

Golo Diet Plan Template

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Shopping List

<p>Produce:</p> <ul style="list-style-type: none"><input type="checkbox"/> Spinach<input type="checkbox"/> Feta cheese<input type="checkbox"/> Oranges<input type="checkbox"/> Avocado<input type="checkbox"/> Quinoa<input type="checkbox"/> Bell peppers<input type="checkbox"/> Shrimp<input type="checkbox"/> Lentils<input type="checkbox"/> Mixed berries (blueberries, strawberries, etc.)<input type="checkbox"/> Granola	<ul style="list-style-type: none"><input type="checkbox"/> Greek yogurt<input type="checkbox"/> Chickpeas<input type="checkbox"/> Kale<input type="checkbox"/> Lemons<input type="checkbox"/> Tomatoes<input type="checkbox"/> Eggplant<input type="checkbox"/> Bananas<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____
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Bakery:

- Whole-grain bread
- Whole-grain toast
- Whole-grain bagels
- Whole-grain muffins
- _____
- _____

Proteins:

- Eggs
- Grilled chicken
- Grilled shrimp
- Lentils
- Turkey slices
- Swordfish
- Tofu
- Turkey meatballs
- Herb-roasted chicken
- Lemon-garlic shrimp
- _____
- _____

Grains:

- Couscous
- Brown rice
- Quinoa
- Whole wheat pita
- _____
- _____

Sauces/Dressings:

- Teriyaki sauce
- Lemon-tahini dressing
- Tomato-basil sauce
- Salsa
- _____

Vegetables:

- Sautéed broccoli
- Asparagus
- Stir-fried veggies (e.g., bell peppers, kale)
- Brussels sprouts
- Sweet potatoes
- Mashed potatoes
- Carrots
- Broccoli
- Stir-fried beef (with broccoli)
- Green beans
- Tomatoes
- _____
- _____

Other:

- Olive oil
- Coconut oil
- Grapes
- Almond milk (for smoothies)
- Chickpea salad dressing (or dressing of choice)
- Hummus (if not homemade)
- _____
- _____