

WEEKLY MEAL PLANNER INSTRUCTIONS

Use this weekly meal planner to get organized for the week. When you plan your meals in advance you'll know exactly what to buy at the grocery store and you'll never have to succumb to takeout or junk food after a long day at work when you can't decide what to eat (or don't have food in the house).

Additionally, this chart helps ensure you're getting a variety of nutrients from a variety of fruits and veggies. It's also particularly helpful for vegans and vegetarians in making sure complete proteins are consumed each day.

BREAKFAST IDEAS

Fruit and seed smoothies // oatmeal // quinoa //
gluten-free or Ezekiel toast with avocado, or nut butter and fruit
// veggie omelet

LUNCH IDEAS

Leftovers from dinner stuffed into a brown rice wrap // salad in a jar
// quinoa bowls // bean salads

DINNER IDEAS

See the "Well Balanced Plate" section on the last page.

EAT THE RAINBOW

Use the checkboxes to make sure you eat fruit and veggies in a variety of colors each day, and all of them during the course of the week.

PROTEIN

Use the checkboxes to ensure you're getting a complete protein each day. While animal food is a complete protein, limit it to 4-5 meals a week. The rest of your protein should come from plant protein. You can get a complete protein either through a single food item or combining. (When combining, note that it doesn't need to be at the same meal, just the same day.)

Here are some examples:

Complete Proteins

Quinoa	Chia Seeds	Amaranth	Pistaschios
Hemp	Soy	Buckwheat	Spirulina

Nuts / Seeds + Legume

Oatmeal topped with Nuts
Ezekiel Bread topped with Nut Butter
Hummus

Whole Grain + Legume

Rice + Beans
Rice + Lentils
Oatmeal for breakfast + Beans for lunch

TIPS

Cook double or triple batches of grains or legumes at the beginning of the week, like brown rice, quinoa, or lentils. Refrigerate to use throughout the week (should last 3-5 days). You can flavor these staples differently each day so that you don't get bored of them.

Cook double batches of meals to use as leftovers for lunch the next day. Put it in a brown rice wrap, and add other veggies if suitable, like avocado or sprouts, so you don't feel like you're eating the same thing.

Prep veggies when you get them home. You can wash, dry, and chop hardy vegetables, like carrots, broccoli, or cauliflower, at the beginning of the week. Put in Ziploc bags or covered containers and refrigerate or freeze until ready to use.

Snacks to keep on hand: fresh fruit, raw nuts and seeds, seaweed snacks, chia seed pudding (homemade), brown rice crackers, organic or non-GMO popcorn, hummus, tapenade, or vegan pesto to be used with crudité (raw veggies).

WEEKLY MEAL PLANNER

Week of: _____ SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

BREAKFAST

LUNCH

DINNER

EAT THE RAINBOW



COMPLETE PROTEIN

- Complete Plant Protein
- Whole Grain + Legume
- Nuts/Seeds + Legume
- Animal Protein

- Complete Plant Protein
- Whole Grain + Legume
- Nuts/Seeds + Legume
- Animal Protein

- Complete Plant Protein
- Whole Grain + Legume
- Nuts/Seeds + Legume
- Animal Protein

- Complete Plant Protein
- Whole Grain + Legume
- Nuts/Seeds + Legume
- Animal Protein

- Complete Plant Protein
- Whole Grain + Legume
- Nuts/Seeds + Legume
- Animal Protein

- Complete Plant Protein
- Whole Grain + Legume
- Nuts/Seeds + Legume
- Animal Protein

- Complete Plant Protein
- Whole Grain + Legume
- Nuts/Seeds + Legume
- Animal Protein

SHOPPING LIST

FRESH PRODUCE

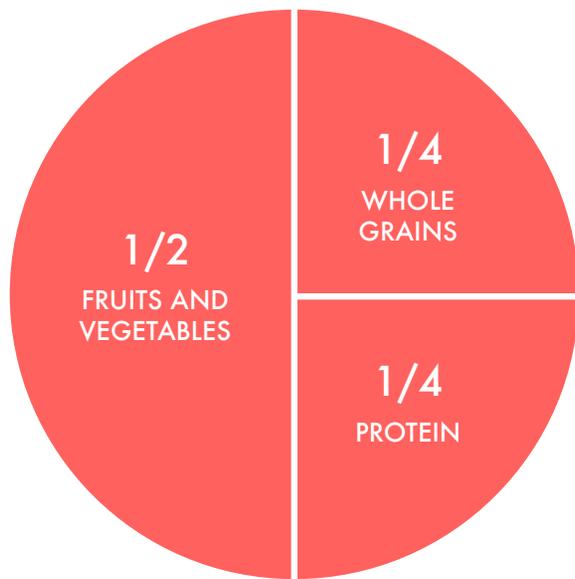
WHOLE GRAINS

PLANT OR ANIMAL PROTEIN

PANTRY STAPLES

A WELL BALANCED PLATE

Forget counting calories. (It's outdated science). Use this visual to guide your portion sizing. When you fill your plate according to this ratio, you'll naturally increase your nutrient intake while reducing your calories.



Aim for (but stop when you're full):

Vegetables /Fruit: 2-4 cups per meal

Whole Grains:

½ - 1 ½ cups per meal

Protein:

1-2 cups plant protein OR

3-4 oz animal protein (size of a deck of cards)

Occasionally, you can replace the 1/4 plate of whole grains with more vegetables or plant-based protein if you so choose (for example if you have whole grains for breakfast or lunch).

Already combined:

- Macro Bowl
- Warm & Spicy Kale with Shitake*
- Mushrooms & Chickpeas*
- Roasted Root Vegetables over Lentils*
- Roasted Buddha Bowl*

Salads:

- Asian Slaw Salad
- Smashed Kale Salad
- South of the Border Salad
- Arugula and Fig Salad
- Complexion Perfection Salad

Grains

- Brown Rice Italian Style
- Brown Rice Mushroom Risotto
- Millet Bowl With Mushrooms
- Black Rice

Veggies:

- Roasted Parsnip Soup
- Spicy Parsnip Soup
- Cream of Mushroom Soup
- French Cauliflower Soup
- Broccoli Basil Bisque

Protein

- Warm Quinoa and Spinach Salad
- Quinoa Tabbouli
- Hearty Lentil Soup
- Warm and Spicy Lentils