

Quick and Easy Meal Plan Week 1

Meals in less than an hour from start to finish.

	Breakfast	Lunch	Dinner
Monday	Quinoa Fruit Salad	Veggie and Hummus Sandwich	Coconut Vegetable Curry
Tuesday	On the Go Peanut Butter, Fruit, and Granola wraps	Spicy Tuna Guacamole Bowls	Tex Mex Rice and Black Bean Salad Wraps
Wednesday	Superfood Power Smoothie with whole wheat toast	Falafel Salad	Kale, White Bean, and Potato Stew
Thursday	Vegan Breakfast Salad	Avocado Quesadillas	Parchment Poached Salmon Pouches
Friday	Carrot Cake Overnight Oats	Apple Cranberry Walnut Salad	French Lentils with Kale and Shrimp
Saturday	Salsa poached eggs with grits or polenta	Sweet and Spicy Mango Fajitas	White Bean Puttanesca with Garlic Bread
Sunday	Apple Nachos with Raisins instead of chocolate chips	Kale Glow Bowl with Pumpkin Dressing	California Grilled Veggie Sandwich
Snacks	Hummus and veggie sticks, Blueberry almond trail mix , Sliced Jicama, Chipolte Black Bean dip with chips or veggie sticks, fresh fruit or veggies		
Dessert	Chocolate Peanut Butter Brownie Bites Banana Blueberry Smoothie Pops		

Grocery List

This is the grocery list for this meal plan for about 4 servings each meal (approximately). The shopping list is for the recipes as written. I like to substitute different fruits and vegetables depending on what I have on hand and what is in season or on sale so you can adjust your own list according to preference.

The snack suggestions are not listed in the grocery list. Buy what you think you will actually snack on.

This list assumes you have some general spices (salt, pepper, etc) and some other cooking staples like sugar.

Produce

- 2 1/2 Cups blueberries (about 7 oz.)
- About 3 lbs strawberries
- 4 mangos (about 3 cups)
- 5 bananas
- 4 large bananas, FROZEN in advance
- 4 oranges
- 2 blood oranges
- 1 lemon
- 6 large apples (favorite variety)
- 3 green apples
- 1/2 cup chopped pineapple (could use fresh or canned)
- 3 cucumber
- 4 tomatoes
- 4 small roma tomatoes
- 4 Cups cherry tomatoes
- 1 Cup alfalfa sprouts
- 17 medium carrots (about 2 lbs)
- 21 cloves garlic (about 2 heads)
- 1 inch fresh ginger root
- 3 small onion
- 8 green onions
- 5 small red onions
- 1 stalk celery
- 3 bell peppers (any color)
- 1 red bell pepper
- 3 large avocado
- 14 Cups spinach (about 1.25 lbs or 20 oz.)
- 5 bunches kale (16 Cups)
- 6 Cups green salad mix
- 8oz. Yukon gold potatoes
- 4 zucchini
- 1 small yellow squash
- 1 jalapeno
- 4 Cup cauliflower florets (about 6 lbs)
- 4 Cups shredded purple cabbage (about 1 lb.)

Meat, Dairy, Eggs

- 2 (5oz.) cans tuna in water
- 1.5 lbs salmon
- 2 lbs shrimp
- 4 large eggs
- 2 Tbsp butter
- 4 Cups milk of your choice
- 1 Cup crumbled feta cheese
- 1/2 Cup shredded Monterey jack cheese
- 1/4 Cup grated parmesan cheese

Grains

- 1 Cup quinoa, dry
- 5 1/4 Cups brown rice, dry (about 2.1 lb.)
- 1/2 Cup low sugar granola
- 1/2 Cup uncooked bulgur
- 1 1/3 Cup rolled oats, not quick cooking (about 1/4 lb.)
- 1/4 cup quick oats (I usually use rolled oats here as well)
- 2 Cups green french lentils or brown lentils (about 1 lb.)
- 3/4 Cup quick cooking grits (about 1/4 lb.)
- 12 slices whole wheat bread
- 16 whole wheat tortillas or flatbread
- 1 small baguette (about 12 inches long)
- 2 (4x6 inch) focaccia bread

Packaged

- 1/4 Cup dates (6 very small)
- 1/4 Cup shredded unsweetened coconut
- 1/4 Cup raisins
- 1/3 cup dried cranberries
- 1/4 Cup walnuts or pecans
- 1 cup walnuts
- 3 Tbsp Lime juice (or juice from 1 1/2 fresh limes)
- 1 Cup + 3 Tbsp lemon juice (or juice from 10 fresh lemons)

- 1 1/4 Cups natural peanut butter
- 5 Tbsp honey
- 1/2 Cup hummus
- 8 oz. guacamole
- 1/4 Cup mayonnaise
- 2 Tbsp tomato paste
- 2 (15oz.) can diced tomatoes
- 1 (15oz.) can black beans
- 1 (15oz.) can navy beans
- 2 (15oz.) can cannellini beans
- 1(19oz.) can chickpeas
- 1 (15oz.) can artichoke hearts (recipe only uses half)
- 10 oz. jar Kalamata olives (recipe only uses half)
- 1 (14oz.) can light coconut milk
- 1 Cup pureed pumpkin
- 2 Tbsp capers
- 1 lb. frozen broccoli and cauliflower
- 1 Cup frozen shelled edamame
- 1 Cup frozen corn
- 1 Cup apple juice
- 1/2 Cup pumpkin/pepita seeds (or other seeds)
- 6 Tbsp ground flax
- 4 Tbsp chia seeds
- Sliced almonds, pecans, coconut flakes, chocolate chips, or raisins (any combination for apple nachos)
- Salsa (for dipping quesadillas and serving fajitas)

Spices

- 2 Tbsp fresh mint or 2/3 Tbsp dried mint
- 1 3/4 Cup olive oil

- 2 Tbsp curry powder
- 1 Tbsp cocoa powder
- 2 Cups fresh cilantro (about 2 bunches)
- 1 1/2 Cups bunch flat leaf parsley (about 1 1/2 bunches)
- 1/2 C fresh basil (about 1/4 of a bunch)
- 6 sprigs fresh thyme or some dried thyme
- 1 Tbsp dried oregano
- 4 Tbsp hot sauce
- 1/2 Cup + 2 tsp red wine vinegar
- 7 Tbsp apple cider vinegar
- 1/4 Cup dry white wine (can sub water or broth)
- 1 Tbsp salt free seasoning
- 4 1/2 Tbsp Dijon mustard
- 1/3 Cup tahini (sesame seed paste)
- 1/2 tsp cumin
- 1/4 tsp cayenne pepper
- 2 pinches of crushed red pepper (or a bit of cayenne would work) +2 tsp
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 4 Tbsp Herbs De Provence
- 8 tsp nutritional yeast
- 1 1/2 tsp vanilla extract
- 4-8 pkg stevia or 4-8 Tbsp maple syrup (or less for overnight oats)
- 1/4 Cup maple syrup
- Seasoning of choice for quesadilla (paprika, cumin, garlic powder, etc)

Non-food items

- Parchment paper

****Optional Homemade Salsa for Poached Eggs (or substitute about 2 cups store bought salsa)**

- 2 Tbsp olive oil
- 1 med sweet onion
- 1 tsp minced garlic
- 1 (14oz.) can fire roasted tomatoes
- 1 (4 oz.) can diced green chiles
- 3oz. tomato paste
- 1/2 tsp cumin

****Optional Homemade Fajita Seasoning (or substitute 1 Tbsp. store bought seasoning mix)**

- 2 Tbsp chili powder
- 1 Tbsp smoked paprika
- 2 1/2 tsp veggie bouillon
- 1 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp cayenne pepper
- 1/2 tsp cumin
- 1/4 tsp red pepper flakes

Tip for your shopping trip:

- You can use less oil for the week by water sauteeing your vegetables. This is just using a bit of water in the bottom of the pan when cooking vegetables instead of oil.
- Fruit can be expensive out of season so you may want to substitute some fresh for frozen
- Some stores have the option to buy spices in bulk. That means you can buy just a bit in a small bag by the pound instead of a whole container. Check your store to see if this is available. It can save you money on spices you do not use often or just want to try.
- A bulk section is also awesome for all those dry grains. You can look there for bulgur, quinoa, rice and oats.
- I tried to give good estimates for produce but it can be difficult when one recipes say to use a medium onion and another says to use 2 Cups chopped onion. You can use this produce converter online to get an idea of how many onions you would need to get 2 Cups chopped. http://www.howmuchisin.com/produce_converters