

# Golo Diet Plan Template

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Shopping List

<p><b>Produce:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Spinach</li><li><input type="checkbox"/> Feta cheese</li><li><input type="checkbox"/> Oranges</li><li><input type="checkbox"/> Avocado</li><li><input type="checkbox"/> Quinoa</li><li><input type="checkbox"/> Bell peppers</li><li><input type="checkbox"/> Shrimp</li><li><input type="checkbox"/> Lentils</li><li><input type="checkbox"/> Mixed berries (blueberries, strawberries, etc.)</li><li><input type="checkbox"/> Granola</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Greek yogurt</li><li><input type="checkbox"/> Chickpeas</li><li><input type="checkbox"/> Kale</li><li><input type="checkbox"/> Lemons</li><li><input type="checkbox"/> Tomatoes</li><li><input type="checkbox"/> Eggplant</li><li><input type="checkbox"/> Bananas</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
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**Bakery:**

- Whole-grain bread
- Whole-grain toast
- Whole-grain bagels
- Whole-grain muffins
- \_\_\_\_\_
- \_\_\_\_\_

**Proteins:**

- Eggs
- Grilled chicken
- Grilled shrimp
- Lentils
- Turkey slices
- Swordfish
- Tofu
- Turkey meatballs
- Herb-roasted chicken
- Lemon-garlic shrimp
- \_\_\_\_\_
- \_\_\_\_\_

**Grains:**

- Couscous
- Brown rice
- Quinoa
- Whole wheat pita
- \_\_\_\_\_
- \_\_\_\_\_

**Sauces/Dressings:**

- Teriyaki sauce
- Lemon-tahini dressing
- Tomato-basil sauce
- Salsa
- \_\_\_\_\_

**Vegetables:**

- Sautéed broccoli
- Asparagus
- Stir-fried veggies (e.g., bell peppers, kale)
- Brussels sprouts
- Sweet potatoes
- Mashed potatoes
- Carrots
- Broccoli
- Stir-fried beef (with broccoli)
- Green beans
- Tomatoes
- \_\_\_\_\_
- \_\_\_\_\_

**Other:**

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