



April

WEEK 1 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				

A glass jar filled with a light-colored smoothie, topped with a green straw and a white ribbon tied around the neck. The jar sits on a light wooden surface. In the background, there are blurred fresh ingredients including ginger root and green mint leaves. The word "Breakfast" is written in a large, black, serif font with a white outline, centered over the jar.

Breakfast

Savory Cottage Cheese & Veggie Toast

Ingredients:

- 1 slice whole-grain bread, toasted
- ½ cup cottage cheese
- ¼ cup cherry tomatoes, halved
- ¼ avocado, sliced
- 1 tbsp chopped fresh basil
- Salt & pepper to taste



Instructions:

1. Toast the slice of bread.
2. Spread cottage cheese over the toast.
3. Layer with cherry tomatoes and avocado.
4. Sprinkle with chopped basil, salt, and pepper

Servings: 1

Spiced Pear Smoothie

Ingredients:

- 1 ripe pear, chopped and cored
- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- 1 tbsp almond butter
- ½ tsp ground cinnamon
- Ice cubes (optional)

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

Servings: 1



Egg & Veggie Breakfast Quesadilla

Ingredients:

- 1 whole wheat tortilla
- 1 egg, scrambled
- ¼ cup diced bell pepper
- 2 tbsp shredded cheddar cheese
- 1 tsp olive oil



Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Sauté bell peppers for 2–3 minutes until soft.
3. Add egg to the pan and scramble.
4. Place egg and veggies on half of the tortilla, top with cheese, and fold.
5. Toast quesadilla in the skillet for 2–3 minutes per side until golden.

Servings: 1

Apple Pie Overnight Oats

Ingredients:

- ½ cup rolled oats
- ½ apple, chopped
- 1 tsp chia seeds
- ½ tsp cinnamon
- 1 cup almond milk
- 1 tsp maple syrup (optional)



Instructions:

1. Add oats, apple, chia seeds, cinnamon, almond milk, and maple syrup to a jar or container.
2. Stir well to combine.
3. Cover and refrigerate overnight (or at least 4 hours).
4. Enjoy cold or warm the next morning.

Servings: 1

Veggie-Packed Frittata Muffins

Ingredients:

- 4 eggs
- ¼ cup milk of choice
- ¼ cup chopped spinach
- ¼ cup shredded zucchini (squeezed dry)
- ¼ cup diced mushrooms
- ¼ cup diced tomato
- ¼ cup shredded cheese (cheddar or mozzarella)
- Salt & pepper to taste
- Olive oil spray

Instructions:

1. Preheat oven to 350°F and grease a muffin tin with olive oil spray.
2. In a bowl, whisk together eggs and milk.
3. Stir in spinach, zucchini, mushrooms, tomato, shredded cheese, salt, and pepper.
4. Divide the mixture evenly into 6 muffin cups.
5. Bake for 18–20 minutes, until the centers are set.
6. Let cool for 5 minutes before serving.

Servings: Makes 6 muffins (2 per serving)





Lunch

Chicken Caprese Sandwich

Ingredients:

- 2 slices whole-grain or sourdough bread
- 3 oz cooked chicken breast, sliced
- 2 slices tomato
- 2 slices fresh mozzarella
- 2-3 fresh basil leaves
- 1 tsp balsamic glaze
- 1 tsp olive oil



Instructions:

1. Drizzle olive oil on one slice of bread and balsamic glaze on the other.
2. Layer chicken, mozzarella, tomato, and basil between slices.
3. Optional: Toast in a pan over medium heat for 2-3 minutes per side until golden and melty.

Servings: 1

Green Goddess Salad

Ingredients:

- 2 cups chopped romaine or butter lettuce
- ½ avocado, diced
- ¼ cup sliced cucumber
- ¼ cup shredded carrots
- ¼ cup diced tomato
- ¼ cup chopped green bell pepper
- 2 tbsp chopped green onion
- 1 tbsp chopped fresh parsley or dill
- 1 tbsp unsalted sunflower seeds
- 2 tbsp light green goddess dressing (or Greek yogurt-based version)



Instructions:

1. Combine all veggies, avocado, herbs, and sunflower seeds in a large bowl.
2. Drizzle with dressing and toss to coat.

Servings: 1

Lentil & Roasted Veggie Bowl

Ingredients:

- ¾ cup cooked lentils
- ¼ cup roasted sweet potato cubes
- ¼ cup roasted cauliflower florets
- 1 tbsp crumbled feta
- 1 tbsp tahini or hummus
- 1 tsp lemon juice
- 1 tbsp chopped walnuts
- Salt & pepper to taste



Instructions:

1. Roast sweet potato and cauliflower at 400°F for 20–25 minutes, flipping halfway.
2. In a bowl, layer lentils, roasted veggies, feta, and walnuts.
3. Drizzle with tahini and lemon juice.
4. Sprinkle with salt and pepper to taste.

Servings: 1

Turkey Hummus Veggie Wrap

Ingredients:

- 1 whole-grain wrap
- 3 slices deli turkey
- 2 tbsp hummus
- ¼ cup shredded carrots
- ¼ cup cucumber slices
- 1 handful baby spinach
- 2 tbsp crumbled feta cheese
- 2 tbsp diced avocado
- 1 small apple (on the side)



Instructions:

1. Spread hummus over the whole grain wrap.
2. Layer with turkey, spinach, carrots, cucumber, avocado, and feta.
3. Roll tightly and slice in half.
4. Serve with a small apple on the side.

Servings: 1



Quinoa Taco Bowl with Avocado Lime Crema

Ingredients

- ½ cup cooked quinoa
- ¼ cup canned black beans, rinsed and drained
- ¼ cup corn (fresh, frozen, or canned)
- ¼ cup diced bell pepper
- ¼ cup cherry tomatoes, halved
- 1 tbsp shredded cheddar cheese
- ¼ avocado
- 2 tbsp Greek yogurt
- 1 tsp lime juice
- ½ tsp cumin
- ½ tsp chili powder
- 1 tsp olive oil
- Salt & pepper to taste

Instructions:

1. Heat olive oil in a skillet. Sauté corn, bell pepper, and black beans with cumin, chili powder, salt, and pepper for 5–6 minutes.
2. In a small blender or bowl, mash avocado with Greek yogurt and lime juice to make the crema.
3. In a bowl, layer quinoa, sautéed veggies, cherry tomatoes, and cheese.
4. Drizzle avocado lime crema on top and serve.

Servings: 1

A close-up photograph of a plate of pasta. The pasta is a short, spiral-shaped variety, likely fusilli, and is coated in a light-colored sauce. It is garnished with fresh green peas and finely chopped green herbs. A sprig of rosemary is placed on top of the pasta. The plate is white with a dark, rustic-style rim. A silver fork is visible on the right side of the plate. In the bottom left corner, there is a small white dish containing fresh green herbs. The background is a light-colored, textured surface, possibly a countertop. The word "Dinner" is overlaid in the center of the image in a large, white, serif font with a black outline.

Dinner



Copycat Turkey Bravo Sandwich

Ingredients:

- 2 slices whole grain bread
- 3 slices turkey breast
- 2 slices cooked turkey bacon
- 1 slice tomato
- 1 slice cheddar cheese
- 1 leaf romaine lettuce
- Bravo sauce

For the Bravo Sauce:

- 1 tbsp light mayo
- 1 tsp Greek yogurt
- ½ tsp ketchup
- ¼ tsp honey
- ¼ tsp lemon juice
- ⅛ tsp sriracha
- ⅛ tsp Dijon mustard
- Dash Worcestershire sauce

Instructions:

1. In a small bowl, mix all sauce ingredients until smooth.
2. Toast the bread slices if desired.
3. Spread bravo sauce on one or both slices.
4. Layer with lettuce, tomato, turkey, turkey bacon, and cheddar cheese.
5. Top with the second slice of bread and enjoy.

Servings: 1

Creamy Chicken Pesto Pasta

Ingredients:

- ½ cup whole wheat penne pasta
- 4 oz cooked chicken breast, chopped
- 1 tbsp basil pesto
- ¼ cup Greek yogurt
- 1 cup fresh spinach
- 1 tbsp grated Parmesan cheese
- 1 tsp olive oil
- Salt & pepper to taste



Instructions:

1. Cook pasta according to package directions. Drain and set aside.
2. In a skillet, heat olive oil over medium heat. Add spinach and sauté for 2 minutes until wilted.
3. Stir in cooked chicken, pesto, and Greek yogurt. Simmer for 2–3 minutes.
4. Add pasta to the pan and toss everything together.
5. Sprinkle with Parmesan before serving.

Servings: 1

Teriyaki Salmon with Brown Rice and Snap Peas

Ingredients:

- 1 salmon fillet (4–6 oz)
- 1 tbsp low-sodium teriyaki sauce
- ½ cup cooked brown rice
- ½ cup snap peas
- 1 tsp olive oil
- 1 clove garlic, minced
- ½ tsp sesame seeds (optional)



Instructions:

1. Preheat oven to 375°F. Place salmon on a lined baking sheet and brush with teriyaki sauce.
2. Bake salmon for 12–15 minutes, until it flakes easily with a fork.
3. Meanwhile, heat olive oil in a pan and sauté snap peas with minced garlic for 3–4 minutes.
4. Serve salmon with brown rice and sautéed snap peas. Top with sesame seeds if using.

Servings: 1

Balsamic Chicken with Roasted Veggies

Ingredients:

- 1 small boneless, skinless chicken breast (4-5 oz)
- ½ cup broccoli florets
- ½ cup diced zucchini
- ½ cup diced sweet potato
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- Salt & pepper to taste

Instructions:

1. In a bowl, whisk together balsamic vinegar, olive oil, Dijon mustard, garlic, salt, and pepper.
2. Place chicken in the marinade for at least 15 minutes (or overnight if prepping ahead).
3. Preheat oven to 400°F. Toss veggies in olive oil, salt, and pepper. Spread on a baking sheet.
4. Add marinated chicken to the sheet and roast everything for 25 minutes, flipping halfway.
5. Serve warm.

Servings: 1



One-Pot Turkey & White Bean Skillet

Ingredients:

- 4 oz ground turkey
- ½ cup canned white beans, drained and rinsed
- ¼ cup diced onion
- ¼ cup diced bell pepper
- 1 clove garlic, minced
- ½ tsp dried Italian seasoning
- ½ tsp smoked paprika
- ¼ cup crushed tomatoes
- 1 tsp olive oil
- Salt & pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add onion, bell pepper, and garlic. Cook for 3–4 minutes.
2. Add ground turkey and cook until browned.
3. Stir in white beans, crushed tomatoes, and seasonings.
4. Simmer for 10 minutes, stirring occasionally, until everything is heated through and flavors combine.
5. Serve warm on its own, or with whole grain toast, brown rice, or a simple salad.

Servings: 1



A top-down view of a terracotta-colored bowl filled with several round, golden-brown energy balls. The balls are densely packed with visible ingredients like almonds, sesame seeds, and flaxseeds. The bowl has a subtle geometric pattern on its interior. The background is a light, neutral-toned surface.

Snacks

Greek Yogurt & Berry Parfait

Ingredients:

- ½ cup plain Greek yogurt
- ¼ cup mixed berries
- 1 tbsp granola

Instructions:

1. Spoon Greek yogurt into a small bowl or jar.
2. Top with berries and granola.
3. Enjoy immediately or chill until ready to eat.

Makes 1 serving.

Apple Nachos with Almond Butter & Coconut

Ingredients:

- 1 apple, thinly sliced
- 1 tbsp almond butter
- 1 tsp shredded unsweetened coconut
- 1 tsp mini dark chocolate chips (optional)

Instructions:

1. Arrange apple slices on a plate.
2. Drizzle with almond butter.
3. Sprinkle with coconut and chocolate chips.

Makes 1 serving.

Roasted Chickpeas

Ingredients:

- ½ cup canned chickpeas, drained and rinsed
- 1 tsp olive oil
- ¼ tsp smoked paprika
- ¼ tsp garlic powder
- Pinch of sea salt

Instructions:

1. Preheat oven to 400°F.
2. Toss chickpeas with olive oil, paprika, garlic powder, and salt.
3. Spread on a baking sheet and roast for 25–30 minutes, shaking halfway through.
4. Let cool before serving for extra crunch.

Makes 1 serving.

Mini Bell Peppers with Herbed Cream Cheese

Ingredients:

- 3 mini bell peppers, halved and seeded
- 2 tbsp whipped or light cream cheese
- 1 tsp chopped fresh parsley or chives
- Dash of everything bagel seasoning (optional)

Instructions:

1. Mix cream cheese with chopped herbs.
2. Fill each pepper half with the herbed cream cheese.
3. Sprinkle with everything bagel seasoning if using.

Makes 1 serving.

Chocolate Peanut Butter Protein Bites

Ingredients:

- 1 cup rolled oats
- 2 tbsp peanut butter
- 1 tbsp honey or maple syrup
- 1 scoop chocolate protein powder
- 1 tbsp mini chocolate chips (optional)
- ½ tsp vanilla extract
- 1 tbsp water (as needed to bind)

Instructions:

1. Mix oats, peanut butter, honey, protein powder, chocolate chips, and vanilla in a bowl.
2. Add water a little at a time until the mixture holds together.
3. Roll into small balls (about 1 inch).
4. Chill in the fridge for at least 30 minutes before serving.

Makes 6 protein bites (2-3 per serving).



GROCERY LIST

Breakfasts

Savory Cottage Cheese & Veggie Toast

- Whole-grain bread: 1 loaf (you'll use 1 slice)
- Cottage cheese: 1 small tub (you'll use ½ cup)
- Cherry tomatoes: 1 small container (you'll use ¼ cup)
- Avocado: 1 medium (you'll use ¼)
- Fresh basil: 1 small bunch (you'll use 1 tbsp)
- Salt: 1 small container
- Pepper: 1 small container

Spiced Pear Smoothie

- Pears: 1 ripe
- Vanilla protein powder: 1 container (you'll use 1 scoop)
- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Almond butter: 1 small jar (you'll use 1 tbsp)
- Ground cinnamon: 1 small jar (you'll use ½ tsp)
- Ice cubes: Optional

Egg & Veggie Breakfast Quesadilla

- Whole wheat tortillas: 1 pack (you'll use 1)
- Eggs: 1 dozen (you'll use 1)
- Bell peppers: 1 medium (you'll use ¼ cup diced)
- Shredded cheddar cheese: 1 small bag (you'll use 2 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)

Apple Pie Overnight Oats

- Rolled oats: 1 small bag (you'll use ½ cup)
- Apple: 1 medium (you'll use ½)
- Chia seeds: 1 small bag (you'll use 1 tsp)
- Ground cinnamon: 1 small jar (you'll use ½ tsp)
- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Maple syrup: 1 small jar (optional, you'll use 1 tsp)

Veggie-Packed Frittata Muffins

- Eggs: 1 dozen (you'll use 4)
- Milk of choice: 1 small carton (you'll use ¼ cup)
- Fresh spinach: 1 small bag (you'll use ¼ cup, chopped)
- Zucchini: 1 small (you'll use ¼ cup, shredded and squeezed dry)
- Mushrooms: 1 small container (you'll use ¼ cup, diced)
- Tomato: 1 medium (you'll use ¼ cup, diced)
- Shredded cheese (cheddar or mozzarella): 1 small bag (you'll use ¼ cup)
- Salt: 1 small container
- Pepper: 1 small container
- Olive oil spray: 1 can

GROCERY LIST

Lunches

Chicken Caprese Sandwich

- Whole-grain or sourdough bread: 1 small loaf (you'll use 2 slices)
- Cooked chicken breast: 1 small pack (you'll use 3 oz)
- Tomato: 1 medium (you'll use 2 slices)
- Fresh mozzarella: 1 small pack (you'll use 2 slices)
- Fresh basil: 1 small bunch (you'll use 2-3 leaves)
- Balsamic glaze: 1 small bottle (you'll use 1 tsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)

Green Goddess Salad

- Romaine or butter lettuce: 1 small head or bag (you'll use 2 cups)
- Avocado: 1 medium (you'll use ½)
- Cucumber: 1 medium (you'll use ¼ cup sliced)
- Shredded carrots: 1 small bag (you'll use ¼ cup)
- Tomato: 1 medium (you'll use ¼ cup diced)
- Green bell pepper: 1 medium (you'll use ¼ cup chopped)
- Green onions: 1 small bunch (you'll use 2 tbsp chopped)
- Fresh parsley or dill: 1 small bunch (you'll use 1 tbsp chopped)
- Unsalted sunflower seeds: 1 small bag (you'll use 1 tbsp)
- Light green goddess dressing (or Greek yogurt-based version): 1 small bottle

Lentil & Roasted Veggie Bowl

- Cooked lentils: 1 small pack (you'll use ¾ cup)
- Sweet potato: 1 medium (you'll use ¼ cup cubed)
- Cauliflower: 1 small head or bag of florets (you'll use ¼ cup)
- Feta cheese: 1 small container (you'll use 1 tbsp crumbled)
- Tahini or hummus: 1 small container (you'll use 1 tbsp)
- Lemon: 1 (you'll use 1 tsp juice)
- Chopped walnuts: 1 small bag (you'll use 1 tbsp)
- Salt: 1 small container
- Black pepper: 1 small container

Turkey Hummus Veggie Wrap

- Whole-grain wraps: 1 pack (you'll use 1)
- Deli turkey slices: 1 small pack (you'll use 3 slices)
- Hummus: 1 small tub (you'll use 2 tbsp)
- Shredded carrots: 1 small bag (you'll use ¼ cup)
- Cucumber: 1 medium (you'll use ¼ cup sliced)
- Baby spinach: 1 small bag (you'll use 1 handful)
- Feta cheese: 1 small container (you'll use 2 tbsp crumbled)
- Avocado: 1 medium (you'll use 2 tbsp diced)
- Apple: 1 medium (you'll use 1)

GROCERY LIST

Lunches

Quinoa Taco Bowl with Avocado Lime Crema

- Quinoa: 1 small bag (you'll cook $\frac{1}{2}$ cup)
- Black beans (canned): 1 small can (you'll use $\frac{1}{4}$ cup)
- Corn (fresh, canned, or frozen): 1 small container (you'll use $\frac{1}{4}$ cup)
- Bell pepper: 1 medium (you'll use $\frac{1}{4}$ cup diced)
- Cherry tomatoes: 1 small container (you'll use $\frac{1}{4}$ cup)
- Shredded cheddar cheese: 1 small bag (you'll use 1 tbsp)
- Avocado: 1 medium (you'll use $\frac{1}{4}$)
- Greek yogurt: 1 small tub (you'll use 2 tbsp)
- Lime: 1 (you'll use 1 tsp juice)
- Cumin: 1 small jar (you'll use $\frac{1}{2}$ tsp)
- Chili powder: 1 small jar (you'll use $\frac{1}{2}$ tsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

GROCERY LIST

Dinners

Copycat Turkey Bravo Sandwich

- Whole grain bread: 1 small loaf (you'll use 2 slices)
- Turkey breast: 1 small pack (you'll use 3 slices)
- Turkey bacon: 1 small pack (you'll use 2 slices)
- Tomato: 1 medium (you'll use 1 slice)
- Cheddar cheese: 1 small pack (you'll use 1 slice)
- Romaine lettuce: 1 small head (you'll use 1 leaf)
- Light mayo: 1 small jar (you'll use 1 tbsp)
- Greek yogurt: 1 small tub (you'll use 1 tsp)
- Ketchup: 1 small bottle (you'll use ½ tsp)
- Honey: 1 small jar (you'll use ¼ tsp)
- Lemon: 1 (you'll use ¼ tsp juice)
- Sriracha: 1 small bottle (you'll use ⅛ tsp)
- Dijon mustard: 1 small jar (you'll use ⅛ tsp)
- Worcestershire sauce: 1 small bottle (you'll use a dash)

Balsamic Chicken with Roasted Veggies

- Chicken breast (boneless, skinless): 1 small (4–5 oz)
- Broccoli florets: 1 small bag (you'll use ½ cup)
- Zucchini: 1 medium (you'll use ½ cup diced)
- Sweet potato: 1 medium (you'll use ½ cup diced)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Balsamic vinegar: 1 small bottle (you'll use 1 tbsp)
- Dijon mustard: 1 small jar (you'll use 1 tsp)
- Garlic: 1 small bulb (you'll use 1 clove, minced)
- Salt: 1 small container
- Black pepper: 1 small container

Creamy Chicken Pesto Pasta

- Whole wheat penne pasta: 1 small box (you'll use ½ cup)
- Cooked chicken breast: 1 small pack (you'll use 4 oz)
- Basil pesto: 1 small jar (you'll use 1 tbsp)
- Greek yogurt: 1 small tub (you'll use ¼ cup)
- Fresh spinach: 1 small bag (you'll use 1 cup)
- Parmesan cheese: 1 small container (you'll use 1 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Black pepper: 1 small container

GROCERY LIST

Dinners

Teriyaki Salmon with Brown Rice and Snap Peas

- Salmon fillet: 1 (4–6 oz)
- Low-sodium teriyaki sauce: 1 small bottle (you'll use 1 tbsp)
- Brown rice: 1 small bag (you'll use ½ cup cooked)
- Snap peas: 1 small bag (you'll use ½ cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Garlic: 1 small bulb (you'll use 1 clove, minced)
- Sesame seeds: 1 small jar (optional, you'll use ½ tsp)

One-Pot Turkey & White Bean Skillet

- Ground turkey: 1 small pack (you'll use 4 oz)
- White beans (canned): 1 small can (you'll use ½ cup)
- Onion: 1 small (you'll use ¼ cup diced)
- Bell pepper: 1 medium (you'll use ¼ cup diced)
- Garlic: 1 small bulb (you'll use 1 clove, minced)
- Dried Italian seasoning: 1 small jar (you'll use ½ tsp)
- Smoked paprika: 1 small jar (you'll use ½ tsp)
- Crushed tomatoes: 1 small can (you'll use ¼ cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Black pepper: 1 small container

GROCERY LIST

Snacks

Greek Yogurt & Berry Parfait

- Plain Greek yogurt: 1 small tub (you'll use ½ cup)
- Mixed berries (fresh or frozen): 1 small container (you'll use ¼ cup)
- Granola: 1 small bag or box (you'll use 1 tbsp)

Apple Nachos with Almond Butter & Coconut

- Apples: 1 medium (you'll use 1)
- Almond butter: 1 small jar (you'll use 1 tbsp)
- Shredded unsweetened coconut: 1 small bag (you'll use 1 tsp)
- Mini dark chocolate chips (optional): 1 small bag (you'll use 1 tsp)

Roasted Chickpeas

- Canned chickpeas: 1 small can (you'll use ½ cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Smoked paprika: 1 small jar (you'll use ¼ tsp)
- Garlic powder: 1 small jar (you'll use ¼ tsp)
- Sea salt: 1 small container (you'll use a pinch)

Mini Bell Peppers with Herbed Cream Cheese

- Mini bell peppers: 1 small bag (you'll use 3)
- Whipped or light cream cheese: 1 small tub (you'll use 2 tbsp)
- Fresh parsley or chives: 1 small bunch (you'll use 1 tsp chopped)
- Everything bagel seasoning (optional): 1 small jar (you'll use a dash)

Chocolate Peanut Butter Protein Bites

- Rolled oats: 1 small bag (you'll use 1 cup)
- Peanut butter: 1 small jar (you'll use 2 tbsp)
- Honey or maple syrup: 1 small jar (you'll use 1 tbsp)
- Chocolate protein powder: 1 container (you'll use 1 scoop)
- Mini chocolate chips (optional): 1 small bag (you'll use 1 tbsp)
- Vanilla extract: 1 small bottle (you'll use ½ tsp)
- Water: as needed (you'll use 1 tbsp or less)