## Golo Diet Plan Template

| Day | Breakfast | Lunch | Dinner |
| :--- | :--- | :--- | :--- |
| Monday | Spinach and Feta Omelette with <br> Whole-Grain Toast | Quinoa Salad with Grilled <br> Chicken, Bell Peppers, and <br> Lemon-Tahini Dressing | Herb-Roasted Chicken with Brown <br> Rice and Sauteed Broccoli |
| Tuesday | Greek Yogurt Parfait with <br> Mixed Berries and Granola | Whole Wheat Pita with Tofu, <br> Salsa, and Mixed Veggie | Swordfish with Couscous <br> and Asparagus |
| Wednesday | Avocado Toast on <br> Whole-Grain Bagel | Lentil Soup with <br> Whole-Grain Muffin | Lemon-Garlic Shrimp with <br> Quinoa and Brussels Sprouts |
| Thursday | Smoothie with Kale, Banana, <br> Orange, and Almond Milk | Turkey and Chickpea Salad with <br> Lemon-Tahini Dressing | Turkey Meatballs with Tomato-Basil <br> Sauce, Whole-Grain Pasta, and <br> Green Beans |
| Friday | Oatmeal with Almond Milk <br> and Mixed Berries | Whole-Grain Wrap with <br> Hummus, Grilled Veggies, and <br> Feta Cheese | Grilled Shrimp with Brown <br> Rice and Stir-Fried Broccoli |
| Saturday | Whole-Grain Muffin with <br> Scrambled Eggs and Spinach | Eggplant and Chickpea <br> Stir-Fry with Quinoa | Grilled Chicken with Sweet <br> Potato Mash and Asparagus |
| Sunday | Banana Walnut <br> Whole-Grain Pancakes | Turkey Slices on Whole-Grain <br> Bread with Sautéed Carrots | Lentil Stew with Whole Wheat <br> Pita and Mashed Potatoes |

## Shopping List

## Produce:

Spinach

## Greek yogurt

## Chickpeas

Feta cheeseOranges
Kale

## Lemons

Avocado
Tomatoes
Quinoa
Eggplant
Bell peppers
v Bananas
Shrimp
Lentils
Mixed berries (blueberries, strawberries, etc.)Granola

## Bakery:

Whole-grain bread
Whole-grain toast
Whole-grain bagels
$\square$ Whole-grain muffins
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## Proteins:

## Eggs

v Grilled chickenGrilled shrimp
Lentils
Turkey slices
(v) Swordfish
$\checkmark$ TofuTurkey meatballs
■ Herb-roasted chickenLemon-garlic shrimp
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## Grains:

Couscous
Brown rice

- Quinoa
v Whole wheat pita


## Sauces/Dressings:

Teriyaki sauce
v Lemon-tahini dressing
v Tomato-basil sauce
v Salsa

## Vegetables:

v Sautéed broccoli
v Asparagus
$\checkmark$ Stir-fried veggies (e.g., bell peppers, kale)
$\square$ Brussels sprouts
v Sweet potatoes

- Mashed potatoes
$\square$ Carrots
(D Broccoli
$\square$ Stir-fried beef (with broccoli)
- Green beans
- Tomatoes
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## Other:

- Olive oil
- Coconut oil
v Grapes
$\checkmark$ Almond milk (for smoothies)
Chickpea salad dressing (or dressing of choice)
v Hummus (if not homemade)

