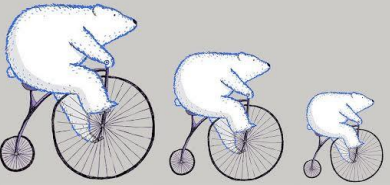


**WINTER SHAPE UP  
2016**



# Week 4 Meal Plan

	Breakfast	Lunch	Dinner
<b>Monday</b>	<p><u><a href="#">High Protein Oatmeal</a></u></p> <p>GF – use certified GF oats Vegan – substitute ½ cup silken tofu for eggs, use nondairy milk</p>	<p><u><a href="#">Turkey Veggie Barley Chili</a></u></p> <p>GF - use quinoa or brown rice in place of barley Vegan – use 1 package crumbled tempeh + 1 can beans in place of turkey</p>	<p><u><a href="#">Butternut Squash Mac &amp; Cheese + salad</a></u></p> <p>GF – use gluten free pasta Vegan: Substitute 1 extra can of beans + ½ cup nutritional yeast for the cheese</p>
<b>Tuesday</b>	<p><u><a href="#">Vegan Chia Pancakes</a></u></p> <p>GF – use gluten free all purpose flour</p>	<p><u><a href="#">Easy Lentil Veggie Burgers</a></u> over greens or on a whole wheat bun/pita</p>	<p><u><a href="#">Tart Cherry, Kale, &amp; Feta Stuffed Chicken + salad</a></u></p> <p>Vegan – omit feta. Drizzle sliced tofu with balsamic vinegar, salt &amp; pepper, sear. Top with tart cherry &amp; kale mixture</p>
<b>Wednesday</b>	<p><b>Egg Sandwich –</b> Cook two eggs, sandwich between whole wheat bread with veggies</p> <p>GF – use GF bread or make an omelet Vegan – scramble tofu</p>	<p><b>Leftovers!</b></p>	<p><u><a href="#">Eggplant Teriyaki Stir Fry with Tofu</a></u></p>
<b>Thursday</b>	<p><u><a href="#">Chia Pudding with Maple Roasted Figs &amp; Walnuts</a></u></p>	<p><u><a href="#">Autumn Maple Salad</a></u> topped with a protein (chicken, tuna, lentils, beans, tofu, etc)</p>	<p><u><a href="#">Shepherd's Pie</a></u></p>
<b>Friday</b>	<p><u><a href="#">Perfect Microwave Banana Oatmeal</a></u> topped with desired nuts, seeds, and fruit</p> <p>Vegan – use nondairy milk</p>	<p><b>Lunch out!</b></p> <p>Try to choose a dish with a balance of protein, healthy fat, and complex carbs</p>	<p><u><a href="#">Mexican Lasagna</a></u></p> <p>Vegan – substitute 1 extra can of beans for chicken, 1 mashed avocado for yogurt, omit cheese</p>
<b>Saturday</b>	<p><u><a href="#">Blueberry Ginger Breakfast Bake</a></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><u><a href="#">Blueberry Spelt Pancakes with Yogurt Maple Banana Topping</a></u></p> <p>GF – use gluten free all purpose flour Vegan – omit yogurt</p>		<p><u><a href="#">Healthy Chicken Fingers + roasted vegetables + salad</a></u></p> <p>Vegan: use tofu in place of chicken, dip tofu in coconut milk or soy yogurt in place of eggs</p>



# Shopping List

## Week 4

### Produce

Bananas  
Salad greens  
Salad veggies of choice  
Roasting veggies of choice  
Baby spinach  
3 onions  
2 carrots  
1 bunch celery  
16 oz mushrooms  
1.5 lb potatoes  
3 bell peppers  
Garlic  
Thyme  
Cilantro  
1 bunch green onions  
1 bunch kale  
1 zucchini  
1 lb Japanese eggplant  
1 butternut squash  
2 delicata squash  
Fresh ginger  
Figs  
Fruit of choice

### Meat & Fish & Proteins

1 rotisserie chicken  
1 lb chicken tenders  
1 lb chicken cutlets  
1 lb ground turkey  
1 package firm tofu

### Frozen

Blueberries

### Canned & Jarred Goods

1 can black beans  
2 cans Red kidney beans  
1 can chickpeas  
1 can white beans  
2 28oz cans diced tomatoes  
8 oz tomato sauce  
Tomato paste  
1 jar salsa  
4.5 cups vegetable broth  
1 can coconut milk  
2 2.25oz cans sliced olives  
Applesauce

### Dairy & Eggs

1 lb shredded cheddar cheese  
Feta cheese  
Greek yogurt  
Milk (dairy or non-dairy)  
Eggs

### Dry Goods & Bread

Tortillas (whole wheat or corn)  
Whole wheat bread/buns  
Brown rice  
Barley  
Oats  
Lentils  
Whole wheat pasta  
Cornflakes  
Oat flour  
Spelt flour  
Dried tart cherries  
Walnuts  
Nuts/seeds/dried fruit of choice  
Chia seeds

### Seasonings, Condiments & Staples

Olive oil  
Salt  
Pepper  
Dijon mustard  
Balsamic vinegar  
Maple syrup  
Rice vinegar  
White vinegar  
Soy sauce  
Miso paste  
Smoked paprika  
Ground cumin  
Poultry seasoning  
Garlic powder  
Chili powder  
Turmeric  
Ground flax  
Cinnamon  
Nutmeg  
Ground ginger  
Baking powder  
Baking soda  
Vanilla extract

# Shopping List

## Week 4

### Vegan



#### Produce

Bananas  
Salad greens  
Salad veggies of choice  
Roasting veggies of choice  
Baby spinach  
3 onions  
2 carrots  
1 bunch celery  
16 oz mushrooms  
1.5 lb potatoes  
3 bell peppers  
Garlic  
Thyme  
Cilantro  
1 bunch green onions  
1 bunch kale  
1 zucchini  
1 lb Japanese eggplant  
1 butternut squash  
2 delicata squash  
1 avocado  
Fresh ginger  
Figs  
Fruit of choice

#### Proteins & Dairy Subs

3 packages firm tofu  
1 package silken tofu  
Tempeh

#### Frozen

Blueberries

#### Canned & Jarred Goods

2 cans black beans  
2 cans Red kidney beans  
1 can chickpeas  
2 cans white beans  
2 28oz cans diced tomatoes  
8 oz tomato sauce  
Tomato paste  
1 jar salsa  
4.5 cups vegetable broth  
1 can coconut milk  
2 2.25oz cans sliced olives  
Applesauce

#### Dry Goods & Bread

Tortillas (whole wheat or corn)  
Whole wheat bread/buns  
Brown rice  
Barley  
Oats  
Lentils  
Whole wheat pasta  
Cornflakes  
Oat flour  
Spelt flour  
Dried tart cherries  
Walnuts  
Nuts/seeds/dried fruit of choice  
Chia seeds

#### Seasonings, Condiments & Staples

Olive oil  
Salt  
Pepper  
Dijon mustard  
Balsamic vinegar  
Maple syrup  
Rice vinegar  
White vinegar  
Soy sauce  
Miso paste  
Nutritional yeast  
Smoked paprika  
Ground cumin  
Poultry seasoning  
Garlic powder  
Chili powder  
Turmeric  
Ground flax  
Cinnamon  
Nutmeg  
Ground ginger  
Baking powder  
Baking soda  
Vanilla extract



# Shopping List

## Week 4

### Gluten Free

#### **Produce**

Bananas  
Salad greens  
Salad veggies of choice  
Roasting veggies of choice  
Baby spinach  
3 onions  
2 carrots  
1 bunch celery  
16 oz mushrooms  
1.5 lb potatoes  
3 bell peppers  
Garlic  
Thyme  
Cilantro  
1 bunch green onions  
1 bunch kale  
1 zucchini  
1 lb Japanese eggplant  
1 butternut squash  
2 delicate squash  
Fresh ginger  
Figs  
Fruit of choice

#### **Meat & Fish & Proteins**

1 rotisserie chicken  
1 lb chicken tenders  
1 lb chicken cutlets  
1 lb ground turkey  
1 package firm tofu

#### **Frozen**

Blueberries

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

1 can black beans  
2 cans Red kidney beans  
1 can chickpeas  
1 can white beans  
2 28oz cans diced tomatoes  
8 oz tomato sauce  
Tomato paste  
1 jar salsa  
4.5 cups vegetable broth  
1 can coconut milk  
2 2.25oz cans sliced olives  
Applesauce

#### **Dairy & Eggs**

1 lb shredded cheddar cheese  
Feta cheese  
Greek yogurt  
Milk (dairy or non-dairy)  
Eggs

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

Corn tortillas  
Quinoa  
Brown rice  
Oats  
Lentils  
Gluten free pasta  
Cornflakes  
Oat flour  
Gluten free flour  
Dried tart cherries  
Walnuts  
Nuts/seeds/dried fruit of choice  
Chia seeds

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

Olive oil  
Salt  
Pepper  
Dijon mustard  
Balsamic vinegar  
Maple syrup  
Rice vinegar  
White vinegar  
Soy sauce  
Miso paste  
Smoked paprika  
Ground cumin  
Poultry seasoning  
Garlic powder  
Chili powder  
Turmeric  
Ground flax  
Cinnamon  
Nutmeg  
Ground ginger  
Baking powder  
Baking soda  
Vanilla extract