

Meal Planner

Meals for 1 person for 1 week. (1200 calories per day)



	Breakfast	Lunch	Dinner
Monday	Fruit and Yogurt Parfait	Tomato, Avocado and Hummus in Pita Pockets	Curried Rice Salad with Peanuts
Tuesday	Apple Cinnamon Oatmeal with Walnuts	Leftover Curried Rice	Easy Mexican Fiesta Bowl
Wednesday	Fruit and Yogurt Parfait	Leftover Fiesta Bowl	Sloppy Joes on Whole Wheat Buns
Thursday	Apple Cinnamon Oatmeal with Walnuts	Leftover Sloppy Joes	Easy Pasta Primavera Bowl
Friday	Fruit and Yogurt Parfait	Leftover Primavera Bowl	Tacos with Chunky Avocado Salsa
Saturday	Whole-Grain Flax Pancakes with Spiced Apples	Leftover Tacos	Spaghetti with Mushroom Tomato Sauce
Sunday	Apple Raisin Bran Muffins	Leftover Spaghetti	Chunky Vegetable Minestrone Soup



Snacks

Recommended snacks would be fresh fruit like: Bananas, Sliced Apples, Pears, Oranges and Tangerines



Drinks

Recommended drinks would be herbal teas, water with lemon/fruit, or sparkling water

Monday

Breakfast

1 Fruit and Yogurt Parfait

Servings: 1

Ingredients

- 1 item banana, small
- 0.3 cup low-fat granola
- 1 cup strawberries, raw
- 1 item soy fruit yogurt

Instructions

In a parfait glass or small bowl, layer half the yogurt, granola and fruit. Repeat layers ending with the strawberries.

Notes: Original recipe makes 1 serving. 405 Calories per serving, 11 g Protein, 6 g (13%) Fat, 85 g Carb, 10 g Fiber, 42 g Sugar, 34 mg Sodium ***** As an option, you can make this Gluten Free by using gluten free granola breakfast cereal.

Lunch

2 Tomato, Avocado and Hummus in Pita Pockets

Servings: 1

Ingredients

- 0.2 cup avocado, raw, cubes
- 0.2 cup cilantro, raw
- 20 item grapes, seedless
- 4 tbsp hummus
- 2 item onion, green w/ tops
- 0.5 cup tomatoes, chopped, ripe
- 1 item whole wheat, pita bread

Instructions

Cut pita bread in half and spread the hummus on the inside. Fill with avocado, green onion, tomato and cilantro. Serve grapes on the side.

Notes: Original recipe makes 1 serving. 407 Calories per serving, 13 g Protein, 14 g (29%) Fat, 62 g Carb, 12 g Fiber,

Dinner

3 Curried Rice Salad with Peanuts

Servings: 2

Ingredients

- 0.1 cup cilantro, raw
- 0.5 tsp curry powder
- 2 cup lettuce, green leaf
- 2 item onion, green w/ tops
- 1.5 tbsp orange juice
- 0.5 cup peas, green, frozen
- 0.2 cup raisins
- 0.5 cup rice, brown, long grain, raw
- 1.5 tsp sugar, organic
- 0.1 cup veganaise, reduced fat
- 0.2 tsp salt
- 1 cup peppers, sweet red or green
- 3 tbsp peanuts, dry roasted, no salt

Instructions

Cook brown rice and cool to room temperature. Transfer to a large bowl and add all the ingredients except the salad greens and cilantro. Mix well. Place salad greens onto four plates and top with rice salad and fresh cilantro.

Notes: Original recipe makes 4 servings. 434 Calories per serving, 11 g Protein, 14 g (28%) Fat, 72 g Carb, 8 g Fiber, 23 g Sugar, 439 mg Sodium ***** This is a great salad to make and keep in small containers to take with you for lunch.

Tuesday

Breakfast

4 Apple Cinnamon Oatmeal with Walnuts

Servings: 1

Ingredients

1 item apple, medium, 3" diameter
0.2 tsp cinnamon
0.5 cup oats, regular or quick, dry
1 tbsp chopped walnuts
1 cup soy milk, plain
1 cup water

Instructions

Combine in a medium size glass bowl the oats, water, chopped apple and cinnamon. Microwave for 4 to 5 minutes and let stand 2 minutes. Top with walnuts and non-dairy milk.

Notes: Original recipe makes 1 serving. 399 Calories per serving, 14 g Protein, 11 g (26%) Fat, 63 g Carb, 9 g Fiber, 27 g Sugar, 100 mg Sodium ***** You can make this Gluten Free by using Bob's Red Mill gluten free oats.

Lunch

5 Leftover Curried Rice

Servings: 1

Ingredients

Instructions

Reheat remaining curried rice.

Notes:

Dinner

6 Easy Mexican Fiesta Bowl

Servings: 2

Ingredients

0.5 item beans, pinto, (15oz can)
0 cup chili powder
0.5 cup cilantro, raw
1 cup corn, yellow, frozen whole kernel
0.5 item 3 pepper & onion, frozen (12 oz)
0.2 item chopped onion, frozen (12 oz)
0.5 cup chopped spinach, frozen
0.2 tsp garlic powder
0.5 tsp onion powder
1 item tomatoes, diced (14.5oz can)
1 cup rice, instant, long grain brown
0.2 tsp salt

Instructions

Prepare Instant brown rice according to directions without salt or fat. Meanwhile, in a large saucepan, combine tomatoes, beans, peppers, onions, corn, onion powder, garlic powder, chili powder and salt. Bring to a boil, then reduce heat to simmer. Cover and cook 8 to 10 minutes. Serve in individual large bowls over prepared brown rice and top with fresh cilantro.

Notes: Original recipe makes 4 servings. 420 Calories per serving, 15 g Protein, 2 g (3%) Fat, 88 g Carb, 16 g Fiber, 14 g Sugar, 533 mg Sodium ***** This is a fast and easy meal

Wednesday

Breakfast

7 Fruit and Yogurt Parfait

Servings: 1

Ingredients

- 1 item banana, small
- 0.3 cup low-fat granola
- 1 cup strawberries, raw
- 1 item soy fruit yogurt

Instructions

In a parfait glass or small bowl, layer half the yogurt, granola and fruit. Repeat layers ending with the strawberries.

Notes: Original recipe makes 1 serving. 405 Calories per serving, 11 g Protein, 6 g (13%) Fat, 85 g Carb, 10 g Fiber, 42 g Sugar, 34 mg Sodium ***** As an option, you can make this Gluten Free by using gluten free granola breakfast cereal.

Lunch

8 Leftover Fiesta Bowl

Servings: 1

Ingredients

Instructions

Reheat remaining fiesta bowl.

Notes:

Dinner

9 Sloppy Joes on Whole Wheat Buns

Servings: 2

Ingredients

- 2 tbsp agave nectar
- 2 cup boca meatless ground crumbles
- 1 cup carrots, sticks/baby
- 4 tbsp ketchup, low-sodium
- 1.5 tsp chili powder
- 1 item garlic clove
- 0.5 tsp olive oil
- 0.5 cup onion, yellow
- 0.5 item tomato sauce, no salt (8oz can)
- 1 tbsp vinegar, cider
- 2 item whole wheat burger bun
- 0.5 cup peppers, sweet red or green
- 1.5 tsp liquid aminos (Bragg)

Instructions

In a large saucepan over medium high heat add olive oil, onion, bell pepper and garlic. Saute 2 to 3 minutes. Add tomato sauce, ketchup, mustard, vinegar, Liquid Aminos, agave nectar, salt free seasoning, chili powder and Boca crumbles. Bring to a boil. Cover, reduce heat to simmer and cook 10 minutes. Toast buns and top with Sloppy Joe mixture. Eat like a burger or serve it open faced. Serve carrots on the side.

Notes: Original recipe makes 4 servings. 419 Calories per serving, 23 g Protein, 5 g (11%) Fat, 78 g Carb, 15 g Fiber, 36 g Sugar, 940 mg Sodium ***** Make this Sloppy Joe

Thursday

Breakfast

10 Apple Cinnamon Oatmeal with Walnuts

Servings: 1

Ingredients

1 item apple, medium, 3" diameter
0.2 tsp cinnamon
0.5 cup oats, regular or quick, dry
1 tbsp chopped walnuts
1 cup soy milk, plain
1 cup water

Instructions

Combine in a medium size glass bowl the oats, water, chopped apple and cinnamon. Microwave for 4 to 5 minutes and let stand 2 minutes. Top with walnuts and non-dairy milk.

Notes: Original recipe makes 1 serving. 399 Calories per serving, 14 g Protein, 11 g (26%) Fat, 63 g Carb, 9 g Fiber, 27 g Sugar, 100 mg Sodium ***** You can make this Gluten Free by using Bob's Red Mill gluten free oats.

Lunch

11 Leftover Sloppy Joes

Servings: 1

Ingredients

Instructions

Reheat remaining sloppy joes.

Notes:

Dinner

12 Easy Pasta Primavera Bowl

Servings: 2

Ingredients

0.5 item artichoke hearts, drained (13.75oz can)
0.5 tsp basil, dried leaves
0.5 item beans, garbanzo, (15 oz can)
0.2 item chopped onion, frozen (12 oz)
0.5 cup chopped spinach, frozen
0.5 item italian style vegetables, frozen (1 lb)
0.2 tsp garlic powder
0.5 tsp onion powder
0.5 tsp oregano, dried leaves
0.1 cup parsley, raw
1.5 cup pasta, penne or rotini
1 item tomatoes, diced (14.5oz can)

Instructions

Prepare whole wheat pasta according to directions without salt or fat. Meanwhile, in a large saucepan, combine tomatoes, beans, onions, artichoke hearts, Italian vegetables, onion powder, garlic powder, herbs and salt. Bring to a boil, then reduce heat to simmer. Cover and cook 8 to 10 minutes. Serve in individual large bowls over prepared pasta and top with fresh parsley.

Notes: Original recipe makes 4 servings. 416 Calories per serving, 20 g Protein, 3 g (6%) Fat, 85 g Carb, 18 g Fiber, 16 g Sugar, 332 mg Sodium ***** This is a fast and easy meal

Friday

Breakfast

13 Fruit and Yogurt Parfait

Servings: 1

Ingredients

- 1 item banana, small
- 0.3 cup low-fat granola
- 1 cup strawberries, raw
- 1 item soy fruit yogurt

Instructions

In a parfait glass or small bowl, layer half the yogurt, granola and fruit. Repeat layers ending with the strawberries.

Notes: Original recipe makes 1 serving. 405 Calories per serving, 11 g Protein, 6 g (13%) Fat, 85 g Carb, 10 g Fiber, 42 g Sugar, 34 mg Sodium ***** As an option, you can make this Gluten Free by using gluten free granola breakfast cereal.

Lunch

14 Leftover Primavera Bowl

Servings: 1

Ingredients

Instructions

Reheat remaining primavera bowl

Notes:

Dinner

15 Tacos with Chunky Avocado Salsa

Servings: 2

Ingredients

- 0.5 cup avocado, raw, cubes
- 0.5 item beans, pinto, (15oz can)
- 0.8 cup boca meatless ground crumbles
- 0.2 tsp chili powder
- 0.1 cup cilantro, raw
- 0.2 tsp garlic powder
- 0.5 tbsp lemon juice, frozen
- 1 cup lettuce, shredded
- 0.5 tsp onion powder
- 0.2 cup onion, red
- 6 item taco shells
- 1 cup tomatoes, chopped, ripe
- 0.2 cup salsa

Instructions

Combine in a bowl the avocado, tomatoes, salsa, cilantro, onion and lime juice. Set aside. Meanwhile, combine in a large skillet over medium high heat the Boca crumbles, beans, onion powder, garlic powder and chili powder. Stir and heat over medium high heat for 5 minutes or until heated through. Warm the taco shells according to package directions and fill with the bean mixture. Top with avocado mixture and shredded lettuce.

Notes: Original recipe makes 4 servings. 433 Calories per serving, 22 g Protein, 15 g (30%) Fat, 61 g Carb, 18 g Fiber, 6 g Sugar, 523 mg Sodium ***** Make these tacos as spicy

Saturday

Breakfast

16 Whole-Grain Flax Pancakes with Spiced Apples

Servings: 2

Ingredients

6 item	apple, medium, 3" diameter
3 tbsp	canola oil
2 cup	cantaloupe, cubed
0.5 tsp	cinnamon
3.8 tsp	cornstarch
4 tbsp	flax seed meal
3 cup	oats, regular or quick, dry
0.2 tsp	pumpkin pie spice
0.2 cup	raisins
0.2 cup	sugar, brown
1 cup	whole wheat pastry flour
1 tsp	salt
1 cup	soy milk, plain
1.4 cup	water

Instructions

Whole-Grain Flax Pancakes:

Place oats in a blender or food processor and blend for 5 to 15 seconds to make oat flour. Pour into a large bowl and add flour, flaxseed meal, 2 tbsp brown sugar, baking powder, salt. Set aside. Combine in another bowl the non-dairy milk, oil and 1.5 cups warm water. Add to the dry mixture and let stand 5 minutes. Spray a 7" round or small waffle iron with non-stick cooking spray. When hot, pour 3/4 cup batter on the waffle iron and cook 3 to 4 minutes or until golden brown. Repeat to make 4 waffles.

Spiced Apples: Combine in a large saucepan the apples, raisins, 2 tbsp brown sugar, cinnamon, pumpkin pie spice and 1 cup water. Bring to a boil, cover and reduce heat to low and cook 6 to 8 minutes or until apples soften. Combine 1/4 cup water with the cornstarch in a small bowl and add to the apples. Cook 1 to 2 minutes or until mixture thickens. Serve hot or cold as a topping for pancakes, waffles or toast. Serve with cantaloupe on the side.

Notes:

Original recipe makes 4 servings. 416 Calories per serving, 11 g Protein, 5 g (11%) Fat, 86 g Carb, 12 g Fiber, 44 g Sugar, 349 mg Sodium

Lunch

17 Leftover Tacos

Servings: 1

Ingredients

Instructions

Reheat remaining tacos

Notes:

Ingredients

0.5 cup almonds, thin slivered
 0.5 tsp basil, dried leaves
 2 tbsp flax seed meal
 2 item garlic, minced
 2 cup mushrooms, sliced
 0.2 cup nutritional yeast flakes
 1 tsp olive oil
 6 items olives, kalamata, whole
 0.5 tsp onion powder
 0.2 cup onion, yellow
 0.5 tsp oregano, dried leaves
 1 tbsp parsley, raw
 4 oz pasta, spaghetti, whole wheat
 0.5 item tomato paste, can, no salt added
 1 item tomatoes, diced (14.5oz can)
 0.5 tbsp vinegar, balsamic
 1 cup zucchini squash, raw, chopped
 0.4 tsp salt
 0.1 cup water

Instructions

Cook whole wheat spaghetti according to directions. In a large skillet over medium high heat add olive oil, garlic, onions and mushrooms. Cook 1 to 2 minutes and add zucchini and water. Cover and cook about 2 minutes. Add tomatoes, tomato paste, basil, oregano, 1/4 tsp salt and salt free seasoning. Bring to a boil. Cover. Reduce heat to simmer and cook 5 minutes. Add Kalamata olives and balsamic vinegar. Serve over hot spaghetti and top with fresh parsley and Seasoned Almond Topping (see below).

Seasoned Almond Topping: Combine sliced almonds, nutritional yeast, onion powder, flaxseed and 1/2 tsp salt in a food processor and blend about 30 seconds or until finely ground. Store in an air-tight container in the refrigerator. Use this topping as a substitute for Parmesan cheese.

Notes:

Original recipe makes 4 servings. 412 Calories per serving, 17 g Protein, 12 g (25%) Fat, 72 g Carb, 15 g Fiber, 18 g Sugar, 551 mg Sodium ***** Try different types of mushrooms for this savory sauce if you like.

Seasoned Almond Topping recipe makes 14 servings. (2 Tbsp per serving) 60 Calories, 3 g Protein, 5 g (67%) Fat, 3 g Carb, 2 g Fiber, 0 g Sugar, 83 mg Sodium ***** This is a tasty topping similar in texture to parmesan cheese for pasta, soups or vegetables.

Sunday

Breakfast

19 Apple Raisin Bran Muffins

Servings: 12

Ingredients

1 item apples, chopped
1 tsp baking powder, low sodium
0.8 tsp baking soda
0.2 cup canola oil
1 tsp cinnamon
1.5 tsp egg replacer, (ENERG)
2 tbsp flax seed meal
1 tbsp molasses
0.5 cup raisins
0.5 cup sugar, brown
1 cup wheat bran, crude
1 cup whole wheat pastry flour
0.2 tsp salt
1 cup soy milk, plain
1 tsp vanilla extract
3 cup water
0.5 item non-stick cooking spray

Instructions

Pre-heat oven to 350 degrees. Combine in a bowl the flour, bran, flaxseed meal, baking soda, baking powder, salt and cinnamon. Set aside. In another bowl combine chopped apple, sugar, vanilla, oil, molasses, raisins and non-dairy milk. Mix the egg replacer with the 6 tablespoons of water in a small bowl and add to the apple mixture. Add the dry mixture to the wet mixture and stir just enough to combine. Spray 24 muffin cups with non-stick cooking spray. Fill muffin cups and bake 20 to 25 minutes.

Notes: Original recipe makes 24 servings (One muffin per serving) 146 Calories, 3 g Protein, 4 g (25%) Fat, 27 g Carb, 4 g Fiber, 13 g Sugar, 139 mg Sodium ***** These muffins freeze well and are great to use as snacks. Warm them in a microwave 10 to 15 seconds.

Lunch

20 Leftover Spaghetti

Servings: 1

Ingredients

Instructions

Reheat Spaghetti

Notes:

Dinner

21 Chunky Vegetable Minestrone Soup

Servings: 2

Ingredients

0.5 tsp basil, dried leaves
0.2 item beans, garbanzo, (15 oz can)
0.5 item beans, kidney, (15 oz can)
0.5 cup carrots, raw, chopped
2 item garlic clove
1 cup green beans, raw (1"cut)
0.5 tsp olive oil
0.2 tsp onion powder
0.2 cup onion, yellow
0.5 tsp oregano, dried leaves
1.5 oz pasta, medium shells
0.5 item tomato sauce, no salt (8oz can)
0.5 item tomatoes, diced (14.5oz can)
0.2 tsp salt
1 cup water

Instructions

In a large saucepan over medium-high heat, add olive oil, garlic and onion. Saute 1 minute. Add remaining ingredients and bring to a boil. Cover. Reduce heat to simmer and cook 25 minutes.

Notes: Original recipe makes 4 servings. 324 Calories per serving, 15 g Protein, 3 g (7%) Fat, 63 g Carb, 15 g Fiber, 14 g Sugar, 515 mg Sodium ***** This is a hearty soup full of vegetables to serve with crusty whole grain bread.

Grocery List

Meal Numbers	Ingredients	Amount	Category
9	whole wheat burger bun	2 item(s)	Bakery
2	whole wheat, pita bread	1 item(s)	Bakery
19	baking powder, low sodium	1 tsp(s)	Baking
19	baking soda	0.8 tsp(s)	Baking
16	cornstarch	3.8 tsp(s)	Baking
19	molasses	1 tbsp(s)	Baking
16, 19	sugar, brown	0.7 cup(s)	Baking
3	sugar, organic	1.5 tsp(s)	Baking
19	vanilla extract	1 tsp(s)	Baking
16, 19	whole wheat pastry flour	2 cup(s)	Baking
12	artichoke hearts, drained (13.75oz can)	0.5 item(s)	Canned
12, 21	beans, garbanzo, (15 oz can)	0.7 item(s)	Canned
21	beans, kidney, (15 oz can)	0.5 item(s)	Canned
6, 15	beans, pinto, (15oz can)	1 item(s)	Canned
18	olives, kalamata, whole	6 items(s)	Canned
18	tomato paste, can, no salt added	0.5 item(s)	Canned
9, 21	tomato sauce, no salt (8oz can)	1 item(s)	Canned
6, 12, 18, 21	tomatoes, diced (14.5oz can)	3.5 item(s)	Canned
19	egg replacer, (ENERG)	1.5 tsp(s)	Dairy
4, 10, 16, 19	soy milk, plain	3 cup(s)	Dairy
3	vegenaise, reduced fat	0.1 cup(s)	Dairy
1, 7, 13	yogurt, whole, soy, blueberry (6oz)	1 item(s)	Dairy
4, 10, 16, 19	apple, medium, 3"diameter	8 item(s)	Fresh Produce
2, 15	avocado, raw, cubes	0.7 cup(s)	Fresh Produce
1, 7, 13	banana, small	1 item(s)	Fresh Produce
16	cantaloupe, cubed	2 cup(s)	Fresh Produce
21	carrots, raw, chopped	0.5 cup(s)	Fresh Produce
9	carrots, sticks/baby	1 cup(s)	Fresh Produce
2, 3, 6, 15	cilantro, raw	0.9 cup(s)	Fresh Produce
9, 18, 21	garlic clove	5 item(s)	Fresh Produce
2	grapes, seedless	20 item(s)	Fresh Produce
21	green beans, raw (1"cut)	1 cup(s)	Fresh Produce
3, 15	lettuce, green leaf	3 cup(s)	Fresh Produce

18	mushroom, crimimi, raw	2 cup(s)	Fresh Produce
2, 3	onion, green w/ tops	4 item(s)	Fresh Produce
15	onion, red	0.2 cup(s)	Fresh Produce
9, 18, 21	onion, yellow	0.9 cup(s)	Fresh Produce
12, 18	parsley, raw	1.1 tbsp(s)	Fresh Produce
12, 18	parsley, raw	1.1 cup(s)	Fresh Produce
1, 7, 13	strawberries, raw	1 cup(s)	Fresh Produce
2, 15	tomatoes, chopped, ripe	1.5 cup(s)	Fresh Produce
18	zucchini squash, raw, chopped	1 cup(s)	Fresh Produce
6	3 pepper & onion, frozen (12 oz)	0.5 item(s)	Frozen
9, 15	boca meatless ground crumbles	2.8 cup(s)	Frozen
6, 12	chopped onion, frozen (12 oz)	0.4 item(s)	Frozen
6, 12	chopped spinach, frozen	1 cup(s)	Frozen
6	corn, yellow, frozen whole kernel	1 cup(s)	Frozen
12	italian style vegetables, frozen (1 lb)	0.5 item(s)	Frozen
15	lemon juice, frozen	0.5 tbsp(s)	Frozen
3	peas, green, frozen	0.5 cup(s)	Frozen
9	agave nectar	2 tbsp(s)	Grocery
18	almonds, thin slivered	0.5 cup(s)	Grocery
16, 18, 19	flax seed meal	8 tbsp(s)	Grocery
1, 7, 13	granola "no fat added" (Bob's Red Mill)	0.3 cup(s)	Grocery
2	hummus	4 tbsp(s)	Grocery
9	ketchup, low-sodium	4 tbsp(s)	Grocery
9	liquid aminos (Bragg)	1.5 tsp(s)	Grocery
4, 10, 16	oats, regular or quick, dry	3.5 cup(s)	Grocery
3	orange juice	1.5 tbsp(s)	Grocery
3	peanuts, dry roasted, no salt	3 tbsp(s)	Grocery
3, 9	peppers, sweet red or green	1.5 cup(s)	Grocery
3, 16, 19	raisins	0.9 cup(s)	Grocery
3	rice, brown, long grain, raw	0.5 cup(s)	Grocery
6	rice, instant, long grain brown	1 cup(s)	Grocery
15	salsa	0.2 cup(s)	Grocery
15	taco shells	6 item(s)	Grocery
18	vinegar, balsamic	0.5 tbsp(s)	Grocery
9	vinegar, cider	1 tbsp(s)	Grocery
4, 10	walnuts	1 tbsp(s)	Grocery
19	wheat bran, crude	1 cup(s)	Grocery

	21	pasta, medium shells	1.5 oz(s)	Pasta
	12	pasta, penne or rotini	1.5 cup(s)	Pasta
	18	pasta, spaghetti, whole wheat	4 oz(s)	Pasta
	12, 18, 21	basil, dried leaves	1.5 tsp(s)	Spices
	6, 9, 15	chili powder	1.7 cup(s)	Spices
	6, 9, 15	chili powder	1.7 tsp(s)	Spices
	4, 10, 16, 19	cinnamon	1.7 tsp(s)	Spices
	3	curry powder	0.5 tsp(s)	Spices
	6, 12, 15	garlic powder	0.6 tsp(s)	Spices
	18	nutritional yeast flakes	0.2 cup(s)	Spices
	6, 12, 15, 18, 21	onion powder	2.2 tsp(s)	Spices
	12, 18, 21	oregano, dried leaves	1.5 tsp(s)	Spices
	16	pumkin pie spice	0.2 tsp(s)	Spices
	16, 19	canola oil	3.2 cup(s)	Staple
	16, 19	canola oil	3.2 tbsp(s)	Staple
	19	non-stick cooking spray	0.5 item(s)	Staple
	9, 18, 21	olive oil	2 tsp(s)	Staple
	3, 6, 16, 18, 19, 21	salt	2.2 tsp(s)	Staple

Other Items

	Snacks: Bananas/Apples/Oranges/Tangerines/Pears
	Drinks: Herbal Teas/Sparkling Water/Lemons/Limes