

A top-down view of a white bowl filled with a fresh salad. The salad includes a mix of green leafy vegetables, several whole cherry tomatoes in red and yellow, a generous portion of light-colored chickpeas, and a neat row of sliced avocado at the bottom. The text 'April' is overlaid in a large, black, serif font with a white outline, and 'WEEK 2 MEAL PLAN' is written below it in a smaller, black, sans-serif font.

April

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				

A top-down view of a breakfast spread on a light-colored, textured surface. In the foreground, a white bowl is filled with granola, sliced strawberries, banana slices, blueberries, and kiwi slices. To the upper left, another white bowl contains a large quantity of blueberries and a few kiwi slices. To the right, a single strawberry sits on a folded white napkin, with a few more blueberries nearby. A gold-colored spoon is visible in the bottom right corner. The word "Breakfast" is centered over the image in a large, black, serif font with a white outline.

Breakfast

Berry Yogurt Bowl

Ingredients:

- ½ cup plain Greek yogurt
- ¼ cup fresh or frozen mixed berries
- 1 tsp chia seeds
- 1 tbsp sliced almonds
- 1 tsp honey (optional)



Instructions:

1. Scoop Greek yogurt into a bowl.
2. Top with berries, chia seeds, and sliced almonds.
3. Drizzle with honey if desired.

Servings: 1

Blender Pancakes

Ingredients:

- ½ cup rolled oats
- ½ banana
- 1 egg
- ¼ cup Greek yogurt
- ½ tsp vanilla extract
- ¼ tsp cinnamon
- ½ tsp baking powder
- Cooking spray or olive oil



Instructions:

1. Add all ingredients to a blender and blend until smooth.
2. Heat a non-stick pan over medium heat and coat with cooking spray.
3. Pour batter to form small pancakes and cook 2–3 minutes per side.
4. Serve warm with fruit or a drizzle of maple syrup.

Servings: Makes 4 small pancakes (1 serving)

Veggie Egg White Omelet

Ingredients:

- 4 egg whites
- ¼ cup chopped spinach
- ¼ cup diced tomatoes
- ¼ cup diced bell pepper
- 1 tbsp shredded mozzarella cheese
- Salt & pepper to taste
- Olive oil spray



Instructions:

1. Spray a small skillet with olive oil and heat over medium.
2. Sauté spinach, tomatoes, and bell pepper for 2–3 minutes.
3. Pour in egg whites and season with salt and pepper.
4. Cook until set, then fold in half. Add shredded mozzarella before folding if desired.

Servings: 1

Tropical Protein Smoothie

Ingredients:

- ½ cup frozen mango
- ½ cup frozen pineapple
- ½ banana
- 1 scoop vanilla protein powder
- ¾ cup unsweetened coconut milk (or almond milk)
- 1 tbsp shredded coconut (optional)



Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Top with shredded coconut if desired.

Servings: 1

Sweet Potato Breakfast Hash with Eggs

Ingredients:

- 1 small sweet potato, diced
- 2 eggs
- ¼ cup diced onion
- ¼ cup diced green bell pepper
- ¼ cup diced zucchini
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt & pepper to taste
- Optional: 1 tbsp shredded cheddar

Instructions:

1. Heat olive oil in a skillet over medium heat. Add sweet potatoes and cook for 5–6 minutes.
2. Stir in onion, zucchini, bell pepper, and garlic. Cook for another 5–7 minutes until veggies are soft.
3. In a separate pan, cook eggs to your liking (fried or scrambled).
4. Serve hash topped with eggs and optional cheese.

Servings: 1



A top-down view of a white bowl filled with a Greek salad. The salad consists of sliced cucumbers, halved cherry tomatoes, sliced red onions, black olives, and chunks of white feta cheese. The ingredients are mixed together on a bed of green lettuce. The word "Lunch" is written in a large, white, serif font across the center of the bowl.

Lunch

Egg Salad Sandwich

Ingredients:

- 2 hard-boiled eggs, chopped
- 1 tbsp plain Greek yogurt
- 1 tsp Dijon mustard
- Salt & pepper to taste
- 2 slices whole grain bread
- 1 leaf romaine lettuce
- 1 slice tomato
- ½ cup baby carrots (on the side)



Instructions:

1. In a bowl, mash eggs with Greek yogurt, Dijon mustard, salt, and pepper.
2. Toast bread if desired.
3. Layer lettuce and tomato on one slice of bread.
4. Add egg salad and top with the second slice.
5. Serve with baby carrots on the side.

Servings: 1

Hearty Kale & Tuna Salad

Ingredients:

- cups chopped kale
- ½ can tuna (in water), drained
- ¼ cup roasted chickpeas
- ¼ cup shredded carrots
- 2 tbsp sunflower seeds
- 2 tbsp light vinaigrette or lemon-tahini dressing
- Optional: 1 tbsp crumbled goat cheese or feta



Instructions:

1. Massage kale with 1 tbsp dressing until softened (about 1–2 minutes).
2. Top with tuna, shredded carrots, roasted chickpeas, and sunflower seeds.
3. Drizzle with remaining dressing and toss well.
4. Add cheese if using.

Servings: 1

Greek Salad Cottage Cheese Bowl

Ingredients:

- ½ cup low-fat cottage cheese
- ¼ cup chopped cucumber
- ¼ cup chopped tomato
- 2 tbsp sliced black olives
- 2 tbsp crumbled feta cheese
- 1 tbsp chopped red onion
- 1 tsp olive oil
- 1 tsp red wine vinegar
- Salt & pepper to taste



Instructions:

1. In a bowl, add cottage cheese as the base.
2. Top with cucumber, tomato, olives, onion, and feta.
3. Drizzle with olive oil and vinegar.
4. Season with salt and pepper. Serve chilled.

Servings: 1

Copycat Chicken Lettuce Wraps

Ingredients:

- 4 oz ground chicken
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tbsp low-sodium soy sauce
- 1 tsp hoisin sauce
- 1 tsp sesame oil
- 2 tbsp shredded carrots
- 2 tbsp chopped water chestnuts (optional)
- 2 large romaine or butter lettuce leaves



Instructions:

1. Heat sesame oil in a skillet. Sauté garlic and ginger for 1 minute.
2. Add ground chicken and cook until browned.
3. Stir in soy sauce, hoisin, carrots, and water chestnuts. Cook for 2–3 more minutes.
4. Spoon mixture into lettuce leaves and serve.

Servings: 1



Rainbow Buddha Bowl with Tahini Dressing

Ingredients

- ½ cup cooked quinoa
- ¼ cup shredded red cabbage
- ¼ cup roasted sweet potatoes
- ¼ cup cooked chickpeas
- ¼ avocado, sliced
- ¼ cup chopped cucumber
- 1 tbsp tahini
- 1 tsp lemon juice
- 1 tsp olive oil
- Salt & pepper to taste

Instructions:

1. In a bowl, layer quinoa, cabbage, sweet potatoes, chickpeas, cucumber, and avocado.
2. In a small bowl, whisk together tahini, lemon juice, olive oil, salt, and pepper.
3. Drizzle dressing over the bowl and serve.

Servings: 1

A wooden cutting board is filled with several fish tacos. Each taco is made with a soft, white tortilla and filled with a piece of fried fish. The fish is topped with a fresh mango salsa, finely shredded purple cabbage, and fresh cilantro leaves. The board is set on a white tile surface with a blue floral pattern. Several lime wedges are scattered around the board, adding a zesty touch to the presentation.

Dinner



Turkey Meatballs with Marinara & Veggies

Ingredients:

- 4 oz lean ground turkey
- 1 tbsp breadcrumbs
- 1 tbsp grated Parmesan
- ½ tsp Italian seasoning
- 1 clove garlic, minced
- ½ cup marinara sauce
- 1 cup steamed broccoli or zucchini
- 1 tsp olive oil
- Salt & pepper to taste

Instructions:

1. In a bowl, mix turkey, breadcrumbs, Parmesan, garlic, Italian seasoning, salt, and pepper. Form into small meatballs.
2. Heat olive oil in a skillet and brown meatballs on all sides (6–8 minutes total).
3. Add marinara and simmer for 5 minutes.
4. Steam veggies and serve on the side.

Servings: 1

Black Bean Burger with Side Salad

Ingredients:

- ½ cup canned black beans, drained and rinsed
- 2 tbsp breadcrumbs
- 1 tbsp grated onion
- ¼ tsp garlic powder
- ¼ tsp cumin
- Salt & pepper to taste
- 1 whole grain sandwich thin or bun
- Lettuce, tomato, and mustard for topping
- 1 cup mixed greens with vinaigrette



Instructions:

1. Mash black beans in a bowl. Stir in breadcrumbs, onion, garlic powder, cumin, salt, and pepper.
2. Form into a patty and cook in a skillet with olive oil spray, about 3–4 minutes per side.
3. Serve on a bun with toppings and side salad.

Servings: 1

Fish Tacos with Slaw

Ingredients:

- 1 white fish fillet (like cod or tilapia), about 4 oz
- 2 small corn tortillas
- ¼ cup shredded cabbage or slaw mix
- 1 tbsp Greek yogurt
- 1 tsp lime juice
- 1 tsp olive oil
- ¼ tsp cumin
- Salt & pepper to taste



Instructions:

1. In a bowl, mix cabbage with Greek yogurt and lime juice to create the slaw. Set aside.
2. Rub fish with olive oil, cumin, salt, and pepper.
3. Cook fish in a skillet over medium heat for 3–4 minutes per side, or until flaky.
4. Warm tortillas and assemble tacos with fish and slaw.

Servings: 1

Chile-Lime Steak Salad

Ingredients:

- 4 oz flank or skirt steak
- 2 cups mixed greens
- ¼ avocado, sliced
- ¼ cup cherry tomatoes, halved
- 2 tbsp chopped red onion
- 1 tsp olive oil
- 1 tsp lime juice
- ¼ tsp chili powder
- Salt & pepper to taste

Instructions:

1. Season steak with chili powder, salt, and pepper.
2. Grill or pan-sear for 3–4 minutes per side, let rest, then slice thinly.
3. In a bowl, combine mixed greens, avocado, tomatoes, and red onion.
4. Top with sliced steak and drizzle with olive oil and lime juice.

Servings: 1



Stuffed Spaghetti Squash

Ingredients:

- 1 small spaghetti squash
- ¼ cup marinara sauce
- ¼ cup chopped spinach
- ¼ cup diced bell pepper
- ¼ cup cottage cheese or ricotta
- 2 tbsp shredded mozzarella
- 1 tsp olive oil
- 1 clove garlic, minced
- Salt & pepper to taste

Instructions:

1. Preheat oven to 400°F. Cut squash in half, scoop out seeds, and brush with olive oil.
2. Place cut-side down on a baking sheet and roast for 30–40 minutes until tender.
3. Meanwhile, sauté spinach, bell pepper, and garlic for 2–3 minutes.
4. Once squash is cooked, scrape the insides with a fork to create “noodles.”
5. Mix squash with marinara, veggies, cottage cheese, and half the mozzarella.
6. Stuff mixture back into the squash halves, top with remaining cheese, and bake for 5–10 minutes until melted.

Servings: 2



A close-up photograph of a plate of Caprese skewers. Each skewer consists of a cherry tomato, a slice of mozzarella cheese dusted with herbs, and a fresh basil leaf. The skewers are arranged on a white plate. In the background, a glass bowl filled with olive oil is visible, slightly out of focus.

Snacks

Cucumber Hummus Bites

Ingredients:

- ½ cucumber, sliced into ¼-inch rounds
- 2 tbsp hummus
- Pinch of smoked paprika
- ½ tsp chopped fresh dill

Instructions:

1. Arrange cucumber rounds on a plate.
2. Spoon or pipe hummus onto each slice.
3. Sprinkle lightly with smoked paprika and fresh dill.
4. Serve immediately or chill for later.

Makes 1 serving.

Fresh Fruit & Nut Plate

Ingredients:

- ½ apple, sliced
- ¼ cup grapes
- ¼ cup blueberries
- 2 tbsp raw almonds
- 1 tbsp walnuts

Instructions:

1. Arrange apple slices, grapes, and blueberries on a plate.
2. Add almonds and walnuts on the side.
3. Enjoy fresh as a well-balanced, filling snack.

Makes 1 serving.

Dark Chocolate Dipped Banana Bites

Ingredients:

- 1 banana, sliced into rounds
- ¼ cup dark chocolate chips
- ½ tsp coconut oil
- 1 tsp chopped peanuts, almonds, or pumpkin seeds

Instructions:

1. Line a plate with parchment paper.
2. Melt chocolate chips and coconut oil in the microwave in 20-second bursts, stirring until smooth.
3. Dip each banana slice halfway into chocolate and place on the parchment.
4. Sprinkle chopped nuts or seeds over the chocolate while still wet.
5. Freeze for 30 minutes or until firm.

Makes 1 serving.

Cherry Tomato, Mozzarella & Basil Skewers

Ingredients:

- 5 cherry tomatoes
- 5 mini mozzarella balls (bocconcini)
- 5 fresh basil leaves
- 1 tsp balsamic glaze
- Salt & pepper to taste

Instructions:

1. Skewer one tomato, one basil leaf, and one mozzarella ball per toothpick.
2. Repeat for all 5 skewers.
3. Drizzle with balsamic glaze and sprinkle lightly with salt and pepper.
4. Serve fresh.

Makes 1 serving.

Baked Zucchini Tots

Ingredients:

- 1 medium zucchini, shredded
- ½ cup breadcrumbs
- 1 egg
- ¼ cup shredded cheddar cheese
- 2 tbsp grated Parmesan
- ½ tsp garlic powder
- Salt & pepper to taste
- Olive oil spray

Instructions:

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Place shredded zucchini in a clean towel and squeeze out as much moisture as possible.
3. In a large bowl, mix zucchini, breadcrumbs, egg, cheeses, garlic powder, salt, and pepper.
4. Form mixture into 12 small tots and place them on the baking sheet.
5. Spray with olive oil and bake for 20–25 minutes, flipping halfway through, until golden and crispy.
6. Let cool slightly before serving or storing.

Makes Makes 12 tots (2 servings)



GROCERY LIST

Breakfasts

Berry Yogurt Bowl

- Plain Greek yogurt: 1 small tub (you'll use ½ cup)
- Mixed berries (fresh or frozen): 1 small container (you'll use ¼ cup)
- Chia seeds: 1 small bag (you'll use 1 tsp)
- Sliced almonds: 1 small bag (you'll use 1 tbsp)
- Honey: 1 small jar (optional, you'll use 1 tsp)

Blender Pancakes

- Rolled oats: 1 small bag (you'll use ½ cup)
- Banana: 1 medium (you'll use ½)
- Eggs: 1 dozen (you'll use 1)
- Plain Greek yogurt: 1 small tub (you'll use ¼ cup)
- Vanilla extract: 1 small bottle (you'll use ½ tsp)
- Ground cinnamon: 1 small jar (you'll use ¼ tsp)
- Baking powder: 1 small container (you'll use ½ tsp)
- Cooking spray or olive oil: 1 small bottle

Veggie Egg White Omelet

- Eggs: 1 dozen (you'll use 4 egg whites)
- Fresh spinach: 1 small bag (you'll use ¼ cup chopped)
- Tomato: 1 medium (you'll use ¼ cup diced)
- Bell pepper: 1 medium (you'll use ¼ cup diced)
- Shredded mozzarella cheese: 1 small bag (you'll use 1 tbsp)
- Salt: 1 small container
- Black pepper: 1 small container
- Olive oil spray: 1 can

Tropical Protein Smoothie

- Frozen mango: 1 small bag (you'll use ½ cup)
- Frozen pineapple: 1 small bag (you'll use ½ cup)
- Banana: 1 medium (you'll use ½)
- Vanilla protein powder: 1 container (you'll use 1 scoop)
- Unsweetened coconut milk (or almond milk): 1 small carton (you'll use ¾ cup)
- Shredded coconut (optional): 1 small bag (you'll use 1 tbsp)

Sweet Potato Breakfast Hash with Eggs

- Sweet potato: 1 medium (you'll use 1 small diced)
- Eggs: 1 dozen (you'll use 2)
- Onion: 1 small (you'll use ¼ cup diced)
- Green bell pepper: 1 medium (you'll use ¼ cup diced)
- Zucchini: 1 small (you'll use ¼ cup diced)
- Garlic: 1 small bulb (you'll use 1 clove, minced)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Salt: 1 small container
- Black pepper: 1 small container
- Shredded cheddar cheese: 1 small bag (you'll use 1 tbsp)

GROCERY LIST

Lunches

Egg Salad Sandwich

- Eggs: 1 dozen (you'll use 2 hard-boiled)
- Plain Greek yogurt: 1 small tub (you'll use 1 tbsp)
- Dijon mustard: 1 small jar (you'll use 1 tsp)
- Salt: 1 small container
- Black pepper: 1 small container
- Whole grain bread: 1 small loaf (you'll use 2 slices)
- Romaine lettuce: 1 small head (you'll use 1 leaf)
- Tomato: 1 medium (you'll use 1 slice)

Hearty Kale & Tuna Salad

- Kale: 1 small bunch or bag (you'll use 2 cups chopped)
- Canned tuna (in water): 1 small can (you'll use ½ can)
- Roasted chickpeas: 1 small bag or make your own (you'll use ¼ cup)
- Shredded carrots: 1 small bag (you'll use ¼ cup)
- Unsalted sunflower seeds: 1 small bag (you'll use 2 tbsp)
- Light vinaigrette or lemon-tahini dressing: 1 small bottle (you'll use 2 tbsp)
- Crumbled goat cheese or feta (optional): 1 small container (you'll use 1 tbsp)

Greek Salad Cottage Cheese Bowl

- Low-fat cottage cheese: 1 small tub (you'll use ½ cup)
- Cucumber: 1 medium (you'll use ¼ cup chopped)
- Tomato: 1 medium (you'll use ¼ cup chopped)
- Sliced black olives: 1 small can or jar (you'll use 2 tbsp)
- Feta cheese: 1 small container (you'll use 2 tbsp crumbled)
- Red onion: 1 small (you'll use 1 tbsp chopped)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Red wine vinegar: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Black pepper: 1 small container

Copypcat Chicken Lettuce Wraps

- Ground chicken: 1 small pack (you'll use 4 oz)
- Garlic: 1 small bulb (you'll use 1 clove minced)
- Fresh ginger: 1 small piece (you'll use 1 tsp minced)
- Low-sodium soy sauce: 1 small bottle (you'll use 1 tbsp)
- Hoisin sauce: 1 small bottle (you'll use 1 tsp)
- Sesame oil: 1 small bottle (you'll use 1 tsp)
- Shredded carrots: 1 small bag (you'll use 2 tbsp)
- Water chestnuts (optional): 1 small can (you'll use 2 tbsp chopped)
- Romaine or butter lettuce: 1 small head (you'll use 2 large leaves)

GROCERY LIST

Lunches

Rainbow Buddha Bowl with Tahini Dressing

- Quinoa: 1 small bag (you'll use ½ cup cooked)
- Red cabbage: 1 small head or bag (you'll use ¼ cup shredded)
- Sweet potato: 1 medium (you'll use ¼ cup roasted)
- Canned chickpeas: 1 small can (you'll use ¼ cup cooked)
- Avocado: 1 medium (you'll use ¼ sliced)
- Cucumber: 1 medium (you'll use ¼ cup chopped)
- Tahini: 1 small jar (you'll use 1 tbsp)
- Lemon: 1 (you'll use 1 tsp juice)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Black pepper: 1 small container

GROCERY LIST

Dinners

Turkey Meatballs with Marinara & Veggies

- Ground turkey (lean): 1 small pack (you'll use 4 oz)
- Breadcrumbs: 1 small container (you'll use 1 tbsp)
- Grated Parmesan cheese: 1 small container (you'll use 1 tbsp)
- Italian seasoning: 1 small jar (you'll use ½ tsp)
- Garlic: 1 small bulb (you'll use 1 clove)
- Marinara sauce: 1 small jar (you'll use ½ cup)
- Broccoli or zucchini: 1 small bag (you'll use 1 cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Black pepper: 1 small container

Black Bean Burger with Side Salad

- Canned black beans: 1 small can (you'll use ½ cup)
- Breadcrumbs: 1 small container (you'll use 2 tbsp)
- Onion: 1 small (you'll use 1 tbsp grated)
- Garlic powder: 1 small jar (you'll use ¼ tsp)
- Ground cumin: 1 small jar (you'll use ¼ tsp)
- Whole grain sandwich thins or buns: 1 pack (you'll use 1)
- Lettuce: 1 small head (you'll use a few leaves)
- Tomato: 1 medium (you'll use 1 slice)
- Mustard: 1 small jar (you'll use 1 tsp)
- Mixed greens: 1 small bag (you'll use 1 cup)
- Vinaigrette dressing: 1 small bottle (you'll use 1–2 tbsp)
- Olive oil spray: 1 can

Fish Tacos with Slaw

- White fish fillet (cod, tilapia, or similar): 1 small (you'll use 4 oz)
- Corn tortillas (small): 1 pack (you'll use 2)
- Shredded cabbage or coleslaw mix: 1 small bag (you'll use ¼ cup)
- Greek yogurt: 1 small tub (you'll use 1 tbsp)
- Lime: 1 (you'll use 1 tsp juice)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Ground cumin: 1 small jar (you'll use ¼ tsp)
- Salt: 1 small container
- Black pepper: 1 small container

GROCERY LIST

Dinners

Chile-Lime Steak Salad

- Flank or skirt steak: 1 small pack (you'll use 4 oz)
- Mixed greens: 1 small bag (you'll use 2 cups)
- Avocado: 1 medium (you'll use ¼)
- Cherry tomatoes: 1 small container (you'll use ¼ cup)
- Red onion: 1 small (you'll use 2 tbsp chopped)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Lime: 1 (you'll use 1 tsp juice)
- Chili powder: 1 small jar (you'll use ¼ tsp)
- Salt: 1 small container
- Black pepper: 1 small container

Stuffed Spaghetti Squash

- Spaghetti squash: 1 small (you'll use 1)
- Marinara sauce: 1 small jar (you'll use ¼ cup)
- Fresh spinach: 1 small bag (you'll use ¼ cup chopped)
- Bell pepper: 1 medium (you'll use ¼ cup diced)
- Cottage cheese or ricotta: 1 small tub (you'll use ¼ cup)
- Shredded mozzarella cheese: 1 small bag (you'll use 2 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Garlic: 1 small bulb (you'll use 1 clove)
- Salt: 1 small container
- Black pepper: 1 small container

GROCERY LIST

Snacks

Cucumber Hummus Bites

- Cucumber: 1 medium (you'll use ½ sliced into rounds)
- Hummus: 1 small tub (you'll use 2 tbsp)
- Smoked paprika: 1 small jar (you'll use a pinch)
- Fresh dill: 1 small bunch (you'll use ½ tsp chopped)

Fresh Fruit & Nut Plate

- Apple: 1 medium (you'll use ½, sliced)
- Red or green grapes: 1 small bunch (you'll use ¼ cup)
- Blueberries: 1 small container (you'll use ¼ cup)
- Raw almonds: 1 small bag (you'll use 2 tbsp)
- Walnuts: 1 small bag (you'll use 1 tbsp)

Dark Chocolate Dipped Banana Bites

- Banana: 1 medium (you'll use 1)
- Dark chocolate chips: 1 small bag (you'll use ¼ cup)
- Coconut oil: 1 small jar (you'll use ½ tsp)
- Chopped peanuts, almonds, or pumpkin seeds: 1 small bag (you'll use 1 tsp)

Cherry Tomato, Mozzarella & Basil Skewers

- Cherry tomatoes: 1 small container (you'll use 5)
- Mini mozzarella balls (bocconcini): 1 small container (you'll use 5)
- Fresh basil: 1 small bunch (you'll use 5 leaves)
- Balsamic glaze: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Black pepper: 1 small container
- Toothpicks or small skewers: 1 pack

Baked Zucchini Tots

- Zucchini: 1 medium (you'll use 1, shredded)
- Breadcrumbs: 1 small container (you'll use ½ cup)
- Egg: 1 dozen (you'll use 1)
- Shredded cheddar cheese: 1 small bag (you'll use ¼ cup)
- Grated Parmesan cheese: 1 small container (you'll use 2 tbsp)
- Garlic powder: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container
- Black pepper: 1 small container
- Olive oil spray: 1 can