

MEAL PLAN & SHOPPING LIST

Diane Romano

A PRACTICAL NOTE, CLEAR BUT REASSURING. This meal plan is based on the recipes from the cookbook, which were developed using average portion sizes as a general reference. Exact amounts are listed within each individual recipe, while the weekly plan serves as a guide to help you structure your meals and keep variety throughout the week. Of course, individual needs differ depending on age, sex, activity level, goals, or health conditions: you may require more or less than what is suggested here.

To determine your precise calorie and nutrient requirements, the best resource will always be a qualified nutritionist or dietitian. If you are undergoing medical treatment, pregnant, or managing a health condition, be sure to consult your physician before making dietary changes.

Think of this plan as a practical and flexible roadmap: it gives you structure and variety, but you remain the compass. The key is learning to listen to yourself. This plan is not meant to dictate rigid rules, but rather to provide concrete ideas, organization, and inspiration—the rest comes from your daily experience.

FINALLY, A NOTE ON SAFETY: Everything here is designed to be gluten-free, but always check labels (GF certification, allergens, sauces, broths) and stay mindful of cross-contamination in your kitchen.

BEFORE YOU START

- Some recipes will repeat during the week. This is intentional: certain meals—like protein bars, muffins, or other batch-friendly dishes—are prepared once and yield several portions. This means you'll spend less time cooking, you'll always have something ready in the fridge for busy days, and you'll avoid buying a package of an ingredient just to use a tiny amount once. By repeating recipes, you can also shop more efficiently, buy larger packages, and even save money.
- Each week comes with two shopping lists: one for the standard recipes, and one with the necessary swaps if you prefer the dairy-free versions. This way, you can follow the plan exactly as it is or adapt it to your needs with zero confusion.
- Under the name of each recipe in the plan, you'll see the page number from the cookbook. That way you can quickly flip to the instructions without searching.
- When you look at the shopping lists, they may seem long or include large quantities. Don't worry—there's a reason. All lists are calculated to cover 2 people, and for clarity they also include pantry staples (like olive oil, spices, oats, etc.) you may already have at home.

Finally, remember that this plan is here to guide and inspire you, not to box you in. If there's a recipe you don't like, feel free to swap it with another from the cookbook that suits the same meal.

WEEK 1

FROM: / / TO: / /

MONDAY

BREAKFAST

Cinnamon Apple Protein Overnight Oats

P. 20

SNACKS

Protein Oat & Nut Bars

P. 57

LUNCH

Mediterranean Tuna & White Bean Salad

P. 29

SNACKS

Kimchi Egg Muffins

P. 52

DINNER

Spaghetti Squash Chicken Alfredo

P. 46

TUESDAY

BREAKFAST

Maple Pecan Protein Porridge

P. 23

SNACKS

Edamame Snack Packs

P. 53

LUNCH

Lentil & Roasted Veggie Bowl

P. 33

SNACKS

Protein Oat & Nut Bars

P. 57

DINNER

Thai Red Curry Shrimp

P. 47

WEDNESDAY

BREAKFAST

Berry Greek Yogurt Parfait

P. 21

SNACKS

Protein Oat & Nut Bars

P. 57

LUNCH

Southwest Chicken & Brown Rice Bowl

P. 35

SNACKS

Kimchi Egg Muffins

P. 52

DINNER

Salmon & Asparagus Foil Packets

P. 40

THURSDAY

BREAKFAST

Cinnamon Apple Protein Overnight Oats

P. 20

SNACKS

Mini Lentil Patties with Yogurt DiP

P. 55

LUNCH

Mediterranean Tuna & White Bean Salad

P. 29

SNACKS

Edamame Snack Packs

P. 53

DINNER

Spaghetti Squash Chicken Alfredo

P. 46

FRIDAY

BREAKFAST

Maple Pecan Protein Porridge

P. 23

SNACKS

Protein Oat & Nut Bars

P. 57

LUNCH

Lentil & Roasted Veggie Bowl

P. 33

SNACKS

Mini Lentil Patties with Yogurt DiP

P. 55

DINNER

Thai Red Curry Shrimp

P. 47

SATURDAY

BREAKFAST

Berry Greek Yogurt Parfait

P. 21

SNACKS

Kimchi Egg Muffins

P. 52

LUNCH

Southwest Chicken & Brown Rice Bowl

P. 35

DINNER

Cauliflower-Chickpea Crust Margherita Pizza

P. 45

DESSERT

Cottage Cheese Cheesecake Cups

P. 61

SUNDAY

BREAKFAST

Cinnamon Apple Protein Overnight Oats

P. 20

SNACKS

Protein Oat & Nut Bars

P. 57

LUNCH

Mediterranean Tuna & White Bean Salad

P. 29

DINNER

Salmon & Asparagus Foil Packets

P. 40

DESSERT

Greek Yogurt Raspberry Parfaits

P. 59

WEEK 2

FROM: / / TO: / /

MONDAY

BREAKFAST

Tropical Mango
Chia Pudding

P.19

SNACKS

Cocoa Hazelnut
Protein Bars

P.58

LUNCH

Thai-Inspired
Chicken Lettuce
Wraps

P.29

SNACKS

Chickpea
Chocolate Mousse

P.51

DINNER

Chicken &
Cauliflower Rice
Stir-Fry

P.40

TUESDAY

BREAKFAST

Spinach & Feta
Egg White Wrap

P.20

SNACKS

Protein Deviled
Eggs

P.54

LUNCH

Tempeh & Quinoa
Power Salad

P.31

SNACKS

Cocoa Hazelnut
Protein Bars

P.58

DINNER

Mediterranean
Stuffed Eggplant

P.48

WEDNESDAY

BREAKFAST

Sunshine Citrus &
Quinoa Breakfast
Bowl

P.24

SNACKS

Cocoa Hazelnut
Protein Bars

P.58

LUNCH

Spicy Black Bean
& Corn Salad

P.31

SNACKS

Chickpea
Chocolate Mousse

P.51

DINNER

Creamy Tomato
Basil Chicken
Skillet

P.42

THURSDAY

BREAKFAST

Tropical Mango
Chia Pudding

P.19

SNACKS

Protein Deviled
Eggs

P.54

LUNCH

Thai-Inspired
Chicken Lettuce
Wraps

P.29

SNACKS

Spicy Hummus
Veggie Jars

P.56

DINNER

Chicken &
Cauliflower Rice
Stir-Fry

P.40

FRIDAY

BREAKFAST

Spinach & Feta
Egg White Wrap

P.20

SNACKS

Cocoa Hazelnut
Protein Bars

P.58

LUNCH

Tempeh & Quinoa
Power Salad

P.31

SNACKS

Protein Deviled
Eggs

P.54

DINNER

Mediterranean
Stuffed Eggplant

P.48

SATURDAY

BREAKFAST

Sunshine Citrus &
Quinoa Breakfast
Bowl

P.24

SNACKS

Spicy Hummus
Veggie Jars

P.56

LUNCH

Spicy Black Bean
& Corn Salad

P.31

DINNER

Creamy Tomato
Basil Chicken
Skillet

P.42

DESSERT

Flourless
Chocolate
Avocado Cake

P.62

SUNDAY

BREAKFAST

Tropical Mango
Chia Pudding

P.19

SNACKS

Cocoa Hazelnut
Protein Bars

P.58

LUNCH

Thai-Inspired
Chicken Lettuce
Wraps

P.29

DINNER

Chicken &
Cauliflower Rice
Stir-Fry

P.40

DESSERT

Cottage Cheese
Popsicle Swirls

P.67

WEEK 3

FROM: / / TO: / /

MONDAY

BREAKFAST

Egg & Sweet
Potato Breakfast
Skillet

P.24

SNACKS

Protein Oat & Nut
Bars

P.57

LUNCH

Miso Chicken &
Veggie Soup

P.30

SNACKS

Tuna Salad
Cucumber Boats

P.53

DINNER

Baked Turkey
Meatballs with
Zucchini Noodles

P.45

TUESDAY

BREAKFAST

Savory Veggie
Egg Muffins

P.18

SNACKS

Turkey & Spinach
Egg Bake

P.57

LUNCH

Turkey & Spinach
Stuffed Peppers

P.32

SNACKS

Savory Roasted
Pumpkin Seeds

P.55

DINNER

Herb-Crusted Cod
with Roasted
Veggies

P.41

WEDNESDAY

BREAKFAST

Buckwheat &
Yogurt Protein
Bowl

P.27

SNACKS

Protein Oat & Nut
Bars

P.57

LUNCH

Roasted Chickpea
& Kale Caesar

P.36

SNACKS

Tuna Salad
Cucumber Boats

P.53

DINNER

Grilled Steak with
Chimichurri

P.39

THURSDAY

BREAKFAST

Egg & Sweet
Potato Breakfast
Skillet

P.24

SNACKS

Turkey & Spinach
Egg Bake

P.57

LUNCH

Miso Chicken &
Veggie Soup

P.30

SNACKS

Protein Oat & Nut
Bars

P.57

DINNER

Baked Turkey
Meatballs with
Zucchini Noodles

P.45

FRIDAY

BREAKFAST

Savory Veggie
Egg Muffins

P.18

SNACKS

Protein Oat & Nut
Bars

P.57

LUNCH

Turkey & Spinach
Stuffed Peppers

P.32

SNACKS

Savory Roasted
Pumpkin Seeds

P.55

DINNER

Herb-Crusted Cod
with Roasted
Veggies

P.41

SATURDAY

BREAKFAST

Buckwheat &
Yogurt Protein
Bowl

P.27

SNACKS

Savory Roasted
Pumpkin Seeds

P.55

LUNCH

Roasted Chickpea
& Kale Caesar

P.36

DINNER

Grilled Steak with
Chimichurri

P.39

DESSERT

Raspberry Chia
Jam Bars

P.60

SUNDAY

BREAKFAST

Egg & Sweet
Potato Breakfast
Skillet

P.24

SNACKS

Protein Oat & Nut
Bars

P.57

LUNCH

Miso Chicken &
Veggie Soup

P.30

DINNER

Baked Turkey
Meatballs with
Zucchini Noodles

P.45

DESSERT

Raspberry Chia
Jam Bars

P.60

WEEK 4

FROM: / / TO: / /

MONDAY

BREAKFAST

Mediterranean Chickpea Breakfast Salad

P.19

SNACKS

Cocoa Hazelnut Protein Bars

P.58

LUNCH

Kimchi Turkey Stir-Fry

P.28

SNACKS

Greek Yogurt Berry Bark

P.50

DINNER

Shrimp & Broccoli Garlic Stir-Fry

P.43

TUESDAY

BREAKFAST

Pumpkin Spice Protein Waffles

P.21

SNACKS

Turkey & Veggie Roll-Ups

P.51

LUNCH

Sauerkraut Tuna Cakes

P.28

SNACKS

Tuna & White Bean Dip with Veggie Sticks

P.58

DINNER

Chicken Enchilada Bake

P.46

WEDNESDAY

BREAKFAST

Savory Tofu Scramble

P.27

SNACKS

Cocoa Hazelnut Protein Bars

P.58

LUNCH

Grilled Shrimp & Mango Salad

P.34

SNACKS

Greek Yogurt Berry Bark

P.50

DINNER

Greek Lemon Chicken with Roasted Potatoes

P.48

THURSDAY

BREAKFAST

Mediterranean Chickpea Breakfast Salad

P.19

SNACKS

Cocoa Hazelnut Protein Bars

P.58

LUNCH

Kimchi Turkey Stir-Fry

P.28

SNACKS

Turkey & Veggie Roll-Ups

P.51

DINNER

Shrimp & Broccoli Garlic Stir-Fry

P.43

FRIDAY

BREAKFAST

Pumpkin Spice Protein Waffles

P.21

SNACKS

Cocoa Hazelnut Protein Bars

P.58

LUNCH

Sauerkraut Tuna Cakes

P.28

SNACKS

Turkey & Veggie Roll-Ups

P.51

DINNER

Chicken Enchilada Bake

P.46

SATURDAY

BREAKFAST

Savory Tofu Scramble

P.27

SNACKS

Tuna & White Bean Dip with Veggie Sticks

P.58

LUNCH

Grilled Shrimp & Mango Salad

P.34

DINNER

Greek Lemon Chicken with Potatoes

P.48

DESSERT

Pumpkin Pie Energy Squares

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SUNDAY

BREAKFAST

Mediterranean Chickpea Breakfast Salad

P.19

SNACKS

Cocoa Hazelnut Protein Bars

P.58

LUNCH

Kimchi Turkey Stir-Fry

P.28

DINNER

Shrimp & Broccoli Garlic Stir-Fry

P.43

DESSERT

Pumpkin Pie Energy Squares

P.64

Shopping List Week 1

PROTEIN & DAIRY

- 24 fl oz unsweetened almond milk (720 ml)
- 85 oz nonfat plain Greek yogurt (2400 g)
- 24 oz liquid egg whites (858 g)
- 14 large eggs
- 8 oz low-fat cottage cheese (225 g)
- 2x12oz cans skipjack tuna in water (680 g)
- 12 oz canned cannellini beans, drained (330 g)
- 6 oz canned black beans, drained (170 g)
- 71 oz canned lentils, drained (2000 g)
- 22 oz shelled edamame (620 g)
- 12 oz boneless skinless chicken breast (340 g)

VEGETABLES & GREENS

- 3 oz fresh spinach (90 g)
- 3 oz scallion (90 g)
- 7 oz onion (red + white, 190 g)
- 4 oz carrot (120 g)
- 4 cloves garlic
- 1 medium zucchini
- 1 medium red bell pepper
- 8.5 oz cucumber (240 g)
- 5 oz frozen sweet corn kernels (150 g)
- 8.5 oz kimchi (240 g)
- 1 small bunch fresh parsley
- 1 small bunch fresh cilantro

FRUITS

- 3 medium apples
- 16 oz mixed berries (450 g)
- 4 oz fresh raspberries (120 g)
- 16 oz cherry tomatoes (450 g)
- 1.5 oz Kalamata olives, pitted (40 g)
- 3 lemons
- ½ medium ripe avocado
- 1 lime

GRAINS & CEREALS

- 18.5 oz gluten-free rolled oats (660 g)
- 4 oz quinoa flakes (120 g)
- 3 oz gluten-free granola (80 g)
- 4 oz dry brown rice (120 g)

NUTS & SEEDS

- 2 oz pecans, chopped (56 g)
- 2.5 oz almonds (68 g total: chopped + raw)
- 8 oz almond butter (240 g)
- 2 oz hulled hemp seeds (60 g)
- 2 oz almond flour (50 g)
- 4 oz chia seeds (105 g)

SWEETS & CONDIMENTS

- 2 oz pure maple syrup (65 ml)
- 4 oz honey (150 g)
- 1 oz dark chocolate 70-85% cacao (28 g)
- 1 tbsp coconut oil (15 ml)
- 1 small jar Dijon mustard (≈ 8 oz / 225 g)

PANTRY STAPLES

- 4 fl oz extra-virgin olive oil (114 ml)
- 1 tbsp sesame oil (15 ml)
- kosher salt
- black pepper
- sea salt
- ground cinnamon
- ground turmeric
- smoked paprika (1 g)
- garlic powder (1 g)
- ground cumin
- 2 tsp red wine vinegar (10 ml)
- dried oregano
- ½ tsp vanilla extract (2 ml)

Dairy Free Shopping List Week 1

PROTEIN & DAIRY ALTERNATIVES

- 24 fl oz unsweetened almond milk (720 ml)
- 118 oz soy yogurt, plain unsweetened (3345 g)
- 24 oz liquid egg whites (858 g)
- 14 large eggs
- 4.2 oz silken tofu, (120 g)
- 2x12oz cans skipjack tuna in water (680 g)
- 12 oz canned cannellini beans, drained (330 g)
- 6 oz canned black beans, drained (170 g)
- 71 oz canned lentils, drained (2000 g)
- 22 oz shelled edamame (620 g)
- 12 oz boneless skinless chicken breast (340 g)

VEGETABLES & GREENS

- 3 oz fresh spinach (90 g)
- 3 oz scallion (90 g)
- 7 oz onion (red + white, 190 g)
- 4 oz carrot (120 g)
- 4 cloves garlic
- 1 medium zucchini
- 1 medium red bell pepper
- 8.5 oz cucumber (240 g)
- 5 oz frozen sweet corn kernels (150 g)
- 8.5 oz kimchi (240 g)
- 1 small bunch fresh parsley
- 1 small bunch fresh cilantro

FRUITS

- 3 medium apples
- 16 oz mixed berries (450 g)
- 4 oz fresh raspberries (120 g)
- 16 oz cherry tomatoes (450 g)
- 1.5 oz Kalamata olives, pitted (40 g)
- 3 lemons
- ½ medium ripe avocado
- 1 lime

GRAINS & CEREALS

- 18.5 oz gluten-free rolled oats (660 g)
- 4 oz quinoa flakes (120 g)
- 2.5 oz gluten-free granola (70 g)
- 4 oz dry brown rice (120 g)

NUTS & SEEDS

- 2 oz pecans, chopped (56 g)
- 2.5 oz almonds (68 g total: chopped + raw)
- 8 oz almond butter (240 g)
- 4 oz hulled hemp seeds (110 g)
- 2 oz almond flour (50 g)
- 4 oz chia seeds (105 g)

SWEETS & CONDIMENTS

- 2 oz pure maple syrup (65 ml)
- 4 oz honey (150 g)
- 1 oz dark chocolate 70-85% cacao(28 g)
- 1 tbsp coconut oil (15 ml)
- 1 small jar Dijon mustard (≈ 8 oz / 225 g)

PANTRY STAPLES

- 4 fl oz extra-virgin olive oil (114 ml)
- 1 tbsp sesame oil (15 ml)
- kosher salt
- black pepper
- sea salt
- ground cinnamon
- ground turmeric
- smoked paprika (1 g)
- garlic powder (1 g)
- ground cumin
- 2 tsp red wine vinegar (10 ml)
- dried oregano
- ½ tsp vanilla extract (2 ml)

Shopping List Week 2

PROTEIN & DAIRY

- 80.5 oz boneless, skinless chicken breast (2280 g)
- 11.6 oz canned black beans, drained (330 g)
- 12.7 oz canned chickpeas, drained (360 g)
- 12.7 oz canned red lentils, drained (360 g)
- 5.6 oz feta cheese (160 g)
- 1.1 oz grated Parmesan cheese (30 g)
- 12.7 oz hummus (360 g)
- 12 large eggs
- 17.6 oz lean ground turkey (500 g)
- 61 fl oz liquid egg whites (2160ml)
- 7.9 oz low-fat cottage cheese (225 g)
- 8.1 fl oz low-fat milk (240 ml)
- 13.2 oz nonfat plain Greek yogurt (375 g)
- 7.8 oz part-skim ricotta (220 g)
- 31.7 oz plain soy yogurt (900 g)
- 14.1 oz shelled edamame (400 g)
- 19.0 oz silken tofu (540 g)
- 12.0 oz tempeh (340 g)
- 24.3 fl oz unsweetened almond milk (720 ml)
- 36.5 fl oz unsweetened soy milk (1080 ml)

VEGETABLES & GREENS

- 21.2 oz broccoli florets (600 g)
- 8.5 oz butter lettuce leaves (240 g)
- 8 medium carrots
- 10.6 oz cherry tomatoes (300 g)
- 1 small bunch fresh basil
- 1 small bunch fresh cilantro
- 1.3 oz fresh ginger (36 g)
- 8.5 oz fresh spinach (240 g)
- 20 garlic cloves
- 2 large tomatoes
- 4 medium celery stalks
- 4 medium eggplants
- 4.2 oz mixed baby greens (120 g)
- 6 red bell peppers
- 1 small red onion (60 g)
- 21.2 oz riced cauliflower (600 g)
- 4 small onions

FRUITS

- 1 lemon
- 4 limes
- 2 medium oranges
- 5.6 oz pomegranate arils (160 g)
- 1 large ripe mango

GRAINS & CEREALS

- 4 GF high-fiber 8-inch wraps
- 8.1 oz gluten-free rolled oats (400 g)
- 6.3 oz quick-cooking brown rice (dry) (180 g)
- 9.9 oz quinoa (dry, GF certified) (280 g)

SWEETS & CONDIMENTS

- 0.9 oz Dijon mustard (25 g)
- 8.3 oz honey (240 g)
- 1.0 fl oz maple syrup (30 ml)
- 3.5 oz unsweetened cocoa powder (120 g)
- 0.4 fl oz vanilla extract (12 ml)

NUTS & SEEDS

- 4.2 oz chia seeds (120 g)
- 4 oz hazelnuts (120 g)
- 0.7 oz hulled hemp seeds (20 g)
- 3.4 oz natural peanut butter (96 g)
- 1.1 oz toasted sliced almonds (32 g)

PANTRY STAPLES

- 0.3 fl oz apple cider vinegar (10 ml)
- 1.0 fl oz avocado oil (30 ml)
- 3.4 fl oz extra-virgin olive oil (102 ml)
- 1.4 fl oz olive oil (40 ml)
- 3.0 fl oz reduced-sodium tamari, GF (90 ml)
- 1.0 fl oz rice vinegar (30 ml)
- Kosher salt
- Black pepper
- Garlic powder
- Smoked paprika or cayenne pepper
- Chili powder
- Ground cumin
- Dried oregano

Dairy Free Shopping List Week 2

PROTEIN & DAIRY ALTERNATIVES

- 80.5 oz boneless, skinless chicken breast (2280 g)
- 11.6 oz canned black beans, drained (330 g)
- 12.7 oz canned chickpeas, drained (360 g)
- 12.7 oz canned red lentils, drained (360 g)
- 4.5 oz extra-firm tofu (160 g)
- 12.7 oz hummus (360 g)
- 12 large eggs
- 17.6 oz lean ground turkey (500 g)
- 61 fl oz liquid egg whites (2160ml)
- 7.9 oz low-fat cottage cheese (225 g)
- 8.1 fl oz low-fat milk (240 ml)
- 48.6 oz plain soy yogurt (1720 g)
- 14.1 oz shelled edamame (400 g)
- 19.0 oz silken tofu (540 g)
- 12.0 oz tempeh (340 g)
- 24.3 fl oz unsweetened almond milk (720 ml)
- 41.8 fl oz unsweetened soy milk (1480 ml)

VEGETABLES & GREENS

- 21.2 oz broccoli florets (600 g)
- 8.5 oz butter lettuce leaves (240 g)
- 8 medium carrots
- 10.6 oz cherry tomatoes (300 g)
- 1 small bunch fresh basil
- 1 small bunch fresh cilantro
- 1.3 oz fresh ginger (36 g)
- 8.5 oz fresh spinach (240 g)
- 20 garlic cloves
- 2 large tomatoes
- 4 medium celery stalks
- 4 medium eggplants
- 4.2 oz mixed baby greens (120 g)
- 6 red bell peppers
- 1 small red onion (60 g)
- 21.2 oz riced cauliflower (600 g)
- 4 small onions

FRUITS

- 1 lemon
- 4 limes
- 2 medium oranges
- 5.6 oz pomegranate arils (160 g)
- 1 large ripe mango

GRAINS & CEREALS

- 4 GF high-fiber 8-inch wraps
- 8.1 oz gluten-free rolled oats (400 g)
- 6.3 oz quick-cooking brown rice (dry) (180 g)
- 9.9 oz quinoa (dry, GF certified) (280 g)

SWEETS & CONDIMENTS

- 0.9 oz Dijon mustard (25 g)
- 8.3 oz honey (240 g)
- 1.0 fl oz maple syrup (30 ml)
- 3.5 oz unsweetened cocoa powder (120 g)
- 0.4 fl oz vanilla extract (12 ml)

NUTS & SEEDS

- 4.2 oz chia seeds (120 g)
- 4.0 oz hazelnuts (120 g)
- 0.7 oz hulled hemp seeds (20 g)
- 3.4 oz natural peanut butter (96 g)
- 1.1 oz toasted sliced almonds (32 g)

PANTRY STAPLES

- 0.3 fl oz apple cider vinegar (10 ml)
- 1.0 fl oz avocado oil (30 ml)
- 3.4 fl oz extra-virgin olive oil (102 ml)
- 1.4 fl oz olive oil (40 ml)
- 3.0 fl oz reduced-sodium tamari, GF (90 ml)
- 1.0 fl oz rice vinegar (30 ml)
- Kosher salt
- Black pepper
- Garlic powder
- Smoked paprika or cayenne pepper
- Chili powder
- Ground cumin
- Dried oregano
- 1.3 oz nutritional yeast (48 g)

Shopping List Week 3

PROTEIN & DAIRY

- 54.3 oz lean ground turkey (1540 g)
- 18.0 oz boneless skinless chicken breast (510 g)
- 19.8 oz cod fillets (560 g)
- 19.8 oz lean sirloin steak (560 g)
- 2 cans tuna in water (11.6 oz drained; 330 g)
- 9.5 oz no-salt black beans, drained (270 g)
- 26.8 oz no-salt canned chickpeas, drained (760 g)
- 16.9 oz plain nonfat Greek yogurt (480 g)
- 4.0 oz shredded cheddar cheese (112 g)
- 1.6 oz grated Parmesan cheese (45 g)
- 30.0 fl oz liquid egg whites (1058g)
- 22 eggs
- 8.1 fl oz unsweetened almond milk (240 ml)

VEGETABLES & GREENS

- 4 medium sweet potatoes
- 13.8 oz fresh spinach (390 g total)
- 13 medium zucchini
- 7 medium carrots
- 6 medium red bell peppers
- 4 large bell peppers
- 4 onions
- 9.5 oz mushrooms (270 g)
- 7.4 oz bok choy (210 g)
- 4 medium cucumbers
- 3.5 oz celery (100 g)
- 19 garlic cloves
- 0.5 oz fresh ginger (15 g)
- 1 bunch fresh parsley (60 g)

FRUITS

- 2 lemons
- 6.3 oz fresh raspberries (180 g)

GRAINS & CEREALS

- 14.0 oz gluten-free rolled oats (500 g)
- 6.0 oz raw buckwheat groats, GF (170 g)
- 4.2 oz dry quinoa, GF (120 g)
- 2.1 oz gluten-free breadcrumbs (60 g)

SWEETS & CONDIMENTS

- 0.35 oz Dijon mustard (10 g)
- 4.0 oz honey (120 g)
- 1.4 fl oz maple syrup (40 ml)
- 1.9 oz white miso paste (54 g)
- 2.1 oz light mayonnaise (60 g)
- 0.7 oz capers (20 g)

NUTS & SEEDS

- 8.0 oz almond butter (240 g)
- 4.0 oz raw almonds (140 g)
- 2.1 oz almond meal (60 g)
- 1.8 oz almond flour (50 g)
- 1.0 oz walnuts (28 g)
- 1.0 oz ground flaxseed (28 g)
- 0.4 oz chia seeds (12 g)
- 3.0 oz shelled pumpkin seeds (105 g)
- 4.2 oz dry roasted edamame (150 g)
- 4.2 oz roasted chickpeas (120 g)
- 1.4 oz hulled hemp seeds (40 g)

PANTRY STAPLES

- 5 fl oz extra-virgin olive oil (150 ml)
- 1.0 fl oz sesame oil (30 ml)
- 1.0 fl oz coconut oil (30 ml)
- 1.0 fl oz red wine vinegar (30 ml)
- 73.0 fl oz low-sodium chicken broth (2160 ml)
- 8.5 oz crushed tomatoes (240 g)
- 25.4 oz low-sodium marinara sauce (720 g)
- 1.0 oz gluten-free tamari (30 g)
- Kosher salt
- black pepper
- smoked paprik
- ground cumin
- cinnamon
- red chili flakes
- dried herbs (oregano, thyme or basil)

Dairy Free Shopping List Week 3

PROTEIN & DAIRY

- 54.3 oz lean ground turkey (1540 g)
- 18.0 oz boneless skinless chicken breast (510 g)
- 19.8 oz cod fillets (560 g)
- 19.8 oz lean sirloin steak (560 g)
- 2 cans tuna in water (11.6 oz drained; 330 g)
- 9.5 oz no-salt black beans, drained (270 g)
- 26.8 oz no-salt canned chickpeas, drained (760 g)
- 30.0 fl oz liquid egg whites (1058g)
- 22 eggs
- 8.1 fl oz unsweetened almond milk (240 ml)
- 22.6 oz unsweetened soy yogurt (800 g)
- 3.0 oz shredded vegan cheddar (112 g)

VEGETABLES & GREENS

- 4 medium sweet potatoes
- 13.8 oz fresh spinach (390 g total)
- 13 medium zucchini
- 7 medium carrots
- 6 medium red bell peppers
- 4 large bell peppers
- 4 onions
- 9.5 oz mushrooms (270 g)
- 7.4 oz bok choy (210 g)
- 4 medium cucumbers
- 3.5 oz celery (100 g)
- 19 garlic cloves
- 0.5 oz fresh ginger (15 g)
- 1 bunch fresh parsley (60 g)

FRUITS

- 2 lemons
- 6.3 oz fresh raspberries (180 g)

GRAINS & CEREALS

- 14.0 oz gluten-free rolled oats (500 g)
- 6.0 oz raw buckwheat groats, GF (170 g)
- 4.2 oz dry quinoa, GF (120 g)
- 2.1 oz gluten-free breadcrumbs (60 g)

SWEETS & CONDIMENTS

- 0.35 oz Dijon mustard (10 g)
- 4.0 oz honey (120 g)
- 1.4 fl oz maple syrup (40 ml)
- 1.9 oz white miso paste (54 g)
- 2.1 oz light mayonnaise (60 g)
- 0.7 oz capers (20 g)
- 0.3 oz nutritional yeast (12 g)

NUTS & SEEDS

- 8.0 oz almond butter (240 g)
- 4.0 oz raw almonds (140 g)
- 2.1 oz almond meal (60 g)
- 1.8 oz almond flour (50 g)
- 1.0 oz walnuts (28 g)
- 1.0 oz ground flaxseed (28 g)
- 0.4 oz chia seeds (12 g)
- 3.0 oz shelled pumpkin seeds (105 g)
- 4.2 oz dry roasted edamame (150 g)
- 4.2 oz roasted chickpeas (120 g)
- 1.4 oz hulled hemp seeds (40 g)

PANTRY STAPLES

- 5 fl oz extra-virgin olive oil (150 ml)
- 1.0 fl oz sesame oil (30 ml)
- 1.0 fl oz coconut oil (30 ml)
- 1.0 fl oz red wine vinegar (30 ml)
- 73.0 fl oz low-sodium chicken broth (2160 ml)
- 8.5 oz crushed tomatoes (240 g)
- 25.4 oz low-sodium marinara sauce (720 g)
- 1.0 oz gluten-free tamari (30 g)
- Kosher salt
- black pepper
- smoked paprik
- ground cumin
- cinnamon
- red chili flakes
- dried herbs (oregano, thyme or basil)

Shopping List Week 4

PROTEIN & DAIRY

- 18.0 oz lean ground turkey breast (510 g)
- 26.5 oz lean ground beef (750 g)
- 15.9 oz raw shrimp (450 g)
- 14.1 oz shredded cooked chicken breast (400 g)
- 21.2 oz boneless, skinless chicken thighs (600 g)
- 28.6 oz tuna in water, drained (810 g total)
- 14.1 oz canned green lentils, drained (400 g)
- 17.5 oz canned chickpeas, drained (495 g)
- 6.3 oz canned black beans, drained (180 g)
- 11.3 oz extra-firm tofu (320 g)
- 16.0 oz nonfat plain Greek yogurt (454 g)
- 14.1 oz low-sodium cottage cheese (400 g)
- 12.7 oz sliced deli turkey breast, GF (360 g)
- 4.2 oz hummus (120 g)
- 38.0 fl oz liquid egg whites (1332 ml)
- 12 large eggs
- 2.3 oz cheddar cheese (80 g)

FRUITS

- 2 medium mangoes
- 1 medium avocado
- 7 lemons
- 1 lime
- 10.6 oz mixed fresh berries (300 g)
- 1.4 oz dates (40 g)

GRAINS & CEREALS

- 14.0 oz gluten-free rolled oats (500 g)
- 6.3 oz GF oat flour (180 g)
- 6.3 oz dry brown rice, GF (180 g)
- 4 medium gluten-free tortillas

PANTRY STAPLES

- 5.4 fl oz extra-virgin olive oil (160 ml)
- 1.0 fl oz sesame oil (30 ml)
- 2.2 fl oz low-sodium tamari, GF (65 ml total)
- 12.2 fl oz low-sodium chicken broth (360 ml)
- 0.3 oz baking powder, GF (10 g)
- 0.3 oz pumpkin pie spice (10 g)
- 0.7 oz nutritional yeast (20 g)

VEGETABLES & GREENS

- 2 medium cucumbers (570 g)
- 15.9 oz cherry tomatoes (450 g)
- 14.1 oz mushrooms (400 g)
- 11.6 oz baby spinach (330 g total)
- 42.3 oz cauliflower florets (1200 g)
- 10.6 oz green peas (300 g)
- 4.2 oz mixed baby greens (120 g)
- 8 medium carrots
- 5 onions
- 7 bell peppers (mixed colours)
- 4 celery stalks
- 20 garlic cloves
- 1 small piece fresh ginger (15 g)
- 1 bunch fresh parsley

NUTS & SEEDS

- 3.3 oz almond butter (94 g)
- 3.5 oz almond flour (100 g)
- 4 oz hazelnuts (120 g)
- 0.6 oz ground flaxseed (16 g)
- 0.7 oz hulled hemp seeds (20 g)
- 3.2 oz tahini (90 g)

SWEETS & CONDIMENTS

- 8.5 oz kimchi (240 g)
- 4.2 oz sauerkraut, drained (120 g)
- 8.5 oz enchilada sauce, GF (240 g)
- 3.8 oz honey (134 g)
- 2.0 oz unsweetened cocoa powder (60 g)
- 0.3 fl oz Dijon mustard (10 ml)
- 0.3 fl oz vanilla extract (10 ml)

- black pepper
- smoked paprika
- garlic powder
- dried oregano
- ground cinnamon
- ground nutmeg
- Kosher salt

Dairy Free Shopping List Week 4

PROTEIN & DAIRY

- 18.0 oz lean ground turkey breast (510 g)
- 26.5 oz lean ground beef (750 g)
- 15.9 oz raw shrimp (450 g)
- 14.1 oz shredded cooked chicken breast (400 g)
- 21.2 oz boneless, skinless chicken thighs (600 g)
- 28.6 oz tuna in water, drained (810 g total)
- 14.1 oz canned green lentils, drained (400 g)
- 17.5 oz canned chickpeas, drained (495 g)
- 6.3 oz canned black beans, drained (180 g)
- 11.3 oz extra-firm tofu (320 g)
- 12.7 oz sliced deli turkey breast, GF (360 g)
- 4.2 oz hummus (120 g)
- 38.0 fl oz liquid egg whites (1332 ml)
- 12 large eggs
- 10 oz unsweetened soy yogurt (360 g)
- 17 oz silken tofu (600 g)
- 2.2 oz almond-based cheddar (80 g)

FRUITS

- 2 medium mangoes
- 1 medium avocado
- 7 lemons
- 1 lime
- 10.6 oz mixed fresh berries (300 g)
- 1.4 oz dates (40 g)

GRAINS & CEREALS

- 14.0 oz gluten-free rolled oats (500 g)
- 6.3 oz GF oat flour (180 g)
- 6.3 oz dry brown rice, GF (180 g)
- 4 medium gluten-free tortillas

PANTRY STAPLES

- 5.4 fl oz extra-virgin olive oil (160 ml)
- 1.0 fl oz sesame oil (30 ml)
- 2.2 fl oz low-sodium tamari, GF (65 ml total)
- 12.2 fl oz low-sodium chicken broth (360 ml)
- 0.3 oz baking powder, GF (10 g)
- 0.3 oz pumpkin pie spice (10 g)
- 0.7 oz nutritional yeast (20 g)

VEGETABLES & GREENS

- 2 medium cucumbers (570 g)
- 15.9 oz cherry tomatoes (450 g)
- 14.1 oz mushrooms (400 g)
- 11.6 oz baby spinach (330 g total)
- 42.3 oz cauliflower florets (1200 g)
- 10.6 oz green peas (300 g)
- 4.2 oz mixed baby greens (120 g)
- 8 medium carrots
- 5 onions
- 7 bell peppers (mixed colours)
- 4 celery stalks
- 20 garlic cloves
- 1 small piece fresh ginger (15 g)
- 1 bunch fresh parsley

NUTS & SEEDS

- 3.3 oz almond butter (94 g)
- 3.5 oz almond flour (100 g)
- 4 oz hazelnuts (120 g)
- 0.6 oz ground flaxseed (16 g)
- 0.7 oz hulled hemp seeds (20 g)
- 3.2 oz tahini (90 g)

SWEETS & CONDIMENTS

- 8.5 oz kimchi (240 g)
- 4.2 oz sauerkraut, drained (120 g)
- 8.5 oz enchilada sauce, GF (240 g)
- 3.8 oz honey (134 g)
- 2.0 oz unsweetened cocoa powder (60 g)
- 0.3 fl oz Dijon mustard (10 ml)
- 0.3 fl oz vanilla extract (10 ml)
- 0.5 oz maple syrup (14 g)

- black pepper
- smoked paprika
- garlic powder
- dried oregano
- ground cinnamon
- ground nutmeg
- Kosher salt