



"Let food be
thy medicine."

Ancient Greek
Physician Hippocrates



Want to eat a little healthier but not sure how to get started?

Pete's Market has selected three popular dietary lifestyles & has teamed up with Chicago local Chef Jeremy to design and curate a balanced meal plan, complete with a shopping list & easy recipe guide.

Select from:

VEGAN, **KETO**, or **PALEO**

Pick your meal plan & check off that shopping list. Keep in mind, the portions are for 1 person, so if you've got an accountability buddy or two, be sure to multiply your ingredient list accordingly.

Please visit

petesmarket.com/healthyeating
for recipe details.



Contact Chef Jeremy directly if you'd like his expertise in preparing any of these healthy meal plans.

mealsbychefjeremy.com

VEGAN

Plant-Based Diet

Eat plants, not animals: Fruits, Veggies, Nuts & Seeds, Legumes, Grains, Lentils

Following a Vegan Diet Plan can be beneficial in preventing & treating cardiovascular disease, hypertension, diabetes, cancer, osteoporosis, renal disease, & dementia, as well as diverticular disease, gallstones, & rheumatoid arthritis.

KETO

High-Fat/Low Carb Diet

Eat fat to burn fat: Red Meat, Poultry, Fish, Seafood, Veggies, Nuts & Seeds

Studies show that ketogenic diet plans suppress appetites by reducing hunger-stimulating hormones. Keto meals may help lower blood sugar & reverse insulin resistance. It also has shown great effects for brain health.

PALEO

Pure "Ancestral" Diet

Eat like a caveman: Grass-fed Meat, Eggs, Wild-caught Fish, Natural Fats, Veggies

Proponents of the paleo diet plan eat foods that could have been obtained by hunting & gathering during the Paleolithic Era. This diet has helped with weight loss, lowering blood pressure, & managing appetite.

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HEALTHY EATING

Made Easy

with

Pete's Market
5-Day Meal Guide



VEGAN MEAL PLAN



MONDAY	
BREAKFAST Daiya Dairy-Free Yogurt with Blueberries & Strawberries	
LUNCH Chickpea, Avocado, & Grape Salad	
DINNER Curry Cauliflower & Spinach	
SNACK Clif or Kind Bar	
TUESDAY	
BREAKFAST Califia Farms Almond Milk & Chia Seed Pudding	
LUNCH Quinoa & Kale Bowl with Lime Juice	
DINNER Amy's Vegan Frozen Dinner	
SNACK Baked Veggie Chips	
WEDNESDAY	
BREAKFAST Mashed Sweet Potato with Pecans & Nutmeg	
LUNCH Dolma & Hummus Platter with Carrots, Cucumbers, & Peppers	
DINNER Rice Noodles with Garlic Soy Sauce & Peppers	
DESSERT Kale, Banana, & Coconut Smoothie	
THURSDAY	
BREAKFAST Crispy Potatoes with Paprika & Avocado	
LUNCH Kite Hill Non-Dairy Tortellini with Basil & Olive Oil	
DINNER Sautéed Quinoa & Black Beans with Vegan Dressing	
SNACK Tortilla Chips & Guacamole	
FRIDAY	
BREAKFAST Black Bean & Squash Hash with Cilantro	
LUNCH Soy Marinated Tofu with Green Onion	
DINNER Vegan Pizza	
DESSERT Frozen Grapes	

SHOPPING LIST FOR VEGAN PLAN

- | | |
|--|--|
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> 4 oz Tofu |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> ¾ cup Soy Sauce |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Vegan Dressing* |
| <input type="checkbox"/> Salt & Pepper | <input type="checkbox"/> Pete's Market Homemade Guacamole |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> ¼ cup Pete's Market Hummus |
| <input type="checkbox"/> 2 Cloves Garlic | <input type="checkbox"/> 1 can of Dolma |
| <input type="checkbox"/> Curry Powder | <input type="checkbox"/> Kite Hill Non-Dairy Tortellini* |
| <input type="checkbox"/> 1½ cup Kale | <input type="checkbox"/> 5 oz Rice Noodles |
| <input type="checkbox"/> 1 cup Spinach | <input type="checkbox"/> ½ cup Quinoa, raw |
| <input type="checkbox"/> 2 tbsp Cilantro | <input type="checkbox"/> 1 can Black Beans |
| <input type="checkbox"/> 4 Basil Leaves | <input type="checkbox"/> ½ can Chickpeas |
| <input type="checkbox"/> ¼ cup Green Onion | <input type="checkbox"/> ¼ cup Pecans |
| <input type="checkbox"/> 1½ cups Cauliflower Florets | <input type="checkbox"/> 1 can of Dolma |
| <input type="checkbox"/> 2 Carrots | <input type="checkbox"/> 2 tbsp Chia Seeds |
| <input type="checkbox"/> 1 Sweet Potato | <input type="checkbox"/> 2 tbsp Almond Butter |
| <input type="checkbox"/> 2 Potatoes | <input type="checkbox"/> 10 oz Coconut Water |
| <input type="checkbox"/> 2 Avocados | <input type="checkbox"/> 1 Clif or Kind Bar |
| <input type="checkbox"/> 1 cup Squash | <input type="checkbox"/> Baked Veggie Chips |
| <input type="checkbox"/> ½ Cucumber | <input type="checkbox"/> Tortilla Chips |
| <input type="checkbox"/> 2 Red Peppers | <input type="checkbox"/> ½ cup Califia Farms Almond Milk |
| <input type="checkbox"/> 1 piece Coconut Meat | <input type="checkbox"/> 1 cup Daiya Dairy-Free Yogurt* |
| <input type="checkbox"/> 1 Banana | <input type="checkbox"/> Any of Amy's Vegan Frozen Dinners |
| <input type="checkbox"/> ½ cup Blueberries | <input type="checkbox"/> Any Vegan Pizza |
| <input type="checkbox"/> 1 cup Strawberries | |
| <input type="checkbox"/> 2½ cups Grapes | |
| <input type="checkbox"/> ½ Lime | |

*Visit the Vegan section at any Pete's Market

KETO MEAL PLAN



MONDAY	
BREAKFAST Scrambled Egg with Greenridge All Natural Turkey Slices & Red Peppers	
LUNCH Canned Tuna Lettuce Wraps with Sliced Tomato	
DINNER Stuffed Portobello Mushrooms with Diced Tomatoes & Cheddar	
DESSERT 2 Pieces of Dark Chocolate	
TUESDAY	
BREAKFAST Sliced Apple & Pear with Peanut Butter & Cinnamon	
LUNCH Sandwich with Greenridge Lunch Meat, Cucumber, Lettuce, & Swiss Cheese	
DINNER Roasted Sausage, Red Onion, & Zucchini	
SNACK Nuts (Almonds, Brazil Nuts, Cashews, Macadamia, Pecans, Walnuts)	
WEDNESDAY	
BREAKFAST 2 Ingredient Pancakes with Sliced Bananas	
LUNCH Shaved Brussels Sprout Salad with Walnuts & Lemon	
DINNER Sautéed Herb Shrimp with Peppers & Onions	
DESSERT Blackberries, Strawberries, Blueberries, Raspberries, & Cream	
THURSDAY	
BREAKFAST Egg Cup with Tomatoes & Sliced Avocado	
LUNCH Baked Lemon Salmon with Roasted Green Beans	
DINNER Ground Beef with Mushrooms & Garlic	
DESSERT Brie with Apple Slices	
FRIDAY	
BREAKFAST Fruit Medley with Plain Greek Yogurt	
LUNCH Caprese Salad with Balsamic Dressing	
DINNER Chicken Parmesan with Zoodles	
DESSERT Think! Chocolate PB Pie Bar	

SHOPPING LIST FOR KETO PLAN

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|--|--|
| <input type="checkbox"/> ½ tbsp Balsamic Vinegar | <input type="checkbox"/> 2 Apples, Red or Green |
| <input type="checkbox"/> Salt & Pepper | <input type="checkbox"/> 1 Pear, Sliced |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> 1 Banana |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> 1 Lemon |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> 6 oz Salmon |
| <input type="checkbox"/> Cooking Spray | <input type="checkbox"/> 4 oz Shrimp (No Shell) |
| <input type="checkbox"/> 2 Red Peppers | <input type="checkbox"/> 6 oz Ground Beef |
| <input type="checkbox"/> ½ Avocado | <input type="checkbox"/> 5 slices Greenridge Turkey |
| <input type="checkbox"/> 6 Roma Tomatoes | <input type="checkbox"/> 1 Chicken Breast |
| <input type="checkbox"/> ½ Cucumber | <input type="checkbox"/> 1 Sausage |
| <input type="checkbox"/> 4 Large Lettuce Leaves | <input type="checkbox"/> Nuts (1 cup for Snack) |
| <input type="checkbox"/> 1½ cups Brussels Sprouts | <input type="checkbox"/> ½ cup Walnuts |
| <input type="checkbox"/> 5 oz Green Beans | <input type="checkbox"/> 2 tbsp Peanut Butter, Natural |
| <input type="checkbox"/> ½ cup Basil, Sliced | <input type="checkbox"/> 2 pieces Dark Chocolate |
| <input type="checkbox"/> 1 Portobello Mushroom | <input type="checkbox"/> 1 Think! Chocolate PB Pie Bar |
| <input type="checkbox"/> 1 cup Mushrooms | <input type="checkbox"/> ½ cup Coconut Cream |
| <input type="checkbox"/> 2 cloves Garlic | <input type="checkbox"/> 1 can Tomato Sauce |
| <input type="checkbox"/> ½ White Onion | <input type="checkbox"/> 1 can Tuna |
| <input type="checkbox"/> ½ Red Onion | <input type="checkbox"/> ½ can Diced Tomatoes |
| <input type="checkbox"/> 2 Zucchini | <input type="checkbox"/> ½ cup Cheddar Cheese |
| <input type="checkbox"/> 2 cups Zoodles (Zucchini Noodles) | <input type="checkbox"/> 2 slices Swiss Cheese |
| <input type="checkbox"/> 1 cup Strawberries | <input type="checkbox"/> 1 cup Mozzarella/Burrata |
| <input type="checkbox"/> 1 cup Blueberries | <input type="checkbox"/> 1 slice Parmesan Cheese |
| <input type="checkbox"/> ½ cup Blackberries | <input type="checkbox"/> 3 oz Brie Cheese |
| <input type="checkbox"/> ½ cup Raspberries | <input type="checkbox"/> 1 cup Greek Yogurt |
| | <input type="checkbox"/> 6 Eggs |

PALEO MEAL PLAN



MONDAY	
BREAKFAST Blueberry-Ginger Smoothie	
LUNCH Turkey, Carrot, & Cucumber Lettuce Wrap	
DINNER Baked Wild Caught Salmon with LonoLife Paleo Bone Broth	
SNACK Plantain Chips with Pete's Guacamole	
TUESDAY	
BREAKFAST Baked Sweet Potato with Almond Butter & Banana	
LUNCH Grilled Chicken with Spinach & Pesto Blistered Tomatoes	
DINNER Cauliflower Rice Stir Fry with Ground Beef	
DESSERT Coconut Yogurt Parfait	
WEDNESDAY	
BREAKFAST Egg Caprese Cups with Ham	
LUNCH BLT Salad with Avocado	
DINNER Herbed Chicken with Roasted Acorn Squash & Beets	
DESSERT Orange Wedges	
THURSDAY	
BREAKFAST Crispy Sweet Potato Hash with Avocado	
LUNCH Spinach, Almond, & Strawberry Chicken Salad	
DINNER Spiced Tilapia with Balsamic Tomatoes	
DESSERT Banana with Almond Butter & Coconut Flakes	
FRIDAY	
BREAKFAST Egg & Pepper Fajitas	
LUNCH Ground Turkey Burgers with Sweet Potato Wedges	
DINNER Seared Steak with Baked Potato	
DESSERT Apple Slices with Almond Butter	

SHOPPING LIST FOR PALEO PLAN

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|--|---|
| <input type="checkbox"/> 2 tbsp Balsamic Vinegar | <input type="checkbox"/> 1 Large Apple |
| <input type="checkbox"/> Salt & Pepper | <input type="checkbox"/> Pete's Market Homemade Guacamole |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> 6 oz Ground Beef |
| <input type="checkbox"/> Italian Spices | <input type="checkbox"/> 6 oz Ground Turkey |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> 6 oz Steak |
| <input type="checkbox"/> Cooking Spray | <input type="checkbox"/> 3 Chicken Breasts |
| <input type="checkbox"/> 1 tbsp Knob of Ginger | <input type="checkbox"/> 3 slices Greenridge Turkey |
| <input type="checkbox"/> 1 Small Acorn Squash | <input type="checkbox"/> 1 slice Greenridge Ham |
| <input type="checkbox"/> 2 Beets | <input type="checkbox"/> 2 slices Nitrite-Free Bacon |
| <input type="checkbox"/> 1 Baking Potato | <input type="checkbox"/> 6 oz Wild Caught Salmon |
| <input type="checkbox"/> 3 Medium Sweet Potatoes | <input type="checkbox"/> 6 oz Tilapia |
| <input type="checkbox"/> ½ cup Shredded Carrots | <input type="checkbox"/> ½ cup Shredded Coconut |
| <input type="checkbox"/> ½ Cucumber | <input type="checkbox"/> ¼ cup Sliced Almonds |
| <input type="checkbox"/> 1½ cup Spinach | <input type="checkbox"/> 4 tbsp Almond Butter |
| <input type="checkbox"/> Large Lettuce for Wrap | <input type="checkbox"/> Plantain Chips |
| <input type="checkbox"/> 3 cups Lettuce | <input type="checkbox"/> 2 cups LonoLife Paleo Bone Broth |
| <input type="checkbox"/> 2 Roma Tomatoes | <input type="checkbox"/> 2 tbsp Pesto |
| <input type="checkbox"/> 1½ cup Cherry Tomatoes | <input type="checkbox"/> 1 Avocado |
| <input type="checkbox"/> ½ White Onion | <input type="checkbox"/> 1 Red Pepper |
| <input type="checkbox"/> 1 cup Basil | <input type="checkbox"/> 2 tbsp Soy Sauce |
| <input type="checkbox"/> 1 cup Strawberries | <input type="checkbox"/> 4 Eggs |
| <input type="checkbox"/> 2 Medium Bananas | <input type="checkbox"/> 1 cup Frozen Cauliflower Rice |
| <input type="checkbox"/> ½ cup Fresh Blueberries | <input type="checkbox"/> 1 cup Frozen Blueberries |
| <input type="checkbox"/> 1 Orange | <input type="checkbox"/> 1 cup Paleo Yogurt |
| | <input type="checkbox"/> ½ cup Coconut Milk |