

A close-up, slightly blurred photograph of a white bowl filled with a green salad. The salad consists of various leafy greens, including lettuce and spinach, topped with several golden-brown, toasted croutons. In the background, a glass of orange juice is visible on the left, and a piece of bread is on the right. The bowl sits on a dark wooden surface with a piece of light-colored, frayed fabric underneath it.

January

week 2 meal plan

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
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



Breakfast

Sweet Potato and Egg Hash

Ingredients:

- 1 small sweet potato, diced
- 2 eggs
- 1 cup fresh spinach
- 1 tsp olive oil
- ¼ tsp paprika
- ¼ tsp garlic powder
- Salt and pepper to taste



Instructions:

1. Heat olive oil in a skillet over medium heat. Add sweet potato and cook for 7-8 minutes, stirring occasionally, until tender.
2. Stir in spinach and cook for 1-2 minutes, until wilted.
3. Push veggies to one side of the skillet and crack eggs into the empty space. Cook until eggs reach desired doneness. Sprinkle with paprika, garlic powder, salt, and pepper.

Servings: 1

Chia Pudding with Berries and Almonds

Ingredients:

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 tsp honey (optional)
- ½ cup mixed berries
- 1 tbsp slivered almonds



Instructions:

1. Combine chia seeds, almond milk, and honey (if using) in a jar or bowl. Stir well.
2. Refrigerate overnight or for at least 4 hours, stirring once after 30 minutes.
3. Before serving, top with berries and almonds.

Servings: 1

Avocado Toast with a Fried Egg

Ingredients:

- 1 slice whole-grain bread
- ½ avocado, mashed
- 1 egg
- Salt, pepper, and chili flakes (optional)



Instructions:

1. Toast bread and spread mashed avocado on top.
2. Heat a nonstick skillet over medium heat. Crack the egg into the skillet and cook for 3-4 minutes until the white is set and yolk is slightly runny.
3. Place the fried egg on top of the avocado toast and sprinkle with salt, pepper, and chili flakes if desired.

Servings: 1

Peanut Butter Banana Smoothie

Ingredients:

- 1 banana
- 1 tbsp peanut butter
- 1 serving vanilla protein powder
- 1 cup almond milk
- 1 tsp honey (optional)



Instructions:

1. Combine all ingredients in a blender and blend until smooth.
2. Serve immediately.

Servings: 1

Spinach and Feta Stuffed Breakfast Muffins

Ingredients:

- 6 eggs
- 1 cup fresh spinach, chopped
- ½ cup diced bell peppers
- ¼ cup diced onion
- ½ cup crumbled feta cheese
- 1 tsp olive oil
- Salt and pepper to taste



Instructions:

1. Preheat oven to 375°F and grease a muffin tin with olive oil or nonstick spray.
2. Heat olive oil in a skillet over medium heat. Sauté bell peppers, onion, and spinach for 3-4 minutes until softened.
3. In a bowl, whisk eggs with salt and pepper. Stir in sautéed veggies and feta cheese.
4. Pour the mixture evenly into the muffin tin, filling each cup about $\frac{3}{4}$ full.
5. Bake for 18-20 minutes, or until the muffins are set and slightly golden on top. Let cool for 5 minutes before removing from the tin.

Servings: Makes 6 muffins (2 muffins per serving).



Lunch

Mediterranean Chickpea Salad

Ingredients:

- ½ cup canned chickpeas, rinsed and drained
- ½ cup cherry tomatoes, halved
- ¼ cucumber, diced
- 2 tbsp crumbled feta cheese
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp dried oregano
- Salt and pepper to taste



Instructions:

1. Combine chickpeas, cherry tomatoes, cucumber, and feta cheese in a bowl.
2. Whisk olive oil, lemon juice, oregano, salt, and pepper in a small bowl.
3. Drizzle dressing over salad and toss gently to combine.

Servings: 1

Grilled Chicken and Hummus Wrap

Ingredients:

- 4 oz grilled chicken breast, sliced
- 1 whole-grain wrap
- 2 tbsp hummus
- ¼ cup shredded carrots
- 1 handful baby spinach
- 1 tbsp olive oil (for cooking chicken)



Instructions:

1. Spread hummus over the wrap.
2. Layer grilled chicken, shredded carrots, and spinach.
3. Roll the wrap tightly and serve.

Servings: 1

Caprese Quinoa Bowl

Ingredients:

- ½ cup cooked quinoa
- ½ cup cherry tomatoes, halved
- ¼ cup fresh mozzarella balls (or cubed mozzarella)
- 1 tbsp balsamic glaze
- 1 tsp olive oil
- 2 fresh basil leaves, chopped



Instructions:

1. Combine quinoa, cherry tomatoes, and mozzarella in a bowl.
2. Drizzle with olive oil and balsamic glaze.
3. Sprinkle with fresh basil before serving.

Servings: 1

Turkey and Veggie Roll-Ups

Ingredients:

- 4 slices deli turkey
- ¼ cup cream cheese (plain or herbed)
- ¼ cup shredded carrots
- 4 cucumber spears (cut into 3-inch strips)



Instructions:

1. Spread cream cheese over each slice of turkey.
2. Lay shredded carrots and cucumber spears on one end of the slice.
3. Roll tightly and secure with a toothpick if needed.

Servings: 1

Roasted Veggie and Lentil Salad

Ingredients:

- ½ cup cooked lentils
- ½ cup roasted sweet potato cubes
- ½ cup roasted zucchini slices
- 1 cup mixed greens
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1 tsp Dijon mustard
- Salt and pepper to taste



Instructions:

1. Roast sweet potato cubes and zucchini slices in the oven at 400°F for 20 minutes, turning halfway.
2. In a large bowl, combine lentils, roasted veggies, and mixed greens.
3. Whisk olive oil, balsamic vinegar, Dijon mustard, salt, and pepper to make the dressing.
4. Drizzle dressing over the salad and toss gently before serving.

Servings: 1

A top-down view of a white ceramic bowl filled with roasted chicken thighs and potatoes. The chicken pieces are golden-brown with some darker, crispy areas. The potatoes are cut into wedges and are a light yellow color. Fresh green parsley leaves are scattered throughout the dish. The bowl is set on a light-colored, textured fabric surface.

Dinner

Herb-Crusted Cod with Lemon and Quinoa

Ingredients:

- 4 oz cod fillet
- ½ cup cooked quinoa
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp dried thyme
- ½ tsp dried parsley
- 1 tsp lemon zest
- 1 lemon, sliced into wedges
- Salt and pepper to taste



Instructions:

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. In a small bowl, mix garlic powder, thyme, parsley, lemon zest, salt, and pepper.
3. Brush cod fillet with olive oil and coat evenly with the herb mixture.
4. Bake for 15-18 minutes, or until cod flakes easily with a fork.
5. Serve with cooked quinoa and lemon wedges on the side.

Servings: 1

Veggie Stir-Fry with Tofu

Ingredients:

- 4 oz firm tofu, cubed
- 1 cup mixed stir-fry vegetables (broccoli, snap peas, carrots)
- 1 tsp sesame oil
- 1 tbsp soy sauce
- 1 tsp minced garlic



Instructions:

1. Heat sesame oil in a skillet over medium-high heat.
2. Add tofu and stir-fry for 3-4 minutes until golden. Remove tofu and set aside.
3. Add garlic and mixed veggies to the skillet. Stir-fry for 4-5 minutes until tender-crisp.
4. Return tofu to the skillet and drizzle with soy sauce. Cook for 1 more minute.

Servings: 1

Baked Chicken Thighs with Veggies

Ingredients:

- 1 chicken thigh (bone-in or boneless)
- 1 cup diced root vegetables (carrots, parsnips, sweet potatoes)
- 1 tsp olive oil
- ½ tsp paprika
- ½ tsp garlic powder
- Salt and pepper to taste



Instructions:

1. Preheat oven to 400°F. Toss diced vegetables with olive oil, paprika, garlic powder, salt, and pepper. Spread evenly on a baking sheet.
2. Season chicken thigh with salt, pepper, and a sprinkle of paprika. Place it on the same sheet.
3. Bake for 25-30 minutes, or until chicken is cooked through and vegetables are tender.

Servings: 1

Beef and Broccoli Stir-Fry

Ingredients:

- 4 oz thinly sliced beef (sirloin or flank steak)
- 1 cup broccoli florets
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 tsp grated ginger
- 1 clove garlic, minced
- ½ tsp cornstarch (optional, for thickening)
- 2 tbsp water



Instructions:

1. Heat sesame oil in a skillet over medium-high heat. Sauté garlic and ginger for 1 minute.
2. Add beef and stir-fry for 3-4 minutes until browned. Remove beef and set aside.
3. Add broccoli and water to the skillet. Cover and steam for 2-3 minutes until tender.
4. Return beef to the skillet. Mix soy sauce and cornstarch (if using) in a small bowl, then pour into the skillet. Cook for 1-2 minutes until sauce thickens.

Servings: 1

Shrimp and Spinach Pasta with Lemon Garlic Sauce

Ingredients:

- 4 oz whole-grain pasta (spaghetti or linguine)
- 4 oz shrimp, peeled and deveined
- 1 cup fresh spinach
- 1 clove garlic, minced
- 1 tsp olive oil
- 1 tsp lemon zest
- 1 tsp lemon juice
- Salt and pepper to taste



Instructions:

1. Cook pasta according to package instructions. Reserve $\frac{1}{4}$ cup of pasta water.
2. Heat olive oil in a skillet over medium heat. Add garlic and shrimp, cooking for 3-4 minutes until shrimp turns pink.
3. Add spinach to the skillet and cook for 1-2 minutes until wilted.
4. Stir in cooked pasta, reserved pasta water, lemon zest, and lemon juice. Toss to combine. Season with salt and pepper before serving.

Servings: 1

Snacks

A top-down view of a white ceramic bowl with a blue rim, filled with a snack. The snack consists of a base of white, crumbly cottage cheese. On top of the cheese are several chunks of bright yellow, translucent pineapple. A small sprig of fresh green mint leaves is placed on the right side of the pineapple. The bowl sits on a grey, textured surface. In the top left corner, there is a single mint leaf. In the top right corner, there is a piece of blue mesh fabric. In the bottom left corner, the handle of a silver butter knife is visible. In the bottom right corner, a small portion of a silver lid is visible.

Cream Cheese with Peppers

Ingredients:

- 1 medium bell pepper, cut into strips
- 2 tbsp cream cheese (plain or herbed)

Instructions:

- Spread cream cheese onto each bell pepper strip.
- Serve immediately or refrigerate for later.

Ants on a Log

Ingredients:

- 2 celery stalks, cut into 3-inch pieces
- 2 tbsp peanut butter
- 1 tbsp raisins

Instructions:

- Spread peanut butter inside the hollow of each celery stick.
- Sprinkle raisins on top and serve.

Energy Balls

Ingredients:

- 1 cup rolled oats
- 2 tbsp peanut butter
- 2 tbsp honey
- 1 tbsp chia seeds
- 1 tbsp dark chocolate chips
- 1 tsp vanilla extract

Instructions:

- In a bowl, combine oats, peanut butter, honey, chia seeds, chocolate chips, and vanilla extract. Mix well.
- Roll mixture into small balls (about 1 inch in diameter).
- Refrigerate for at least 30 minutes before serving.

Servings: Makes about 6 energy balls (2-3 per serving).

Cottage Cheese with Pineapple

Ingredients:

- ½ cup cottage cheese
- ½ cup pineapple chunks (fresh or canned in juice)

Instructions:

- Scoop cottage cheese into a bowl.
- Top with pineapple chunks and serve.

Mixed Nuts and Dark Chocolate

Ingredients:

- ¼ cup mixed nuts (almonds, cashews, walnuts)
- 1 tbsp dark chocolate pieces (or chips)

Instructions:

- Combine mixed nuts and dark chocolate pieces in a small bowl.
- Serve as a quick grab-and-go snack.

GROCERY LIST

Breakfasts

Sweet Potato and Egg Hash

- Sweet potato: 1 small
- 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)
- Paprika: 1 small jar
- Garlic powder: 1 small jar
- Salt and pepper: 1 small container each

Avocado Toast with a Fried Egg

- Whole-grain bread: 1 loaf (you'll use 1 slice)
- Avocado: 1 medium (you'll use ½)
- Eggs: 1 dozen (you'll use 1)
- Salt: 1 small container
- Pepper: 1 small container
- Chili flakes: 1 small jar (optional)

Spinach and Feta Stuffed Breakfast Muffins

- Eggs: 1 dozen (you'll use 6)
- Fresh spinach: 1 bunch (you'll use 1 cup, chopped)
- Bell peppers: 1 medium (you'll use ½ cup, diced)
- Onion: 1 small (you'll use ¼ cup, diced)
- Feta cheese: 1 small container (you'll use ½ cup, crumbled)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

Chia Pudding with Berries and Almonds

- Chia seeds: 1 small bag (you'll use 3 tbsp)
- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Honey: 1 small jar (optional, you'll use 1 tsp)
- Mixed berries: 1 pint (you'll use ½ cup)
- Slivered almonds: 1 small bag (you'll use 1 tbsp)

Peanut Butter Banana Smoothie

- Bananas: 1 bunch (you'll use 1)
- Peanut butter: 1 small jar (you'll use 1 tbsp)
- Vanilla protein powder: 1 container (you'll use 1 serving)
- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Honey: 1 small jar (optional, you'll use 1 tsp)

GROCERY LIST

Lunches

Mediterranean Chickpea Salad

- Canned chickpeas: 1 small can (you'll use ½ cup)
- Cherry tomatoes: 1 pint (you'll use ½ cup)
- Cucumber: 1 medium (you'll use ¼ diced)
- Feta cheese: 1 small container (you'll use 2 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Lemon: 1 (you'll use 1 tsp juice)
- Dried oregano: 1 small jar
- Salt: 1 small container
- Pepper: 1 small container

Grilled Chicken and Hummus Wrap

- Chicken breast: 1 small (about 4 oz)
- Whole-grain wraps: 1 pack
- Hummus: 1 small tub (you'll use 2 tbsp)
- Shredded carrots: 1 small bag (you'll use ¼ cup)
- Baby spinach: 1 small bag (you'll use 1 handful)
- Olive oil: 1 small bottle (you'll use 1 tbsp)

Caprese Quinoa Bowl

- Quinoa: 1 small bag (you'll cook ½ cup)
- Cherry tomatoes: 1 pint (you'll use ½ cup)
- Fresh mozzarella balls (or block): 1 small container (you'll use ¼ cup)
- Balsamic glaze: 1 small bottle (you'll use 1 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Fresh basil: 1 small bunch

Turkey and Veggie Roll-Ups

- Deli turkey slices: 1 small pack (you'll use 4 slices)
- Cream cheese (plain or herbed): 1 small tub (you'll use ¼ cup)
- Shredded carrots: 1 small bag (you'll use ¼ cup)
- Cucumber: 1 medium (you'll use 4 spears, about 3 inches long)

Roasted Veggie and Lentil Salad

- Lentils: 1 small bag (you'll cook ½ cup)
- Sweet potato: 1 medium (you'll roast ½ cup cubed)
- Zucchini: 1 medium (you'll roast ½ cup sliced)
- Mixed greens: 1 small bag (you'll use 1 cup)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Balsamic vinegar: 1 small bottle (you'll use 1 tsp)
- Dijon mustard: 1 small jar (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

GROCERY LIST

Dinners

Herb-Crusted Cod with Lemon and Quinoa

- Cod fillet: 1 (4 oz)
- Quinoa: 1 small bag (you'll cook ½ cup)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Garlic powder: 1 small jar (you'll use ½ tsp)
- Dried thyme: 1 small jar (you'll use ½ tsp)
- Dried parsley: 1 small jar (you'll use ½ tsp)
- Lemon: 1 (you'll use zest and wedges)
- Salt: 1 small container
- Pepper: 1 small container

Veggie Stir-Fry with Tofu

- Firm tofu: 1 small block (you'll use 4 oz)
- Mixed stir-fry vegetables (broccoli, snap peas, carrots): 1 small bag (you'll use 1 cup)
- Sesame oil: 1 small bottle (you'll use 1 tsp)
- Soy sauce: 1 small bottle (you'll use 1 tbsp)
- Garlic: 1 small bulb (you'll use 1 tsp minced)

Baked Chicken Thighs with Veggies

- Chicken thighs: 1 (bone-in or boneless)
- Root vegetables (carrots, parsnips, sweet potatoes): 1 small bag or 3-4 medium pieces (you'll dice 1 cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Paprika: 1 small jar (you'll use ½ tsp)
- Garlic powder: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container
- Pepper: 1 small container

Beef and Broccoli Stir-Fry

- Beef (sirloin or flank steak): 1 small pack (4 oz)
- Broccoli florets: 1 small head (you'll use 1 cup)
- Soy sauce: 1 small bottle (you'll use 1 tbsp)
- Sesame oil: 1 small bottle (you'll use 1 tsp)
- Ginger: 1 small root (you'll use 1 tsp)
- Garlic: 1 small bulb (you'll use 1 clove minced)
- Cornstarch (optional): 1 small box (you'll use ½ tsp)

Shrimp and Spinach Pasta with Lemon

Garlic Sauce

- Whole-grain pasta (spaghetti or linguine): 1 small box (you'll use 4 oz)
- Shrimp (peeled and deveined): 1 small bag (you'll use 4 oz)
- Fresh spinach: 1 bunch or bag (you'll use 1 cup)
- Garlic: 1 small bulb (you'll use 1 clove minced)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Lemon: 1 (you'll use zest and 1 tsp juice)
- Salt: 1 small container
- Pepper: 1 small container

GROCERY LIST

Snacks

Bell Pepper and Cream Cheese Bites

- Bell pepper: 1 medium (any color)
- Cream cheese (plain or herbed): 1 small tub (you'll use 2 tbsp)

Cottage Cheese with Pineapple Chunks

- Cottage cheese: 1 small tub (you'll use ½ cup)
- Pineapple chunks (fresh or canned in juice): 1 small can or 1 medium fresh pineapple (you'll use ½ cup)

Ants on a Log

- Celery: 1 bunch (you'll use 2 stalks)
- Peanut butter: 1 small jar (you'll use 2 tbsp)
- Raisins: 1 small box or bag (you'll use 1 tbsp)

Mixed Nuts and Dark Chocolate Pieces

- Mixed nuts (almonds, cashews, walnuts): 1 small bag (you'll use ¼ cup)
- Dark chocolate pieces or chips: 1 small bag (you'll use 1 tbsp)

Energy Balls

- Rolled oats: 1 small bag (you'll use 1 cup)
- Peanut butter: 1 small jar (you'll use 2 tbsp)
- Honey: 1 small jar (you'll use 2 tbsp)
- Chia seeds: 1 small bag (you'll use 1 tbsp)
- Dark chocolate chips: 1 small bag (you'll use 1 tbsp)
- Vanilla extract: 1 small bottle (you'll use 1 tsp)