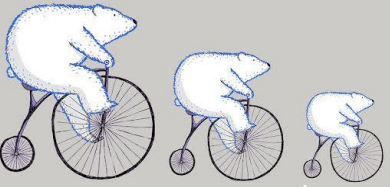


**WINTER SHAPE UP  
2016**



# Week 1 Meal Plan

	Breakfast	Lunch	Dinner
<b>Monday</b>	<p><b>2-egg omelette with avocado and veggies, whole wheat toast</b>            GF – use GF bread            Vegan – substitute tofu for eggs and make a tofu scramble!</p>	<p><b><u>Healthy Tuna Salad</u></b> on whole wheat bread/pita + salad            GF - gluten free bread/pita            Vegan – use white beans in place of tuna and avocado in place of yogurt, omit feta</p>	<p><b><u>Afghan Braised Chicken with Creamy Yogurt Sauce</u></b> with brown rice and salad            Vegan: Substitute 1 can of chickpeas and 1 block of tofu for the chicken, substitute 1 can of coconut milk for the yogurt</p>
<b>Tuesday</b>	<p><b><u>Overnight Pumpkin Oatmeal</u></b>            GF – use certified GF oats</p>	<p><b>Quinoa, Bean, and Veggie Salad</b>            (Quinoa + beans over mixed greens with veggies, avocado, and balsamic vinaigrette)</p>	<p><b><u>Hatch Chile Southwestern Quinoa Casserole</u></b>            Vegan: Substitute an extra can of black beans for chicken, omit cheese</p>
<b>Wednesday</b>	<p><b><u>Flour Free High Protein Pancake</u></b>            Vegan – <u>Almond Butter Banana Breakfast Bars</u></p>	<p><b><u>Quick Indian Chickpeas</u></b>            With naan + salad            GF – serve with rice/quinoa instead of naan            Vegan – omit yogurt</p>	<p><b><u>Butternut Squash and Turkey Chili</u></b>            Vegan – substitute 1 extra can of black beans + 1 crumbled package of tempeh for turkey</p>
<b>Thursday</b>	<p><b><u>Tart Cherry Oatmeal</u></b></p>	<p><b>Egg Salad (2 hard boiled eggs + yogurt + Dijon to taste) on wheat bread/pita + salad</b>            GF – use GF bread            Vegan – mash chickpeas &amp; avocado</p>	<p><b><u>Sweet Potato and Black Bean Enchiladas</u></b>            Vegan: omit cheese</p>
<b>Friday</b>	<p><b>Yogurt with chopped fruit, oats, nuts/seeds</b>            Vegan – use nondairy yogurt or nondairy milk</p>	<p><b>Lunch out!</b>            Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>	<p><b><u>Baked Asian Chicken Rice Balls + Roasted veggies</u></b>            Vegan: substitute crumbled tofu for chicken, omit cheese</p>
<b>Saturday</b>	<p><b><u>Oatmeal Griddle Cakes</u></b>            Vegan: <u>Carrot Cake Muffins</u></p>		<p><b>Dinner out or Leftovers!</b>            Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>
<b>Sunday</b>	<p><b><u>Chard &amp; Cheddar Quiche</u></b>            GF – use GF pie crust or make quinoa breakfast bake            Vegan: <u>Quinoa Breakfast Bake</u></p>		<p><b><u>Spicy Gluten Free Chicken Tenders</u></b> + brown rice + salad            Vegan: use tofu in place of chicken, dip tofu in coconut milk or soy yogurt in place of yogurt</p>



# Shopping List

## Week 1

### Produce

Bananas  
Salad greens  
Salad veggies of choice  
Roasting veggies of choice  
Baby spinach  
Broccoli slaw  
Celery  
4 yellow onions  
2 red onions  
2 red peppers  
2 green peppers  
1 lb butternut squash  
Hatch chiles  
Garlic  
2 cups mushrooms  
1 sweet potato  
1 jalapeno  
Avocado  
Green onions  
Cilantro  
Thyme  
1 bunch swiss chard

### Meat & Fish

1 rotisserie chicken  
3 lb chicken thighs  
1 ¼ lb chicken breasts  
1 lb ground turkey  
Chunk light tuna

### Frozen

Corn  
Pie crust

### Canned & Jarred Goods

3 cans Black beans  
1 can Red kidney beans  
1 can chickpeas  
Other beans of choice  
1 can pumpkin  
12 oz can green enchilada sauce  
Tomato paste  
2 jars salsa  
9 oz marinara sauce  
1 qt chicken broth  
Tart cherry juice

### Dairy & Eggs

1.5 lb Cabot cheddar cheese  
2 qt Cabot Greek yogurt  
2 dozen eggs  
Ricotta (optional)  
Feta cheese  
Milk/almond milk/kefir

### Dry Goods & Bread

Quinoa & grains of choice  
Brown rice  
Tortillas (corn or wheat)  
Oats  
Whole wheat bread  
Whole wheat pita or naan  
Nuts, seeds & dried fruit of choice  
Brown rice cereal  
Pecans  
Almonds  
Ground flax

### Seasonings, Condiments & Staples

Olive oil  
Coconut oil  
Salt  
Pepper  
Dijon mustard  
Balsamic vinegar  
Maple syrup/honey  
Ketchup  
Hot sauce  
Soy sauce  
Turmeric  
Ground coriander  
Cayenne pepper  
Cumin  
Chili powder  
Masala powder  
Baking soda  
Cinnamon  
Vanilla

# Shopping List

## Week 1

### Vegan



#### Produce

Bananas  
Salad greens  
Salad veggies of choice  
Roasting veggies of choice  
Baby spinach  
Broccoli slaw  
Celery  
4 yellow onions  
2 red onions  
2 red peppers  
2 green peppers  
1 lb butternut squash  
Hatch chiles  
Garlic  
2 cups mushrooms  
1 sweet potato  
1 jalapeno  
Avocado  
Green onions  
Cilantro  
Thyme  
1 bunch swiss chard  
1 lb carrots  
1 apple

#### Proteins & Dairy Subs

Tempeh  
Tofu  
Almond milk  
Dairy free yogurt

#### Frozen

Corn

#### Canned & Jarred Goods

4 cans Black beans  
1 can Red kidney beans  
1 can chickpeas  
1 can white beans  
Other beans of choice  
1 can pumpkin  
12 oz can green enchilada sauce  
Tomato paste  
2 jars salsa  
9 oz marinara sauce  
1 qt vegetable broth  
Tart cherry juice  
Applesauce

#### Dry Goods & Bread

Quinoa & grains of choice  
Brown rice  
Tortillas (corn or wheat)  
Oats  
Whole wheat bread  
Whole wheat pita or naan  
Nuts, seeds & dried fruit of choice  
Brown rice cereal  
Pecans  
Almonds  
Walnuts  
Raisins  
Ground flax

#### Seasonings, Condiments & Staples

Olive oil  
Coconut oil  
Salt  
Pepper  
Dijon mustard  
Balsamic vinegar  
Maple syrup/honey  
Ketchup  
Hot sauce  
Soy sauce  
Turmeric  
Ground coriander  
Cayenne pepper  
Cumin  
Chili powder  
Masala powder  
Baking soda  
Baking powder  
Spelt flour  
Whole wheat pastry flour  
Brown sugar  
Nutmeg  
Cinnamon  
Vanilla



# Shopping List

## Week 1

### Gluten Free

#### **Produce**

Bananas  
Salad greens  
Salad veggies of choice  
Roasting veggies of choice  
Baby spinach  
Broccoli slaw  
Celery  
4 yellow onions  
2 red onions  
2 red peppers  
2 green peppers  
1 lb butternut squash  
Hatch chiles  
Garlic  
2 cups mushrooms  
1 sweet potato  
1 jalapeno  
Avocado  
Green onions  
Cilantro  
Thyme  
1 apple  
1 bunch swiss chard

#### **Meat & Fish**

1 rotisserie chicken  
3 lb chicken thighs  
1 ¼ lb chicken breasts  
1 lb ground turkey  
Chunk light tuna

#### **Frozen**

Corn  
GF pie crust

#### **Canned & Jarred Goods**

3 cans Black beans  
1 can Red kidney beans  
1 can chickpeas  
Other beans of choice  
1 can pumpkin  
12 oz can green enchilada sauce  
Tomato paste  
2 jars salsa  
9 oz marinara sauce  
1 qt chicken broth  
Tart cherry juice

#### **Dairy & Eggs**

1.5 lb Cabot cheddar cheese  
2 qt Cabot Greek yogurt  
2 dozen eggs  
Ricotta (optional)  
Feta cheese  
Milk/almond milk/kefir

#### **Dry Goods & Bread**

Quinoa & grains of choice  
Brown rice  
Corn tortillas  
Oats  
GF bread/pita  
Nuts, seeds & dried fruit of choice  
Brown rice cereal  
Pecans  
Almonds  
Ground flax

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

Olive oil  
Coconut oil  
Salt  
Pepper  
Dijon mustard  
Balsamic vinegar  
Maple syrup/honey  
Ketchup  
Hot sauce  
Soy sauce  
Turmeric  
Ground coriander  
Cayenne pepper  
Cumin  
Chili powder  
Masala powder  
Baking soda  
Cinnamon  
Vanilla