Planning Your Meals and Shopping List

1. Planning your meals: Put a check next to the meal ideas you like and highlight or underline the foods you need. (Listed next to each item are ingredients commonly found in each item. Ingredients are to be used a guide instead of a recipe.)

Breakfast:
- Oatmeal (quick oats, cinnamon, peanut butter, fresh fruit)
- Overnight oats (quick oats, chia seeds, frozen/fresh fruit)
- Granola (store bought or home-made: rolled oats, nuts, seeds, dried fruit, etc.)
- Yogurt (low-fat/Greek yogurt, fresh fruit)
- Smoothie (Fresh/frozen fruit, yogurt, plant-based milk, peanut butter, leafy greens)
- Omelet (Onion, Peppers, mushrooms, tomato, eggs, cheese)
- Breakfast burritos (whole-grain tortillas, quinoa, zucchini, tomato, peppers, onion, beans, protein)
- Other:

Lunch:
- Mediterranean bowls (lettuce mix, grain choice, beans, protein, veggies)
- Salads (Lettuce mix, veggies, protein, dressing)
- Sandwich (Whole grain bread, protein, nut butter, jelly, veggies)
- Other:

Dinner:
- Stuffed peppers (peppers, grain, Protein, pasta sauce)
- Pesto Pizza (Pre-made pizza crust, pesto, veggies, protein)
- Lasagna (lasagna noodles, pasta sauce, cheese, protein, veggies)
- Chicken Teriyaki (Chicken, rice, teriyaki sauce, vegetables)
- Pad Tai (Noodles, protein, Peanut sauce, vegetables)
- Burgers (mushrooms, hamburger, turkey, bean/lentils)
- Zucchini pasta (Zucchini, pasta sauce or Pesto, Veggies, Protein)
- Other:
Sauces:

____ Tahini dressing (tahini, lemon)
____ Pesto (pine nuts, basil, lemon, garlic, parmesan cheese, nutritional yeast (if dairy or nut free)
____ Peanut sauce (peanut butter, soy sauce, rice vinegar, brown sugar, lime, garlic, ginger root
____ Balsamic Vinegar Dressing (olive oil, balsamic vinegar, Dijon mustard, garlic, honey, salt, pepper)

Snacks:

____ Fruit
____ Nuts/seeds
____ Hummus
____ Vegetables (carrots, celery, tomatoes, cucumbers)
____ Energy Balls (dates, chia seeds, nut butter, agave/honey, rolled oats)

2. **Shopping list**: Based off your meal ideas, highlight or add the foods you need on the list. Write the amount needed above each item then place a check mark on the line once added into your shopping cart.

Grains:

____ Quinoa, Brown rice, wild rice, black rice, Farrow
____ Quick rolled oats
____ Whole grain Bread
____ Whole wheat tortillas

Fruit:

____ Frozen Fruits (berries, mixed fruits, pineapple, mango, etc.)
____ Fresh Fruits (bananas, grapes, watermelon, berries, plums, pineapple, mango, oranges, apples, pears etc.)
____ Dried Fruit (pineapple, raisins, mango, banana, etc.)

Vegetables:

____ Cruciferous (Arugula, Bok choi, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Collard greens, Horseradish, Chinese broccoli, Chinese cabbage)
____ Root Vegetables (Potatoes, beets, carrots, turnips, onion, artichokes, radishes, yams, sweet potatoes, parsnips)

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____ Frozen (Peas, carrots, zucchini, corn, cauliflower, broccoli, mixed)
____ Leafy Greens (kale, spring mix, lettuce)

**Protein:**
____ Legumes (lentils)
____ Beans (black, chickpea, kidney, white, fava, etc.)
____ Plant-based protein (tofu, tempeh)
____ lunch meat (chicken, turkey, roast beef)
____ Chicken breast
____ Seafood (salmon, shrimp, tilapia, etc.)
____ Eggs
____ Nuts/seeds (peanut, almond, cashew, pine nut, hazelnut, sunflower seeds, chia seeds, Hemp seeds)

**Dairy:**
____ Milk (fat free, 1%, 2%, almond, oat, soy, rice)
____ Yogurt (Greek, low-fat)
____ Cheese (American, cheddar, ricotta, parmesan)

**Spices/herbs:**
____ Fresh: ginger, turmeric, cilantro, parsley, garlic, basil
____ Dried: onion powder, cumin, coriander, basil, oregano, curry powder

**Condiments:**
____ Mustard
____ Ketchup
____ Nut Butter (Peanut butter, almond butter, Nutella, sunflower seed butter)
____ Tahini
____ Jelly
____ Vinegar (apple cider, white, rice, balsamic)
____ Sweetener (honey, agave, maple syrup
____ Other: