



5-day meal plan shopping list

DAY 1

Irish steel-cut oats with pomegranate and pistachios

- Dry, quick-cooking steel-cut oats
- 2% reduced fat milk
- Light brown sugar
- Orange
- Pomegranate seeds
- Shelled pistachio nuts

Honey mustard chicken salad on whole-wheat bread

- Honey mustard
- Skinless boneless chicken breast
- Pears
- Celery
- Shallots
- Whole-wheat bread
- Arugula
- Pretzels

Parmesan-herb popcorn

- Plain air-popped popcorn (prepared without oil)
- Butter-flavored nonstick spray
- Grated Parmesan
- Powdered buttermilk
- Garlic salt
- Dried dill weed

Apples with honey

- Apples (any variety)
- Honey
- Ground cinnamon

Asian fish and veggie bowl

- Cooked shrimp
- Brown rice
- Edamame
- Shredded carrots
- Shredded red cabbage
- Ginger salad dressing

DAY 2

Egg and bacon breakfast slider

- Uncooked reduced-fat center-cut bacon
- Low-fat American cheese singles
- Slider rolls
- Fresh fruit of any kind

Nut and fruit snack

- Pistachio nuts or almonds
- Fresh fruit of any kind

Chicken, peach, and fig salad with ricotta salata

- Mixed greens
- Low-fat balsamic vinaigrette salad dressing
- Peaches
- Figs
- Skinless boneless chicken breast
- Ricotta salata
- Basil

DAY 3

Yogurt with fruit and nuts

- Fresh fruit of any kind
- Slivered almonds

Greek-inspired veggie burger

- Frozen vegetarian burger patties
- English muffin
- Tzatziki sauce
- Cucumber
- Roasted red peppers (packed in water)

Chocolate-almond “nice cream”

- Bananas
- Vanilla extract
- Mini semisweet chocolate chips
- Sliced almonds

Veggies and hummus

- Homemade or store-bought hummus
- Any vegetables (carrots, peppers, cucumbers, etc.)

Roasted salmon with chickpeas, zucchini, and red pepper

- Paprika
- Ground coriander
- Ground cumin
- Zucchini
- Sweet red peppers
- Red onions
- Canned chickpeas
- Skinless wild salmon fillet
- Mint leaves

DAY 4

Waffle with lemony ricotta and blueberries

- Part-skim ricotta
- Confectioners’ sugar
- Frozen whole-grain waffle
- Blueberries

Lentil soup and roast-beef sandwich

- Pre-made lentil or vegetable soup
- Flour tortilla
- Deli-style roast beef
- Mustard
- Lettuce
- Onion
- Tomato
- Pickles

Cheese and fruit

- Light mozzarella cheese sticks
- Grapes

Greek chicken with tzatziki, orzo, and peppers

- Sweet mini bell peppers
- Dried oregano
- Olives
- Orzo
- Skinless boneless chicken breast
- Tzatziki sauce

DAY 5

Greek yogurt with warm blueberry sauce

- Blueberries
- Sugar

Chips and salsa

- Tortilla chips
- Salsa (any variety)

Fruit plate

- Banana or fresh fruit of any kind

Stuffed pasta shells

- Jumbo pasta shells
- Part-skim ricotta
- 1% low-fat cottage cheese
- Parsley
- Dried oregano
- Store-bought marinara sauce
- Grated Parmesan
- Pre-made roasted vegetables

Staples

- Olive oil
- Kosher salt
- Table salt
- Black pepper
- Nonstick spray
- Head of garlic
- Plain, fat-free Greek yogurt
- Eggs
- Lemons