

Eating Well to Live Well with Parkinson's

Meal Plan #1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Protein waffles + chicken sausages	2 eggs + toast + avocado	Overnight oats	Protein waffles + chicken sausages	2 eggs + toast + avocado	Yogurt parfait (Greek yogurt + granola + fresh fruit)	Protein waffles + chicken sausages
Lunch	Ham and cheese wrap + veggies + fruit	Grilled chicken skewers + Caesar salad kit	Grilled chicken skewers + Caesar salad kit	Ham and cheese wrap + veggies + fruit	2-Starkist chicken pouches + crackers + veggies	Bento box lunch (meat + cheese + crackers + veggies + fruit)	Ham and cheese wrap + veggies + fruit
Dinner	Kevin's meal + rice + frozen steam in the bag veggies	Leftovers	Chicken meatballs and marinara Banza noodles	Leftovers	Pork chops + steam in the bag sweet potatoes + green beans	Leftovers	Rotisserie chicken + frozen Good & Gather vegetables
Snack (AM or PM)	Yogurt + granola	Crunch master crackers + cheese	PB pouch + jelly + tortilla	Crunch Master crackers + cheese	PB pouch + jelly + tortilla	Fruit and nut bar	Crunch Master crackers + cheese

Grocery List for Meal Plan #1

Produce

- 2-avocados
- fresh blueberries
- carrots
- Caesar salad kit
- 4-apples
- 2-bell peppers
- celery

Grains

- old fashioned oats
- Mission Carb Balance tortillas
- low sugar granola
- Good & Gather protein waffles
- Banza noodles
- Crunch Master crackers
- Silver Hills sprouted bread (only keep out what you need for the week and freeze the rest)
- Uncle Ben's rice microwavable pouch

Dairy

- low sugar Greek yogurt
- cheese slices (pick your type)

Frozen

- Tattooed Chef Meal
- chicken meatballs
- cauliflower rice steam in the bag
- Good & Gather frozen vegetables of choice
- Good & Gather frozen sweet potato

Protein

- eggs
- breakfast chicken sausages
- rotisserie chicken (can do whole chicken or pre-shredded)
- pork chops
- peanut butter
- grilled chicken skewers

- deli ham
- 2 Starkist pouches (or other brand) chicken, salmon or tuna

Other

- marinara
- canned green beans
- jelly
- fruit & nut bar

Meal Plan #2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Protein waffles + chicken sausages	2 eggs + toast + avos	Baked oatmeal	Baked oatmeal + chicken sausages	2 eggs + toast + avocado	Yogurt parfait (Greek yogurt + granola + fresh fruit)	Baked oatmeal
Lunch	Ham and cheese wrap + veggies + fruit	Tatoed Chef meal + ½ cup cottage cheese	Taco salad made with 93% lean ground beef	Leftovers	Ham and cheese wrap + veggies + fruit	Burger bowls	Ham and cheese wrap + veggies + fruit
Dinner	Chicken salsa verde + Mexican style rice + frozen veggies	Leftovers	Chicken quesadilla + frozen veggies	Balsamic roast + carrots	Leftovers	Veggie loaded turkey chili	Leftovers
Snack (AM or PM)	Yogurt + granola	Crunch Master crackers + cheese	PB pouch + jelly + tortilla	Crunch Master crackers + cheese	PB pouch + jelly + tortilla	Fruit and nut bar	Crunch Master crackers + cheese

Grocery List for Week #2 (This list only includes new items not purchased as a part of Meal Plan #1)

Produce

- 2-avocados
- 1-bell pepper
- 1-zucchini
- 1-onion
- 1-jar minced garlic
- 1-bundle green onion for topping
- 2-3 bananas
- cherry tomatoes
- lettuce

Frozen

- corn
- 2-steam in the bag veggie mixture of choice
- Tatoed Chef meal of choice
- 1-small bag of frozen mixed berries

Dairy

- kefir
- 2% cottage cheese
- butter
- sour cream (optional for topping for taco salad, chicken salsa verde and chili)
- shredded 2% mexican style cheese

Protein

- 2-lbs ground turkey
- 3-lbs 93% or higher ground beef
- 1-beef arm roast

Grains

- Mission Carb Balance tortillas (remember these have A LOT of Fiber, so good!)
- microwavable Mexican rice

Other

- 2-10 oz. can tomatoes with green chiles
- 2-15 oz. can tomato sauce

- 1-15 oz.can black beans
- 1-jar salsa verde
- 1-jar salsa
- 1-jar Braggs liquid aminos
- balsamic vinegar
- maple syrup
- small bag of chia seeds

Spices/Extracts/Baking ingredients/Condiments (*Check to make sure you have these in your spice inventory)

- chili powder
- cumin
- garlic powder
- onion powder
- oregano
- pink himalayan sea salt
- black pepper
- cinnamon
- vanilla
- baking powder
- ketchup
- mustard
- pickles

Note: Meal Plan #2 includes more recipes. While this takes more work up front, it allows you to freeze foods for another time. Tip: Freeze foods in smaller amounts to make it easier to thaw and eat within one meal. For soups, use a quart size Ziploc bag and freeze flat in your freezer for easy storage. Don't forget to label your bags of frozen food items with the name of food and the date you made it. This is a great opportunity to ask a friend, neighbor, or care partner to help with food prep!