



WINTER SHAPE UP

meals

@FITNESSISTA

@FANNETASTICFOOD

Week 3

	Breakfast	Lunch	Dinner
Monday	<u>Scrambled Egg Muffins</u> (make extra for Wednesday!) Gluten Free - substitute GF flour for spelt flour Vegan - make a tofu scramble with veggies	Grain, Bean, and Veggie Salad Grains + beans over mixed greens with veggies, avocado, balsamic vinegar + olive oil	<u>Campanelle with Lentils and Porcini Mushrooms</u> with a green salad
Tuesday	<u>Banana Spinach Smoothie with Oatmeal Raisin Energy Bites</u> (keep extra bites on hand for snacks!) Vegan - use nondairy milk	Leftover Campanelle	<u>Lemon and Herb Fish</u> with instant brown rice and <u>Lemon Garlic String Beans</u> Vegan - substitute firm tofu for fish filets
Wednesday	Leftover Scrambled Egg Muffins	Lunch out! <i>Try to choose a dish with a balance of protein, healthy fat, and complex carbs (& veggies!)</i>	<u>Slow Cooker Moroccan Chicken Stew</u> with instant brown rice Vegan – omit chicken, add 1/2 lb lentils and 1.5 cups veggie broth
Thursday	<u>High Protein Pancake</u> topped with fruit Vegan – make <u>Perfect Microwave Oatmeal!</u>	Leftover Moroccan Chicken Stew	<u>Mostaccioli with Shrimp and Cannellini Beans</u> with a green salad Vegan – substitute another can of beans for the shrimp
Friday	Whole wheat toast with smashed avocado and a fried egg Gluten free – use gluten free bread Vegan – top your avocado toast with chickpeas	Leftover Mostaccioli	Dinner Out! <i>Try to choose a dish with a balance of protein, healthy fat, and complex carbs (& veggies!)</i>
Saturday	<u>Whole Wheat Carrot Cake Muffins</u> with fruit and eggs or scrambled tofu Gluten free – make <u>Perfect Microwave Oatmeal</u> in place of muffins, or use GF all purpose flour		<u>Mexican Lasagna</u> with a green salad Gluten Free –use corn tortillas Vegan – swap an extra can of beans for the cheese and chicken, use mashed avocado in place of yogurt
Sunday	Brunch Out! <i>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</i>		Leftover Mexican Lasagna



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Week 3 Shopping List

Produce

Bananas
2 bags spinach
1 pint grape tomatoes
1 lb carrots
3 bell peppers
1 onion
1 tomato
Green beans
Avocados
Garlic
2 lemons
Basil
Cilantro
Parsley
Thyme
Greens for salads
Veggies for salads
Fruit for breakfast toppings

Meat & Fish

White fish filets
1 rotisserie chicken (or cooked chicken breast)
2 lb chicken breasts
1 lb medium shrimp

Canned & Jarred Goods

1 quart veggie or chicken broth
1 – 28oz can diced tomatoes
1 can pitted green olives
1 can chickpeas
1 can kidney beans
1 can lentils
1 can black beans
1 can cannellini beans
Beans for salads
16 oz jar salsa
2 – 2.25oz cans sliced olives
Unsweetened applesauce
Peanut butter

Dairy, Eggs, & other Refrigerated Goods

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

Dry Goods & Bread

1 oz dried porcinis
Oats
Grains of choice for salads
Instant brown rice
Corn or flour tortillas
Whole wheat bread (or GF)
Dried apricots
Raisins
Walnuts
Ground flax
Spelt flour (or GF)
Whole wheat pastry or GF flour
1 box Barilla [Campanelle](#) pasta (or Barilla [gluten free pasta](#))
1 box Barilla [Mostaccioli](#) pasta (or GF)

Seasonings, Condiments & Staples

Olive oil
Salt and pepper
Balsamic vinegar
Ground cumin
Smoked paprika
Ground coriander
Garlic powder
Dried dill
Dried parsley
Brown sugar
Vanilla
Ground cinnamon
Ground nutmeg
Baking powder
Baking soda



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Week 3 VEGAN Shopping List

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Bananas
2 bags spinach
1 pint grape tomatoes
1 lb carrots
3 bell peppers
1 onion
1 tomato
Green beans
Avocados
Garlic
2 lemons
Basil
Cilantro
Parsley
Thyme
Greens for salads
Veggies for salads
Fruit for breakfast toppings

Protein & Dairy Subs

Non-dairy milk
1 block silken tofu or non-dairy
yogurt
2 blocks firm tofu

Canned & Jarred Goods

1 quart veggie broth
1 – 28oz can diced tomatoes
1 can pitted green olives
1 can chickpeas
1 can kidney beans
2 cans black beans
2 cans cannellini beans
Beans for salads
16 oz jar salsa
2 – 2.25oz cans sliced olives
Unsweetened applesauce
Peanut butter

Dry Goods & Bread

1 oz dried porcinis
Oats
Grains of choice for salads
Instant brown rice
Corn or flour tortillas
Whole wheat bread
Lentils
Dried apricots
Raisins
Walnuts
Ground flax
Spelt flour (or GF)
Whole wheat pastry flour (or GF)
1 box Barilla [Campanelle](#) pasta (or
Barilla [gluten free pasta](#))
1 box Barilla [Mostaccioli](#) pasta
(or GF)

Seasonings, Condiments & Staples

Olive oil
Salt and pepper
Balsamic vinegar
Ground cumin
Smoked paprika
Ground coriander
Garlic powder
Dried dill
Dried parsley
Brown sugar
Vanilla
Ground cinnamon
Ground nutmeg
Baking powder
Baking soda