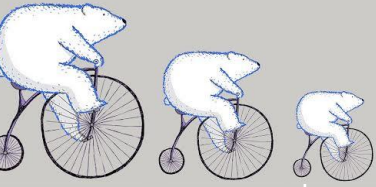


**WINTER SHAPE UP  
2016**



# Week 2 Meal Plan

	Breakfast	Lunch	Dinner
<b>Monday</b>	<p><b>Egg Sandwich –</b> Cook two eggs, sandwich between whole wheat bread with veggies GF – use GF bread Vegan – scramble tofu</p>	<p><b><u>Quinoa Taco Salad</u></b> Vegan – omit cheese</p>	<p><b><u>Spicy Sweet Potato Hummus Soup</u></b> with toast and salad</p>
<b>Tuesday</b>	<p><b><u>Perfect Microwave Oatmeal</u></b> topped with desired nuts, seeds, and fruit GF – use GF oats Vegan – use nondairy milk</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>Vegan Eggplant Gyros</u></b> GF – serve on GF wrap or over rice/quinoa</p>
<b>Wednesday</b>	<p><b><u>Coconut Breakfast Quinoa</u></b></p>	<p><b>Lunch Out!</b> Try to choose a dish with a balance of protein, healthy fat, and complex carbs. Plus veggies!</p>	<p><b><u>Pesto Baked Salmon &amp; Veggies</u></b> Vegan – substitute tofu for salmon</p>
<b>Thursday</b>	<p><b><u>Banana Spelt Muffins</u></b> GF – use GF all purpose flour Vegan – use non-dairy milk and silken tofu in place of yogurt</p>	<p><b><u>Turkey Veggie &amp; Barley Chili</u></b> GF – use brown rice in place of barley Vegan – use crumbled tempeh in place of turkey</p>	<p><b><u>Greek Quinoa Zucchini Fritters</u></b> With salad GF – use GF all purpose flour</p>
<b>Friday</b>	<p><b>2-egg omelette with avocado and veggies, whole wheat toast</b> GF – use GF bread Vegan – substitute tofu for eggs and omit cheese, make a tofu scramble!</p>	<p><b>Veggie &amp; Hummus Sandwich</b> Pile lettuce, tomato, red onion, peppers, or other veggies on whole wheat or GF bread with Sabra hummus</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>Saturday</b>	<p><b><u>Baked Oatmeal</u></b> GF – use certified GF oats Vegan – substitute 1 flax egg for egg (1 tablespoon ground flax + 3 tablespoons warm water)</p>		<p><b><u>Greek Lamb Burgers</u></b> GF – serve on GF bun or lettuce Vegan - <b><u>Black Bean and Pumpkin Veggie Burgers</u></b></p>
<b>Sunday</b>	<p><b><u>Sweet Potato Hash with Poached Eggs</u></b> Vegan – substitute crumbled tempeh for ham, omit eggs</p>	<p><b>Superbowl!</b> Don't deprive yourself early in the day to save up for a party food! Have a big salad with some protein before heading to a Superbowl party, then pick and choose some indulgences that are the most worth it. Have fun – and see the week 2 blog post for snack recipes!</p>	

# Shopping List

## Week 2



### Produce

3 Bell peppers  
Avocados  
4 Tomatoes  
3 onions  
2 red onions  
2 eggplants  
Celery  
5 sweet potatoes  
5 zucchini  
1 yellow squash  
1 cucumber  
Broccoli slaw  
Spinach  
Bananas  
Parsley  
Cilantro  
Garlic  
3 lemons  
8 oz mushrooms  
Additional veggies for salads  
Additional veggies to saute

### Meat & Fish

1 lb ground turkey  
1 lb ground lamb  
2 salmon filets  
6 oz smoked ham  
Chunk light tuna

### Frozen

Peas

### Canned & Jarred Goods

1 can Coconut milk  
1 can Black beans  
1 can red kidney beans  
28 oz diced tomatoes  
8 oz tomato sauce  
Unsweetened applesauce  
Kalamata olives  
Sundried tomatoes  
9 cups vegetable stock  
Pesto

### Dairy & Eggs

Cheddar cheese  
Feta cheese  
Eggs  
Plain greek yogurt  
Milk (dairy or non-dairy)

### Dry Goods & Bread

Quinoa  
Oats  
Barley  
Spelt flour  
Whole wheat pastry flour  
Whole wheat bread  
Whole wheat pita bread  
Nuts, seeds & dried fruit of choice  
Ground flaxseed

### Seasonings, Condiments & Staples

Sabra Supremely Spicy hummus  
Sabra classic hummus  
Olive oil  
Canola oil  
Salsa  
Dijon mustard  
Balsamic vinegar  
Red wine vinegar  
Hot sauce  
Salt  
Pepper  
Cumin  
Chili powder  
Dried oregano  
Dried dill  
Za'atar  
Dried tarragon  
Dried thyme  
Ground mustard  
Brown sugar  
Vanilla extract  
Maple syrup  
Brown sugar  
Cinnamon  
Baking powder  
Baking soda

# Shopping List

## Week 2

### Vegan



#### **Produce**

3 Bell peppers  
Avocados  
4 Tomatoes  
3 onions  
2 red onions  
2 eggplants  
Celery  
5 sweet potatoes  
5 zucchini  
1 yellow squash  
1 cucumber  
Broccoli slaw  
Spinach  
Bananas  
Parsley  
Cilantro  
Garlic  
3 lemons  
8 oz mushrooms  
Additional veggies for salads  
Additional veggies to saute

#### **Proteins & Dairy Subs**

2 packages tempeh  
Firm tofu  
Silken tofu  
Non-dairy milk

#### **Frozen**

Peas

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

1 can Coconut milk  
2 cans Black beans  
1 can red kidney beans  
1 can white beans  
28 oz diced tomatoes  
1 can pumpkin  
8 oz tomato sauce  
Unsweetened applesauce  
9 cups vegetable stock  
Pesto

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

Quinoa  
Oats  
Barley  
Spelt flour  
Whole wheat pastry flour  
Whole wheat bread  
Whole wheat pita bread  
Nuts, seeds & dried fruit of choice  
Ground flaxseed

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

Sabra Supremely Spicy hummus  
Sabra classic hummus  
Olive oil  
Canola oil  
Salsa  
Dijon mustard  
Balsamic vinegar  
Red wine vinegar  
Hot sauce  
Salt  
Pepper  
Cumin  
Chili powder  
Dried oregano  
Dried dill  
Za'atar  
Dried tarragon  
Dried thyme  
Ground mustard  
Brown sugar  
Vanilla extract  
Maple syrup  
Brown sugar  
Cinnamon  
Baking powder  
Baking soda

# Shopping List

## Week 2

### Gluten Free



#### **Produce**

3 Bell peppers  
Avocados  
4 Tomatoes  
3 onions  
2 red onions  
2 eggplants  
Celery  
5 sweet potatoes  
5 zucchini  
1 yellow squash  
1 cucumber  
Broccoli slaw  
Spinach  
Bananas  
Parsley  
Cilantro  
Garlic  
3 lemons  
8 oz mushrooms  
Additional veggies for salads  
Additional veggies to saute

#### **Meat & Fish**

1 lb ground turkey  
1 lb ground lamb  
2 salmon filets  
6 oz smoked ham  
Chunk light tuna

#### **Frozen**

Peas

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

1 can Coconut milk  
1 can Black beans  
1 can red kidney beans  
28 oz diced tomatoes  
8 oz tomato sauce  
Unsweetened applesauce  
Kalamata olives  
Sundried tomatoes  
9 cups vegetable stock  
Pesto

#### **Dairy & Eggs**

Cheddar cheese  
Feta cheese  
Eggs  
Plain greek yogurt  
Milk (dairy or non-dairy)

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

Quinoa  
GF Oats  
Brown rice  
GF all purpose flour  
GF bread/wraps  
Nuts, seeds & dried fruit of choice  
Ground flaxseed

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

Sabra Supremely Spicy hummus  
Sabra classic hummus  
Olive oil  
Canola oil  
Salsa  
Dijon mustard  
Balsamic vinegar  
Red wine vinegar  
Hot sauce  
Salt  
Pepper  
Cumin  
Chili powder  
Dried oregano  
Dried dill  
Za'atar  
Dried tarragon  
Dried thyme  
Ground mustard  
Brown sugar  
Vanilla extract  
Maple syrup  
Brown sugar  
Cinnamon  
Baking powder  
Baking soda