



# GROCERY GUIDE

## WHOLE FOODS BOSTON - BACK TO SCHOOL MEAL PLANNING

### PROTEIN

wild caught soho salmon  
plant based protein powder  
half dozen eggs  
brazil nuts  
pumpkin seeds

### PRODUCE

heirloom snacking tomatoes  
cotton candy grapes  
cherries  
1 eggplant  
beets  
kale  
spinach  
large spaghetti squash  
2 large japanese yams  
olives  
basil  
sage  
romaine lettuce  
carrots

### GRAINS

rolled oats  
simple mills crackers

### CAN / CONDIMENTS

tahini  
almond butter  
nutritional yeast  
kraut  
lentils  
white beans  
balsamic vinegar  
Primal Kitchen Foods honey  
mustard dressing

### DAIRY

treeline cheese  
almond milk  
dark chocolate  
ghee

### EXTRA

olive oil spray  
*(I use Chosen Food sprays)*  
garlic powder  
turmeric  
cacao powder  
flax seed  
chia seeds

### FROZEN

frozen spinach  
frozen cauliflower  
*(or fresh - steam it, and freeze it)*  
frozen blueberries  
siete tortillas  
frozen bread - Ezekial or  
whichever gluten free loaf you  
like best

### ON THE LINE UP

Spiced veggie lentil bowls with  
cherry babaganoush  
Pumpkin seed sage salmon  
with roasted beets and  
spaghetti squash  
Spaghetti squash pomodoro  
w/ kale and white beans  
Chocolate cherry brazil nut  
bites

### SUNDAY MEAL PREP

Make veggie lentil bowl  
Make dressings and pestos  
Make chocolate bites  
Steam spaghetti squash  
Roast beets  
Roast sweet potato fries  
Roast eggplant



# MEAL PLAN

## MONDAY

**breakfast:** smoothie: 1/4 cup frozen cotton candy grapes, 1/4 cup frozen blueberries, 1/2 cup frozen spinach, 1/2 cup frozen cauliflower, 1 scoop vanilla plant based protein, 2 cups almond milk, sprinkle of cinnamon, 1 tbsp almond butter, 1 tbsp flax seed. Blend.

**snack:** sweet potatoes dipped in cherry babaganoush + grapes on side (to make: preheat oven to 375F, cut into wedges, spray with avocado oil spray, add garlic powder, paprika, rosemary, salt, and pepper. Cook for 40 minutes, or until tender)

**lunch:** spiced veggie lentil bowl with treeline cheese, grilled eggplant + kraut

**dinner:** spaghetti squash with homemade pomodoro using heirloom snacking tomatoes + white beans + dark chocolate

## WEDNESDAY

**breakfast:** toast with heirloom tomatoes, treeline cheese, wilted kale, avocado, and an egg

**snack:** chocolate cherry bites and carrots

**lunch:** leftover salmon on siete tacos with roasted beets, wilted spinach, and treeline cheese

**dinner:** romaine lettuce, tomatoes, carrots, avocado, honey mustard dressing, egg + dark chocolate

## TUESDAY

**breakfast:** overnight oats: 1/3 cup oats, 1 cup almond milk, 2 tbsp chia seeds, cinnamon, vanilla protein powder, topped with cherries and almond butter

**snack:** 2 chocolate cherry bites with carrots

**lunch:** spiced veggie lentil bowl with grilled eggplant and beets + sweet potato fries + kraut

**dinner:** pumpkin seed sage salmon with beets and spaghetti squash + dark chocolate. For beets: preheat oven to 350F, peel, slice into coins, toss with olive oil, salt and pepper, roast for 30 minutes, or until tender.

do: make pomodoro sauce for the next day



## MEAL PLAN

### THURSDAY

**breakfast:** carrot cake warm oats (1/3 cup oats, 1/2 grated carrot, 1 tbsp chia seeds, 1 tbsp ground flax, 1/4 tsp vanilla extract, 1 tbsp maple syrup, dashes of cinnamon, nutmeg, allspice) mixed with 1 cup almond milk on the stove top until fluffy. Top with 1 tbsp pumpkin seeds and 1 tbsp almond butter in the morning.

**snack:** crackers with treeline cheese, olives, and carrots + turmeric latte (1 cup almond milk, 1 tsp coconut oil, 1 tsp honey, 1/4 tsp turmeric, dash of black pepper, 1/4 tsp vanilla extract, cinnamon and nutmeg) with walnuts.

**lunch:** spaghetti squash with homemade pomodoro using heirloom snacking tomatoes + white beans

**dinner:** veggie lentil bowl with cherry babaganoush, grilled eggplant and beets + dark chocolate

### FRIDAY

**breakfast:** smoothie with frozen blueberries, frozen cauliflower, chocolate protein, cacao powder, cinnamon, almond milk, almond butter

**snack:** chocolate bites + grapes

**lunch:** sweet potato fries, egg, wilted kale

**dinner:** romaine lettuce, tomatoes, carrots, olives, beets, honey mustard dressing, white beans + dark chocolate

## PUMPKIN SEED SAGE SALMON

### ingredients

- 1 pound wild coho salmon filets
- 1 tbsp freshly chopped garlic
- 2 tbsp olive oil
- juice of 1/2 lemon
- 1/4 cup fresh sage, chopped
- 1/4 cup pumpkin seeds, roughly chopped
- Salt and black pepper

### instructions

1. preheat oven to 400
2. lay salmon filets in a shallow pan or baking dish.
3. in a small bowl, mix garlic, olive oil, lemon juice, sage, pumpkin seeds, salt, and pepper.. Pour over salmon to coat evenly.
4. Place the fish into the oven to for 8-10 minutes per inch of thickness.

## CHOCOLATE CHERRY BITES

### instructions

1. combine 1 cup brazil nuts, 1/4 cup cherries, 2 tbsp coconut butter, 2 tbsp cacao powder, 1 scoop chocolate plant based protein, 1/2 tsp cinnamon in the food processor. Roll into balls. Dust with cacao powder or chia seeds.

## POMODORO SAUCE

### ingredients

- 2 cups cherry heirloom snacking tomatoes
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp garlic
- salt, pepper, and dried rosemary

### instructions

1. Combine all ingredients on the stove top.
2. Heat until wilted.

## CHERRY BABAGANOUSH

### instructions

1. Roast 1/2 eggplant at 350F for 30 minutes. Combine in food processor with 2 tbsp tahini, 1/4 cup cherries, juice of 1/2 lemon, few dashes of cinnamon, and sprinkle of salt

## LENTIL VEGGIE MACRO BOWL

### ingredients

- 1 cup lentils, uncooked
- 1/2 large eggplant cubed
- 1 bunch kale
- roasted beets

### instructions

1. Cook lentils according to directions
2. Preheat oven to 350
3. Coat eggplant in olive oil, rosemary, sage, garlic powder, salt and pepper. Cook for 30 minutes, or until tender.
4. Combine all ingredients: lentils, eggplant, beets, kale, beans, and babaganoush