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# Vegetarian Nutrition Plan

## Goals

Short Term Goal #1:	
Short Term Goal #2:	
Long Term Goal:	

## Action Steps

Action Step #1:	
Action Step #2:	
Action Step #3:	

## Additional Resources

1. Recipes found here: <https://healthystepsnutrition.com/healthy-recipes/>  
You can also find the HSN Recipes on MFP under foods (type Healthy Steps Nutrition and the recipe name)
2. Nutrition tip videos on YouTube: Healthy Steps Nutrition
3. Follow us on Instagram: @healthystepsnutrition

### **Note:**

***All Portions of Food are Cooked.***

***\*\*\*means there is a recipe for this food item on the HSN website***

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Week 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b><u>Breakfast</u></b>	Smoothie: ½ -1 scoop pea protein powder, ½ cup berries, 1T almond butter, ½ cup - 1 cup unsweetened almond milk (290-380 cal) <i>*Higher calorie range: add 1 TBSP chia seeds to smoothie</i>	<i>2/3 cup (cooked)** oatmeal with 1 tsp almond slivers, 1 tsp pumpkin seeds and cinnamon</i> 1 container Chobani simply greek yogurt 8 ounces water <i>*Lower calorie range omit yogurt</i>	Chobani Simply Yogurt 2/3 cup pumpkin steel cut oats*** 8 ounces water	<i>2-3 protein pancakes</i> 1 tsp almond butter 8 ounces water
<b><u>Snack</u></b>	1 container Chobani Simply Greek Yogurt with 1 tsp-1 TBSP walnuts (117 cal) 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
<b><u>Lunch</u></b>	<i>1 Quinoa Stuffed Pepper***</i> 1 cup sautéed spinach 8 ounces water (~400 cal)	6 ounces roasted garlic tofu ½ cup brown rice with 1 TBSP EarthBalance buttery spread 1 cup sautéed veggies 1 T avocado 8 ounces water	<i>Amy's Sonoma Veggie Burger</i> 2 T avocado 1 cup sautéed kale with 2 ounces chickpeas 8 ounces water	Healthier Nachos*** 1-1.5 cups sautéed spinach 8 ounces water
<b><u>Snack</u></b>	2-3 TBSP hummus ½ -1 cup carrots & celery 8 ounces water (110-180)	1/3 cup dry roasted Edamame 8 ounces water	Chobani Simply Greek Yogurt with 1 tsp walnut pieces 8 ounces water <i>*Higher calorie range add ½ cup berries</i>	1/3 cup oven roasted chickpeas*** 8 ounces water
<b><u>Post Workout</u></b>	Recovery Protein with 8 ounces almond milk (140)	Recovery Protein with 8 ounces almond milk	Recovery Protein with 8 ounces almond milk	Recovery Protein with 8 ounces almond milk
<b><u>Dinner</u></b>	<i>1 Easy "Chicken" Wrap***</i> 1-2 cups roasted broccoli (138) 8 ounces water  <i>*Higher calorie range: add ¼ avocado, 2 extra meat strips, and 1/4 cup shredded low-fat cheese to wrap</i>	1 cup spaghetti squash*** 1/3 cup pasta sauce (load up on the veggies) 1 cup lentil cooked or soup 8 ounces water	1 cup chick-pea and edamame salad*** 1 cup sautéed spinach 8 ounces water	5 ounces <b>Roasted Garlic Tofu**</b> ½ cup quinoa with 1 tsp slivered almonds 1 cup steamed broccoli 8 ounces water

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Week 1	Friday	Saturday	Sunday
<b>Breakfast</b>	<p><i>Smoothie: ½ - 1 scoop pea protein, ½ banana, 1 T almond butter, ½ cup-1 cup almond milk</i>  <i>*Higher calorie range: add 1 TBSP chia seeds to smoothie</i></p>	<p><b>1-2 slices Ezekiel bread</b>  <b>1-2 TBSP almond butter</b>  <b>1 tsp chia seeds</b>  <b>½ banana, sliced</b>  <b>8 ounces wate</b></p>	<p>2-3 protein pancakes            1 tsp almond butter            8 ounces water</p>
<b>Snack</b>	<p>1 oz “Harvest Snaps” lentil crisps (120 cal)            8 ounces water</p>	<p><i>1 oz oven roasted chickpeas with cinnamon*** (Store-bought version ok too)</i>  <i>1 skim mozzarella string cheese</i>  <i>8 ounces water</i>  <i>*Lower calorie range: omit string cheese</i></p>	<p>Chobani Greek Yogurt Simply 100            ½ TBSP – 1 TBSP pumpkin seeds            dash of cinnamon            sprinkle of chia seeds            8 ounces water</p>
<b>Lunch</b>	<p>1 cup chick-pea and edamame salad***            1 cup sautéed spinach            8 ounces water</p>	<p>Amy’s California veggie burger with 1-2 TBSP avocado            1 cup sautéed kale with 2 ounces black beans            8 ounces water</p>	<p>1 Quinoa Stuffed Pepper***            1-1.5 cups sautéed spinach            8 ounces water</p>
<b>Snack</b>	<p>1 pear            10 cinnamon roasted almonds            8 ounces water</p>	<p>2-3 T hummus            ½ cup – 1 cup carrots &amp; celery            8 ounces water</p>	<p>1 Quest bar            8 ounces water</p>
<b>Post Workout</b>	<p>Recovery Protein with 8 ounces almond milk</p>		
<b>Dinner</b>	<p><i>½ cup sautéed tempeh</i>  <i>1/3 cup quinoa</i>  <i>1 cup sautéed chopped bell pepper, sliced onion, edamame, and spinach with 1 tsp olive oil</i>  <i>8 ounces water</i></p>	<p>1½ cups spaghetti squash with 4-6 <b>Zucchini Meatballs***</b>            1/3 cup pasta sauce (load up on the veggies)            8 ounces water</p>	<p><b>1 Easy “Chikn Wrap”***</b>            1-2 cup grilled asparagus            8 ounces water  <i>*Higher calorie range: add ¼ avocado, 2 extra meat strips, and 1/4 cup shredded low-fat cheese to wrap</i></p>

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### 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"
- 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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b><u>Breakfast</u></b>	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	<b>Tofu Scramble***</b> 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
<b><u>Snack</u></b>	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
<b><u>Lunch</u></b>	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
<b><u>Snack</u></b>  <b><u>Post Workout</u></b>	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.
<b><u>Dinner</u></b>	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 <b>Southwestern Salad***</b> 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 <b>Garlic Roasted Tofu***</b> ½ cup quinoa 1 cup broccoli 8 ounces water

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Week 2	Friday	Saturday	Sunday
<b>Breakfast</b>	2-3 protein pancakes 1 tsp almond butter 8 ounces water <i>*Higher calorie range add ¼ cup berries of choice</i>	2-3 protein pancakes 1 tsp almond butter 8 ounces water	Berry Delicious Oats*** 1 container Chobani Simply 100 <i>*Lower calorie range omit yogurt</i>
<b>Snack</b>	Chobani Simply Greek Yogurt with 1 tsp walnut pieces + sprinkle of chia seeds 8 ounces water	1 protein pancake 1 tsp almond and coconut butter 8 ounces water	1 RX Bar 8 ounces water
<b>Lunch</b>	1 cup chick-pea and edamame salad*** 1 cup sautéed spinach 8 ounces water	Amy's California veggie burger with 2 T avocado 1 cup sautéed kale with 2 ounces chickpeas 8 ounces water	<b>1 -1.5 cups Southwestern Salad***</b> 1 oz "Harvest Snaps" Lentil Crisps 8 ounces water
<b>Snack</b>	1 orange 10 cinnamon roasted almonds 8 ounces water	1 Quest Bar ¼ cup berries 8 ounces water	1 Skim Milk String Cheese 1 oz almonds 8 ounces water
<b>Post Workout</b>	Recovery Protein with 8 ounces almond milk		
<b>Dinner</b>	½ whole grain hamburger bun <b>1 Black Bean Burger***</b> Optional burger toppings: sliced onions, 1 slice tomato, spinach or lettuce 1-1.5 cups steamed broccoli 8 ounces water	1-1½ cups spaghetti squash*** 1/3 cup pasta sauce (load up on the veggies) 4-6 <b>Zucchini Meatballs***</b> 8 ounces water	<b>2-3 Zucchini Boats***</b> 1-2 cups grilled asparagus 8 ounces water

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### 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"
- 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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b><u>Breakfast</u></b>	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	<b><i>Tofu Stir Fry***</i></b> 1 cup unsweetened almond milk with a few drops of Stevia
<b><u>Snack</u></b>	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
<b><u>Lunch</u></b>	<b><i>Healthier Nachos***</i></b> 1 cup sautéed broccoli 8 ounces water	1 Quinoa Stuffed Pepper*** 1-1.5 cup sautéed spinach 8 ounces water	<i>Amy's Sonoma Veggie Burger</i> 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
<b><u>Snack</u></b>	2-3 TBSP hummus ½ cup-1 cup carrots & celery 8 ounces water	1 container Chobani Simply Greek Yogurt with 1 tsp-1 TBSP walnuts (117 cal) 8 ounces water	Low Sugar Kind Bar 8 ounces water	1/3 cup oven roasted chickpeas*** 8 ounces water
<b><u>Post Workout</u></b>	Recovery Protein with 8 ounces almond milk	Recovery Protein with 8 ounces almond milk	Recovery Protein with 8 ounces almond milk	
<b><u>Dinner</u></b>	1-1.5 cups <b><i>Southwestern Salad***</i></b> 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 corn tortilla 5 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)



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Week 3	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<b><u>Breakfast</u></b>	Smoothie: ½ banana – 1 banana, ½ cup – 1 cup frozen berries, ½ scoop pea protein isolate powder, ½ cup – 1 cup unsweetened almond milk <i>*Higher calorie range: add 1 TBSP almonds or almond butter</i>	<b>Chobani Simply Yogurt</b> <b>2/3 cup pumpkin steel cut oats***</b> <b>8 ounces water</b>	2-3 protein pancakes 1 tsp almond butter 8 ounces water
<b><u>Snack</u></b>	Chobani Simply Greek Yogurt with 1 tsp walnut pieces 8 ounces water	1 protein pancake 1 tsp almond and coconut butter 8 ounces water	1 apple 1 tsp almond butter 8 ounces water
<b><u>Lunch</u></b>	2-3 <b>Zucchini Boats***</b> 1 cup sautéed spinach 8 ounces water	<i>Amy's California veggie burger with 2 T avocado</i> 1 cup sautéed kale with 2 ounces chickpeas 8 ounces water	1 Quinoa Stuffed Pepper*** 1 cup sautéed spinach 8 ounces water
<b><u>Snack</u></b>	1 peach 10 cinnamon roasted almonds 8 ounces water	3 T hummus Carrots & celery 8 ounces water	<i>RX or Quest Bar</i> 8 ounces water
<b><u>Post Workout</u></b>	Recovery Protein with 8 ounces almond milk		
<b><u>Dinner</u></b>	½ cup sautéed tempeh ½ cup quinoa 1 cup roasted Brussels sprouts 8 ounces water	1½ cups spaghetti squash*** 1/3 cup pasta sauce (load up on the veggies) 6 "Meatless" Meatballs (Amy's has an option) 8 ounces water	<b>1-2 English Muffin Veggie Pizzas***</b> 1-2 cup grilled asparagus 8 ounces water

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- 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"
- 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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<u>Breakfast</u>	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 Chiaboni simply greek yogurt 8 ounces water	<b>Tofu Scramble***</b> 8 ounces water *Higher calorie range add 1 cup berries as a side	2-3 protein pancakes 1 tsp almond butter 8 ounces water
<u>Snack</u>	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	½ cup berries 10 almonds 8 ounces water	1 Quest protein bar 8 ounces water	Chobani Simply Greek Yogurt with 1 tsp pecan pieces 8 ounces water
<u>Lunch</u>	1 Quinoa Stuffed Pepper*** 1 cup sautéed spinach 8 ounces water	6 ounces tofu ½ cup brown rice 1 cup sautéed veggies 2 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
<u>Snack</u>	1 TBSP hummus 1 oz Lentil Bean Crisps ("Harvest Snaps") 8 ounces water	1/3 cup dry roasted Edamame 8 ounces water	Quest or RX Protein Bar 8 ounces water	1/3 cup oven roasted chickpeas*** 8 ounces water
<u>Post Workout</u>	Recovery Protein with 8 ounces almond milk	Recovery Protein with 8 ounces almond milk	Recovery Protein with 8 ounces almond milk	
<u>Dinner</u>	<b>1 Buddha Bowl***:</b> 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	<b>1-2 English Muffin Pizzas***</b> 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 8 ounces water	1 cup chick-pea and edamame salad*** 1-2 cups sautéed spinach 8 ounces water	½ whole grain hamburger bun 1 <b>Black Bean Burger***</b> handful baby spinach (optional, for topping) Sliced onions (optional, for toppings) 1 cup steamed broccoli 8 ounces water

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Week 4	Friday	Saturday	Sunday
<b>Breakfast</b>	<i>Chobani Simply Yogurt 2/3 cup pumpkin steel cut oats*** 8 ounces water</i>	<b>Smoothie:</b> 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 <b>*Higher calorie range: add 1 TBSP almonds or almond butter</b>	Egg & Quinoa Scramble*** (Vegans sub <b>Tofu Scramble***</b> ) 8 ounces water
<b>Snack</b>	<i>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</i>	<i>1 protein pancake 1 tsp almond and coconut butter 8 ounces water</i>	1 apple 1 tsp – 1 TBSP almond butter 8 ounces water
<b>Lunch</b>	<i>1 cup chick-pea and edamame salad*** 1 cup sautéed spinach 8 ounces water</i>	6 strips Beyond Meat Chicken Strips 1 cup sautéed kale with 2 ounces chickpeas 1 TBSP Tahini Power Sauce*** 8 ounces water	<i>1 Quinoa Stuffed Pepper*** 1 – 1.5 cups sautéed spinach 8 ounces water</i>
<b>Snack</b>  <b>Post Workout</b>	1 orange 10 cinnamon roasted almonds 8 ounces water  Recovery Protein with 8 ounces almond milk	½ cup sea salt edamame ½ cup -1 cup sliced cucumber & celery 8 ounces water	<i>1 RX or Quest Bar 8 ounces water *Higher calorie range add ½ cup berries</i>
<b>Dinner</b>	<i>½ cup sautéed tempeh with sautéed veggies ½ cup quinoa 1 cup roasted Brussels sprouts 8 ounces water</i>	<i>1½ cups spaghetti squash*** 1/3 cup pasta sauce (load up on the veggies) 4-6 Beyond Meat “Chicken” strips 8 ounces water</i>	Stuffed Sweet potato*** 1-2 cups grilled asparagus 8 ounces water

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- 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"](#)
- 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