

weekly meal planner

Use the blank meal plan below to create your weekly schedule by choosing recipes for each category. You can pick as few or as many recipes as you like and repeat favorites throughout the week. Some meals work well as leftovers for the next day, so plan accordingly to save time and reduce waste. Once your meals are planned, check the grocery list at the end, organized by recipe, to simplify your shopping. Mix, match, and customize the plan to fit your needs!

	BREAKFAST	LUNCH	DINNER	SNACKS
N O M				
TUE				
WED				
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SAT				
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Oatmeal with Banana and Chia Seeds

Ingredients:

- ½ cup rolled oats
- 1 cup almond milk
- 1 medium banana, sliced
- 1 teaspoon chia seeds
- Optional: Pinch of cinnamon

Instructions:

- 1. In a saucepan, combine ½ cup rolled oats and 1 cup almond milk.
- Cook over medium heat for 5-7 minutes, stirring occasionally until thickened.
- 3. Transfer to a bowl and top with sliced banana, 1 teaspoon chia seeds, and a pinch of cinnamon if desired.

Servings: 1

Scrambled Eggs with Spinach and Whole-Grain Toast

Ingredients:

- 2 eggs, whisked
- 1 cup fresh spinach
- 1 tsp olive oil
- 1 slice whole-grain bread

Instructions:

- 1. Heat olive oil in a skillet over medium heat. Add spinach and sauté for 2 minutes, until wilted.
- 2. Pour in eggs and cook, stirring, until scrambled. Serve with toasted bread.



Greek Yogurt Parfait with Berries and Flaxseeds

Ingredients:

- 1 cup plain Greek yogurt
- ½ cup mixed berries
 (blueberries, raspberries, or strawberries)
- 1 tbsp flaxseeds
- 1 tsp honey (optional)



Instructions:

1. Layer yogurt, berries, and flaxseeds in a bowl. Drizzle with honey if desired.

Servings: 1

Protein Smoothie with Spinach and Banana

Ingredients:

- 1 serving protein powder
- 1 banana
- 1 cup fresh spinach
- 1 tbsp almond butter
- 1 cup almond milk



1. Blend all ingredients together until smooth. Serve immediately.



Protein Pancakes with Berries

Ingredients:

- 1 serving vanilla protein powder
- ½ cup rolled oats
- 1 banana
- 1 egg
- ½ tsp baking powder
- ½ tsp cinnamon (optional)
- 2 tbsp almond milk (or more as needed)
- ¼ cup mixed berries
 (blueberries, raspberries, or strawberries)
- 1 tsp olive oil or butter (for cooking)



Instructions:

- 1. Blend protein powder, oats, banana, egg, baking powder, cinnamon, and almond milk in a blender until smooth. The batter should be thick but pourable; add more almond milk if needed.
- 2. Heat olive oil or butter in a nonstick skillet over medium heat.
- 3. Pour small amounts of batter into the skillet to form pancakes. Cook for 2-3 minutes on one side, or until bubbles form on the surface, then flip and cook for another 2 minutes.
- 4. Serve warm, topped with mixed berries.

Servings: 1-2 (makes about 4 small pancakes).



Chicken and Veggie Stir-Fry with Rice

Ingredients:

- 4 oz chicken breast, diced
- 1 cup mixed veggies (bell peppers, broccoli, carrots)
- ½ cup cooked brown rice
- 1 tsp olive oil
- 1 tsp soy sauce (optional)

Instructions:

- 1. Heat olive oil in a skillet over medium heat. Add chicken and cook for 5-7 minutes, until no longer pink.
- 2.Add veggies and cook for another 5 minutes. Stir in rice and soy sauce, if using, and cook for 1-2 minutes.

Servings: 1

Egg Salad Lettuce Wraps

Ingredients:

- 2 boiled eggs, chopped
- 1 tbsp plain Greek yogurt
- 1 tsp mustard
- 2 lettuce leaves

Instructions:

- 1. Mix eggs, yogurt, and mustard in a bowl.
- 2. Spoon the mixture into lettuce leaves and wrap.

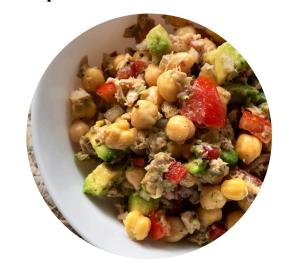




Tuna Salad with Chickpeas

Ingredients:

- 1 can tuna in water, drained
- ½ cup chickpeas, rinsed and drained
- 1 cup mixed greens
- 1 tsp olive oil
- 1 tsp lemon juice



Instructions:

- 1. Combine tuna, chickpeas, and greens in a bowl.
- 2. Drizzle with olive oil and lemon juice. Toss to coat.

Servings: 1

Turkey and Avocado Wrap

Ingredients:

- 2 slices turkey breast
- ½ avocado, sliced
- 1 whole-grain wrap
- 1 handful spinach

Instructions:

- 1. Place turkey, avocado, and spinach on the wrap.
- 2. Roll tightly and serve.



Chicken Burrito Bowl

Ingredients:

- 4 oz grilled chicken breast, diced
- ½ cup cooked brown rice
- ½ cup black beans, rinsed and drained
- ½ cup corn kernels (fresh, canned, or frozen)
- 1 cup shredded lettuce
- ½ cup diced tomatoes
- ¼ cup shredded cheddar cheese
- 2 tbsp Greek yogurt (or sour cream)
- 2 tbsp salsa
- 1 tsp olive oil
- ¼ tsp chili powder
- ¼ tsp cumin
- 1 lime, sliced



- 1. Season chicken with chili powder, cumin, salt, and pepper. Heat olive oil in a skillet over medium heat and cook chicken for 5-7 minutes, or until fully cooked.
- 2. Warm black beans and corn in a small saucepan over low heat.
- 3. Assemble the bowl: start with a base of brown rice, then layer lettuce, chicken, black beans, corn, tomatoes, and shredded cheese.
- 4. Top with Greek yogurt, salsa, and a squeeze of lime juice.





Stuffed Bell Peppers with Quinoa and Turkey

Ingredients:

- 2 large bell peppers (any color)
- ½ cup cooked quinoa
- 4 oz ground turkey
- ¼ cup diced onion
- ½ cup diced tomatoes (canned or fresh)
- ¼ cup shredded mozzarella cheese
- 1 tsp olive oil
- ½ tsp paprika
- ½ tsp garlic powder



Instructions:

- 1. Preheat oven to 375°F. Cut the tops off the bell peppers and remove seeds.
- 2. Heat olive oil in a skillet over medium heat. Cook ground turkey with onion, paprika, and garlic powder until browned. Stir in quinoa and tomatoes.
- 3. Stuff each pepper with the turkey-quinoa mixture. Place in a baking dish and cover with foil. Bake for 20 minutes.
- 4. Remove foil, sprinkle mozzarella cheese on top, and bake for an additional 5-7 minutes until cheese is melted.

Servings: 1-2

Baked Salmon with Asparagus

Ingredients:

- 1 salmon fillet (4-6 oz)
- 8 asparagus spears
- 1 tsp olive oil
- Salt and pepper

Instructions:

- 1. Preheat oven to 400°F. Season salmon and asparagus with olive oil, salt, and pepper.
- 2. Place on a baking sheet and bake for 12-15 minutes.

Servings: 1

Grilled Chicken with Broccoli and Sweet Potato

Ingredients:

- 4 oz chicken breast
- 1 cup steamed broccoli
- 1 small sweet potato, diced

Instructions:

- 1. Grill chicken until cooked through.
- through. Serve together.

2. Steam broccoli. 3. Roast sweet potato in the oven at 400°F for 20 minutes, tossing halfway



Shrimp Stir-Fry with Veggies and Noodles

Ingredients:

- 4 oz shrimp, peeled and deveined
- 1 cup mixed veggies (snap peas, carrots, bell peppers)
- ½ cup cooked rice noodles
- 1 tsp sesame oil
- 1 tbsp soy sauce
- 1 tsp minced garlic
- 1 tsp grated ginger
- 1 green onion, sliced (optional)



Instructions:

- 1. Heat sesame oil in a skillet over medium heat. Add garlic and ginger, cooking for 1 minute.
- 2. Toss in shrimp and cook until pink, about 3 minutes. Remove shrimp and set aside.
- 3. Add veggies to the skillet and stir-fry for 3-4 minutes until tender-crisp.
- 4. Stir in cooked noodles, soy sauce, and shrimp. Cook for 2 more minutes. Garnish with green onion if desired.

Beef and Veggie Stew

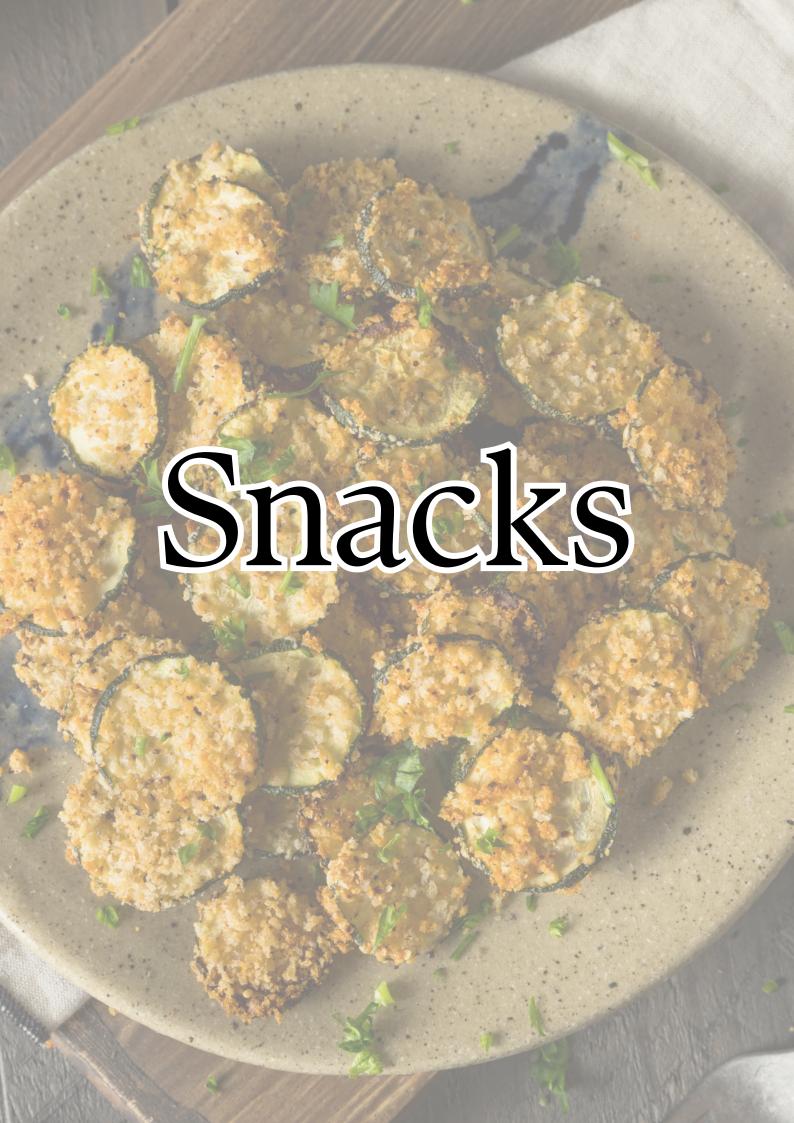
Ingredients:

- 4 oz beef stew meat, cubed
- 1 cup diced carrots
- 1 cup diced potatoes
- ½ cup diced celery
- ¼ cup diced onion
- 1 cup beef broth
- 1 tsp olive oil
- 1 tsp tomato paste
- ½ tsp dried thyme
- ½ tsp paprika
- Salt and pepper



Instructions:

- 1. Heat olive oil in a pot over medium heat. Add beef and brown on all sides. Remove and set aside.
- 2. In the same pot, sauté onion, celery, and carrots for 3 minutes. Stir in tomato paste, thyme, paprika, salt, and pepper.
- 3. Return beef to the pot and add potatoes and beef broth. Bring to a boil, then reduce heat to low and simmer for 25-30 minutes, until beef is tender and vegetables are cooked through.



Apple with Almond Butter

Ingredients:

- 1 apple, sliced
- 1 tbsp almond butter

Instructions:

 Slice apple and serve with almond butter for dipping.

Mixed Nuts and Berries

Ingredients:

- ¼ cup mixed nuts
- ¼ cup fresh berries

Instructions:

• Combine nuts and berries in a bowl.

Carrot Sticks with Hummus

Ingredients:

- 1 cup carrot sticks
- 2 tbsp hummus

Instructions:

Serve carrot sticks with hummus.

Cucumber Slices with Guacamole

Ingredients:

- 1 cup cucumber slices
- 2 tbsp guacamole

Instructions:

• Serve cucumber slices with guacamole.

Baked Zucchini Chips with Yogurt Dip

Ingredients:

- 1 medium zucchini, thinly sliced
- 1 tbsp olive oil
- ¼ cup grated Parmesan cheese
- ½ tsp garlic powder
- ½ tsp paprika

- ¼ tsp salt
- ¼ tsp black pepper
- ½ cup plain Greek yogurt
- 1 tsp lemon juice
- 1 tsp chopped fresh dill (optional)

Instructions:

- Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
- Toss zucchini slices in olive oil. In a separate bowl, mix Parmesan, garlic powder, paprika, salt, and pepper. Coat each zucchini slice with the mixture.
- Arrange the zucchini slices in a single layer on the baking sheet. Bake for 20-25 minutes, flipping halfway through, until crispy.
- While the chips bake, prepare the yogurt dip. Combine Greek yogurt, lemon juice, and dill in a small bowl. Mix well.
- Serve zucchini chips with the yogurt dip on the side.

Breakfasts

Oatmeal with Banana and Chia Seeds

- Rolled oats: 1 small bag (you'll use ½ cup)
- Almond milk: 1 quart (you'll use 1 cup)
- Bananas: 1 (or more, if repeating the recipe)
- Chia seeds: 1 small bag (you'll use 1 tsp)
- Cinnamon: Optional, 1 small jar

Greek Yogurt Parfait with Berries and Flaxseeds

- Plain Greek yogurt: 1 large tub (you'll use 1 cup)
- Mixed berries: 1 pint (you'll use ½ cup)
- Flaxseeds: 1 small bag (you'll use 1 tbsp)
- Honey: Optional, 1 small jar

Scrambled Eggs with Spinach and Whole-Grain Toast

- Eggs: 1 dozen (you'll use 2)
- Fresh spinach: 1 bunch (you'll use 1 cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Whole-grain bread: 1 loaf (you'll use 1 slice)

Protein Smoothie with Spinach and Banana

- Protein powder: 1 container (you'll use 1 scoop)
- Banana: 1 medium banana
- Almond butter: 1 small jar (you'll use 1 tbsp)
- Almond milk: 1 quart (you'll use 1 cup)

Protein Pancakes with Berries

- Vanilla protein powder: 1 container (you'll use 1 scoop)
- Rolled oats: 1 small bag (you'll use 1/2 cup)
- Bananas: 1 medium (or more, if repeating the recipe)
- Eggs: 1 dozen (you'll use 1)
- Baking powder: 1 small container (you'll use ½ tsp)
- Cinnamon: 1 small jar (optional)
- Almond milk: 1 quart (you'll use 2 tbsp)
- Mixed berries: 1 pint (you'll use 1/4 cup)
- Olive oil or butter: 1 small container (for cooking)

Lunches

Chicken and Veggie Stir-Fry with Rice

- Chicken breast: you'll use 1 small (about 4 oz)
- Mixed veggies (bell peppers, broccoli, carrots): you'll use 1 cup pre-chopped or 1 small bag
- Brown rice: 1 small bag (you'll cook ½ cup per recipe)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Soy sauce: 1 small bottle (optional)

Tuna Salad with Chickpeas

- Tuna (canned in water): 1 small can (about 5 oz)
- Chickpeas (canned): 1 small can (you'll use ½ cup per recipe)
- Mixed greens: 1 bag or 1 head of lettuce (1 cup per recipe)
- Olive oil: 1 small bottle (1 tsp per recipe)
- Lemon: 1

Egg Salad Lettuce Wraps

- Eggs: 1 dozen (you'll use 2 per recipe)
- Plain Greek yogurt: 1 small tub (you'll use 1 tbsp)
- Mustard: 1 small jar (you'll use 1 tsp)
- Lettuce leaves: 1 head (romaine or butter lettuce, you'll use 2 leaves per recipe)

Turkey and Avocado Wrap

- Turkey breast: 1 small pack of deli slices (you'll use 2 slices per recipe)
- Avocado: 1 medium (you'll use ½ avocado per recipe)
- Whole-grain wraps: 1 pack (you'll use 1 wrap per serving)
- Fresh spinach: 1 small bag (you'll use 1 handful per recipe)

Chicken Burrito Bowl

- Chicken breast: you'll use 1 small (about 4 oz)
- Brown rice: 1 small bag (you'll use ½ cup cooked per recipe)
- Black beans (canned): 1 small can (you'll use ½ cup per recipe)
- Corn (canned or frozen): 1 small can or bag (you'll use ½ cup per recipe)
- Mixed greens: 1 bag or 1 head of lettuce (you'll use 1 cup per recipe)
- Tomatoes: You'll use 1 small or ½ cup diced per recipe
- Shredded cheddar cheese: 1 small bag (you'll use ¼ cup per recipe)
- Plain Greek yogurt: 1 small tub (you'll use 2 tbsp per recipe)
- Salsa: 1 small jar
- Olive oil: 1 small bottle (you'll use 1 tsp per recipe)
- Chili powder: 1 small jar (you'll use ½ tsp per recipe)
- Cumin: 1 small jar (you'll use ½ tsp per recipe)
- Lime: 1

Dinners

Stuffed Bell Peppers with Quinoa and Turkey

- Bell peppers: 2 large
- Ground turkey: 1 small pack (you'll use 4 oz per recipe)
- Quinoa: 1 small bag (you'll use ½ cup cooked per recipe)
- Onion: 1 small (you'll use ¼ cup diced per recipe)
- Diced tomatoes: 1 small can (or 1 medium fresh tomato, you'll use ½ cup diced per recipe)
- Shredded mozzarella cheese: 1 small bag (you'll use ¼ cup per recipe)
- Olive oil: 1 small bottle (you'll use 1 tsp per recipe)
- Paprika: 1 small jar (you'll use ½ tsp per recipe)
- Garlic powder: 1 small jar (you'll use ½ tsp per recipe)

Baked Salmon with Asparagus

- Salmon fillets: 1 (4-6 oz)
- Asparagus: 1 small bunch (you'll use 8 spears per recipe)
- Olive oil: 1 small bottle (you'll use 1 tsp per recipe)
- Salt and pepper: To taste

Shrimp Stir-Fry with Veggies and Noodles

- Shrimp (peeled and deveined): 1 small bag or pack (you'll use 4 oz per recipe)
- Mixed veggies (snap peas, carrots, bell peppers): 1 small bag (you'll use 1 cup per recipe)
- Rice noodles: 1 small package (you'll use ½ cup cooked per recipe)
- Sesame oil: 1 small bottle (you'll use 1 tsp per recipe)
- Soy sauce: 1 small bottle (you'll use 1 tbsp per recipe)
- Garlic: 1 small bulb (you'll use 1 clove per recipe)
- Ginger: 1 small root (you'll use 1 tsp grated per recipe)
- Green onion: 1 small bunch (optional for garnish)

Grilled Chicken with Broccoli and Sweet Potato

- Chicken breast: 1 small (about 4 oz)
- Broccoli florets: 1 small head or 1 bag prechopped (you'll use 1 cup per recipe)
- Sweet potato: 1 small

Beef and Veggie Stew

- Beef stew meat: 1 small pack (you'll use 4 oz per recipe)
- Carrots: 1 medium (you'll use 1 cup diced per recipe)
- Potatoes: 1 medium (you'll use 1 cup diced per recipe)
- Celery: 1 stalk (you'll use ¼ cup diced per recipe)
- Onion: 1 small (you'll use ¼ cup diced per recipe)
- Beef broth: 1 small carton (you'll use 1 cup per recipe)
- Olive oil: 1 small bottle (you'll use 1 tsp per recipe)
- Tomato paste: 1 small can (you'll use 1 tsp per recipe)
- Thyme: 1 small jar (you'll use ½ tsp per recipe)
- Paprika: 1 small jar (you'll use ½ tsp per recipe)
- Salt and pepper: To taste

Snacks

Apple with Almond Butter

- Apples: 1 medium (you'll use 1 per serving, consider buying a small bag or 4-5 apples)
- Almond butter: 1 small jar (you'll use 1 tbsp per serving)

Carrot Sticks with Hummus

- Carrots: 2 medium (you'll use 2 per serving, consider buying a small bag or 4-5 carrots)
- Hummus: 1 small tub (you'll use 2 tbsp per serving)

Cucumber Slices with Guacamole

- Cucumbers: 1 medium (you'll use 1 cup slices per serving, consider buying 2-3 cucumbers)
- Guacamole: 1 small tub (you'll use 2 tbsp per serving)

Mixed Berries and Nuts

- Mixed berries (blueberries, raspberries, strawberries): 1 pint (you'll use ¼ cup per serving, consider buying 2-3 pints for the week)
- Mixed nuts (almonds, walnuts, cashews): 1 small bag (you'll use ¼ cup per serving)

Baked Zucchini Chips with Yogurt Dip

- Zucchini: 1 medium (you'll use 1 per serving, consider buying 3-4 zucchini for multiple servings)
- Olive oil: 1 small bottle (you'll use 1 tbsp per serving)
- Parmesan cheese: 1 small wedge or container (you'll use ¼ cup grated per serving)
- Garlic powder: 1 small jar (you'll use ½ tsp per serving)
- Paprika: 1 small jar (you'll use ½ tsp per serving)
- Plain Greek yogurt: 1 small tub (you'll use ½ cup per serving)
- Lemon: 1 (you'll use juice from 1 lemon per serving)
- Fresh dill: 1 small bunch (optional, for garnish)