



Week 4

	Breakfast	Lunch	Dinner
Monday	Two Scrambled Eggs with Veggies & Cheese <i>Vegan – substitute tofu for eggs and omit cheese, make a tofu scramble!</i>	Whole wheat (or GF) wrap with Sabra Spreads Sea Salt & Cracked Pepper, greens, veggies, beans, and (optional) feta cheese	Sweet Potato Lentil Coconut Curry over instant brown rice
Tuesday	Chocolate Cherry Espresso Smoothie with whole wheat (or GF) toast + nut butter	Leftover Sweet Potato and Lentil Curry	Salmon with Mustard Lemon Dill Sauce and Lemon Garlic String Beans Vegan – substitute firm tofu for salmon, silken tofu for yogurt
Wednesday	Perfect Microwave Oatmeal topped with desired nuts, seeds, and wild blueberries Vegan – use nondairy milk	Sandwich on whole wheat bread (or GF) with Sabra Spreads Honey Mustard, canned tuna (or mashed white beans), greens, and tomato	Quinoa Taco Salad Vegan – omit cheese
Thursday	Whole wheat toast (or GF) with smashed avocado and a fried egg Vegan – top your avocado toast with chickpeas	Leftover Quinoa Taco Salad	Easy Lentil Veggie Burgers on salad or a bun
Friday	High Protein Pancake topped with wild blueberries Vegan – make Perfect Microwave Oatmeal again!	Grain, Bean, and Veggie Salad Grains + beans over greens with veggies, avocado, balsamic vinegar + olive oil	Dinner Out! <i>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</i>
Saturday	Savory Oatmeal Vegan – replace the egg and cheese toppings with chickpeas and extra avocado		Butternut Squash and Turkey Chili with a green salad Vegan – substitute a block of crumbled tofu for turkey
Sunday	Brunch Out! <i>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</i>		Leftover Butternut Squash and Turkey Chili



Week 4

Shopping List

Produce

Bananas
Cherries (fresh or frozen)
4 bell peppers
2 onions
1 sweet potato
16 oz mushrooms
Garlic
Avocados
Tomatoes
Spinach
Arugula
String beans
3 lemons
1 lb butternut squash
Dill
Cilantro
Thai basil
Greens for salads
Veggies for salads
Fruit for breakfast toppings

Meat & Fish

1 lb ground turkey
4 salmon filets

Canned & Jarred Goods

1 quart veggie or chicken broth
9 oz jar tomato sauce
1 can kidney beans
2 cans black beans
1 can chickpeas
1 can coconut milk
Tuna
Nut butter
Salsa

Dairy, Eggs, & other Refrigerated Goods

Milk (non-dairy or dairy)
Chocolate almondmilk
Eggs
Plain greek yogurt
Shredded cheddar cheese
[Sabra Spreads Sea Salt &
Cracked Pepper](#)
[Sabra Spreads Honey Mustard](#)

Dry Goods & Bread

Old fashioned oats
Steel cut oats
Whole wheat (or GF) bread
Whole wheat (or GF) wraps
Dried fruit/nuts/seeds for toppings
Quinoa
Lentils
Ground flax
Instant brown rice

Seasonings, Condiments & Staples

Olive oil
Salt and pepper
Balsamic vinegar
Dijon mustard
Ground cumin
Chili powder
Cayenne pepper
Ground ginger
turmeric
Sriracha/hot sauce
Coffee/espresso



Week 4 VEGAN Shopping List

Produce

Bananas
Cherries (fresh or frozen)
4 bell peppers
2 onions
1 sweet potato
16 oz mushrooms
Garlic
Avocados
Tomatoes
Spinach
Arugula
String beans
3 lemons
1 lb butternut squash
Dill
Cilantro
Thai basil
Greens for salads
Veggies for salads
Fruit for breakfast toppings

Protein & Dairy Subs, Refrigerated goods

3 blocks firm tofu
1 block silken tofu
Non-dairy milk
[Sabra Spreads Sea Salt & Cracked
Pepper](#)
[Sabra Spreads Honey Mustard](#)

Canned & Jarred Goods

1 quart veggie broth
9 oz jar tomato sauce
1 can kidney beans
2 cans black beans
2 cans chickpeas
1 can white beans
1 can coconut milk
Tuna
Nut butter
Salsa

Dry Goods & Bread

Old fashioned oats
Steel cut oats
Whole wheat (or GF) bread
Whole wheat (or GF) wraps
Dried fruit/nuts/seeds for
toppings
Quinoa
Lentils
Ground flax
Instant brown rice

Seasonings, Condiments & Staples

Olive oil
Salt and pepper
Balsamic vinegar
Dijon mustard
Ground cumin
Chili powder
Cayenne pepper
Ground ginger
turmeric
Sriracha/hot sauce
Coffee/espresso