



# WINTER SHAPE UP

## meals

@FITNESSISTA

@FANNETASTICFOOD

# Week 2

	Breakfast	Lunch	Dinner
<b>Monday</b>	<p><b>Yogurt with chopped fruit, nuts &amp; seeds</b></p> <p><i>Vegan – substitute silken tofu mixed with vanilla or <a href="#">Perfect Microwave Oatmeal</a> for yogurt</i></p>	<p><b>Lunch out!</b></p> <p><i>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</i></p>	<p><b><a href="#">“Cheesy” Mushroom Quinoa</a></b> topped with roasted tofu or chicken, served with salad</p>
<b>Tuesday</b>	<p><b><a href="#">Banana and Spinach Smoothie</a> with a handful of nuts</b></p> <p><i>Vegan – use nondairy milk</i></p>	<p><b>Leftover Mushroom Quinoa</b></p>	<p><b><a href="#">Sweet Potato and Lentil Chili</a></b> (cut recipe in half unless you want a lot of leftovers)</p>
<b>Wednesday</b>	<p><b>Scrambled Eggs with Veggies &amp; Cheese or Avocado</b></p> <p><i>Vegan – substitute tofu for eggs and omit cheese, make a tofu scramble!</i></p>	<p><b>Leftover Sweet Potato and Lentil Chili</b></p>	<p><b>Dinner out!</b></p> <p><i>Try to choose a dish with a balance of protein, healthy fat, complex carbs, and veggies!</i></p>
<b>Thursday</b>	<p><b><a href="#">Perfect Microwave Oatmeal</a> topped with nuts and fruit</b></p> <p><i>Vegan – use nondairy milk</i></p>	<p><b>Leftover Sweet Potato and Lentil Chili (the recipe makes a ton! :)</b></p>	<p><b><a href="#">Thai Coconut Chicken Soup</a></b></p> <p><i>Vegan – substitute 1 block cubed tofu for the chicken, use vegetable broth, omit fish sauce</i></p>
<b>Friday</b>	<p><b>Scrambled Eggs with Veggies &amp; Cheese or Avocado</b></p> <p><i>Vegan – substitute tofu for eggs and omit cheese, make a tofu scramble!</i></p>	<p><b>Leftover Thai Coconut Chicken Soup</b></p>	<p><b><a href="#">Walnut Mushroom Vegetarian Enchiladas</a></b></p> <p><i>Vegan – omit cheese</i></p>
<b>Saturday</b>	<p><b>Brunch Out!</b></p> <p><i>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</i></p>		<p><b><a href="#">Almond Crusted Tilapia with Lemon Garlic String Beans</a></b></p> <p><i>Vegan – substitute sliced firm tofu for tilapia</i></p>
<b>Sunday</b>	<p><b><a href="#">Baked Oatmeal</a> with fresh fruit</b></p> <p><i>Vegan – substitute 1 flax egg for egg (1 tablespoon ground flax + 3 tablespoons warm water)</i></p>		<p><b>Leftover Walnut Mushroom Enchiladas</b></p>



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# Week 2 Shopping List

## Produce

- Bananas
- 2 bags spinach
- 1 bunch kale
- 1 lb carrots
- 1 bok choy
- 2 bell peppers
- 1 bunch celery
- 2 sweet potatoes
- 1 head cauliflower
- String beans
- 3 - 8 oz containers mushrooms
- 1 onion
- 1 bunch green onions
- 2 limes
- 1 lemon
- Garlic
- Ginger root
- Cilantro
- Veggies for salads & scrambles
- Fruit for oatmeal toppings

## Meat & Fish

- 4 tilapia filets
- 1 rotisserie chicken (or cooked chicken breast)

## Canned & Jarred Goods

- 1 quart vegetable broth
- 1 quart chicken broth
- 3 - 15 oz cans diced tomatoes
- 1 can white beans
- 4 oz can green chiles
- 20 oz enchilada sauce
- 1 can coconut milk
- Unsweetened applesauce
- Thai chili garlic paste

## Dairy, Eggs, & other Refrigerated Goods

- Milk (non-dairy or dairy)
- Eggs
- Plain greek yogurt
- Shredded Mexican cheese

## Dry Goods & Bread

- Quinoa
- Grains of choice for salads
- Instant brown rice
- 1 lb dried lentils
- Oats
- Corn tortillas
- Nuts, seeds & dried fruit of choice
- Walnuts
- Pumpkin seeds
- Almonds
- Ground flaxseed

## Seasonings, Condiments & Staples

- Olive oil
- Canola oil
- Coconut oil
- Salt and pepper
- Hot sauce
- Fish sauce
- Soy sauce
- Nutritional yeast
- Cumin
- Chili powder
- Ground coriander
- Smoked paprika
- Dried oregano
- Brown sugar
- Cinnamon
- Baking powder



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# Week 2 VEGAN Shopping List

## Produce

Bananas  
2 bags spinach  
1 bunch kale  
1 lb carrots  
1 bok choy  
2 bell peppers  
1 bunch celery  
2 sweet potatoes  
1 head cauliflower  
String beans  
3 - 8 oz containers mushrooms  
1 onion  
1 bunch green onions  
2 limes  
1 lemon  
Garlic  
Ginger root  
Cilantro  
Veggies for salads & scrambles  
Fruit for oatmeal toppings

## Protein and Dairy Subs

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

## Canned & Jarred Goods

2 quarts chicken broth  
3 - 15 oz cans diced tomatoes  
1 can white beans  
4 oz can green chiles  
20 oz enchilada sauce  
1 can coconut milk  
Unsweetened applesauce  
Thai chili garlic paste

## Dry Goods & Bread

Quinoa  
Grains of choice for salads  
Instant brown rice  
1 lb dried lentils  
Oats  
Corn tortillas  
Nuts, seeds & dried fruit of choice  
Walnuts  
Pumpkin seeds  
Almonds  
Ground flaxseed

## Seasonings, Condiments & Staples

Olive oil  
Canola oil  
Coconut oil  
Salt and pepper  
Hot sauce  
Soy sauce  
Nutritional yeast  
Cumin  
Chili powder  
Ground coriander  
Smoked paprika  
Dried oregano  
Brown sugar  
Cinnamon  
Baking powder