

Row 1

answer.meal_plan_table

Day	Breakfast	Lunch	Dinner	Snacks
Monday	Overnight oats with almond milk, chia seeds, and sliced strawberries	Quinoa salad with roasted beets, arugula, and goat cheese	Zucchini noodles with marinara sauce and parmesan	Apple slices with almond butter
Tuesday	Greek yogurt with honey and mixed berries	Hummus wrap with spinach, carrots, and cucumber	Lentil soup with a side of whole grain bread	Baby carrots with hummus
Wednesday	Smoothie with spinach, banana, and almond milk	Caprese salad with tomatoes, mozzarella, and basil	Stuffed bell peppers with quinoa and black beans	Celery sticks with cream cheese
Thursday	Avocado toast on whole grain bread	Beet and feta salad with walnuts and balsamic vinaigrette	Veggie stir-fry with tofu and brown rice	Handful of mixed nuts (no peanuts)
Friday	Chia pudding with coconut milk and mango	Spinach and chickpea salad with lemon-tahini dressing	Eggplant parmesan with a side salad	Greek yogurt with a drizzle of honey
Saturday	Whole grain pancakes with fresh blueberries	Couscous with roasted vegetables and a lemon dressing	Grilled vegetable skewers with quinoa	Sliced bell peppers with guacamole
Sunday	Smoothie bowl with acai, banana, and granola	Kale and quinoa salad with cranberries and almonds	Mushroom risotto with a side of steamed broccoli	Dark chocolate squares with raspberries

answer.shopping_list

Ingredient	Quantity	Unit
Almond milk	4	cups
Chia seeds	1	cup
Strawberries	2	pints
Quinoa	3	cups
Beets	4	whole
Arugula	2	bunches
Goat cheese	1	cup
Zucchini	4	whole

Ingredient	Quantity	Unit
Marinara sauce	2	cups
Parmesan cheese	1	cup
Apples	4	whole
Almond butter	1	cup
Greek yogurt	4	cups
Honey	1	cup
Mixed berries	2	pints
Hummus	2	cups
Spinach	2	bunches
Carrots	4	whole
Cucumber	2	whole
Lentils	2	cups
Whole grain bread	2	loaves
Baby carrots	2	bags
Cream cheese	1	cup
Mixed nuts (no peanuts)	1	pound
Avocado	4	whole
Whole grain bread	1	loaf
Feta cheese	1	cup
Walnuts	1	cup
Balsamic vinaigrette	1	cup
Tofu	2	blocks
Brown rice	2	cups
Coconut milk	2	cups
Mango	2	whole
Chickpeas	2	cups
Lemon-tahini dressing	1	cup
Eggplant	2	whole
Side salad ingredients	1	bunch
Whole grain pancakes mix	1	box
Blueberries	2	pints
Couscous	2	cups
Roasted vegetables	1	batch
Lemon dressing	1	cup
Vegetable skewers	4	skewers
Bell peppers	4	whole
Guacamole	1	cup
Acai puree	2	packs
Banana	6	whole
Granola	2	cups
Kale	2	bunches
Cranberries	1	cup
Almonds	1	cup

Ingredient	Quantity	Unit
Mushroom risotto ingredients	1	batch
Broccoli	2	bunches
Dark chocolate squares	1	bar
Raspberries	1	pint

answer.recipes

Overnight Oats with Almond Milk, Chia Seeds, and Sliced Strawberries

Combine 1/2 cup of rolled oats, 1 cup of almond milk, and 1 tablespoon of chia seeds in a jar. Stir well, seal, and refrigerate overnight. In the morning, top with sliced strawberries before serving.

Quinoa Salad with Roasted Beets, Arugula, and Goat Cheese

Preheat the oven to 400°F (200°C). Wrap 2-3 beets in foil and roast for 45-60 minutes until tender. Cool, peel, and dice the beets. Cook 1 cup of quinoa according to package instructions. In a bowl, combine quinoa, roasted beets, arugula, and crumbled goat cheese. Drizzle with olive oil and balsamic vinegar before serving.

Zucchini Noodles with Marinara Sauce and Parmesan

Spiralize 2-3 zucchinis. Heat a pan with olive oil over medium heat, add the zucchini noodles, and sauté for 2-3 minutes. Add 1 cup of marinara sauce and heat through. Serve topped with grated parmesan cheese.

Lentil Soup with a Side of Whole Grain Bread

In a pot, sauté 1 diced onion, 2 chopped carrots, and 2 celery stalks in olive oil until soft. Add 1 cup of lentils, 4 cups of vegetable broth, and season with salt, pepper, and thyme. Simmer for 30-40 minutes until lentils are tender. Serve with whole grain bread.

Stuffed Bell Peppers with Quinoa and Black Beans

Preheat oven to 375°F (190°C). Halve and seed 4 bell peppers. Cook 1 cup of quinoa and mix with 1 can of drained black beans, 1 cup of corn, and 1 cup of salsa. Stuff peppers with

the mixture, place in a baking dish, cover with foil, and bake for 30-35 minutes until peppers are tender.

Veggie Stir-Fry with Tofu and Brown Rice

Cook 1 cup of brown rice according to package instructions. In a pan, heat oil and add cubed tofu, cooking until golden. Remove tofu and stir-fry a mix of your favorite vegetables (like bell peppers, broccoli, and carrots) until tender. Return tofu to the pan, add soy sauce, and serve over brown rice.

Eggplant Parmesan with a Side Salad

Preheat oven to 375°F (190°C). Slice 1-2 eggplants into rounds, salt them, and let sit for 30 minutes. Rinse and pat dry. Dip slices in flour, then beaten egg, and coat with breadcrumbs. Bake for 20 minutes on each side. Top with marinara sauce and mozzarella cheese, bake until cheese melts. Serve with a side salad.

Grilled Vegetable Skewers with Quinoa

Cook 1 cup of quinoa according to package instructions. Chop vegetables like bell peppers, zucchini, and mushrooms into chunks. Thread onto skewers, brush with olive oil, and season with salt and pepper. Grill for 10-15 minutes, turning occasionally. Serve with quinoa.

Mushroom Risotto with a Side of Steamed Broccoli

In a pot, bring 4 cups of broth to a simmer. In another pan, sauté 1 diced onion and 2 cups of sliced mushrooms in olive oil. Add 1 cup of arborio rice, stirring for 2 minutes. Gradually add broth, 1/2 cup at a time, stirring until absorbed before adding more. Cook until rice is creamy. Serve with steamed broccoli.