

7-day Sample Meal Plan



	Breakfast	Lunch	Dinner	Snack(s)
Sunday	Apple and cinnamon crock pot oats (breakfast recipe #6)	Shrimp Cobb Salad (lunch recipe #4)	Lemon roasted Chicken (dinner recipe #2) Roasted Vegetables (side recipe #5) Quinoa	Snack 1: 2 cups of popcorn 1/4 almonds Snack 2: 1 cup baby carrots with hummus
Monday	2 egg muffins (breakfast recipe #2) 1 cup of leftover apple cinnamon crock pot oats	Chicken, Quinoa, and Vegetable bowl (lunch recipe #5)	Chili Lime Flank Steak (dinner recipe #4) Roasted cauliflower (side recipe #4)	Snack 1: String cheese 1 apple Snack 2: 1-2 cups of popcorn
Tuesday	Protein packed overnight oatmeal (breakfast recipe #1)	Steak burrito bowl (lunch recipe #1)	Crock pot shredded chicken tacos (dinner recipe #1, meal #1)	Snack 1: 1 hard boiled egg small apple Snack 2: 1/4 cup almonds
Wednesday	Quinoa Egg Scramble (breakfast recipe #3)	Chopped Greek Chicken Salad (lunch recipe #2)	Shredded chicken enchiladas (dinner recipe #1, meal #2)	Snack 1: 1 string cheese small apple Snack 2: 1 cup baby carrots with hummus
Thursday	1 cup of plain Greek yogurt 1 cup of fresh or frozen berries	Shredded chicken burrito bowl (lunch recipe #3)	Broiled salmon with Rosemary (dinner recipe #5) Sweet potato fries (side #2) Roasted asparagus (side #1)	Snack 1: 1 hard boiled egg w/ fruit Snack 2: 1/4 cup almonds
Friday	Egg breakfast tacos (breakfast recipe #4)	Greek salmon pita pocket (lunch recipe #6)	Black Bean and Veggies stuffed Squash (dinner recipe #6)	Snack 1: 1 string cheese small apple Snack 2: 1-2 cups of popcorn
Saturday	Sausage, tomato, and spinach omelet (breakfast recipe #5) With side of fruit	Pita sandwich with tuna salad (lunch recipe #7)	Flatbread pizzas (dinner recipe #3)	Snack 1: 2 cups of popcorn 1/4 almonds Snack 2: 1 cup baby carrots with hummus

Grocery List

Produce

- 2 Jalepenos
- 2-3 Green bell pepper
- 3 avocado
- Bunch of green onion
- 2 Cucumber
- Baby Carrots
- Mushrooms (for pizza)
- Garlic cloves
- 2 x small red onion
- Celery stalk
- Bunch of asparagus
- 2 heads of cauliflower
- Brussels sprouts
- Cilantro
- 5-6 apples
- 4 Tomatoes
- Cherry tomatoes
- Brussels Sprouts
- Sweet potatoes
- 1-2 limes
- Large head romaine lettuce
- large tub of Baby spinach
- 3-4 lemons
- Sweet potatoes
- 1 medium spaghetti squash
- Fresh thyme
- 1 zucchini
- 1 pound of yellow beets
- 1 pound of Parsnips

Meat/seafood

- 1-2 pounds of chicken breast
- 1-2 pounds of salmon filet
- Cooked frozen shrimp
- Canadian bacon
- 1-2 pounds flank steak
- ground turkey breakfast sausage
- 2-3# whole chicken or rotisserie chicken

Canned goods

- 3-4 cans of black beans
- 2 cans enchilada sauce
- Black olives- sliced (10 oz)
- 2-3 cans of albacore tuna fish
- 2 jars of salsa
- Pizza sauce

Bread/grains

- Flatbread or Naan bread
- Old fashioned oatmeal
- 3-4 cups of dry quinoa
- 24 corn or 6" flour tortillas
- Popcorn
- Whole wheat pita bread
- Steel cut oats
- Rice/brown rice

Dairy/eggs

- 2 dozen eggs
- Shredded mozzarella
- Unsweetened coconut milk
- Feta cheese
- Greek yogurt- large tub of plain and vanilla
- Cows Milk
- Shredded cheddar cheese
- String cheese

Frozen foods

- Berries
- Frozen veggies such as broccoli, asparagus, vegetable medley, or green beans

Nuts/Seeds/Dried Fruit

- Chia seeds
- Dry roasted almonds
- Raisins
- Walnuts

Condiments

- light ranch dressing or ranch made with yogurt
- Coconut oil
- Balsamic vinegar dressing
- Red wine vinegar
- Hot sauce
- Light Italian dressing
- Olive oil
- Mustard
- Hummus

Baking goods/spices

- Cinnamon
- Honey
- Dried oregano
- Garlic powder
- Dried rosemary
- Chipotle chili pepper
- Cumin
- Chili powder
- Cayenne pepper

Meal Prep for Meal Plan

Sunday

- Prepare the apple and cinnamon overnight oats on Saturday evening for breakfast on Sunday
- Make the chicken for dinner plus a large batch of roasted vegetables and quinoa for lunch meals during the week
- Make egg muffins for breakfast and snacks throughout the week
- Make the chicken, quinoa, and vegetable bowl for Monday's lunch using leftovers from Sunday dinner

Monday

- Make extra chili lime flank steak at dinner on Monday night and a large batch of cauliflower to leftovers
- Make a burrito bowl using leftover flank steak for lunch on Tuesday, add leftover cauliflower for the vegetable
- Make protein packed overnight oats in evening before bed for breakfast Tuesday morning

Tuesday

- Tuesday morning make the crock pot shredded chicken for Tuesday dinner
- Make chopped Greek chicken salad for lunch on Wednesday

Wednesday

- Make quinoa egg scramble using leftover quinoa from Sunday
- Wednesday night use leftover shredded chicken for enchiladas and make a burrito bowl for lunch on Thursday

Thursday

- Thursday night make the broiled salmon with sweet potato fries, and asparagus
- Use leftover salmon for Greek salmon pita pocket for lunch on Friday

Friday

- Make black bean stuffed squash. You can always bake the squash ahead of time if needed

Saturday

- Make meals using recipes provided with no additional prep work needed

Meal Prep Made Easy

It's worth blocking out time on the weekend to get your ingredients ready for weekday meal assembly.

Prep your ingredients. No matter what's on the menu, you can always find a way to prep it ahead of time.

- Proteins: Roast, bake, or poach poultry, meat, or fish.
- Produce: Steam or roast vegetables in a big batch, bake potatoes or sweet potatoes, and wash and chop raw fruits and vegetables for salads and snacking.
- Grains: Simmer a big batch of rice that'll feed you all week long.
- Other components: Make sauces, dressings, or dips, and any other items on your list.

Assemble what you can. Toss hearty grain or bean salads, layer a casserole so you can pop it straight in the oven, and put solid ingredients for individual smoothies in zip-top bags so you can quickly throw them in the blender.

Store smart. Pack food in clear glass or plastic containers so you can access them easily and know exactly how much you have. (Refrigerate cooked ingredients you'll use within 2 to 3 days; freeze the rest and thaw them later in the week.) Divide single servings of finished dishes into individual containers for easy portion control. Oh, and here's what you need to know about BPAs.

Pack up to-go meals. Things like wraps, sandwiches, and leafy salads can get soggy if they sit in the fridge all week. If you're having those things for lunch, assemble them the night before.

Lunches for the Week

1. Buy yourself plastic or glass containers that fill ~2 cups and work well for a single meal (I recommend glass, especially if reheating in the microwave)

2. Prepare a large batch or 1-2 protein options, 1-2 starch options, 1-2 vegetables, 1-2 sauces
Easy examples:

Meat: 1 pre-roasted chicken and canned tuna or cottage cheese

Starch: 2 cups cooked brown rice and 2 roasted sweet potatoes

Vegetable: spring mix or baby kale and frozen asparagus.

Sauces: hot sauce, spice mix, Greek yogurt ranch dressing, oil and vinegar

3. Assemble into containers about 3-4 oz of meat, 1/2-1 cup of starch, and 1 cup of vegetables.

Wait and add sauce the day of or put sauce into a small container.



Bento Box Lunch Ideas

Bento Box burrito bowl: Using the leftover shredded chicken from crock pot recipe. Layer the chicken on top of brown rice. Then layer avocado, cilantro, tomatoes, and cheese. In a small container or mini muffin cup put dressing and crushed corn chips (or put these on the side and add when ready to eat).



Bento Box Pasta Salad: Use the pre-made pasta salad and add carrots or other veggies on the side, fruit, and optional additional protein such as tuna or a hard boiled egg.



Cheese, crackers and meat Bento box: Whole wheat or whole grain crackers, cheese, meat such as turkey, ham, Canadian bacon, carrots and snack peas, and side of fruit.

Shrimp Cobb Salad: Romaine lettuce, cherry tomatoes, cucumber, 1 hard boiled egg, and pre-cooked shrimp. When you are ready to eat top with light blue cheese or ranch dressing.

