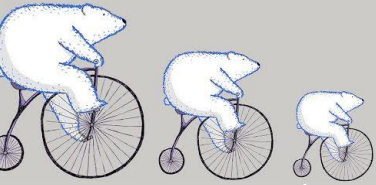


**WINTER SHAPE UP
2016**



Week 3 Meal Plan

	Breakfast	Lunch	Dinner
Monday	<p><u>Microwave Pumpkin Oatmeal Cookie for One</u></p> <p>GF – use certified GF oats</p>	<p><u>Sweet Potato Black Bean Quinoa Salad</u></p>	<p><u>Simple Spinach Fish Bake</u></p> <p>GF – Use GF breadcrumbs or ground almonds in place of breadcrumbs</p> <p>Vegan – <u>Minestrone Soup</u></p>
Tuesday	<p>2-egg omelette with avocado and veggies, whole wheat toast</p> <p>GF – use GF bread</p> <p>Vegan – substitute tofu for eggs and omit cheese, make a tofu scramble!</p>	<p><u>Lemony Spinach Quinoa Bean Salad</u></p> <p>Vegan – omit feta</p>	<p><u>Easy Coconut Curry</u> with tofu</p>
Wednesday	<p>Yogurt with chopped fruit, oats, nuts/seeds</p> <p>Vegan – use nondairy yogurt or milk</p>	<p><u>Barley & Brown Rice Herbed Veggie Salad</u></p> <p>GF – use more extra brown rice in place of barley</p>	<p><u>Almond Crusted Tilapia</u></p> <p>Vegan – use tofu or tempeh in place of tilapia</p>
Thursday	<p><u>Pumpkin Pie Oatmeal</u></p> <p>GF – use certified GF oats</p>	<p>Leftovers!</p>	<p><u>Creamy Garlic & Herb Pasta</u></p> <p>GF – use GF pasta</p>
Friday	<p><u>Chocolate Cherry Espresso Smoothie</u> with Toast</p> <p>GF – use GF bread</p>	<p><u>Healthy Deviled Eggs</u> with salad and toast</p> <p>Vegan – top salad with white beans and avocado</p>	<p><u>Roasted Marinated Pork Tenderloin</u> with <u>Healthy Mashed Potatoes</u> and roasted vegetables</p> <p>Vegan – use tempeh in place of pork</p>
Saturday	<p><u>Leftover Mashed Potato Cakes</u> with fried eggs</p> <p>Vegan/GF – <u>Quinoa Breakfast Bake</u></p>		<p><u>Sweet & Spicy Mango Shrimp</u></p> <p>Vegan – use tofu in place of shrimp</p>
Sunday	<p><u>Banana Nut Quinoa Muffins</u></p>	<p>Leftovers!</p>	

Shopping List

Week 3



Produce

Bananas
Sweet potatoes
Avocados
1 lemon
1 shallot
2 red onions
1 cucumber
1 large tomato
1 lb carrots
1 cauliflower
1 red pepper
Bok choy
4 potatoes
Spinach
1 mango
1 lime
Green onions
Garlic
Parsley
Basil
Rosemary
Dill
Apples & Fruit of choice
Vegetables for salad & roasting

Meat & Fish

4 tilapia filets
1 lb shrimp
1 lb cod
1 lb chicken
2 lb pork tenderloin
1 package tofu

Frozen

12 oz package spinach
Cherries
Peas

Canned & Jarred Goods

2 cans coconut milk
1 can white beans
1 can black beans
1 can kidney beans
1 can pumpkin
Nut butter of choice

Dairy & Eggs

Shredded cheddar cheese
Feta cheese
Dairy or non-dairy milk
Chocolate almondmilk
Eggs
Plain greek yogurt

Dry Goods & Bread

Quinoa
Oatmeal
Brown rice
Barley
Pasta
Ground flax
Quinoa flour
Quinoa flakes
Panko breadcrumbs
Whole wheat bread
Nuts/seeds of choice
Walnuts
Almonds
Shredded coconut
Raisins

Seasonings, Condiments & Staples

Olive oil
Coconut oil
Salt
Pepper
Ground cumin
Chili powder
Garlic powder
Coriander
Curry powder
Curry paste
Red pepper flakes
Soy sauce
Red wine vinegar
Salsa
Dijon mustard
Hot sauce
Apple juice
Maple syrup
Coffee
Nutmeg
Cloves
Cinnamon
Pumpkin pie spice
Baking powder
Baking soda

Shopping List

Week 3

Vegan



Produce

Bananas
Sweet potatoes
Avocados
1 lemon
1 shallot
2 red onions
1 cucumber
1 large tomato
1 lb carrots
1 cauliflower
1 red pepper
Bok choy
4 potatoes
Spinach
1 mango
1 lime
Green onions
Garlic
Parsley
Basil
Rosemary
Dill
Apples & Fruit of choice
Vegetables for salad & roasting
Mixed veggies for minestrone

Proteins

Tofu
Tempeh
Non-dairy milk
Chocolate almondmilk

Frozen

Cherries
Peas

Canned & Jarred Goods

2 cans coconut milk
2 cans white beans
1 can black beans
2 cans kidney beans
1 can pumpkin
1 15oz can tomato sauce
4 cups vegetable broth
Nut butter of choice

Dry Goods & Bread

Quinoa
Oatmeal
Brown rice
Barley
Pasta
Ground flax
Quinoa flour
Quinoa flakes
Whole wheat bread
Nuts/seeds of choice
Walnuts
Almonds
Shredded coconut
Raisins

Seasonings, Condiments & Staples

Olive oil
Coconut oil
Salt
Pepper
Ground cumin
Chili powder
Garlic powder
Coriander
Curry powder
Curry paste
Red pepper flakes
Soy sauce
Red wine vinegar
Salsa
Dijon mustard
Hot sauce
Apple juice
Maple syrup
Coffee
Nutmeg
Cloves
Cinnamon
Pumpkin pie spice
Baking powder
Baking soda

Shopping List

Week 3

Gluten Free



Produce

Bananas
Sweet potatoes
Avocados
1 lemon
1 shallot
2 red onions
1 cucumber
1 large tomato
1 lb carrots
1 cauliflower
1 red pepper
Bok choy
4 potatoes
Spinach
1 mango
1 lime
Green onions
Garlic
Parsley
Basil
Rosemary
Dill
Apples & Fruit of choice
Vegetables for salad & roasting

Meat & Fish

4 tilapia filets
1 lb shrimp
1 lb cod
1 lb chicken
2 lb pork tenderloin
1 package tofu

Frozen

12 oz package spinach
Cherries
Peas

Canned & Jarred Goods

2 cans coconut milk
1 can white beans
1 can black beans
1 can kidney beans
1 can pumpkin
Nut butter of choice

Dairy & Eggs

Shredded cheddar cheese
Feta cheese
Dairy or non-dairy milk
Chocolate almondmilk
Eggs
Plain greek yogurt

Dry Goods & Bread

Quinoa
Oatmeal
Brown rice
Barley
Pasta
Ground flax
Quinoa flour
Quinoa flakes
GF breadcrumbs
GF bread
Nuts/seeds of choice
Walnuts
Almonds

Shredded coconut
Raisins

Seasonings, Condiments & Staples

Olive oil
Coconut oil
Salt
Pepper
Ground cumin
Chili powder
Garlic powder
Coriander
Curry powder
Curry paste
Red pepper flakes
Soy sauce
Red wine vinegar
Salsa
Dijon mustard
Hot sauce
Apple juice
Maple syrup
Coffee
Nutmeg
Cloves
Cinnamon
Pumpkin pie spice
Baking powder
Baking