

A close-up photograph of a white bowl filled with a vibrant quinoa salad. The salad includes green kale leaves, white chickpeas, red cranberries, and crumbled white feta cheese. The background is softly blurred, showing a glass of yellow liquid and a wooden spoon.

# January

week 4 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**

# Banana and Peanut Butter Oatmeal

## Ingredients:

- ½ cup rolled oats
- 1 cup unsweetened almond milk
- ½ banana, sliced
- 1 tbsp peanut butter
- 1 serving vanilla protein powder



## Instructions:

1. In a small pot, cook oats with almond milk over medium heat until creamy, about 5 minutes.
2. Stir in the protein powder until fully combined.
3. Pour oatmeal into a bowl and top with banana slices and peanut butter.

Servings: 1

# Berry Protein Smoothie Bowl

## Ingredients:

- ½ cup frozen mixed berries
- ½ banana
- 1 serving vanilla protein powder
- ½ cup unsweetened almond milk
- ¼ cup granola



## Instructions:

1. Blend berries, banana, protein powder, and almond milk until smooth and thick.
2. Pour into a bowl and top with granola.

Servings: 1



# Greek Yogurt Parfait with Quinoa

## Ingredients:

- ½ cup plain Greek yogurt
- ½ cup cooked quinoa
- ¼ cup fresh blueberries or mixed berries
- 1 tsp honey



## Instructions:

1. In a bowl, layer Greek yogurt, cooked quinoa, and berries.
2. Drizzle with honey and serve.

Servings: 1

# Cottage Cheese and Berry Toast

## Ingredients:

- 1 slice whole-grain bread, toasted
- ½ cup low-fat cottage cheese
- ¼ cup fresh mixed berries (e.g., blueberries, raspberries)



## Instructions:

1. Spread cottage cheese on the toasted whole-grain bread.
2. Top with mixed berries and serve immediately.

Servings: 1

# Sweet Potato and Black Bean Breakfast Hash

## Ingredients:

- ½ cup diced sweet potato
- ¼ cup black beans, rinsed and drained
- 2 eggs
- 1 tsp olive oil
- 1 tsp paprika
- Salt and pepper to taste



## Instructions:

1. Heat olive oil in a skillet over medium heat. Add diced sweet potato and cook for 5-7 minutes until softened.
2. Stir in black beans, paprika, salt, and pepper. Cook for another 2-3 minutes.
3. Push the mixture to one side of the skillet and crack eggs into the other side. Cook until the eggs reach your desired doneness.
4. Serve the hash with the eggs on top or on the side.

Servings: 1



A top-down view of a white bowl filled with a healthy meal. The bowl contains a base of cooked quinoa. On top, there are several components: a pile of golden-brown chickpeas in the upper left, a portion of sliced avocado in the lower left, and a pile of cubed roasted sweet potatoes in the lower right. Fresh vegetables include halved cherry tomatoes and several large, vibrant green spinach leaves. A single lime wedge is placed at the bottom left. The entire dish is garnished with a mix of white and black sesame seeds. The word "Lunch" is written in a large, bold, black serif font with a white outline, centered over the middle of the bowl.

**Lunch**



# Grilled Chicken Salad with Lemon Vinaigrette

## Ingredients:

- 4 oz grilled chicken breast, sliced
- 2 cups mixed greens
- ½ cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste



## Instructions:

1. In a bowl, combine mixed greens and cherry tomatoes.
2. Top with grilled chicken slices.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper before serving.

Servings: 1

# Lentil and Arugula Salad

## Ingredients:

- ½ cup cooked lentils
- 1 cup arugula
- ¼ cup diced cucumber
- 2 tbsp crumbled feta cheese
- 1 tsp olive oil
- 1 tsp balsamic vinegar
- Salt and pepper to taste



## Instructions:

1. In a bowl, combine arugula, cooked lentils, and cucumber.
2. Top with crumbled feta cheese.
3. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper before serving.

Servings: 1



# Quinoa and Roasted Veggie Bowl with Chickpeas

## Ingredients:

- ½ cup cooked quinoa
- ½ cup roasted vegetables (e.g., zucchini, bell peppers, carrots)
- ¼ cup canned chickpeas, rinsed and drained
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- Salt and pepper to taste



## Instructions:

1. In a bowl, combine cooked quinoa, roasted vegetables, and chickpeas.
2. Drizzle with olive oil and balsamic vinegar.
3. Season with salt and pepper before serving.

Servings: 1

# Chickpea and Spinach Salad

## Ingredients:

- ½ cup canned chickpeas, rinsed and drained
- 1 cup fresh spinach
- 2 tbsp crumbled feta cheese
- 1 tsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste



## Instructions:

1. In a bowl, combine spinach, chickpeas, and feta cheese.
2. Drizzle with olive oil and lemon juice. Season with salt and pepper before serving.

Servings: 1

# Stuffed Bell Peppers with Ground Turkey and Rice

## Ingredients:

- 1 medium bell pepper, halved and seeds removed
- 4 oz ground turkey
- ½ cup cooked brown rice
- ¼ cup diced onion
- ¼ cup diced tomatoes (canned or fresh)
- 1 tsp olive oil
- 1 tsp garlic powder
- ½ tsp dried oregano
- Salt and pepper to taste



## Instructions:

1. Preheat oven to 375°F. Arrange bell pepper halves in a baking dish.
2. Heat olive oil in a skillet over medium heat. Add onion and cook for 2-3 minutes until softened.
3. Add ground turkey, garlic powder, oregano, salt, and pepper. Cook until turkey is no longer pink.
4. Stir in cooked rice and diced tomatoes.
5. Fill each bell pepper half with the turkey mixture. Cover the baking dish with foil and bake for 20 minutes.
6. Remove foil and bake for an additional 5-10 minutes until peppers are tender.

Servings: 1





# Dinner

# Lemon Herb Chicken with Quinoa Pilaf

## Ingredients:

- 4 oz chicken breast
- 1 tsp olive oil
- 1 tsp lemon zest
- 1 tsp minced garlic
- ½ tsp dried oregano
- ½ cup quinoa
- ½ cup diced onion
- ¼ cup diced carrot
- ¼ cup diced celery
- 1 cup chicken broth
- Salt and pepper to taste



## Instructions:

1. Marinate chicken with olive oil, lemon zest, garlic, oregano, salt, and pepper for 30 minutes.
2. Cook quinoa pilaf: In a small pot, sauté onion, carrot, and celery in 1 tsp olive oil for 3-4 minutes. Add quinoa and chicken broth, bring to a boil, then reduce heat and simmer for 15 minutes until liquid is absorbed.
3. Grill or pan-sear chicken for 5-7 minutes per side, until cooked through.
4. Serve chicken over quinoa pilaf.

Servings: 1



# Garlic Butter Shrimp with Steamed Asparagus

## Ingredients:

- 4 oz shrimp, peeled and deveined
- 1 tsp olive oil
- 1 tsp minced garlic
- 1 tsp unsalted butter
- 1 cup asparagus spears, trimmed
- Salt and pepper to taste



## Instructions:

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 30 seconds. Add shrimp and cook for 2-3 minutes per side until pink. Stir in butter, salt, and pepper.
2. Steam asparagus for 5-7 minutes until tender. Serve shrimp alongside asparagus.

Servings: 1

# Veggie-Packed Eggplant Bake

## Ingredients:

- 1 small eggplant, sliced into rounds
- 4 oz ground turkey
- ½ cup diced zucchini
- ½ cup diced tomatoes
- 2 tbsp shredded mozzarella cheese
- 1 tsp olive oil
- 1 tsp Italian seasoning
- Salt and pepper to taste



## Instructions:

1. Preheat oven to 375°F. Arrange eggplant slices on a baking sheet and drizzle with olive oil. Sprinkle with salt and pepper.
2. In a skillet, cook ground turkey over medium heat until no longer pink. Season with salt, pepper, and Italian seasoning.
3. In a small bowl, mix cooked ground turkey, zucchini, and diced tomatoes. Spread the mixture over eggplant slices. Top with shredded mozzarella cheese and bake for 20-25 minutes until eggplant is tender and cheese is melted.

Servings: 1

# Beef and Vegetable Stir-Fry with Ginger Soy Sauce

## Ingredients:

- 4 oz flank steak, thinly sliced
- 1 cup mixed stir-fry vegetables (e.g., broccoli, snap peas, carrots)
- 1 tsp sesame oil
- 1 tbsp soy sauce
- 1 tsp minced garlic
- 1 tsp grated ginger
- 1 tsp cornstarch (optional, for thickening)
- 1 tbsp water (optional, for sauce)



## Instructions:

1. Heat sesame oil in a skillet over medium-high heat. Add garlic and ginger, cooking for 1 minute.
2. Add beef slices and cook for 3-4 minutes until browned. Remove from skillet.
3. Add vegetables and stir-fry for 3-4 minutes until tender-crisp.
4. Mix soy sauce with cornstarch and water if desired. Return beef to the skillet and pour sauce over. Toss to combine and serve.

Servings: 1

# Baked Salmon with Dill and Roasted Vegetables

## Ingredients:

- 4 oz salmon fillet
- 1 tsp olive oil
- ½ tsp dried dill
- 1 cup mixed vegetables (e.g., zucchini, cherry tomatoes, red onion), diced
- 1 tsp garlic powder
- Salt and pepper to taste



## Instructions:

1. Preheat oven to 400°F. Place salmon and mixed vegetables on a baking sheet.
2. Drizzle everything with olive oil and season with dill, garlic powder, salt, and pepper.
3. Bake for 15-18 minutes until salmon is cooked through and vegetables are tender.

Servings: 1





# Snacks

## Bell Pepper Strips with Tahini Drizzle

### Ingredients:

- 1 small bell pepper, sliced into strips
- 1 tbsp tahini
- 1 tsp lemon juice (optional)

### Instructions:

- Arrange bell pepper strips on a plate.
- Drizzle with tahini and lemon juice if desired.

## Almond Ants on a Log

### Ingredients:

- 3 celery sticks
- 1 tbsp almond butter
- 1 tbsp raisins

### Instructions:

- Spread almond butter onto the celery sticks.
- Sprinkle raisins on top and serve.

## Mini Greek Salad Cups

### Ingredients:

- ½ cup diced cucumber
- ½ cup cherry tomatoes, halved
- ¼ cup diced bell pepper
- 2 tbsp crumbled feta cheese
- 1 tbsp olive oil
- 1 tsp lemon juice
- ½ tsp dried oregano

### Instructions:

- In a small bowl, combine cucumber, cherry tomatoes, bell pepper, and feta cheese.
- Drizzle with olive oil, lemon juice, and sprinkle with oregano. Toss to combine.
- Serve in a small cup or bowl for an easy, bite-sized snack.

Servings: 1

## Hard-Boiled Egg and Avocado

### Ingredients:

- 1 large hard-boiled egg, chopped
- ¼ avocado, diced
- 1 tsp olive oil
- Salt and pepper to taste

### Instructions:

- Combine chopped egg and avocado in a small bowl.
- Drizzle with olive oil, season with salt and pepper, and serve.

## Cheese and Crackers

### Ingredients:

- 4 whole-grain crackers
- 1 oz cheddar cheese, sliced

### Instructions:

- Arrange crackers and cheese slices on a plate.
- Serve as an easy snack.

# GROCERY LIST

## Breakfasts

### **Banana and Peanut Butter Oatmeal**

- Rolled oats: 1 small bag (you'll use ½ cup)
- Unsweetened almond milk: 1 small carton (you'll use 1 cup)
- Banana: 1 (you'll use ½)
- Peanut butter: 1 small jar (you'll use 1 tbsp)
- Vanilla protein powder: 1 small tub (you'll use 1 serving)

### **Berry Protein Smoothie Bowl**

- Frozen mixed berries: 1 small bag (you'll use ½ cup)
- Banana: 1 (you'll use ½)
- Vanilla protein powder: 1 small tub (you'll use 1 serving)
- Unsweetened almond milk: 1 small carton (you'll use ½ cup)
- Granola: 1 small bag (you'll use ¼ cup)

### **Sweet Potato and Black Bean Breakfast Hash**

- Sweet potato: 1 small (you'll use ½ cup diced)
- Black beans: 1 small can (you'll use ¼ cup)
- Eggs: 1 dozen (you'll use 2)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Paprika: 1 small jar (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

### **Greek Yogurt Parfait with Quinoa**

- Plain Greek yogurt: 1 small tub (you'll use ½ cup)
- Cooked quinoa: 1 small bag (you'll use ½ cup)
- Fresh blueberries or mixed berries: 1 small carton (you'll use ¼ cup)
- Honey: 1 small jar (you'll use 1 tsp)

### **Cottage Cheese and Berry Toast**

- Whole-grain bread: 1 loaf (you'll use 1 slice)
- Low-fat cottage cheese: 1 small tub (you'll use ½ cup)
- Fresh mixed berries (e.g., blueberries, raspberries): 1 small carton (you'll use ¼ cup)



# GROCERY LIST

## Lunches

### **Grilled Chicken Salad with Lemon Vinaigrette**

- Chicken breast: 4 oz
- Mixed greens: 2 cups
- Cherry tomatoes: ½ cup
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Lemon: 1 small (you'll use 1 tsp juice)
- Salt: 1 small container
- Pepper: 1 small container

### **Lentil and Arugula Salad**

- Lentils: 1 small bag
- Arugula: 1 small bag (you'll use 1 cup)
- Cucumber: 1 small (you'll use ¼ cup diced)
- Crumbled feta cheese: 1 small tub (you'll use 2 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Balsamic vinegar: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

### **Stuffed Bell Peppers with Ground Turkey and Rice**

- Bell peppers: 1 medium
- Ground turkey: 4 oz
- Brown rice: 1 small bag
- Onion: 1 small (you'll use ¼ cup diced)
- Diced tomatoes (canned or fresh): 1 small can (you'll use ¼ cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Garlic powder: 1 small jar (you'll use 1 tsp)
- Dried oregano: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container
- Pepper: 1 small container

### **Quinoa and Roasted Veggie Bowl with Chickpeas**

- Quinoa: 1 small bag
- Mixed vegetables for roasting (e.g., zucchini, bell peppers, carrots): 1 small bag (you'll use ½ cup)
- Canned chickpeas: 1 small can (you'll use ¼ cup)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Balsamic vinegar: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

### **Chickpea and Spinach Salad**

- Canned chickpeas: 1 small can (you'll use ½ cup)
- Fresh spinach: 1 small bag (you'll use 1 cup)
- Crumbled feta cheese: 1 small tub (you'll use 2 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Lemon: 1 small (you'll use 1 tsp juice)
- Salt: 1 small container
- Pepper: 1 small container

# GROCERY LIST

## Dinners

### **Lemon Herb Chicken with Quinoa Pilaf**

- Chicken breast: 4 oz
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Lemon: 1 small (you'll use 1 tsp zest)
- Minced garlic: 1 small jar (you'll use 1 tsp)
- Dried oregano: 1 small jar (you'll use ½ tsp)
- Quinoa: 1 small bag (you'll use ½ cup)
- Onion: 1 small (you'll use ½ cup diced)
- Carrot: 1 small (you'll use ¼ cup diced)
- Celery: 1 small stalk (you'll use ¼ cup diced)
- Chicken broth: 1 small carton (you'll use 1 cup)
- Salt: 1 small container
- Pepper: 1 small container

### **Garlic Butter Shrimp with Steamed Asparagus**

- Shrimp: 4 oz (peeled and deveined)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Minced garlic: 1 small jar (you'll use 1 tsp)
- Unsalted butter: 1 small stick (you'll use 1 tsp)
- Asparagus: 1 small bunch (you'll use 1 cup spears)
- Salt: 1 small container
- Pepper: 1 small container

### **Veggie-Packed Eggplant Bake**

- Eggplant: 1 small (you'll slice into rounds)
- Ground turkey: 4 oz
- Zucchini: 1 small (you'll use ½ cup diced)
- Tomatoes: 1 small (you'll use ½ cup diced)
- Shredded mozzarella cheese: 1 small bag (you'll use 2 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Italian seasoning: 1 small jar (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

### **Beef and Vegetable Stir-Fry with Ginger Soy Sauce**

- Flank steak: 4 oz (thinly sliced)
- Mixed stir-fry vegetables (e.g., 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)
- Minced garlic: 1 small jar (you'll use 1 tsp)
- Ginger root: 1 small piece (you'll use 1 tsp grated)
- Cornstarch (optional): 1 small box (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

### **Baked Salmon with Dill and Roasted Vegetables**

- Salmon fillet: 4 oz
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Dried dill: 1 small jar (you'll use ½ tsp)
- Mixed vegetables (e.g., zucchini, cherry tomatoes, red onion): 1 small bag (you'll use 1 cup)
- Garlic powder: 1 small jar (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container



# GROCERY LIST

## Snacks

### **Bell Pepper Strips with Tahini Drizzle**

- Bell pepper: 1 small
- Tahini: 1 small jar
- Lemon: 1 small (optional, you'll use 1 tsp juice)

### **Almond Ants on a Log**

- Celery: 3 sticks
- Almond butter: 1 small jar (you'll use 1 tbsp)
- Raisins: 1 small bag (you'll use 1 tbsp)

### **Hard-Boiled Egg and Avocado Bowl**

- Eggs: 1 dozen (you'll use 1)
- Avocado: 1 small (you'll use ¼)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

### **Cheese and Crackers**

- Whole-grain crackers: 1 small box (you'll use 4 crackers)
- Cheddar cheese: 1 small block (you'll use 1 oz)

### **Mini Greek Salad Cups**

- Cucumber: 1 small (you'll use ½ cup diced)
- Cherry tomatoes: 1 small carton (you'll use ½ cup halved)
- Bell pepper: 1 small (you'll use ¼ cup diced)
- Crumbled feta cheese: 1 small tub (you'll use 2 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Lemon: 1 small (you'll use 1 tsp juice)
- Dried oregano: 1 small jar (you'll use ½ tsp)