

Grocery

LIST

- RICE
- PASTA
- EGGS
- CHICKEN
- GROUND BEEF OR TURKEY
- CANNED BEANS
- CANNED TOMATOES
- ONION
- GARLIC
- CARROTS
- POTATOES
- FROZEN VEGETABLES
- OATS
- MILK OF CHOICE
- BREAD
- PEANUT BUTTER
- APPLES
- BANANAS
- YOGURT
- CHEESE

Meal Plan



DAY 1:

BREAKFAST: OATMEAL WITH SLICED BANANA AND A DRIZZLE OF HONEY.
LUNCH: GRILLED CHEESE SANDWICH WITH A SIDE OF TOMATO SOUP (MADE USING CANNED TOMATOES).
DINNER: BAKED CHICKEN BREAST WITH ROASTED POTATOES AND STEAMED VEGETABLES.

DAY 2:

BREAKFAST: SCRAMBLED EGGS WITH TOAST AND A SIDE OF SLICED APPLES.
LUNCH: PASTA WITH TOMATO SAUCE (MADE USING CANNED TOMATOES) AND A SIDE SALAD.
DINNER: GROUND BEEF (OR TURKEY) TACOS WITH BLACK BEANS AND SAUTÉED ONIONS.

DAY 3:

BREAKFAST: PEANUT BUTTER AND BANANA SANDWICH.
LUNCH: CHICKEN AND VEGETABLE STIR-FRY SERVED OVER RICE.
DINNER: BAKED POTATO TOPPED WITH CHILI (MADE WITH GROUND BEEF OR TURKEY) AND CHEESE.

DAY 4:

BREAKFAST: YOGURT WITH SLICED APPLES AND A SPRINKLE OF GRANOLA.
LUNCH: TUNA SALAD SANDWICH WITH CARROT STICKS ON THE SIDE.
DINNER: SPAGHETTI WITH MEATBALLS (MADE WITH GROUND BEEF OR TURKEY) AND A SIDE SALAD.

DAY 5:

BREAKFAST: OMELETTE WITH DICED ONIONS, PEPPERS, AND CHEESE.
LUNCH: CHICKPEA SALAD (CANNED CHICKPEAS, DICED ONION, AND DICED CARROTS) SERVED OVER A BED OF LETTUCE.
DINNER: CHICKEN AND VEGETABLE STIR-FRY SERVED OVER RICE.

DAY 6:

BREAKFAST: PANCAKES WITH SLICED BANANAS AND A DRIZZLE OF HONEY.
LUNCH: BAKED CHICKEN BREAST WITH STEAMED VEGETABLES AND A SIDE OF RICE.
DINNER: PASTA WITH TOMATO SAUCE (MADE USING CANNED TOMATOES) AND A SIDE SALAD.

DAY 7:

BREAKFAST: TOAST WITH SCRAMBLED EGGS AND A SIDE OF SLICED APPLES.
LUNCH: TURKEY (OR BEEF) BURGER WITH A SIDE OF SWEET POTATO FRIES.
DINNER: BEAN AND VEGETABLE SOUP (MADE WITH CANNED BEANS, DICED ONIONS, AND FROZEN VEGETABLES) SERVED WITH BREAD.

Grocery

LIST
GLUTEN-FREE

- RICE
- QUINOA
- LENTILS
- EGGS
- CHICKEN
- GROUND BEEF OR TURKEY
- CANNED BEANS
- CANNED TOMATOES
- ONION
- GARLIC
- CARROTS
- POTATOES
- FROZEN VEGETABLES
- OATS
- ALMOND MILK
- GLUTEN-FREE BREAD
- APPLES
- BANANAS
- GREEK YOGURT
- CHEESE

Meal Plan

GLUTEN-FREE

g20

DAY 1:

BREAKFAST: QUINOA PORRIDGE WITH SLICED APPLES AND CINNAMON.
LUNCH: CHICKEN SALAD LETTUCE WRAPS WITH A SIDE OF CARROT STICKS.
DINNER: BAKED SALMON WITH ROASTED POTATOES AND STEAMED BROCCOLI.

DAY 2:

BREAKFAST: SCRAMBLED EGGS WITH SPINACH AND GLUTEN-FREE TOAST.
LUNCH: LENTIL SOUP WITH A SIDE SALAD.
DINNER: TURKEY OR BEEF TACOS IN GLUTEN-FREE CORN TORTILLAS, TOPPED WITH LETTUCE, TOMATOES, AND AVOCADO.

DAY 3:

BREAKFAST: GREEK YOGURT WITH SLICED BANANAS AND GLUTEN-FREE GRANOLA.
LUNCH: QUINOA SALAD WITH MIXED VEGETABLES AND A LEMON VINAIGRETTE.
DINNER: BAKED CHICKEN BREAST WITH QUINOA AND ROASTED CARROTS.

DAY 4:

BREAKFAST: GLUTEN-FREE OATMEAL WITH BERRIES AND ALMOND MILK.
LUNCH: LENTIL AND VEGETABLE STIR-FRY SERVED OVER RICE.
DINNER: BAKED SWEET POTATO TOPPED WITH BLACK BEANS, SALSA, AND SHREDDED CHEESE.

DAY 5:

BREAKFAST: ALMOND BUTTER AND BANANA SMOOTHIE (MADE WITH ALMOND MILK AND A FROZEN BANANA).
LUNCH: GREEK SALAD WITH GRILLED CHICKEN.
DINNER: GLUTEN-FREE SPAGHETTI WITH HOMEMADE MEATBALLS (USING GROUND TURKEY OR BEEF) AND MARINARA SAUCE.

DAY 6:

BREAKFAST: GLUTEN-FREE PANCAKES WITH A SIDE OF SLICED APPLES.
LUNCH: CHICKEN AND VEGETABLE STIR-FRY SERVED OVER GLUTEN-FREE RICE NOODLES.
DINNER: LENTIL CURRY WITH RICE AND STEAMED BROCCOLI.

DAY 7:

BREAKFAST: VEGETABLE OMELETTE WITH GLUTEN-FREE TOAST.
LUNCH: TURKEY OR BEEF BURGER ON A GLUTEN-FREE BUN, SERVED WITH SWEET POTATO FRIES.
DINNER: BAKED SALMON WITH QUINOA AND ROASTED VEGETABLES.

Grocery

LIST
VEGAN

- RICE
- PASTA
- LENTILS
- CANNED BEANS
- CANNED TOMATOES
- ONION AND PEPPERS
- GARLIC
- CARROTS
- POTATOES
- FROZEN VEGETABLES
- OATS
- ALMOND MILK
- PEANUT BUTTER
- APPLES
- BANANAS
- SPINACH OR KALE
- TOFU
- NUTRITIONAL YEAST
- CHIA SEEDS
- VEGAN SOUR CREAM

Meal Plan

VEGAN

g20

DAY 1:

BREAKFAST: OATMEAL TOPPED WITH SLICED BANANAS AND A DRIZZLE OF PEANUT BUTTER.

LUNCH: LENTIL AND VEGETABLE SOUP WITH A SIDE OF BREAD.

DINNER: STIR-FRIED TOFU WITH RICE AND STEAMED VEGETABLES.

DAY 2:

BREAKFAST: VEGAN BANANA PANCAKES WITH A SIDE OF FRESH BERRIES.

LUNCH: CHICKPEA SALAD SANDWICH WITH A SIDE OF CARROT STICKS.

DINNER: SPAGHETTI WITH MARINARA SAUCE (MADE WITH CANNED TOMATOES) AND SAUTÉED VEGETABLES.

DAY 3:

BREAKFAST: GREEN SMOOTHIE (SPINACH OR KALE, BANANA, PLANT-BASED MILK, AND A SPOONFUL OF PEANUT BUTTER).

LUNCH: TOFU OR TEMPEH STIR-FRY WITH MIXED VEGETABLES AND SERVED OVER RICE.

DINNER: BAKED SWEET POTATO TOPPED WITH BLACK BEANS, SALSA, AND A SPRINKLE OF NUTRITIONAL YEAST.

DAY 4:

BREAKFAST: VEGAN SCRAMBLED TOFU WITH DICED ONIONS, PEPPERS, AND SPINACH.

LUNCH: LENTIL CURRY WITH RICE AND NAAN BREAD.

DINNER: PASTA WITH TOMATO SAUCE (MADE WITH CANNED TOMATOES) AND A SIDE SALAD.

DAY 5:

BREAKFAST: TOAST WITH AVOCADO SLICES AND A SPRINKLE OF NUTRITIONAL YEAST.

LUNCH: QUINOA SALAD WITH MIXED VEGETABLES AND A LEMON-TAHINI DRESSING.

DINNER: VEGAN CHILI WITH BEANS AND DICED VEGETABLES, SERVED WITH A SIDE OF CORNBREAD.

DAY 6:

BREAKFAST: OVERNIGHT CHIA PUDDING WITH ALMOND MILK AND TOPPED WITH SLICED FRUIT.

LUNCH: BAKED FALAFEL IN A WHOLE WHEAT PITA POCKET, WITH LETTUCE, TOMATOES, AND TAHINI SAUCE.

DINNER: RICE AND VEGETABLE STIR-FRY WITH TOFU OR TEMPEH.

DAY 7:

BREAKFAST: VEGAN YOGURT WITH GRANOLA AND FRESH BERRIES.

LUNCH: VEGAN SUSHI ROLLS FILLED WITH AVOCADO, CUCUMBER, AND TOFU.

DINNER: BAKED POTATOES TOPPED WITH SAUTÉED VEGETABLES AND A DOLLOP OF VEGAN SOUR CREAM.