

MEAL PLANNING CHART

| | BREAKFAST | LUNCH | DINNER | SNACKS |
|-----------|------------------|--------------|---------------|---------------|
| SUNDAY | | | | |
| MONDAY | | | | |
| TUESDAY | | | | |
| WEDNESDAY | | | | |
| THURSDAY | | | | |
| FRIDAY | | | | |
| SATURDAY | | | | |

* Don't forget to create a shopping list and organize your recipes so they are ready to go. Wash fruit, chop veggies, and organize snacks.

GROCERY LIST

Proteins:

- Legumes (black, red, black eyed peas, garbanzo, lentils, edamame, etc.)*
 - Tofu*
 - Tempeh*
 - Eggs
 - Cheese
 - Dairy Milk
 - Chicken or Turkey (skinless, lean cuts- i.e. breast)
 - Fish (salmon, tuna, trout, sardines, etc.)
- (* indicates vegan protein choice.

Carbohydrates:

- Brown/Wild Rice
- 100% Whole Grain Pasta
- Rice Noodles
- Quinoa
- Oatmeal
- Barley
- Millet
- Buckwheat
- Corn Tortillas
- Potatoes
- Sweet Potatoes
- Cassava/Yucca
- Pumpkin
- Yams
- Corn
- Breads (100% Whole Grain)

Fats:

- Vegetable-Based Oils
- Extra-Virgin Olive Oil
- Coconut Oil
- Sesame Seed Oil
- Sunflower Seed Oil
- Canola Oil

Nuts & Seeds:

- Almonds
- Brazil Nuts
- Cashews
- Hazelnuts
- Macadamias
- Pecans
- Pine Nuts
- Pistachios
- Walnuts
- Peanuts
- Sunflower Seeds
- Pumpkin Seeds
- Sesame Seeds
- Chia Seeds
- Grounded Flax Seeds

GROCERY LIST

Fruits:

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cherries
- Coconut
- Cranberries
- Cucumbers
- Dates
- Goji Berries
- Grapefruit
- Grapes
- Kiwis
- Lemons
- Limes
- Mangoes
- Melon
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Prunes
- Raspberries
- Strawberries
- Tangerine/Clementine
- Tomatoes
- Watermelon

Non-Starchy Vegetables:

- Amaranth Greens (Callaloo)
- Artichoke
- Artichoke Hearts
- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beets
- Brussels Sprouts
- Broccoli
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Chayote
- Daikon
- Eggplant
- Dark Leafy Greens (collard, kale, mustard, turnip, chard)
- Hearts of Palm
- Jicama
- Leeks
- Mushrooms
- Okra
- Onions
- Peppers
- Radishes
- Rutabaga
- Salad Greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Squash (cushaw, summer, crookneck, spaghetti, zucchini)

GROCERY LIST

Herbs & Spices:

- Basil
- Bay Leaves
- Cayenne Pepper
- Chili Powder
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Curry Powder
- Dill
- Garlic
- Ginger
- Nutmeg
- Oregano
- Paprika
- Red Pepper Flakes
- Rosemary
- Thyme
- Turmeric
- Sage
- Vanilla Extract

Nutrition Boosters:

- Chia Seeds
- Grounded Flax Seeds
- Hemp Seeds
- Cacao Powder
- Nutritional Yeast
- Bee Pollen

Milks:

- Almond
- Coconut
- Cashew
- Hazelnut
- Hemp
- Rice
- Soy

Flavor Enhancers:

- Vinegar (apple cider, balsamic, red wine, etc.)
- Liquid Aminos (alternative to soy sauce)
- Reduced Sodium Soy Sauce
- Mustard

Other:

- _____
- _____
- _____
- _____
- _____