

winter.  
shape up

2015

# Week 4 Meal Plan

	Breakfast	Lunch	Dinner
Monday	<p><b>Homemade Egg Sandwich</b> (whole wheat English muffin, 2 eggs, avocado, spinach) GF – use gluten free bread/English muffin Vegan – use tofu or tempeh in place of egg</p>	<p><b><u>Barley and Brown Rice Herbed Veggie Salad</u></b>  GF – use quinoa or more brown rice in place of barley</p>	<p><b><u>Healthy Chicken Enchiladas</u></b>  Vegan – use tofu or black beans in place of chicken, omit cheese</p>
Tuesday	<p><b><u>Overnight Coffee Oats</u></b>  Vegan – use nondairy milk</p>	<p><b>Hummus &amp; Veggie Sandwich</b> (Whole wheat bread or pita with Sabra hummus, greens, tomatoes, avocado, feta) GF – GF bread Vegan – omit feta</p>	<p><b><u>Slow Cooker Turkey, Veggie, and Feta Lasagna</u></b>  Vegan – use crumbled tempeh in place of turkey, omit feta</p>
Wednesday	<p><b><u>Scrambled Egg Muffins</u></b>  GF – use GF flour Vegan – scramble tofu with veggies</p>	<p><b><u>Quinoa Salad in a Jar</u></b>  Vegan – use white beans in place of chicken</p>	<p><b><u>Mexican Brown Rice Casserole</u></b>  GF – use ¼ cup silken tofu in place of eggs</p>
Thursday	<p><b><u>Cream Cheese Frosting for Breakfast</u></b> (as cool as it sounds)  Vegan – use nondairy yogurt or nondairy milk in place of yogurt</p>	<p><b>Lunch out or leftovers!</b>  Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>	<p><b>Leftover <u>Slow Cooker Turkey, Veggie, and Feta Lasagna</u></b></p>
Friday	<p><b><u>Vanilla Mint Smoothie with toast and nut butter</u></b>  Vegan – use protein powder or silken tofu in place of yogurt</p>	<p><b>Quinoa, Bean, and Veggie Salad</b> (Quinoa + beans over mixed greens with veggies, avocado, and balsamic vinaigrette)</p>	<p><b>Dinner out or leftovers!</b></p>
Saturday	<p><b><u>Sweet Potato Cranberry Coconut Muffins</u></b> GF – Use our favorite GF flour blend Vegan – use nondairy milk, additional applesauce in place of yogurt, and 2 flax eggs (2 T flax + 6 T warm water)</p>		<p><b><u>Lavender and Honey Salmon with asparagus and brown rice</u></b>  Vegan – use tofu in place of salmon</p>
Sunday	<p><b>Brunch out or leftovers!</b>  Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>		<p><b><u>Easy Coconut Curry with brown rice</u></b>  Vegan – use tofu, tempeh, or white beans in place of chicken</p>

# Shopping List

## Week 4



### Produce

Bananas  
Spinach  
Tomatoes (3)  
Red onion (1)  
Yellow onions (3)  
Carrot (1)  
Cucumber (1)  
Bok choy  
Red bell pepper (1)  
Green bell pepper (1)  
Lime (1)  
Zucchini (2)  
Asparagus  
Mixed greens  
Salad veggies of choice  
Avocado  
Cilantro  
Basil  
Mint  
Parsley  
Garlic  
Shallots

### Meat

Turkey Sausage (1 lb)  
Rotisserie chicken  
Salmon filets  
Chicken breasts (1 lb)

### Dairy & Eggs

Eggs  
Milk  
Plain yogurt  
Feta cheese  
Shredded cheddar cheese

### Canned & Jarred Goods

Black beans (1)  
Beans of choice  
Crushed tomatoes (28 oz)  
Coconut milk (15 oz)  
Diced green chilies (4 oz)  
Unsweetened applesauce  
Marinara sauce  
Sweet potato puree  
Salsa  
Almond butter

### Dry Goods & Bread

Brown rice  
Barley  
Quinoa  
Oats  
Corn tortillas  
Whole wheat bread/pita  
English muffins  
Nuts, seeds, and dried fruit of choice  
Ground flaxseed  
Spelt flour  
Whole wheat pastry flour  
Lasagna noodles  
Dates  
Dried cranberries  
Unsweetened coconut

### Seasonings, Condiments & Staples

Olive oil  
Red wine vinegar  
Balsamic vinegar  
Dijon mustard  
Curry paste  
Curry powder  
Chili powder  
Cumin  
Dried lavender  
Granulated sugar  
Brown sugar  
Honey  
Pumpkin pie spice  
Baking soda  
Vanilla extract  
cinnamon  
Coffee concentrate  
Sabra hummus

# Shopping List

## Week 4

## Vegan



### **Produce**

Bananas  
Spinach  
Tomatoes (3)  
Red onion (1)  
Yellow onions (3)  
Carrot (1)  
Cucumber (1)  
Bok choy  
Red bell pepper (1)  
Green bell pepper (1)  
Lime (1)  
Zucchini (2)  
Asparagus  
Mixed greens  
Salad veggies of choice  
Avocado  
Cilantro  
Basil  
Mint  
Parsley  
Garlic  
Shallots

### **Proteins**

Nondairy milk  
Firm tofu  
Silken tofu  
Tempeh  
Nondairy yogurt  
Protein powder

### **Canned & Jarred Goods**

Black beans (1)  
Beans of choice  
Crushed tomatoes (28 oz)  
Coconut milk (15 oz)  
Diced green chilies (4 oz)  
Unsweetened applesauce  
Marinara sauce  
Sweet potato puree  
Salsa  
Almond butter

### **Dry Goods & Bread**

Brown rice  
Barley  
Quinoa  
Oats  
Corn tortillas  
Whole wheat bread/pita  
English muffins  
Nuts, seeds, and dried fruit of choice  
Ground flaxseed  
Spelt flour  
Whole wheat pastry flour  
Lasagna noodles  
Dates  
Dried cranberries  
Unsweetened coconut

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

Olive oil  
Red wine vinegar  
Balsamic vinegar  
Dijon mustard  
Curry paste  
Curry powder  
Chili powder  
Cumin  
Dried lavender  
Granulated sugar  
Brown sugar  
Honey  
Pumpkin pie spice  
Baking soda  
Vanilla extract  
cinnamon  
Coffee concentrate  
Sabra hummus

# Shopping List

## Week 4

## Gluten Free



### **Produce**

Bananas  
Spinach  
Tomatoes (3)  
Red onion (1)  
Yellow onions (3)  
Carrot (1)  
Cucumber (1)  
Bok choy  
Red bell pepper (1)  
Green bell pepper (1)  
Lime (1)  
Zucchini (2)  
Asparagus  
Mixed greens  
Salad veggies of choice  
Avocado  
Cilantro  
Basil  
Mint  
Parsley  
Garlic  
Shallots

### **Meat**

Turkey Sausage (1 lb)  
Rotisserie chicken  
Salmon filets  
Chicken breasts (1 lb)

### **Dairy & Eggs**

Eggs  
Milk  
Plain yogurt  
Feta cheese  
Shredded cheddar cheese

### **Canned & Jarred Goods**

Black beans (1)  
Beans of choice  
Crushed tomatoes (28 oz)  
Coconut milk (15 oz)  
Diced green chilies (4 oz)  
Unsweetened applesauce  
Marinara sauce  
Sweet potato puree  
Salsa  
Almond butter

### **Dry Goods & Bread**

Brown rice  
Barley  
Quinoa  
Oats (gf certified)  
Corn tortillas  
Gluten free bread/pita/English  
muffins  
Nuts, seeds, and dried fruit  
Ground flaxseed  
Gluten free flour  
Lasagna noodles  
Dates  
Dried cranberries  
Unsweetened coconut

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

Olive oil  
Red wine vinegar  
Balsamic vinegar  
Dijon mustard  
Curry paste  
Curry powder  
Chili powder  
Cumin  
Dried lavender  
Granulated sugar  
Brown sugar  
Honey  
Pumpkin pie spice  
Baking soda  
Vanilla extract  
cinnamon  
Coffee concentrate  
Sabra hummus