## **Golo Diet Plan Template**

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## **Shopping List**

Bakery: Grains:		
Whole-grain bread		
Whole-grain toast	Brown rice	
Whole-grain bagels	🔲 Quinoa	
Whole-grain muffins	Whole wheat pita	
□	□	
□	□	
	Sauces/Dressings:	
	Teriyaki sauce	
	Lemon-tahini dressing	
	Tomato-basil sauce	
	Salsa	
	□	
Proteins:	Vegetables:	
Eggs	Sautéed broccoli	
Grilled chicken	Asparagus	
Grilled shrimp	Stir-fried veggies (e.g., bell peppers, kale)	
	Brussels sprouts	
Turkey slices	Sweet potatoes	
Swordfish	Mashed potatoes	
🗖 Tofu	Carrots	
Turkey meatballs	Broccoli	
Herb-roasted chicken	Stir-fried beef (with broccoli)	
Lemon-garlic shrimp	Green beans	
□	Tomatoes	
□	□	
	□	

Other:
Olive oil
Coconut oil
Grapes
Almond milk (for smoothies)
<ul> <li>Chickpea salad dressing (or dressing of choice)</li> </ul>
Hummus (if not homemade)
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□