



FLCCC<sup>®</sup>  
ALLIANCE

# All About the Glucose Ketone Index

A Guide For  
Living and Eating  
With the GKI Index

[www.flccc.net](http://www.flccc.net)







## **A NOTE TO THE READER:**

Always consult a healthcare provider before initiating new care or new healthcare interventions. If you are planning to use a continuous glucose monitoring device, speak with your managing healthcare provider for a prescription for this device.

This guide is not meant to take the place of a healthcare professional or offer medical advice. It is designed as a tool to help you understand and apply this information to your lifestyle.





## **ABOUT THE MEAL PLANS:**

The meal suggestions and shopping lists in this guide are examples of meals that the reader can make based on the types of diet plans discussed in the guide. The recipe suggestions are just examples of meals users of this guide can make, and are not to be interpreted as the only foods and meal plans that can be eaten.





## ABOUT THE AUTHORS:

Kristina Carman ND, NT, IFM, is a registered nutritional therapist, naturopathic doctor, functional medicine practitioner, chef, and health coach. Kristina aims for her practice to be a wellness destination offering approachable, sustainable, accessible advice and support when it comes to a patient's natural health and movement. She is passionate about food, nutrition, and lifestyle as medicine, and has a “leave no stone unturned” approach with patients.

Kristina Morros, CRNA, is the Manager of Education and Clinical Support at the FLCCC and helps create the educational content for the organization. Kristina has been a nurse anesthetist for over 20 years and is an advocate for patients and healthcare providers.








## THE GLUCOSE KETONE INDEX

The Glucose Ketone Index (GKI) is a measure that compares blood glucose levels to blood ketone levels.

It is often used as a marker of metabolic health, especially in the context of a ketogenic diet.

A GKI value of less than 2 is considered to be in the "therapeutic ketosis" range, which is associated with enhanced fat burning and is also used as an adjunct with managing cancer treatment.





Patients must keep accurate records to identify (and avoid) any food that might spike blood glucose. Processed foods have a big impact on the GKI. Too much protein consumption can also raise the GKI.

One should target a baseline blood glucose of 50-80 mg/dl (2.7 – 4.4 mmol/l). After a meal, one should target a blood glucose of less than 120 mg/dl (6.6 mmol/l). The blood glucose should not increase by more than 20 mg/dl after a meal. Ideally, the blood ketone level should be over 2 mmol/l.



# Measuring

## Glucose Ketone Monitoring

There are many options to monitor your Glucose/Ketone Index (GKI).

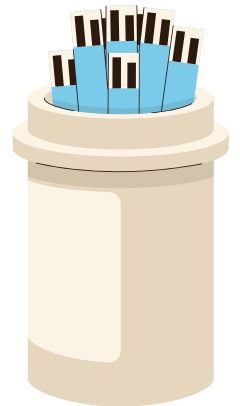
Here are a few things you'll need:

- A glucose monitoring device plus a ketone monitoring device: there are devices that monitor both in one.
- A finger pricker or lancing device.
- Testing strips.
- Alcohol pads.
- A calculator if you do not have a Glucose/Ketone monitoring device.



Here are some online calculators or websites that offer options for GKI testing:

- <https://keto-mojo.com/mymojohealth/>
  - This site offers lots of information on how to test and has videos, infographics, and a shop to buy supplies.
- <https://perfectketo.com/glucose-ketone-index-calculator/>
  - This website offers a calculator and a shop for keto-friendly products such as foods, testing supplies, and supplements.
- <https://www.calconic.com/calculator-widgets/gki-calculator/5d5591d8686aa300298562e2>
  - This site offers only a calculator.



These options for calculators are not to be used together, but they serve as a starting point to find support in calculating the GKI. One calculator is sufficient in calculating the GKI and you can decide which one you like best.





# Measuring

## Glucose Ketone Monitoring

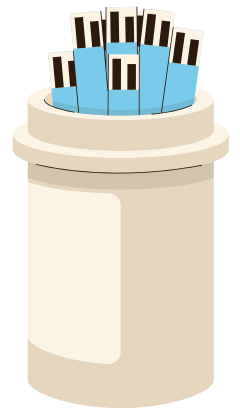
Here is a very helpful video which explains how to check your GKI: <https://youtu.be/T11OI3EgHgg>.

A useful video explaining press-pulse therapy for cancer by Dr. Thomas Seyfried. Press-pulse therapy is a technique by which blood glucose is reduced and ketones in the blood are elevated:  
<https://youtu.be/9WFXjO3OHyo>

For more information on the GKI and its use in managing cancer, please read the FLCCC Cancer Care document, which can be found here:  
<https://covid19criticalcare.com/reviews-and-monographs/cancer-care/>

For help on finding a practitioner to help you use the GKI for health promotion, try searching this provider list: <https://covid19criticalcare.com/providers/>

For help finding a practitioner who can help you use the GKI for cancer management, please try this provider list:  
<https://www.howtostarvecancer.com/doctors/>

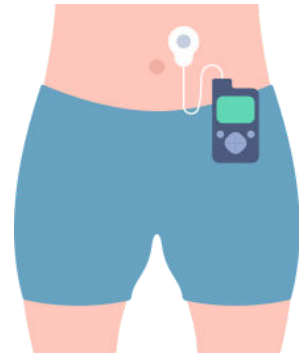




# Implantable Devices

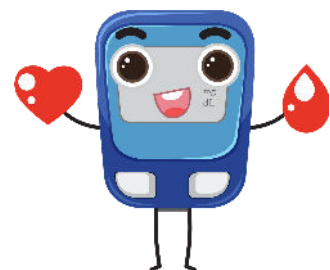
## Continuous Glucose Monitors

A CGM (Continuous Glucose Monitor) is a small medical device that continuously measures glucose levels in the interstitial fluid just beneath the skin. It provides real-time data on blood glucose levels, allowing users to monitor fluctuations throughout the day and identify patterns in their glucose response to different foods, activities, and lifestyle factors.



When used alongside a GKI (Glucose Ketone Index) diet, a CGM can be a powerful tool to help individuals fine tune their nutritional choices and optimize their metabolic health. Here's how a CGM can be beneficial in the context of a GKI diet:

- Real-Time Feedback: With a CGM, individuals can see how their dietary choices affect their blood glucose levels in real-time. This immediate feedback allows them to make adjustments to their meals and snacks to keep their glucose levels stable and within the target range for therapeutic ketosis.
- Identifying Glucose Responses: The CGM data can help individuals identify foods that cause significant spikes in blood glucose levels. High-carbohydrate foods, sugary beverages, and processed foods are often associated with rapid increases in blood sugar. By avoiding or minimizing such foods, individuals can support a low GKI and better metabolic control.



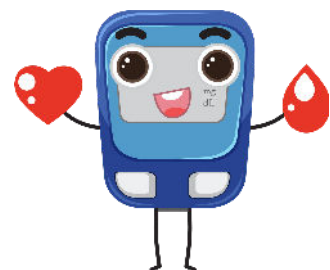
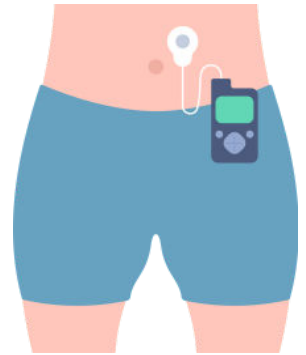


# Implantable Devices

## Continuous Glucose Monitors

- Personalized Nutritional Approach: CGM data can help individuals personalize their GKI diet based on their unique glucose responses to different foods. It allows them to tailor their carbohydrate intake, protein consumption, and fat choices to maintain a lower and more stable GKI.
- Tracking the Impact of Physical Activity: Exercise and physical activity can influence glucose levels. CGM data can show how different types and intensities of exercise affect blood glucose levels. This information can guide individuals in planning their workouts and optimizing their GKI.
- Monitoring the Transition into Ketosis: When starting a GKI diet, a CGM can help monitor the transition into ketosis. As the body shifts from relying on glucose to ketones for fuel, the CGM data can provide insights into this process and help individuals stay on track.

CGMs are an option to monitor glucose, but you will still have to check your ketones separately with a finger stick and a glucose/ketone meter. These meters can also be more expensive than an external Glucose/Ketone Meter.





# Health Trackers

## Cronometer

A cronometer is a popular nutrition tracking app that allows users to monitor and log their daily food intake to gain insights into their macronutrient and micronutrient consumption.

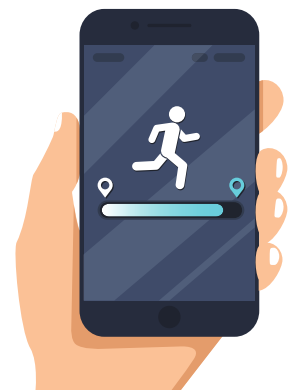


For individuals following a ketogenic or low-carb diet, tracking their food intake can be crucial to maintaining a low GKI and staying in a state of ketosis.

The Cronometer app provides a platform where users can log their meals and snacks, including detailed information on the nutritional content of each food item. It provides data on carbohydrates, proteins, fats, fiber, vitamins, and minerals, helping users keep track of their nutrient intake and, in the context of GKI, their glucose and ketone levels.



To calculate the GKI using Cronometer, users would need to input their blood glucose and ketone readings, which can be obtained using a blood glucose monitor and ketone meter. The app will then perform the necessary calculations to determine the GKI, which is the ratio of glucose (measured in mmol/L) to ketones (measured in mmol/L). Maintaining a GKI below 2 is often associated with therapeutic ketosis and metabolic benefits.





# Supplements and Lifestyle Choices Can Have an Impact



On a low-carb or ketogenic diet, electrolyte imbalances can occur due to increased excretion of water and electrolytes. Consider supplementing with magnesium, potassium, and sodium to maintain proper electrolyte balance and stay hydrated with plenty of water.



Omega-3 fatty acids, particularly EPA and DHA, are essential for brain health, heart health, and reducing inflammation. Consider taking fish oil or algae-based supplements to ensure adequate omega-3 intake.



A healthy gut microbiome is vital for digestion and overall health. Consider taking probiotic supplements or incorporating fermented foods into your diet to support gut health.



Adaptogenic herbs like ashwagandha, rhodiola, and ginseng may help the body adapt to stress and support adrenal function. Managing stress is crucial for overall health and metabolic balance. Stress can also raise your glucose and the GKI.



Berberine and Metformin have been studied for their ability to improve insulin sensitivity and regulate blood glucose levels. They may help reduce insulin resistance and enhance the body's ability to utilize glucose effectively. Metformin requires a prescription from a healthcare provider.



# Support GKI with a Holistic Approach

Avoid sugars  
and  
processed  
foods

Exercise  
regularly

Intermittent  
Fasting

Sleep regularly  
and enough

Drink more  
water



# What are the Differences in the Types of Diets?

## Omnivore

Includes a wide variety of foods from both plant and animal sources. Omnivores consume a mix of vegetables, fruits, grains, legumes, meats, fish, and dairy products, depending on their cultural and personal preferences.

## Keto (Ketogenic)

High in fat, moderate-protein, and very low-carbohydrate. A Keto diet aims to induce a state of ketosis, where the body primarily uses fat for energy instead of carbohydrates.

## Carnivore

Focuses exclusively on animal-based foods and excludes all plant-based foods. Followers primarily consume meat, fish, eggs, and animal fats, while avoiding vegetables, fruits, grains, and other plant-derived products.

## Vegetarian

Excludes meat and seafood but includes vegetables, fruits, grains, legumes, nuts, seeds, and dairy products (in the case of lacto-vegetarians). Some vegetarians also consume eggs (ovo-vegetarians) or both eggs and dairy (lacto-ovo-vegetarians).

## Plant Based

Foods derived from plants, including vegetables, fruits, whole grains, legumes, nuts, and seeds. While some individuals on a plant-based diet may also include small amounts of animal products, the primary focus is on plant-based foods, and animal products are typically limited.



### Tip:




To keep the GKI low on diets that have little or no animal protein, you will need to consume healthy fats such as: avocado, olive oil, nuts, seeds, coconut and MCT oil.








# Meal Ideas: Omnivore



## Sunday

-  Protein Banana Pancakes
-  Shrimp Summer Rolls
-  Caprese Chicken Skewers




## Monday

-  Strawberry Banana Smoothie
-  Grilled Chicken Breast mixed salad with avocado and feta cheese
-  Leftovers from last night




## Tuesday

-  Pan Fried Spinach and Eggs
-  Turkey Bacon Lettuce Wraps
-  Beef and Broccoli Stir Fry




## Wednesday

-  Strawberry Banana Smoothie
-  Hearty Herb and Sun-Dried Tomato Salad
-  Left overs from last night




## Thursday

-  Pan Fried Spinach and Eggs
-  Grass-fed ground beef lettuce cups with cucumbers and cilantro
-  Parmesan Chicken

## Friday

-  Protein Banana Pancakes
-  Tuna Salad with salad
-  Left overs from last night

## Saturday

-  Sweet Potato Breakfast Skillet
-  Hearty Herb and Sun-Dried Tomato Salad
-  Bun-less Burger

## SHOPPING LIST

### PRODUCE

- CARROT
- CUCUMBER
- RED BELL PEPPERS
- CHERRY TOMATOES
- BABY SPINACH
- ARUGULA
- BUTTER LETTUCE
- VINE RIPE TOMATOES
- STALKS GREEN ONION
- CLOVES GARLIC
- LARGE HEAD BROCCOLI
- STALKS CELERY
- BUNDLE FRESH BASIL
- SUN-DRIED TOMATOES
- YELLOW ONION
- RED ONION
- MEDIUM SWEET POTATO
- SMALL JAR PICKLES
- ORANGES
- BANANAS
- BLUEBERRIES
- AVOCADOS
- LEMON
- STRAWBERRIES
- CILANTRO

### MEAT, POULTRY, DAIRY

- EGGS
- MOZZARELLA CHEESE
- VANILLA PROTEIN POWDER
- FLANK STEAK
- LEAN GROUND BEEF
- COOKED SHRIMP
- GHEE OR GRASS FED BUTTER
- GROUND BEEF
- FETA CHEESE
- PARMESAN CHEESE
- SKINLESS CHICKEN BREASTS
- PACKAGE ORGANIC SLICED TURKEY
- BACON (NO SUGAR ADDED)
- WILD CAUGHT TUNA
- THIN CUT CHICKEN

### GRAINS, BEANS, NUTS, LEGUMES

- ALMOND FLOUR
- CHIA SEEDS
- DRY ROASTED MIXED NUTS
- WHITE RICE
- HEMP HEARTS
- ALMOND MILK
- ALMOND BUTTER
- PINE NUTS OR SUNFLOWER SEEDS

### MISCELLANEOUS

- BALSAMIC VINEGAR
- BLACK PEPPER
- SALT (PREFERABLY SEA SALT)
- CUMIN
- DRIED OREGANO
- DRIED DILL
- GARLIC POWDER
- PAPRIKA
- APPLE CIDER VINEGAR
- DIJON MUSTARD
- CHICKEN BROTH
- COCONUT AMINOS/ OR SOY (TAMARI) SAUCE
- OLIVE OIL
- AVOCADO OIL
- RICE PAPER WRAPS
- PESTO
- AVOCADO OIL MAYONNAISE

# Meal Preparation: Omnivore

- Freeze half of the banana pancake recipe, to be eaten on Friday for breakfast.
- Cook bacon on Sunday, to be eaten with lunch on Monday and Tuesday.
- Option to pre-cook rice earlier in the week to be eaten with dinner on Tuesday and Wednesday.
- Be sure to save half of the dinner recipe on Sunday, Tuesday, and Thursday evening, to have for leftovers the following evening.







# Meal Ideas: Keto

## Sunday


 Scrambled eggs cooked in butter with avocado slices and a side of sautéed spinach.

 Grilled chicken Caesar salad with romaine lettuce, parmesan cheese, and Caesar dressing (low carb).

 Grilled salmon with a side of sautéed spinach in animal fat.

## Monday

 Crustless quiche with bacon, cheese, and broccoli.

 Beef salad with mixed greens, cherry tomatoes, and a high-fat dressing (e.g., olive oil and MCT oil).

 Left overs from last night.


## Tuesday

 Avocado boats filled with cooked ground sausage.


 Chicken thighs cooked in ghee with a side of bone broth.

 Easy Crockpot Pulled Pork with Brussels and carrots.

## Wednesday


 Keto-friendly smoothie made with coconut milk, unsweetened almond milk, spinach, avocado, chia seeds, protein powder.

 Tuna salad lettuce wraps.

 Beef stir-fry with broccoli, bell peppers, mushrooms in a savory soy sauce and sesame oil dressing.

## Thursday


 Coconut flour pancakes topped with sugar-free syrup and berries.


 Caprese salad with fresh mozzarella, cherry tomatoes, basil, and drizzled with balsamic glaze.

 Sheet-Pan Chicken Fajitas with guacamole.

## Friday

 Turkey, Egg & Cheese Keto Muffins.

 Herbed Chicken Patty Salad (makes two salads, save one for tomorrow).

 Grilled steak with a side of roasted asparagus and a small garden salad.

## Saturday

 Keto breakfast burritos wrapped in lettuce leaves, filled with scrambled eggs, avocado, and bacon.

 Herbed Chicken Patty Salad.

 Easy Crockpot Pulled Pork with Brussels.

## SHOPPING LIST

### PRODUCE

- CARROT
- CUCUMBER
- RED BELL PEPPERS
- CHERRY TOMATOES
- BABY SPINACH
- ARUGULA
- HEAD BIBB, ICEBERG OR BUTTER LETTUCE
- VINE RIPE TOMATOES
- STALKS GREEN ONION
- FRESH GARLIC
- BROCCOLI
- BUNDLE FRESH BASIL
- YELLOW ONION
- BANANAS
- BLUEBERRIES
- STRAWBERRY
- SMALL AVOCADOS
- LEMON
- STRAWBERRIES

### MEAT, POULTRY, DAIRY

- EGGS
- PARMESAN
- MOZZARELLA CHEESE
- VANILLA PROTEIN POWDER
- FLANK STEAK
- LEAN STIR FRY BEEF
- SALMON
- GHEE OR GRASS FED BUTTER
- CHICKEN THIGH
- CHICKEN BREASTS
- ORGANIC SLICED TURKEY
- BACON (NO SUGAR ADDED)
- CANS WILD CAUGHT TUNA
- PULLED PORK
- STEAK

### GRAINS, BEANS, NUTS, LEGUMES

- COCONUT FLOUR
- CHIA SEEDS
- DRY ROASTED MIXED NUTS
- SMALL PACK HEMP HEARTS
- ALMOND MILK
- ALMOND BUTTER
- PINE NUTS OR SUNFLOWER SEEDS

### MISCELLANEOUS

- BALSAMIC VINEGAR
- BLACK PEPPER
- SALT (PREFERABLY SEA SALT)
- CUMIN
- DRIED OREGANO
- DRIED DILL
- GARLIC POWDER
- PAPRIKA
- APPLE CIDER VINEGAR
- CHICKEN BROTH
- COCONUT AMINOS/OR SOY(TAMARI) SAUCE
- OLIVE OIL
- AVOCADO OIL
- RICE PAPER WRAPS
- PESTO
- AVOCADO OIL MAYONNAISE

# Meal Preparation: Keto


- Freeze remaining crustless quiche to be eaten for breakfast the following week.
- Tuesday morning start slow cooker pulled pork, to be eaten for dinner on Tuesday and again Saturday if you prefer.
- Thursday evening, make the chicken patties that are served with the herb chicken patty salad for lunch on Friday and Saturday. You could also make these earlier in the week and store in the freezer.
- Be sure to save half of the dinner recipe on Sunday, Tuesday, and Thursday evening, to have for leftovers for other evenings evening.







# Meal Ideas: Carnivore

## Sunday

 Scrambled eggs cooked in butter with avocado slices with sautéed spinach.

 Bison steak with a side of mixed greens.

 Grilled salmon with a side of sautéed spinach in animal fat.

## Monday

 Crustless quiche with bacon, cheese, and broccoli.

 Beef salad with mixed greens, cherry tomatoes.

 Left overs from last night.

## Tuesday

 Avocado boats filled with cooked ground sausage.


 Chicken thighs cooked in ghee with a side of bone broth.

 Easy Crockpot Pulled Pork with Brussels.

## Wednesday

 Carnivore-style omelet with cheese and sausage.

 Tuna salad lettuce wraps.

 Duck breast with a side of grilled zucchini.

## Thursday

 Pan Fried Spinach and Eggs.


 Tuna salad with olive oil, olives, and avocado.

 Sheet-Pan Chicken Fajitas with guacamole.

## Friday

 Bacon and eggs with a side of avocado slices.

 Herbed Chicken Patty Salad .

 Grilled steak with a side of roasted asparagus a garden salad.

## Saturday

 Breakfast sausage with eggs

 Turkey slices wrapped in lettuce leaves with mayo

 Easy Crockpot Pulled Pork with Brussels

## SHOPPING LIST

### PRODUCE

- CARROT
- CUCUMBER
- RED BELL PEPPER
- CHERRY TOMATOES
- BABY SPINACH
- ARUGULA
- BIBB OR ROMAINE LETTUCE LEAVES
- VINE RIPE TOMATOES
- CLOVES GARLIC
- LARGE HEAD BROCCOLI
- ZUCCHINI
- SMALL RED ONION
- BROCCOLI
- AVOCADOS
- LEMON
- BRUSSEL SPROUTS
- OLIVES
- MIXED GREENS

### MEAT, POULTRY, DAIRY

- EGGS
- FLANK STEAK
- LEAN GROUND BEEF
- DUCK BREAST
- GHEE OR GRASS FED BUTTER
- BISON STEAK
- CHICKEN THIGH
- PULLED PORK
- SKINLESS CHICKEN BREASTS
- ORGANIC SLICED TURKEY
- BACON (NO SUGAR ADDED)
- WILD CAUGHT TUNA
- SALMON
- THIN CUT CHICKEN
- BONE BROTH
- CHEESE

### GRAINS, BEANS, NUTS, LEGUMES

- CRUSTLESS QUICHE BASE

### MISCELLANEOUS

- BALSAMIC VINEGAR
- BLACK PEPPER
- SALT (PREFERABLY SEA SALT)
- CUMIN
- DRIED OREGANO
- DRIED DILL
- GARLIC POWDER
- PAPRIKA
- APPLE CIDER VINEGAR
- SOY (TAMARI) SAUCE
- OLIVE OIL
- AVOCADO OIL
- CAESAR DRESSING
- SESAME OIL
- MAYONNAISE

# Meal Preparation: Carnivore

- On Tuesday morning start the crockpot for the dinner meals for Tuesday and Saturday evening if you prefer.
- Option to pre-make the crustless quiche recipe.
- Option to save half of the dinner recipe on Sunday, Tuesday, and Thursday evening, to have for leftovers the following evenings, for breakfast, or for lunch the following day.





# Meal Ideas: Vegetarian


## Sunday


 Two fried eggs over Ezekiel or sourdough toast with avocado and sprouts.

 Lemony Mediterranean Veggie Salad .

 Portobello Mushroom Burger.

## Monday

 Overnight oats, coconut milk yogurt, nut butter and berries.

 Zucchini and Tomato Frittata.

 Cauliflower Crust Pizza.


## Tuesday

 Pomegranate Yogurt Bowl.

 Fill nori sheets with sliced avocado, cucumber, bell peppers, and julienned carrots.

 Vegetarian fajitas.


## Wednesday

 Sauté diced tofu, bell peppers, onions, spinach in olive oil.  
Mixed greens salad with red onion, peaches, hard boiled egg, sliced almonds, olive oil, apple cider vinegar.

 Broccoli and Cheese Stuffed Peppers.


## Thursday

 Scrambled eggs with chopped onion and arugula.


 Sliced apple with nut butter along with coconut yogurt with sunflower seeds.

 Sweet potato chickpea buddha bowl.

## Friday


 Gluten free waffles. Serve with almond butter and mixed berries.

 Chickpea Pasta Salad.

 Honey garlic tofu. Serve sautéed asparagus and baked potatoes.

## Saturday

 Sweet Potato Breakfast Skillet.

 Arugula salad with hummus, snap peas, sunflower seeds, sprouts, berries, olive oil.

 Leftovers from the night before.

## SHOPPING LIST

### PRODUCE

- SPROUTS (BROCCOLI SPROUTS IF POSSIBLE)
- ARUGULA
- SHREDDED CARROTS
- BEETS (PICKLED)
- LEMON
- WHITE ONION
- RED ONION
- BELL PEPPERS
- CAULIFLOWER
- PORTOBELLO MUSHROOM
- AVOCADOS
- LIME
- CHERRIES OR PLUMS
- PORTOBELLO MUSHROOM
- ZUCCHINI
- MIXED SALAD GREENS
- TOMATO
- CILANTRO
- MIXED BERRIES
- MIXED GREENS
- KALAMATA OLIVES
- CUCUMBER
- PEACHES
- SWEET POTATOES
- BROCCOLINI
- BROCCOLI
- KALE
- APPLES
- GARLIC
- ASPARAGUS
- FINGERLING POTATOES
- SNAP PEAS
- RED CABBAGE
- POMEGRANATE

### Eggs, Dairy, Substitutes

- EGGS
- TOFU (FIRM OR EXTRA FIRM)
- TEMPEH
- FETA CHEESE
- ALMOND MILK
- COCONUT YOGURTS

### GRAINS, BEANS, NUTS, LEGUMES

- EZEKIEL OR SOURDOUGH BREAD
- SPROUTED GRAIN WRAPS/TACO SHELLS
- CORN TORTILLA
- SUNFLOWER SEEDS
- CANNED REFRIED OR BLACK BEANS
- GLUTEN FREE CRACKERS
- OATMEAL (GLUTEN FREE)
- CHIA SEEDS
- CHICKPEAS
- SLICED ALMONDS
- HUMMUS
- NUT BUTTER
- OAT FLOUR (OR BLEND OATS)
- CAULIFLOWER CRUST PIZZA BASE

### MISCELLANEOUS

- TAHINI
- OLIVE OIL
- COCONUT OIL
- TOASTED SESAME OIL
- APPLE CIDER VINEGAR
- CHILI POWDER
- CUMIN
- SMOKED PAPRIKA
- GARLIC POWDER
- ONION POWDER
- SALT
- MAPLE SYRUP
- OREGANO (OPTIONAL)
- TURMERIC (OPTIONAL)
- CINNAMON
- HONEY
- VANILLA EXTRACT
- JARRED ARTICHOKE
- AVOCADO MAYO
- SOY SAUCE OR COCONUT AMINOS
- BAKING POWDER
- SRIRACHA
- CORN STARCH
- NORI SHEETS

# Meal Preparation: Vegetarian

- Pre slice red onion for Tuesday and Wednesday salad
- Make overnight oats ahead of time for Monday and Wednesday.
- Hard-boil eggs (each person will need four for the week).




## Snacks Options

- Macadamia nuts (raw or dry roasted)
- Almonds (raw) Apple or Pear
- Berries
- Siete Tortilla Chips
- Dark Chocolate






# Meal Ideas: Plant-Based




## Sunday

-  Tofu scramble.
-  Sun-dried tomato and walnut salad.
-  Spanish rice and beans.




## Monday

-  Almond overnight oats.
-  Vegan burrito bowl.
-  Left overs from the night before.




## Tuesday

-  Chia seed pudding.
-  Vegan burrito bowl.
-  Tempeh stir fry.




## Wednesday

-  Almond overnight oats.
-  Sprouted grain veggie sandwich.
-  Left overs from the night before.




## Thursday

-  Chia seed pudding.
-  Sprouted grain veggie sandwich.
-  Cauliflower tacos.

## Friday

-  Savory quinoa bowl.
-  Sun-dried tomato and walnut salad.
-  Left overs from the night before.

## Saturday

-  Savory quinoa bowl.
-  Lentils and more.
-  Grilled tofu dinner (make half recipe).

## SHOPPING LIST

### PRODUCE

- MEDIUM ONIONS
- RED BELL PEPPERS
- GREEN BELL PEPPER
- SMALL BUNCH CILANTRO
- SUN-DRIED TOMATOES
- CLOVES GARLIC
- HEAD BROCCOLI
- HEAD CAULIFLOWER
- SMALL RED ONION
- BABY SPINACH
- MIXED GREENS
- SHREDDED CARROTS
- SHREDDED RED CABBAGE
- MEDIUM ZUCCHINI
- VINE RIPE TOMATO
- SMALL AVOCADOS
- LEMON
- LIME
- GREEN OLIVES
- STRAWBERRIES
- BLUEBERRIES
- LARGE CUCUMBERS

### GRAINS, BEANS, NUTS, LEGUMES

- EXTRA FIRM TOFU
- SMALL CAN BLACK BEANS
- SMALL CAN CHICKPEAS
- TEMPEH
- SMALL CONTAINER HUMMUS
- LENTILS
- CHOPPED WALNUTS
- CHIA SEEDS
- SMALL CAN RED KIDNEY BEANS
- SPROUTED GRAIN SANDWICH WRAPS
- SPROUTED GRAIN TACO WRAPS
- ALMOND MILK
- ALMOND BUTTER
- ALMOND
- MIXED NUTS
- ROLLED OATS
- NUTRITIONAL YEAST
- BROWN RICE
- LONG GRAIN RICE
- QUINOA

### MISCELLANEOUS

- FIRE ROASTED TOMATOES
- VEGETABLE BROTH
- SMALL CONTAINER PICO DE GALLO
- SALSA
- RICE WINE VINEGAR
- AVOCADO OIL
- OLIVE OIL
- SESAME OIL
- SOY SAUCE
- MAPLE SYRUP
- CUMIN
- TURMERIC
- SEA SALT
- BLACK PEPPER
- PAPRIKA
- CHILI POWDER
- OREGANO
- CAYENNE PEPPER
- CINNAMON
- GROUND GINGER
- TACO SEASONING
- NUTRITIONAL YEAST
- SRIRACHA SAUCE



# Meal Preparation: Plant-Based

- Prepare almond overnight oats on Sunday and Tuesday evening to be eaten for breakfast the following days.
- Prepare chia seed pudding on Monday and Wednesday evening to be eaten for breakfast the following days.
- Pre-cook brown rice to be eaten with lunch on Monday and Tuesday.
- Pre-cook quinoa to be eaten with breakfast on Friday and Saturday.
- Be sure to save half of dinner meals on Sunday - Friday to be eaten for dinner the following evening.







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