

*Vegetarian Meal Plan*

BE KIND TO YOUR BODY AND  
IT WILL RETURN THE FAVOR.

*Cryo*  
**BREEZE**

# WEEK 1

## SUNDAY

**B** One or two fried eggs over one Ezekiel or sourdough toast with avocado and sprouts.

**L** Arugula salad, feta cheese, sunflower seeds, pickled beets, and shredded carrot. Tahini, olive oil, apple cider vinegar and lemon for dressing.

**D** [Vegetarian fajitas](#).

## MONDAY

**B** [Overnight oats](#) (use coconut milk yogurt and add 1 tbsp nut butter to recipe). Top with berries.

**L** Mixed greens salad with, shredded carrots, kalamata olives, cucumber, chopped artichoke, hard boiled egg, olive oil, salt, pepper.

**D** Left overs from the night before

## TUESDAY

**B** Scrambled eggs with chopped onion and arugula.

**L** Sprouted grain wrap with hummus, sliced red onion, arugula, kalamata olives, and cucumber. Serve with a peach.

**D** [Sweet potato chickpea buddha bowl](#)

## WEDNESDAY

**B** [Overnight oats](#) (use coconut milk yogurt and add 1 tbsp nut butter to recipe). Top with berries.

**L** Mixed greens salad with sliced red onion, sliced peaches, hard boiled egg, sliced almonds, olive oil, apple cider vinegar

**D** Left overs from the night before

## THURSDAY

**B** Scrambled eggs with chopped onion and arugula.

**L** Sliced apple with nut butter along with coconut yogurt with sunflower seeds.

**D** [Honey garlic tofu](#) (use apple cider vinegar instead of rice vinegar). Serve sautéed asparagus and baked fingerling potatoes.

## FRIDAY

**B** One or two fried eggs over one Ezekiel or sourdough toast with sprouts

**L** Hummus with snap peas, cucumber, broccoli, and gluten free crackers. Serve with cherries or a plum

**D** Left overs from the night before

## SATURDAY

**B** [Gluten free waffles](#). Serve with almond butter and mixed berries of choice.

**L** Arugula salad with hummus, snap peas, sunflower seeds, sprouts, berries, olive oil.

**D** [Epic tacos](#) (use tempeh instead of cod and mix avocado mayo and sriracha for dressing)

## GROCERY LIST

### PRODUCE

- Sprouts (broccoli sprouts if possible)
- Arugula
- Shredded carrots
- Beets (pickled)
- Lemon
- White onion
- Red onion
- Bell peppers
- Cauliflower
- Portobello mushroom
- Avocados
- Lime
- Cherries or plums
- Cilantro
- Mixed berries
- Mixed greens
- Kalamata olives
- Cucumber
- Peaches
- Sweet potatoes
- Broccolini
- Broccoli
- Kale
- Apples
- Garlic
- Asparagus
- Fingerling potatoes
- Snap peas
- Red cabbage

### EGGS, DAIRY, DAIRY SUBSTITUTES

- Eggs
- Tofu (firm or extra firm)
- Tempeh
- Feta Cheese
- Almond milk
- Coconut yogurts

### GRAINS, BEANS, NUTS, LEGUMES

- Ezekiel or sourdough bread
- Sprouted grain wraps/taco shells
- Corn tortilla
- Sunflower seeds
- Canned refried or black beans
- Gluten free crackers
- Oatmeal (gluten free)
- Chia seeds
- Chickpeas
- Sliced almonds
- Hummus
- Nut butter
- Oat flour (or blend oats)

### MISCELLANEOUS

- Tahini
- Olive oil
- Coconut oil
- Toasted sesame oil
- Apple cider vinegar
- Chili powder
- Cumin
- Smoked paprika
- Garlic powder
- Onion powder
- Salt
- Maple syrup
- Oregano (optional)
- Turmeric (optional)
- Cinnamon
- Honey
- Vanilla extract
- Jarred artichoke
- Avocado mayo
- Soy sauce or coconut aminos
- Baking powder
- Sriracha
- Corn starch

### SNACKS OPTIONS

- [Kates Real Food Bars](#)
- Macadamia nuts (raw or dry roasted)
- Almonds (raw)
- Apple or pear
- Berries

# MEAL PREP WEEK 1

- Pre slice red onion for Tuesday and Wednesday salad
- Make overnight oats ahead of time for Monday and Wednesday.
- Hard boil eggs (each person will need four for the week).

# WEEK 2

## SUNDAY

- B** Scrambled eggs with arugula, tomatoes, and olives. Pear on the side
- L** Smoothie: coconut milk, protein powder, berries, chia, mixed greens
- D** [Vegetarian chili](#)

## MONDAY

- B** [Toasted coconut chia pudding](#)
- L** Chickpeas over leafy greens, avocado, red onion, olive oil, salt, and pepper. Serve with grapes
- D** Left overs from the night before

## TUESDAY

- B** Oatmeal with coconut milk and berries
- L** Eggs salad using avocado mayo on sprouted grain wrap with mixed greens, tomato, and cucumber
- D** [Mediterranean quinoa salad](#).

## WEDNESDAY

- B** [Tasted coconut chia pudding](#)
- L** Chickpeas over leafy greens, avocado, red onion, olive oil, salt, and pepper. Serve with grapes
- D** Left overs from the night before

## THURSDAY

- B** Oatmeal with coconut milk and berries
- L** Mixed greens salad topped with two hard boiled eggs, almonds, sliced grapes, olive oil, salt, and pepper
- D** [Coconut curry tofu](#) (use olive oil instead of vegetable oil).

## FRIDAY

- B** Scrambled eggs with arugula, tomatoes, and olives. Pear on the side
- L** Sprouted grain wrap, hard boiled egg with avocado mayo, tomatoes, and mixed greens. Serve with an apple
- D** Left overs from the night before

## SATURDAY

- B** Scrambled eggs with black beans, salsa, and avocado
- L** Hummus with snap peas, carrots, gluten free crackers and side of grapes
- D** [Pea and farro stir-fry](#)

## GROCERY LIST

### PRODUCE

- Arugula
- Baby spinach
- Kalamata olives
- Berries of choice
- Mixed greens
- Red onion
- Yellow onions
- Avocados
- Tomatoes
- Limes
- Mango or pineapple
- Cilantro
- Red bell pepper
- Orange bell pepper
- Carrots
- Celery
- Parsley
- Garlic
- Ginger
- Apple
- Grapes
- Baby carrots
- Pears
- Frozen peas

### EGGS, DAIRY, DAIRY SUBSTITUTES

- Eggs
- Tofu (extra firm)
- Feta cheese
- Almond milk
- Canned coconut milk (smoothies, oatmeal, chia pudding, and curry)

### GRAINS, BEANS, NUTS, LEGUMES

- Sprouted grain wrap
- Chia seeds
- Quinoa
- Oatmeal (gluten free)
- Brown rice
- Gluten free crackers
- Hummus
- Almonds
- Farro
- Canned black beans
- Canned pinto beans
- Canned chickpeas

### MISCELLANEOUS

- Avocado mayo
- Chili powder
- Ground cumin
- Paprika (smoked)
- Curry powder
- Turmeric powder
- Basil
- Olive oil (or avocado)
- Red wine vinegar
- Sea Salt and pepper
- Vegetable broth
- Bay leaf
- Oregano
- Protein powder
- Maple syrup
- Vanilla extract
- Unsweetened coconut flakes
- Canned diced tomatoes
- Canned crushed tomatoes
- Tomato paste

### SNACK OPTIONS

- Thunderbird bars
- Dry roasted mixed nuts
- Siete tortilla chips

# MEAL PREP WEEK 2

- Pre chop tomatoes and red onion.
- Make servings (for each person) of the chia seed pudding for Monday and Wednesday
- Hard boil eggs (each person will need five or six for the week).
- Cook the Mediterranean quinoa dish which will be had for dinner on Tuesday and Wednesday.
- Cook the brown rice to pair with dinner on Thursday and Friday.



# WEEK 3

## SUNDAY

**B** Scrambled eggs with chopped broccoli and onion. Apple on the side

**L** [Chocolate almond butter smoothie](#)

**D** [Red Thai curry.](#)

## MONDAY

**B** Oatmeal with coconut milk, hemp hearts, and berries

**L** Eggs salad using avocado mayo on sprouted grain toast with mixed greens, tomato, and cucumber

**D** Left overs from the night before

## TUESDAY

**B** [Breakfast salad](#)

**L** Coconut yogurt with berries and a side of mixed nuts

**D** [Pasta Primavera](#)

## WEDNESDAY

**B** Oatmeal with coconut milk, hemp hearts, and berries

**L** Mixed greens salad topped with two hard boiled eggs, pistachios, hemp hearts, olive oil, salt, and pepper

**D** Left overs from the night before

## THURSDAY

**B** [Breakfast salad](#)

**L** [Overnight oats](#) topped with berries and tsp flax meal

**D** [Mushroom risotto](#)

## FRIDAY

**B** [Chocolate almond butter smoothie](#)

**L** Mixed greens salad topped with two hard boiled eggs, pistachios, hemp hearts, olive oil, salt, and pepper

**D** Left overs from the night before

## SATURDAY

**B** Toast with avocado, egg over easy, and sprouts

**L** [Overnight oats](#) topped with blueberries and flax meal

**D** [Baked sweet potatoes with chickpeas](#)

## GROCERY LIST

### PRODUCE

- Broccoli (needed for a few meals)
- Yellow onion
- Apples
- Spinach
- Kale
- Ginger
- Garlic
- Carrots
- Cauliflower
- Red and yellow bell peppers
- Red cabbage
- Zucchini
- Roma tomatoes
- Lime
- Lemon
- Berries
- Mixed greens
- Cherry tomatoes
- Cucumbers
- Avocado
- Fresh basil
- Fresh parsley
- Rosemary
- Sprouts
- Mushrooms
- Sweet potatoes

### EGGS, DAIRY, DAIRY SUBSTITUTES

- Eggs
- Unsweetened almond milk
- Coconut yogurt
- Shredded parmigiano

### GRAINS, BEANS, NUTS, LEGUMES

- Peanut butter or almond butter (can use interchangeably)
- Chia seeds
- Flaxmeal (ground flax)
- Oatmeal
- Hemp hearts
- Sprouted grain bread
- Long grain rice
- Cashews
- Mixed nuts (raw or dry roasted)
- Pine nuts
- Lentil or chickpea pasta
- Pistachios
- Canned chickpeas

### MISCELLANEOUS

- Avocado mayo
- Olive oil/avocado oil
- Chocolate protein powder
- Cocoa nibs
- Red Thai curry paste
- Canned coconut milk
- Soy sauce
- Garlic powder
- Smoked paprika
- Cumin
- Cinnamon
- Brewers Yeast
- Vegetable broth
- Maple syrup
- Dark chocolate chips
- Vanilla extract
- Cocoa nibs
- Canned coconut milk

### SNACK OPTIONS

- Larabars
- Nut butter with crackers
- Dark Chocolate

# MEAL PREP WEEK 3

- Pre chop cucumbers and yellow onion
- Hard boil eggs (each person will need 4 hard boiled eggs for the week).  
More eggs will be need for other meals.
- Make the overnight oats on Wednesday evening to be had or Thursday  
and Saturday.

# WEEK 4

## SUNDAY

**B** Scrambled eggs with arugula, shredded carrots, red onion. Apple on the side.

**L** [Power bowl](#).

**D** [Mediterranean "fish"](#) (use extra firm tofu instead of fish) Serve with steamed broccoli and sourdough bread

## MONDAY

**B** [Peach pie overnight oats](#)

**L** Mixed greens salad topped with chickpeas, hard boiled egg, shredded carrots, sunflower seeds, olive oil, lemon

**D** Left overs from the night before

## TUESDAY

**B** Omelette with mushrooms, chopped asparagus, and onion

**L** [Power bowl](#)

**D** [Vegetarian fajitas](#)

## WEDNESDAY

**B** [Peach pie overnight oats](#)

**L** Canned chickpeas mixed with avocado mayo over arugula, cucumbers, shredded carrots, tahini, olive oil, lemon, salt, pepper.

**D** Left overs from the night before

## THURSDAY

**B** Omelette with mushrooms, chopped asparagus, and onion

**L** [Southwest pasta salad \(use lentil or chickpea pasta and omit agave\)](#).

**D** [Couscous stuffed eggplant](#)

## FRIDAY

**B** Scrambled eggs with arugula, shredded carrots, red onion. Apple on the side

**L** [Southwest pasta salad \(use lentil or chickpea pasta and omit agave\)](#)

**D** Left overs from the night before

## SATURDAY

**B** [Almond flour pancakes. Serve with berries](#)

**L** Mixed greens salad topped with chickpeas, hard boiled egg, shredded carrots, sunflower seeds, olive oil, lemon

**D** [Mediterranean baked sweet potatoes](#)

## GROCERY LIST

### PRODUCE

- Arugula
- Shredded carrots
- Red onion
- Apple
- Red bell pepper
- Sweet potatoes
- Onion
- Avocado
- Cilantro
- Lemons
- Limes
- Garlic
- Cucumbers
- Parsley
- Broccoli
- Peaches
- Mixed greens
- Mushrooms
- Asparagus
- Yellow onion
- Yellow, red, green bell peppers
- Red onion
- Roam tomato
- Portobello mushrooms
- Pinto beans
- Cherry tomatoes
- Green onions
- Eggplant
- Berries
- Frozen corn

### EGGS, DAIRY, DAIRY SUBSTITUTES

- Pasture raised eggs
- Extra firm tofu
- Almond milk

### GRAINS, BEANS, NUTS, LEGUMES

- Quinoa
- Black beans
- Rolled oats
- Chickpeas
- Farfalle pasta (or any chickpea/lentil pasta)
- Sourdough bread
- Chia seeds
- Sunflower seeds
- Small tortilla wraps (sprouted grain or grain free)
- Couscous

### MISCELLANEOUS

- Olive oil
- Pico de gallo
- Baking soda
- Almond flour (fine blanched)
- Coconut oil
- Capers
- Salt/pepper
- Maple syrup
- Vanilla extract
- Avocado mayo
- White wine vinegar
- Tahini sauce
- Ground cinnamon
- Ground ginger
- Cumin
- Chili powder
- Garlic powder
- Ground coriander
- Allspice
- Paprika
- Dried dill
- Southwest seasoning
- Pre-made fajita sauce or mix

### SNACK OPTIONS

- Bare Apple, Banana, and Coconut Chips
- Siete Tortilla Chips
- Seaweed Snacks



# MEAL PREP WEEK 4

- Sunday and Tuesday night put together the overnight oats to be had on Monday and Wednesday.
- Option to pre-boil eggs. Two to four eggs needed for each person (salad topper on Monday and Saturday).
- Pre-chop red and yellow onions
- Option to pre-mince garlic (could store in glass container with olive oil).
- Pasta salad for Thursday and Friday lunch can be made 1-2 days ahead of time.