|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | * Smoothie: ½ -1 scoop pea protein powder, ½ cup berries, 1T almond butter, ½ cup - 1 cup unsweetened almond milk   *\*Higher calorie range: add 1 TBSP chia seeds to smoothie* | * 2/3-1 cup (cooked)\*\* oatmeal with 1 tsp almond slivers, 1 tsp pumpkin seeds and cinnamon * 1 container Chobani simply greek yogurt * 8 ounces water   *\*Lower calorie range omit yogurt* | * Chobani Simply Yogurt * 2/3-1 cup pumpkin steel cut oats\*\*\* * 8 ounces water | * 2-3 protein pancakes * 1 tsp almond butter * 8 ounces water | * Smoothie: ½ - 1 scoop pea protein, ½ banana, 1 T almond butter, ½ cup-1 cup almond milk   *\*Higher calorie range: add 1 TBSP chia seeds to smoothie* |
| **Snack** | * 1 container Chobani Simply Greek Yogurt with 1 tsp-1 TBSP walnuts * 8 ounces water | * ½ - 1cup berries * 10 almonds * 8 ounces water | * 1 apple * ½ TBSP – 1 TBSP almond butter * 8 ounces water | * 1 Quest Bar * 8 ounces water | * 1 oz “Harvest Snaps” lentil crisps (120 cal) * 8 ounces water |
| **Lunch** | * 1 Quinoa Stuffed Pepper\*\*\* * 1 cup sautéed spinach * 8 ounces water | * 5-7 ounces roasted garlic tofu * ½ cup brown rice with 1 TBSP EarthBalance buttery spread * 1 cup sautéed veggies * 1 T avocado * 8 ounces water | * Amy’s Sonoma Veggie Burger over lettuce * 2-4 T avocado * 1 cup sautéed kale with 2 ounces chickpeas * 8 ounces water | * Healthier Nachos\*\*\* * 1-1.5 cups sautéed spinach * 8 ounces water | * 1- 1 ½ cup chick-pea and edamame salad\*\*\* * 1 cup sautéed spinach * 8 ounces water |
| **Snack**  **Post Workout:** | * 2-3 TBSP hummus * ½ -1 cup carrots & celery * 8 ounces water * Recovery Protein with 8 ounces almond milk (140) | * 1/3 cup dry roasted Edamame * 8 ounces water * Recovery Protein with 8 ounces almond milk | * Chobani Simply Greek Yogurt with 1 tsp walnut pieces * 8 ounces water   *\*Higher calorie range add ½ cup berries*   * Recovery Protein with 8 ounces almond milk | * 1/3 cup oven roasted chickpeas\*\*\* * 8 ounces water * Recovery Protein with 8 ounces almond milk | * 1 pear * 10 cinnamon roasted almonds * 8 ounces water * Recovery Protein with 8 ounces almond milk |
| **Dinner** | * 1 Easy “Chickn” Wrap\*\*\* * 1-2 cups roasted broccoli * 8 ounces water   *\*Higher calorie range: add ¼ avocado, 2 extra meat strips, and 1/4 cup shredded low-fat cheese to wrap* | * 1 cup spaghetti squash\*\*\* * 1/3 cup pasta sauce (load up on the veggies) * 3-5 Meatless Meatballs (Annie’s option) * 1/2 – 2/3 cup lentil cooked or soup * 8 ounces water | * 1- 1 ½ cup chick-pea and edamame salad\*\*\* * 1 cup sautéed spinach * 8 ounces water | * 5-7 ounces Roasted Garlic Tofu\*\* * ½ cup quinoa with 1 tsp slivered almonds * 1 cup steamed broccoli * 8 ounces water | * ½- 2/3 cup sautéed tempeh * 1/3 cup quinoa * 1 cup sautéed chopped bell pepper, sliced onion, edamame, and spinach with 1 tsp olive oil * 8 ounces water |

|  |  |  |
| --- | --- | --- |
| **Week 1** | **Saturday** | **Sunday** |
| **Breakfast** | * 1-2 slices Ezekiel bread * 1-2 TBSP almond butter * 1 tsp chia seeds * ½ banana, sliced * 8 ounces water | * 2-3 protein pancakes * 1 tsp almond butter   8 ounces water |
| **Snack** | * 1 oz oven roasted chickpeas with cinnamon\*\*\* (Store-bought version ok too) * 1 skim mozzarella string cheese * 8 ounces water   *\*Lower calorie range: omit string cheese* | * Chobani Greek Yogurt Simply 100 * ½ TBSP – 1 TBSP pumpkin seeds * dash of cinnamon * sprinkle of chia seeds * 8 ounces water |
| **Lunch** | * Amy’s California veggie burger with 1-2 TBSP avocado * 1 cup sautéed kale with 2 ounces black beans * 8 ounces water | * 1 Quinoa Stuffed Pepper\*\*\* * 1-1.5 cups sautéed spinach * 8 ounces water |
| **Snack** | * 2-3 T hummus * ½ cup – 1 cup carrots & celery * 8 ounces water | * 1 Quest bar * 8 ounces water |
| **Dinner** | * 1½ cups spaghetti squash with 4 Zucchini Meatballs\*\*\* * 1/3 cup pasta sauce (load up on the veggies) * 8 ounces water | * 1 Easy “Chikn Wrap”\*\*\* * 1-2 cup grilled asparagus * 8 ounces water   *\*Higher calorie range: add ¼ avocado, 2 extra meat strips, and 1/4 cup shredded low-fat cheese to wrap* |

**Grocery List:**

* **Fruit**: Strawberries, Blueberries, Peaches, Apple, Banana
* **Veggies**: Peppers, Onions, Broccoli, Asparagus, Carrots, Spaghetti Squash, Green Beans, Celery, Butternut Squash, Cauliflower, Sweet Potato, Brussels Sprouts
* Oatmeal/Steel cut oats
* Chickpeas
* Hummus
* Quinoa
* Brown Rice
* Whole Wheat Tortillas
* Pasta Sauce
* Avocado
* Pumpkin
* Amy’s veggies burgers (Sonoma or California)
* Beyond Meat Beyond Chicken Strips
* [Beyond Meat “Beefy Crumble”](http://beyondmeat.com/products/view/beefy-crumble)
* Tofu (1 package silken, 1 package extra firm)
* Tempeh
* Quest bars, RX bars, Perfect bar or other vegetarian protein bar
* **Nuts**: Pecans, Almonds, Walnuts
* Almond butter
* Edamame
* Lentil Crisps (“Harvest Snaps” brand)
* Chia Seeds
* Pumpkin Seeds
* Roasted Chickpeas (or make your own\*\*\*)
* Chobani Simply or Triple Zero Greek Yogurt Greek yogurt
* 100% Pea Protein Isolate Powder
* Unsweetened Almond Milk

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | * Smoothie: 6 oz silken tofu, ½ cup-1 cup berries, ½ container – 1 container Plain Chobani 100 Greek Yogurt, handful leafy greens like kale/spinach, ½ TBSP-1 TBSP pumpkin seeds (add water for consistency)   *\*Higher calorie range: add 1 TBSP chia seeds to smoothie* | * Tofu Scramble\*\*\* * 1 Whole Wheat Tortilla (fill with scramble for a wrap!) * 1 container Chobani Simply 100 * 8 ounces water   *\*Lower calorie range omit yogurt* | * 1 container Chobani Simply Yogurt * Berry Delicious Oats\*\*\* * 8 ounces water   *\*Lower calorie range: omit yogurt* | * Smoothie: ½ -1 scoop pea protein powder, ½ cup berries, 1T almond butter, ½ cup - 1 cup unsweetened almond milk (290-380 cal)   *\*Higher calorie range: add 1 TBSP chia seeds to smoothie* | * 2-3 protein pancakes * 1 tsp almond butter * 8 ounces water   *\*Higher calorie range add ¼ cup berries of choice* |
| **Snack** | * 1 apple * 1 tsp – 1 TBSP almond butter * 8 ounces water | * ½ cup berries * 10 almonds * 8 ounces water | * 2-3 TBSP hummus * ½ cup – 1 cup carrots & celery * 8 ounces water   *\*Higher calorie range add 1 TBSP almonds to snack* | * 1/3 cup roasted edamame * 8 ounces water | * Chobani Simply Greek Yogurt with 1 tsp walnut pieces + sprinkle of chia seeds * 8 ounces water |
| **Lunch** | * 1 Quinoa Stuffed Pepper\*\*\* * 1-1.5 cup sautéed spinach * 8 ounces water | * 1 Amy’s Sonoma Veggie Burger * 1-2 T avocado * 1 cup sautéed kale with 2 ounces chickpeas * 8 ounces water | * 6 ounces tofu * ½ cup brown rice * 1 cup sautéed veggies * 2 T avocado * 8 ounces water   *\*Lower calorie range: omit avocado* | * 1 cup Nutty Quinoa\*\*\* * 1 cup sautéed spinach * 8 ounces water | * 1 cup chick-pea and edamame salad\*\*\* * 1 cup sautéed spinach * 8 ounces water |
| **Snack**  **Post Workout:** | * 1 container Chobani Simply Greek Yogurt with 1 tsp-1 TBSP walnuts (117 cal) * 8 ounces water * Recovery Protein with 8 ounces almond milk | * 2-3 T hummus * ½ cup – 1 cup carrots & celery * 8 ounces water * Recovery Protein with 8 ounces almond milk | * 1 Quest Bar * 8 ounces water * Recovery Protein with 8 ounces almond milk | * 1/3 cup oven roasted chickpeas\*\*\* * 8 ounces water   *\*Higher calorie range add ¼ cup avocado slices sprinkled with pepper, sea salt, and lemon juice as well.* | * 1 orange * 10 cinnamon roasted almonds * 8 ounces water * Recovery Protein with 8 ounces almond milk |
| **Dinner** | * 1 Stuffed Sweet potato\*\*\* * 1-2 servings “Steamfresh” brussel sprouts * 8 ounces water   *\*Higher calorie range: Add ¼ cup low-fat shredded mexican cheese to Stuffed Sweet Potato* | * 1-1.5 cups Southwestern Salad\*\*\* * 4-6 Beyond Meat “chicken” strips * 8 ounces water | * 1 cup chick-pea and edamame salad\*\*\* * 1 cup sautéed spinach * 8 ounces water | * 5 ounces Garlic Roasted Tofu\*\*\* * ½ cup quinoa * 1 cup broccoli * 8 ounces water | * ½ whole grain hamburger bun * 1 Black Bean Burger\*\*\* * Optional burger toppings: sliced onions, 1 slice tomato, spinach or lettuce * 1-1.5 cups steamed broccoli * 8 ounces water |

|  |  |  |
| --- | --- | --- |
| **Week 2** | **Saturday** | **Sunday** |
| **Breakfast** | * 2-3 protein pancakes * 1 tsp almond butter * 8 ounces water | * Berry Delicious Oats\*\*\* * 1 container Chobani Simply 100   *\*Lower calorie range omit yogurt* |
| **Snack** | * 1 protein pancake * 1 tsp almond and coconut butter * 8 ounces water | * 1 RX Bar * 8 ounces water |
| **Lunch** | * Amy’s California veggie burger with 2 T avocado * 1 cup sautéed kale with 2 ounces chickpeas * 8 ounces water | * 1 -1.5 cups Southwestern Salad\*\*\* * 1 oz “Harvest Snaps” Lentil Crisps * 8 ounces water |
| **Snack** | * 1 Quest Bar * ¼ cup berries * 8 ounces water | * 1 Skim Milk String Cheese * 1 oz almonds * 8 ounces water |
| **Dinner** | * 1-1½ cups spaghetti squash\*\*\* * 1/3 cup pasta sauce (load up on the veggies) * 2-4 Zucchini Meatballs\*\*\* * 8 ounces water | * 1-2 Zucchini Boats\*\*\* * 1-2 cups grilled asparagus * 8 ounces water |

**Grocery List:**

* **Fruit**: Strawberries, Blueberries, Peaches, Apple, Banana
* **Veggies**: Peppers, Onions, Broccoli, Asparagus, Carrots, Spaghetti Squash, Green Beans, Celery, Butternut Squash, Cauliflower, Sweet Potato, Brussels Sprouts
* Oatmeal/Steel cut oats
* Chickpeas
* Hummus
* Quinoa
* Brown Rice
* Pasta Sauce
* Avocado
* Pumpkin
* Amy’s veggies burgers (Sonoma or California)
* Beyond Meat Beyond Chicken Strips
* [Beyond Meat “Beefy Crumble”](http://beyondmeat.com/products/view/beefy-crumble)
* Tofu (1 package silken, 1 package extra firm)
* Tempeh
* Quest bars, RX bars, Perfect bar or other vegetarian protein bar
* **Nuts**: Pecans, Almonds, Walnuts
* Almond butter
* Edamame
* Lentil Crisps (“Harvest Snaps” brand)
* Chia Seeds
* Pumpkin Seeds
* Roasted Chickpeas (or make your own\*\*\*)
* Chobani Simply or Triple Zero Greek Yogurt Greek yogurt
* 100% Pea Protein Isolate Powder
* Unsweetened Almond Milk

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | * Smoothie: ½ scoop-1 scoop pea protein, ½ cup -1 cup berries, 1T almond butter, ½ cup -1 cup unsweetened almond milk * 8 ounces water | * Smoothie: 6 oz silken tofu, ½ cup-1 cup berries, ½ container – 1 container Plain Chobani 100 Greek Yogurt, handful leafy greens like kale/spinach, ½ TBSP-1 TBSP pumpkin seeds (add water for consistency)   *\*Higher calorie range: add 1 TBSP chia seeds to smoothie* | * Chobani Simply Yogurt * 2/3 cup pumpkin steel cut oats\*\*\* * 8 ounces water | * **Tofu Stir Fry\*\*\*** * 1 cup unsweetened almond milk with a few drops of Stevia | * Smoothie: ½ banana – 1 banana, ½ cup – 1 cup frozen berries, ½ scoop pea protein isolate powder, ½ cup – 1 cup unsweetened almond milk   *\*Higher calorie range: add 1 TBSP almonds or almond butter* |
| **Snack** | * 1 Quest bar * 8 ounces water   *\*Higher calorie range add ½ apple* | * 1 apple * 1 tsp – 1 TBSP almond butter * 8 ounces water | * Chobani Simply Greek Yogurt with 1 tsp pecan pieces * 8 ounces water | * 1 apple * 1 tsp almond butter * 8 ounces water | * Chobani Simply Greek Yogurt with 1 tsp walnut pieces * 8 ounces water |
| **Lunch** | * Healthier Nachos\*\*\* * 1 cup sautéed broccoli * 8 ounces water | * 1 Quinoa Stuffed Pepper\*\*\* * 1-1.5 cup sautéed spinach   8 ounces water | * Amy’s Sonoma Veggie Burger * 2 T avocado * 1 cup sautéed kale with 2 ounces chickpeas * 8 ounces water | * 1 cup Nutty Quinoa\*\*\* * 1 cup sautéed spinach * 8 ounces water | * 2-3 **Zucchini Boats\*\*\*** * 1 cup sautéed spinach * 8 ounces water |
| **Snack**  **Post Workout:** | * 2-3 TBSP hummus * ½ cup-1 cup carrots & celery * 8 ounces water * Recovery Protein with 8 ounces almond milk | * 1 container Chobani Simply Greek Yogurt with 1 tsp-1 TBSP walnuts (117 cal) * 8 ounces water * Recovery Protein with 8 ounces almond milk | * Low Sugar Kind Bar * 8 ounces water * Recovery Protein with 8 ounces almond milk | * 1/3 cup oven roasted chickpeas\*\*\* * 8 ounces water | * 1 peach * 10 cinnamon roasted almonds * 8 ounces water * Recovery Protein with 8 ounces almond milk |
| **Dinner** | * 1-1.5 cups **Southwestern Salad\*\*\*** * 1-2 cups roasted broccoli * 8 ounces water | * 1 Stuffed Sweet potato\*\*\* * 1-2 servings “Steamfresh” brussel sprouts * 8 ounces water   *\*Higher calorie range: Add ¼ cup low-fat shredded mexican cheese to Stuffed Sweet Potato* | * 5 ounces Garlic Roasted Tofu\*\*\* * 1 cup chick-pea and edamame salad\*\*\* * 8 ounces water | * 1 Ezekiel Tortilla * 5-7 oz Beyond Meat “beefy crumble” * ¼ cup shredded spinach * 2 TBSP salsa * 2 TBSP sliced onion (optional) * ½ cup berries * 8 ounces water   *\*Higher calorie range: add ¼ cup shredded low-fat cheese to taco)* | * ½ cup sautéed tempeh * ½ cup quinoa * 1 cup roasted Brussels sprouts * 8 ounces water |

|  |  |  |
| --- | --- | --- |
| Week 3 | **Saturday** | **Sunday** |
| **Breakfast** | * Chobani Simply Yogurt * 2/3 cup pumpkin steel cut oats\*\*\* * 8 ounces water | * 2-3 protein pancakes * 1 tsp almond butter   8 ounces water |
| **Snack** | * 1 protein pancake * 1 tsp almond and coconut butter * 8 ounces water | * 1 apple * 1 tsp almond butter * 8 ounces water |
| **Lunch** | * Amy’s California veggie burger with 2 T avocado * 1 cup sautéed kale with 2 ounces chickpeas * 8 ounces water | * 1- 1 ½ Quinoa Stuffed Pepper\*\*\* * 1 cup sautéed spinach * 8 ounces water |
| **Snack** | * 3 T hummus * Carrots & celery * 8 ounces water | * RX or Quest Bar * 8 ounces water |
| **Dinner** | * 1-1½ cups spaghetti squash\*\*\* * 1/3 cup pasta sauce (load up on the veggies) * 5-7 “Meatless” Meatballs (Amy’s has an option) * 8 ounces water | * 1 English Muffin Veggie Pizza\*\*\* * 1-2 cups grilled asparagus * 8 ounces water |

**Grocery List:**

* **Fruit**: Strawberries, Blueberries, Peaches, Apple, Banana
* **Veggies**: Peppers, Onions, Broccoli, Asparagus, Carrots, Spaghetti Squash, Green Beans, Celery, Butternut Squash, Cauliflower, Sweet Potato, Brussels Sprouts
* Oatmeal/Steel cut oats
* Chickpeas
* Hummus
* Quinoa
* Brown Rice
* Pasta Sauce
* Avocado
* Pumpkin
* Amy’s veggies burgers (Sonoma or California)
* Beyond Meat Beyond Chicken Strips
* [Beyond Meat “Beefy Crumble”](http://beyondmeat.com/products/view/beefy-crumble)
* Tofu (1 package silken, 1 package extra firm)
* Tempeh
* Quest bars, RX bars, Perfect bar or other vegetarian protein bar
* **Nuts**: Pecans, Almonds, Walnuts
* Almond butter
* Edamame
* Lentil Crisps (“Harvest Snaps” brand)
* Chia Seeds
* Pumpkin Seeds
* Roasted Chickpeas (or make your own\*\*\*)
* Chobani Simply or Triple Zero Greek Yogurt Greek yogurt
* 100% Pea Protein Isolate Powder
* Unsweetened Almond Milk

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | * Smoothie: ½ banana – 1 banana, ½ cup – 1 cup frozen berries, ½ scoop pea protein isolate powder, ½ cup – 1 cup unsweetened almond milk, 1 handful leafy greens   *\*Higher calorie range: add 1 TBSP almonds or almond butter* | * 2/3 cup (cooked)\*\* oatmeal with 1 tsp almond slivers and cinnamon with ½ scoop vanilla protein powder * Sprinkle with cinnamon * 8 ounces water | * **Tofu Scramble\*\*\*** * 8 ounces water   *\*Higher calorie range add 1 cup berries as a side* | * 2-3 protein pancakes * 1 tsp almond butter * 8 ounces water | * Chobani Simply Yogurt * 2/3 cup pumpkin steel cut oats\*\*\* * 8 ounces water |
| **Snack** | * Chobani Simply Greek Yogurt with 1 tsp walnut pieces * 8 ounces water   *\*Higher calorie range add 1 TBSP pumpkin seeds and 1 tsp chia seeds* | * Chobani Simply Greek Yogurt with 1 tsp walnut pieces * Dash of cinnamon * 8 ounces water * *\*Higher calorie range add 1 TBSP pumpkin seeds and 1 tsp chia seeds* | * 1 Quest protein bar * 8 ounces water | * Chobani Simply Greek Yogurt with 1 tsp pecan pieces * 8 ounces water | * ½ cup berries * 10 almonds * 8 ounces water |
| **Lunch** | * 1 Quinoa Stuffed Pepper\*\*\* * 1 cup sautéed spinach * 8 ounces water | * 5-7 ounces tofu * ½-2/3 cup brown rice * 1 cup sautéed veggies * 2-4 T avocado * 8 ounces water | * Amy’s Sonoma Veggie Burger * 1-2 T avocado * 1 cup sautéed kale with 2 ounces chickpeas * 8 ounces water | * 1 cup Nutty Quinoa\*\*\* * 1 cup sautéed spinach * 8 ounces water | * 1 cup chick-pea and edamame salad\*\*\* * 1 cup sautéed spinach * 8 ounces water |
| **Snack**  **Post Workout:** | * 1 TBSP hummus * 1 oz Lentil Bean Crisps (“Harvest Snaps”) * 8 ounces water * Recovery Protein with 8 ounces almond milk | * 1/3 cup dry roasted Edamame * 8 ounces water * Recovery Protein with 8 ounces almond milk | * Quest or RX Protein Bar * 8 ounces water * Recovery Protein with 8 ounces almond milk | * 1/3 cup oven roasted chickpeas\*\*\* * 8 ounces water | * 1 orange * 10 cinnamon roasted almonds * 8 ounces water * Recovery Protein with 8 ounces almond milk |
| **Dinner** | * 1 Buddha Bowl\*\*\*: * ¼ cup roasted sweet potato * 1-2 cups roasted broccoli * 4 oz – 6 oz sautéed tempeh * ¼ cup – ½ cup brown rice * 1 TBSP Tahini Power Sauce\*\*\* (optional) * 8 ounces water | * 1-2 English Muffin Pizzas\*\*\* * 1 cup spinach salad: * ¼ cup chopped celery * ¼ cup chopped carrots * ¼ cup chopped cucumber * 1 cup spinach greens * ½ TBSP olive oil based dressing | * 1- 1 ½ cup chick-pea and edamame salad\*\*\* * 1-2 cups sautéed spinach * 8 ounces water | * 1 Black Bean Burger\*\*\* over lettuce * handful baby spinach (optional, for topping) * Sliced onions (optional, for toppings) * 1 cup steamed broccoli * 8 ounces water | * ½ cup sautéed tempeh with sautéed veggies * ½ cup quinoa * 1 cup roasted Brussels sprouts * 8 ounces water |

|  |  |  |
| --- | --- | --- |
| **Week 4** | **Saturday** | **Sunday** |
| **Breakfast** | * Smoothie: ½ banana – 1 banana, ½ cup – 1 cup frozen berries, ½ scoop pea protein isolate powder, ½ cup – 1 cup unsweetened almond milk, 1 handful leafy greens   *\*Higher calorie range: add 1 TBSP almonds or almond butter* | * Egg & Quinoa Scramble\*\*\* (Vegans sub Tofu Scramble\*\*\*) * 8 ounces water |
| **Snack** | * 1 protein pancake * 1 tsp almond and coconut butter * 8 ounces water | * 1 apple * 1 tsp – 1 TBSP almond butter * 8 ounces water |
| **Lunch** | * 5-7 strips Beyond Meat Chicken Strips * 1 cup sautéed kale with 2-3 ounces chickpeas * 1 TBSP Tahini Power Sauce\*\*\* * 8 ounces water | * 1-1½ Quinoa Stuffed Pepper\*\*\* * 1 – 1.5 cups sautéed spinach * 8 ounces water |
| **Snack** | * ½ cup sea salt edamame * ½ cup -1 cup sliced cucumber & celery * 8 ounces water | * 1 RX or Quest Bar * 8 ounces water |
| **Dinner** | * 1-1½ cups spaghetti squash\*\*\* * 1/3 cup pasta sauce (load up on the veggies) * 4-6 Beyond Meat “Chicken” strips * 8 ounces water | * Stuffed Sweet potato\*\*\* * 1-2 cups grilled asparagus * 8 ounces water |

**Grocery List**

* **Fruit**: Strawberries, Blueberries, Peaches, Apple, Banana
* **Veggies**: Peppers, Onions, Broccoli, Asparagus, Carrots, Spaghetti Squash, Green Beans, Celery, Butternut Squash, Cauliflower, Sweet Potato, Brussels Sprouts
* Oatmeal/Steel cut oats
* Chickpeas
* Hummus
* Quinoa
* Brown Rice
* Pasta Sauce
* Avocado
* Pumpkin
* Amy’s veggies burgers (Sonoma or California)
* Beyond Meat Beyond Chicken Strips
* [Beyond Meat “Beefy Crumble”](http://beyondmeat.com/products/view/beefy-crumble)
* Tofu (1 package silken, 1 package extra firm)
* Tempeh
* Quest bars, RX bars, Perfect bar or other vegetarian protein bar
* **Nuts**: Pecans, Almonds, Walnuts
* Almond butter
* Edamame
* Lentil Crisps (“Harvest Snaps” brand)
* Chia Seeds
* Pumpkin Seeds
* Roasted Chickpeas (or make your own\*\*\*)
* Chobani Simply or Triple Zero Greek Yogurt Greek yogurt
* 100% Pea Protein Isolate Powder
* Unsweetened Almond Milk