

Take the
ENGINE
2
CHALLENGE

GET FIRED UP!

Engine 2 Challenge Meal Plan & Shopping Lists

For additional resources & recipes go to:

<http://engine2diet.com>

Week 1: Engine 2 Challenge

Day 1

B: Oatmeal with fruit

L: Mixing Bowl Salad - in a big bowl - add your greens, veggies, beans, fruit etc.

D: Black Bean Extravaganza (engine2diet.com)

Day 2

B: Rip's Big Bowl with fruit

L: Leftover's Lunch - Black Bean Extravaganza

D: Whole grain pasta, zucchini, broccoli, peppers, onions, mushrooms, chopped tomatoes

Day 3

B: Ezekiel Bread Toast with apple slices and nut butter

L: Mixing Bowl Salad

D: Roasted vegetable mix & quinoa with white beans

Day 4

B: Rip's Big Bowl

L: Mashed chickpeas, onion, garlic, chopped celery, tomato slices, cucumber on whole grain bread

D: Brown Rice, Cubed Tofu (pan fried in broth), Shredded kale, Broccoli with 5 spice seasoning

Day 5

B: Ezekiel Bread Toast with apple slices and nut butter

L: Mixing Bowl Salad

D: Whole grain pasta, oil-free tomato sauce, Mediterranean blend mixed vegetables

Day 6

B: Zeb's Waffles (newsletter recipe)

L: Big salad with plant-strong soup

D: Sweet Potato Bowl

Day 7

B: Oatmeal with blueberries and chopped walnuts

L: Mac Not Cheese with a side salad (newsletter recipe)

D: Black eyed peas, collard greens and brown rice, bbq sauce

Week 1 Shopping List:

Starch:

1 large container: rolled oats
1 loaf Ezekiel Bread
1 package Spelt Flour
2 bags Brown Rice
1 pound whole grain pasta
1 pound whole grain elbow pasta
4-5 Sweet Potatoes
1 package Quinoa
1 package whole grain pita's
1 package spelt flour

Beans:

Black-eyed peas (1 bag or 2 no-salt added cans)
Chickpeas (1 bag or 2 no-salt added cans)
Kidney Beans (1 bag or 2 no-salt added cans)

Vegetables

Spinach
Tomatoes
Peppers
Cucumbers
Celery
Romaine Lettuce
Kale
Roasted Vegetable Blend (Frozen)
Zucchini
Mushrooms
Onions
Broccoli
Water Chestnuts
Avocado
Red Peppers

Fruit:

Apples
Oranges
Pears
Bananas
Grapes
Blueberries

Other:

1 package firm tofu
1 jar nut butter
1 container low sodium vegetable broth
1/2 pound nutritional yeast
No-salt added spices
Maple Syrup
Engine 2 Hummus
Ground flax meal
Cashews (2 cups)
Lemon juice
Low Sodium Tamari or Bragg's Liquid Amino's

Week 2: Engine 2 Challenge

Day 8

B: Rip's Big Bowl with fruit

L: Kale, Lemon & Cilantro Sandwich (engine2diet.com recipe)

D: 2 baked potatoes with salsa, black beans, corn and spinach

Day 9

B: Ezekiel Bread Toast with apple slices and nut butter

L: Huge salad with beans and your favorite whole grains.

D: Brown rice, black pepper, asian style veggie mix

Day 10

B: 1 bag Engine 2 Morning Blend Grain Medley with Hot Berry Sauce (engine2diet.com recipe)

L: 2 slices of whole grain toast topped with oil free Engine 2 hummus, cucumber, tomatoes and sprouts.

D: Baked Potato, Beans, steamed vegetables with BBQ sauce

Day 11

B: Oatmeal with pineapple chunks

L: Mixing Bowl Salad with vegetable soup.

D: Hawaiian BBQ Tacos

Day 12

B: Rip's Big Bowl

L: Engine 2 Fiesta Bowl (engine2diet.com recipe)

D: Rip's Sweet Potato Bowl (engine2diet.com recipe)

Day 13

B: Cranberry Polenta French Toast (newsletter recipe)

L: Engine 2 Hummus & Whole Wheat Pita with a salad

D: Plant-Strong Pizza - build your own. Use a whole-grain pizza crust, oil free tomato sauce and pile high with your favorite veggies!

Day 14

B: French Toast with fruit (engine2diet.com recipe)

L: Mixing Bowl Salad

D: White beans, fingerling potatoes, brussels sprouts, garlic, kale.

*don't forget the spices! Find some no-salt added spice blends that you love!

Week 2: Shopping List:

Starch:

1 Box Rip's Big Bowl
1 Container Rolled Oats
1 loaf Ezekiel Bread
1 package polenta (corn grits)
1 package corn tortillas
1 bag brown rice
3-4 Sweet Potatoes
3-4 Potatoes
1 bag fingerling potatoes
1 package Engine 2 Tortillas

Beans:

Black-eyed peas (1 bag or 2 no-salt added cans)
Chickpeas (1 bag or 2 no-salt added cans)
Kidney Beans (1 bag or 2 no-salt added cans)

Vegetables

Spinach
Tomatoes
Peppers
Cucumbers
Celery
Romaine Lettuce
Kale
Asian Style Vegetable Mix (Frozen)
Zucchini
Mushrooms
Onions
Broccoli
Brussels Sprouts

Fruit:

Apples
Oranges
Pineapples
Bananas
Grapes
Cranberries
Frozen Mixed Berries
Lemons

Other:

1 container low sodium vegetable broth
1/2 pound nutritional yeast
No-salt added spices
Maple Syrup
1 package tempeh
BBQ Sauce
Cilantro
Engine 2 Hummus
Engine 2 Morning Grain Blend
Whole Grain Pizza Crust

Week 3: Engine 2 Challenge

Day 15

B: Rip's Big Bowl with fruit

L: Engine 2 Hummus (oil free) & Whole Wheat Pita with a salad

D: 2 sweet potatoes, black beans, spinach, salsa, cooked green peppers

Day 16

B: Ezekiel Bread Toast with apple slices and nut butter

L: Pavlov's Polenta Pizza (newsletter recipe)

D: Lynn's Meatloaf with a baked potato and steamed veggies. (engine2diet.com recipe)

Day 17

B: Oatmeal with fruit

L: Leftover Lunch - Lynn's Meatloaf

D: Brown rice, chickpeas, peas, zucchini, curry powder, turmeric

Day 18

B: Oatmeal with strawberries and blueberries

L: Mixing Bowl Salad

D: 2 Engine 2 burgers on whole grain buns with your favorite condiments, big side salad.

Day 19

B: Rip's Big Bowl

L: Mexican-Lime Soup with Side Salad

D: Mac Not Cheese with Steamed broccoli (newsletter recipe)

Day 20

B: Bouldin Creek Spicy Scrambler (newsletter recipe)

L: Chop salad: chopped cucumber, celery, carrots, zucchini, tossed with quinoa.

D: Plant-Strong Bean Burger on an Ezekiel Bun with Roasted Sweet Potato Fries

Day 21

B: Migas Especiales (engine2diet.com recipe)

L: Sweet Holy Deliciousness Soup with 1 slice of toasted whole grain bread and side salad (newsletter recipe)

D: Baked Potato, Portobello Mushroom steaks, steamed kale

Week 3: Shopping List:

Starch:

1 large container: rolled oats
1 package whole grain buns
1 bag brown rice
1 pound whole grain pasta
1 pound whole grain elbow pasta
4-5 potatoes
2-3 sweet potatoes
1 package corn tortillas
1 pound whole grain pasta (elbows)
1 Package Polenta

Beans:

Black-eyed peas (1 bag or 2 no-salt added cans)
Chickpeas (1 bag or 2 no-salt added cans)
Kidney Beans (1 bag or 2 no-salt added cans)
1 package red lentils
1 package brown lentils

Vegetables

Spinach
Tomatoes
Peppers
Cucumbers
Celery
Romain Lettuce
Kale
Roasted Vegetable Blend (Frozen)
Zucchini
Mushrooms
Onions

Broccoli
5-6 Portobello Mushrooms
1-2 limes
1 package corn
Butternut Squash

Fruit:

Apples
Oranges
Pears

Other:

2 packages firm tofu
1 jar nut butter
1 container low sodium vegetable broth
1/2 pound nutritional yeast
No-salt added spices
Maple Syrup
1 package Engine 2 Plant-Burgers
1 jar oil-free roasted red peppers
1 jar oil free tomato sauce
2 cups cashews

Week 4: Engine 2 Challenge

Day 22

B: Oatmeal with fruit

L: Mixing Bowl Salad - in a big bowl - add your greens, veggies, beans, fruit etc.

D: Sweet potato, kale, white beans, brown rice

Day 23

B: Rip's Big Bowl with fruit

L: Whole grain bread with portobello mushrooms, grilled zucchini and Engine 2 Hummus.

D: Quinoa bowl with red beans, steamed cauliflower and topped with mixed greens

Day 24

B: Hot Quinoa Bowl with fruit -

L: Big salad with vegetables, your favorite beans and grains, 1 slice whole grain toast with Engine 2 Hummus and slices of tomato

D: Fast Burrito (engine2diet.com recipe)

Day 25

B: Whole grain toast topped with nut butter, strawberry and banana slices

L: Engine 2 Hummus & Whole Wheat Pita with a salad

D: Butternut Squash, white beans and steamed veggies

Day 26

B: Rip's Big Bowl

L: Rockin' Reuben on Rye ([newsletter recipe](#))

D: Fiesta Tortilla Bowl (engine2diet.com recipe)

Day 27

B: Spelt Blueberry Pancakes ([newsletter recipe](#))

L: Fast Burrito (engine2diet.com recipe)

D: Brown Rice, Black beans, diced Tomatoes and kale with avocado

Day 28

B: Mighty Muffins with fruit ([newsletter recipe](#))

L: Big salad and your favorite Engine 2 soup recipe!

D: Try a new recipe - be adventurous!

Week 4 Shopping List:

Starch:

1 large container: rolled oats
1 package Rip's Big Bowl
1 bag brown rice
1 package quinoa
1 package whole grain bread
1 package rye bread
2-3 sweet potatoes
1 package whole wheat tortillas
1 package spelt flour

Beans:

Chickpeas (1 bag or 2 no-salt added cans)
Kidney Beans (1 bag or 2 no-salt added cans)
1 package red lentils
White beans (1 bag or 2 no-salt added cans)

Vegetables

Spinach
Tomatoes
Peppers
Cucumbers
Celery
Romaine Lettuce
Kale
Roasted Vegetable Blend (Frozen)
Zucchini
Mushrooms
Onions
Avocado
Broccoli
5-6 Portobello Mushrooms
Cauliflower

Fruit:

Apples
Oranges
Pears
Blueberries
Grapes

Other:

1 package firm tofu
1 jar nut butter
1 container low sodium vegetable broth
1/2 pound nutritional yeast
No-salt added spices
Maple Syrup
1 package Engine 2 Plant-Burgers
1 package Silken Tofu