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| **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
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| **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

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| **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
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| **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

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| **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
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| 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

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| **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
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| **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