

# 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 choy, 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)



\_\_\_ 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:

