



**"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](https://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](https://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

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

\*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

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

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