

Easy Parkinson's Pro Meals

Lower in protein (5-10 grams per meal during the day and 30 grams protein at night), plant strong, high fiber, low sugar

Day	Breakfast (5-10g protein)	Lunch (5-10g Protein)	Dinner (~30 grams Protein)	Snack (5-10g Protein)
1	Vegetable, potato and egg scramble and fruit (use bagged greens and frozen hash browns from Trader Joes)	Whole grain sprouted bread (Ezekiel brand) or gluten free bread with humus, shredded carrots, arugula, sliced cucumbers. Side salad.	Tofu or shrimp stir fry with vegetables over brown rice or quinoa (buy the frozen brown rice, frozen shrimp and frozen stir fry vegetables from Trader Joes and San J brand Teriyaki sauce) https://www.acouplecooks.com/shrimp-stir-fry/	Smoothie: 1 cup dairy free milk, 1 cup frozen berries, ½ cup dairy free yogurt, 2 Tablespoons hemp seeds
2	Overnight oats with almond butter and fruit (or buy the Almond butter overnight oats from Trader Joes) https://minimalistbaker.com/peanut-butter-overnight-oats/	Big salad with ¼ cup garbanzo beans and cut up veggies (cucumber, tomato, peppers...) with and Mary's gone crackers (brand) crackers	Veggie burger (Dr. Praeger brand) with Follow Your Heart vegan cheese on a whole grain bun and baked sweet potato fries (Alexia brand) and a salad	Fruit, nuts and whole grain crackers (Marys Gone Crackers or Simple Mills brands)
3	Nature's Path (brand) buckwheat waffles with nut butter and fruit	Almond butter or peanut butter and sliced banana on whole grain sprouted bread (Ezekiel brand) or gluten free bread with a side of fruit or baby carrots	Baked fish (fresh or from frozen) with lemon and dill and roasted potatoes (can buy frozen from Trader Joes) and sauteed greens (frozen at Trader Joes) <i>(Cut potatoes and mix in a bowl with olive oil, salt and garlic powder. Bake at 350 until crispy. Squeeze lemon and sprinkle fish with dill and bake at 350 (10 minutes for each inch of thickness). Sautee greens of choice in olive oil with salt and garlic powder)</i>	Whole foods bar – Bobo Bar

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4	Whole grain sprouted bread (Ezekiel brand) or whole grain gluten free bread with sauteed kale, 1 egg and avocado. Top with Everything but the bagel seasoning.	Baked sweet potato topped with ¼ cup black beans, avocado and Primal kitchen (brand) Avocado lime dressing or green enchilada sauce and side salad	Fish tacos with shredded cabbage, avocado and salsa, black beans and salad <i>(Bake or sauté fish with taco seasoning. Buy pre shredded cabbage. Use black beans from a jar (Jovival brand) and bagged pre washed salad)</i>	Coconut yogurt, fruit and nuts
5	Smoothie: 1 cup dairy free milk, 1 cup frozen berries, ½ cup dairy free yogurt, 2 Tablespoons hemp seeds	Chickpea “tuna melt” with Follow Your Heart (brand) dairy free cheese and side salad https://simple-veganista.com/chickpea-of-sea-salad-sandwic/print/8545/	Red lentil pasta with shrimp, broccoli (buy organic frozen) and vegan pesto (from Trader Joes or PCC/ Health Food Store) <i>(Prepare pasta according to directions on box. 2 minutes before the end of cooking the pasta, add the cut broccoli. Strain and mix with pesto. In a separate skillet, heat the shrimp and toss with the pasta)</i>	Flax for Life muffin (brand) heated up with Miyoko’s (brand) dairy free butter and fruit lax for
6	Oat and banana pancakes with fruit https://www.ambitiouskitchen.com/wprm_print/31838	Leftovers from dinner – have the starch and vegetables and add ¼ cup beans or ¼ cup nuts	Maiya Kamal brand Vegan Tikka Masala with garbanzo beans and veggies over brown rice, sliced cucumber on the side <i>(simmer cooked garbanzo beans and vegetables in the simmer sauce until tender. Use Frozen brown rice from Trader Joes) (Buy premade garbanzo beans in a jar – ie Jovival brand)</i>	Popcorn and with nuts

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7	Flax for Life muffin (brand) heated up with Miyoko's (brand) dairy free butter and fruit	Frozen gluten and dairy free meal and soups from brands: Amys, Dr. McDougall, Maya Kaimal, Plant Strong, Pura Vida, Tattooed Chef, Forks over Knives, Purple Carrot, Wholly Veggie or a prepared meal from a health food store deli with whole grains, legumes and vegetables.	Baked tofu over brown rice with broccoli or baby bok choy and San J (brand) Peanut Sauce <i>(buy frozen brown rice from Trader Joes and Frozen broccoli to make easier)</i>	Simple Mills or Mary's gone crackers and/or cut up vegetables (baby carrots, cucumber, peppers...) and humus

Sweets:

Chocolate Walnut brownies <https://nourishingmeals.com/2013/05/grain-free-chocolate-walnut-brownies>

Chickpea cookies <https://www.theroastedroot.net/wp-json/mv-create/v1/creations/280/print>

Chia pudding <https://feelgoodfoodie.net/recipe/3-ingredient-chia-pudding/#wprm-recipe-container-5591>

Dark chocolate and fruit

Frozen cherries and walnuts with non-dairy whip cream

Chocolate flax for life (brand) muffin

Teff peanut butter cookies <https://www.bobsredmill.com/recipes/how-to-make/teff-peanut-butter-cookies/>

Shopping List:

Proteins:

- Eggs
- Almond butter
- Nut butter (of your choice)
- Dairy-free milk (e.g., almond milk, oat milk)
- Dairy-free yogurt
- Garbanzo beans and black beans in a jar (e.g., Jovival brand)
- Tofu
- Frozen Shrimp
- Dr. Praeger's veggie burger (other options Hillary's brand or check for less than 7 grams protein per serving if having for lunch)
- Fish (salmon, white fish, or your preference)



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Grains and Starches:

Frozen hash browns
Overnight oats
Nature's Path berry buckwheat waffles
Whole grain sprouted bread (Ezekiel brand)
Brown rice (Frozen or premade from Trader Joes or other brands that use brown rice)
Quinoa
Whole grain gluten-free bread (e.g., Canyon Bakehouse or BFree)
Sweet potatoes
Whole grain GF buns (e.g., BFree brand)
Red lentil pasta (e.g., Barilla, Tolerant or Trader Joes brands)

Vegetables and Greens: (Organic if possible)

Frozen stir-fry vegetables
Bagged greens (spinach, kale, arugula, etc.)
Kale (can be prewashed and in a bag or carton)
Avocado
Broccoli (also organic frozen to make easier)
Baby carrots
Peppers
Cucumbers

Fruits: (Organic if possible)

Fresh fruits of your choice for breakfast and snacks
Bananas
Lemons
Salsa



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Other Ingredients:

Everything but the bagel seasoning

Teriyaki sauce (San J brand)

Follow Your Heart dairy-free cheese

Mary's Gone Crackers

Hummus

Carrots

Salad ingredients (lettuce, tomatoes, etc.)

Primal Kitchen Avocado lime dressing or green enchilada sauce

Vegan pesto (from Trader Joe's or PCC)

Bean in a jar or box (garbanzo, black beans... Jovival is one brand)

Chickpea cookies ingredients (e.g., chickpea flour, almond butter, maple syrup)

Chia seeds

Dark chocolate

Frozen cherries

Walnuts

Non-dairy whipped cream

Chocolate flax for life muffin ingredients (e.g., flaxseed meal, chocolate chips)

Teff flour (for teff peanut butter cookies)

Maiya Kamal brand Vegan Tikka Masala (or ingredients to make it from scratch)

Easy prepared meals from PCC (check store availability)



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