

The Living Body



28 DAYS OF MEAL
SUGGESTIONS AND
4 WEEKS OF
SHOPPING LISTS

The Living Body

Week 1- A Gentle Beginning

Day 1



Eggs + spinach + avocado
Quinoa + salmon + vegetables
Chicken + roasted vegetables

Day 2



Oatmeal + berries + chia
Salad + chicken + olive oil
Sweet potato + broccoli + turkey

Day 3



Smoothie (berries, spinach, flax)
Lentil soup
Zucchini noodles + shrimp

Day 4



Eggs + avocado
Quinoa + roasted vegetables
Salmon + asparagus

Day 5



Overnight oats + seeds
Chickpea salad
Chicken vegetable soup

Day 6



Eggs + greens
Rice bowl + vegetables + protein
Roasted cauliflower + tahini

Day 7



Yogurt + berries + nuts
Simple leftovers bowl
Light soup + greens

Week 1 Shopping List

Vegetables & Fruits



- Spinach, kale, arugula
- Broccoli, cauliflower
- Zucchini
- Asparagus, carrots
- Sweet potatoes
- Avocados
- Berries
- Cucumber

Protein



- Salmon
- Chicken
- Turkey
- Eggs
- Shrimp
- Lentils
- Chickpeas

Pantry & Essentials



- Quinoa
- Brown rice
- Gluten-free oats
- Olive oil
- Coconut oil
- Chia seeds
- Flaxseeds
- Herbal tea, lemon

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Week 2- Building Rhythm

Day 8



Chia pudding + berries

Turkey lettuce wraps + avocado

Baked fish + roasted vegetables

Day 9



Oatmeal + fruit

Quinoa + chickpeas + vegetables

Chicken stir-fry

Day 10

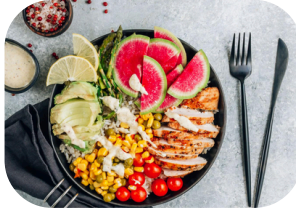


Smoothie bowl

Lentil salad

Salmon + sweet potato + asparagus

Day 11



Eggs + mushrooms + spinach

Rice bowl + vegetables

Turkey meatballs + zucchini noodles

Day 12



Oatmeal + apple + cinnamon

Chicken soup

Roasted vegetables + tahini

Day 13



Yogurt + berries + seeds

Salmon salad

Vegetable stir-fry

Day 14



Eggs + avocado

Leftovers bowl

Light soup + greens

Week 2 Shopping List

Vegetables & Fruits



- Lettuce, spinach
- Zucchini
- Broccoli
- Carrots
- Root vegetables
- Apples
- Berries
- Avocados

Protein



- Chicken
- Turkey
- Salmon
- Eggs
- Tofu
- Chickpeas
- Lentils

Pantry & Essentials



- Quinoa
- Rice
- Oats
- Tahini
- Coconut milk
- Olive oil

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Week 3- Deepening Nourishment

Day 15



Eggs + kale + avocado
Quinoa + vegetables
Chicken + green beans

Day 16



Chia pudding + berries
Lentil salad
Salmon + broccoli

Day 17



Smoothie
Chicken soup
Zucchini noodles + pesto

Day 18



Oatmeal + apple
Rice + tofu + vegetables
Turkey lettuce wraps

Day 19



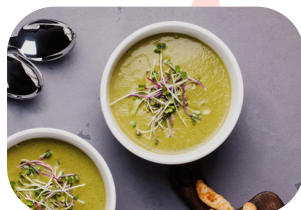
Eggs + mushrooms
Quinoa salad
Cauliflower + tahini

Day 20



Yogurt + berries
Salmon salad
Vegetable stir-fry

Day 21



Eggs + avocado
Leftovers
Light soup

Week 3 Shopping List

Vegetables & Fruits



- Kale, spinach
- Broccoli
- Green beans
- Zucchini
- Apples
- Berries
- Tomatoes
- Avocado

Protein



- Chicken
- Turkey
- Salmon
- Eggs
- Tofu
- Chickpeas
- Lentils

Pantry & Essentials



- Quinoa
- Oats
- Tahini
- Chia
- Flax

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Week 4- Living the Rhythm

Day 22



Eggs + avocado + greens
Quinoa + salmon
Chicken + vegetables

Day 23



Overnight oats + berries
Chickpea salad
Turkey + sweet potato

Day 24



Smoothie
Lentil soup
Zucchini + shrimp

Day 25



Eggs + spinach
Rice + vegetables
Salmon + asparagus

Day 26



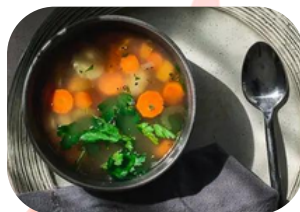
Yogurt + berries
Chicken salad
Roasted vegetables

Day 27



Oatmeal + banana
Quinoa bowl
Vegetable stir-fry

Day 28



Eggs + avocado
Leftovers
Light soup

Week 4 Shopping List

Vegetables & Fruits



- Spinach
- Asparagus
- Zucchini
- Root vegetables
- Berries
- Bananas
- Avocados
- Cucumber

Protein



- Chicken
- Turkey
- Salmon
- Eggs
- Tofu
- Shrimp

Pantry & Essentials



- Quinoa
- Oats
- Rice
- Olive oil
- Nuts & seeds