
Parmesan cheese
Feta cheese

Canned & Jarred Goods

Black beans (3)
Chickpeas (1)
Kidney beans (1)
Whole tomatoes (28 oz)
Diced tomatoes (28 oz)
Tomato sauce (8 oz)
Pumpkin
Vegetable broth
Salsa
Peanut butter
Water chestnuts
Pesto

Dry Goods & Bread

Brown rice
Barley
Lentils
Quinoa
Oats
Whole wheat bread
Nuts, seeds, and dried fruit of choice
Ground flaxseed
Spaghetti
Whole wheat panko
Whole wheat pastry flour
Sliced almonds

Seasonings, Condiments & Staples

Olive oil
Paprika
Garlic powder
Nutritional yeast
Fennel seeds
Smoked paprika
Cumin
Chili powder
Curry powder
Dried dill
Dried parsley
Turmeric
Sriracha
Red wine vinegar
Lemon juice
Brown sugar
Cinnamon
Vanilla extract
Pumpkin pie spice

Shopping List

Week 3

Vegan



Produce

Bananas
Fruit of choice
Spinach
Red bell pepper
Red onion
Yellow onions (3)
Shallot
Green beans
Celery
Veggies for sautéing
Zucchini (2)
Yellow squash
Tomato
Carrot
Mushrooms (8 oz)
Lettuce/salad veggies
Green onions
Cilantro
Thyme
Avocado
Garlic

Proteins

Tofu
Tempeh
Nondairy milk
Nondairy yogurt
Protein powder

Canned & Jarred Goods

Black beans (3)
Chickpeas (1)
Kidney beans (1)
Whole tomatoes (28 oz)
Diced tomatoes (28 oz)
Tomato sauce (8 oz)
Pumpkin
Vegetable broth
Salsa
Peanut butter
Water chestnuts
Pesto

Dry Goods & Bread

Brown rice
Barley
Lentils
Quinoa
Oats
Whole wheat bread
Nuts, seeds, and dried fruit of choice
Ground flaxseed
Spaghetti
Whole wheat panko
Whole wheat pastry flour
Sliced almonds
Sunflower seeds

Seasonings, Condiments & Staples

Olive oil
Paprika
Garlic powder
Nutritional yeast
Fennel seeds
Smoked paprika
Cumin
Chili powder
Curry powder
Dried dill
Dried parsley
Turmeric
Savory
Sriracha
Red wine vinegar
Lemon juice
Brown sugar
Cinnamon
Vanilla extract
Pumpkin pie spice

Shopping List

Week 3

Gluten Free



Produce

Bananas
Fruit of choice
Spinach
Red bell pepper
Red onion
Yellow onions (3)
Shallot
Green beans
Veggies for sautéing
Zucchini (2)
Yellow squash
Tomato
Mushrooms (8 oz)
Lettuce/salad veggies
Green onions
Cilantro
Avocado
Garlic

Meat

Ground turkey (1 lb)
Rotisserie chicken
Salmon filets
White fish filets
Tilapia filets

Dairy & Eggs

Eggs
Milk
Plain yogurt
Parmesan cheese
Feta cheese

Canned & Jarred Goods

Black beans (3)
Chickpeas (1)
Kidney beans (1)
Whole tomatoes (28 oz)
Diced tomatoes (28 oz)
Tomato sauce (8 oz)
Pumpkin
Vegetable broth
Salsa
Peanut butter
Water chestnuts
Pesto

Dry Goods & Bread

Brown rice
Lentils
Quinoa
Oats (gf certified)
Gluten free bread
Nuts, seeds, and dried fruit of choice
Ground flaxseed
Spaghetti
Gluten free breadcrumbs
Gluten free flour
Sliced almonds

Seasonings, Condiments & Staples

Olive oil
Paprika
Garlic powder
Nutritional yeast
Fennel seeds
Smoked paprika
Cumin
Chili powder
Curry powder
Dried dill
Dried parsley
Turmeric
Sriracha
Red wine vinegar
Lemon juice
Brown sugar
Cinnamon
Vanilla extract
Pumpkin pie spice