



WINTER SHAPE UP

meals

@FITNESSISTA

@FANNETASTICFOOD

Week 1

	Breakfast	Lunch	Dinner
Monday	<p><u>Wild Blueberry Protein Smoothie</u> with a handful of nuts or toast & nut butter</p> <p>Vegan – substitute ½ cup silken tofu for the yogurt</p>	<p>Grain, Bean, and Veggie Salad (make enough for Wednesday, too!)</p> <p>Grains + beans over mixed greens with veggies, avocado, and balsamic</p>	<p><u>Easy Coconut Curry</u> with brown rice</p> <p>Vegan – substitute 1 block of cubed tofu for chicken</p>
Tuesday	<p><u>Perfect Microwave Oatmeal</u> topped with desired nuts, seeds, and wild blueberries</p> <p>Vegan – use nondairy milk</p>	<p>Leftover Easy Coconut Curry with brown rice</p>	<p><u>Creamy Mexican Chicken Chili</u></p> <p>Vegan: substitute 1 block of tempeh for chicken</p>
Wednesday	<p>Two Scrambled Eggs with Veggies & Cheese</p> <p>Vegan – substitute tofu for eggs and omit cheese, make a tofu scramble!</p>	<p>Leftover Grain Salad</p>	<p><u>Sweet Potato and Black Bean Enchiladas</u></p> <p>Vegan - omit cheese</p>
Thursday	<p><u>Savory Wild Blueberry Green Smoothie</u></p> <p>Vegan - substitute ½ cup silken tofu for the yogurt</p>	<p><u>Healthy Tuna Salad</u> served over salad & rice (gf) or whole wheat pita</p> <p>Vegan – use white beans in place of tuna and avocado in place of yogurt, omit feta</p>	<p>Leftover Mexican Chicken Chili</p>
Friday	<p><u>High Protein Pancake</u> topped with wild blueberries</p> <p>Vegan – make Perfect Microwave Oatmeal again!</p>	<p>Leftover Sweet Potato and Black Bean Enchiladas</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><u>Scrambled egg Muffins</u></p> <p>Gluten free – substitute ground flaxseed for spelt flour</p> <p>Vegan – make loaded avocado toast: spread mashed avocado on whole wheat toast, top with chopped tomatoes, chickpeas, balsamic & olive oil, salt & pepper</p>		<p><u>Pesto Baked Salmon with Veggies</u></p> <p>Vegan – use tofu or tempeh in place of salmon</p>
Sunday	<p><u>Coconut Breakfast Quinoa</u></p>	<p>Superbowl!</p> <p>Bring <u>Healthy Seven Layer Dip</u> (skip the yogurt & cheese to be vegan) to your Superbowl party!</p> <p>Don't deprive yourself to save up for a party food. Have a salad with some protein before heading to a Superbowl party, then pick and choose some indulgences that are the most worth it and enjoy them! ☺</p>	



WINTER SHAPE UP

meals

@FITNESSISTA

@FANNETASTICFOOD

Week 1

Shopping List

Produce

Bananas
Spinach
1 bok choy
2 bell peppers
1 sweet potato
1 jalapeno
8 oz mushrooms
1 zucchini
1 yellow squash
6 tomatoes
4 avocados
1 onion
2 limes
2 lemons
Garlic
Basil
Cilantro
Frozen wild blueberries
Veggies for salads & scrambles
Fruit for oatmeal toppings

Meat & Fish

Salmon filets
2 lb chicken breasts
Chunk light tuna

Canned & Jarred Goods

2 cans coconut milk
2 cans white beans
1 can black beans
Beans of choice for salads
2 - 4 oz cans green chilies
2 - 3.5 oz cans sliced olives
2 cans refried beans
12 oz can green enchilada sauce
1 small jar curry paste
1 jar salsa
1 quart vegetable broth
1 jar pesto
coconut water

Dairy, Eggs, & other Refrigerated Goods

Shredded cheddar cheese
Feta cheese
Eggs
Plain greek yogurt
Milk (dairy or non-dairy)
Hummus

Dry Goods & Bread

Quinoa
Grains of choice for salads
Brown rice
Oats
Whole wheat pita bread (omit for GF options)
Corn tortillas
Nuts, seeds & dried fruit of choice
Walnuts
Chia seeds
Ground flaxseed
Flour (omit for GF)

Seasonings, Condiments & Staples

Olive oil
Salt and pepper
1 package taco seasoning
Curry powder
Chili powder
Ground cumin
Dried oregano
Dijon mustard
Balsamic vinegar
Cinnamon
Vanilla extract
Maple syrup
Baking soda



WINTER SHAPE UP

meals

@FITNESSISTA

@FANNETASTICFOOD

Week 1 VEGAN Shopping List

Produce

Bananas
Spinach
1 bok choy
2 bell peppers
1 sweet potato
1 jalapeno
8 oz mushrooms
1 zucchini
1 yellow squash
7 tomatoes
5 avocados
1 onion
2 limes
2 lemons
Garlic
Basil
Cilantro

Frozen wild blueberries
Veggies for salads & scrambles
Fruit for oatmeal toppings

Proteins & Dairy Subs

3 blocks firm tofu
1 block silken tofu
1 block tempeh
Non-dairy milk
Hummus

Canned & Jarred Goods

2 cans coconut milk
3 cans white beans
1 can black beans
1 can chickpeas
Beans of choice for salads
2 - 4 oz cans green chilies
2 - 3.5 oz cans sliced olives
2 cans refried beans
12 oz can green enchilada sauce
1 small jar curry paste
1 jar salsa
1 quart vegetable broth
1 jar pesto
coconut water

Dry Goods & Bread

Quinoa
Grains of choice for salads
Brown rice
Oats
Whole wheat pita bread
Corn tortillas
Nuts, seeds & dried fruit of choice
Walnuts
Chia seeds
Ground flaxseed
Flour

Seasonings, Condiments & Staples

Olive oil
Salt and pepper
1 package taco seasoning
Curry powder
Chili powder
Ground cumin
Dried oregano
Dijon mustard
Balsamic vinegar
Cinnamon
Vanilla extract
Maple syrup
Baking soda