

A top-down view of a white bowl filled with a meal. The meal consists of white rice, two large cooked shrimp, and a variety of vegetables including green leafy vegetables, broccoli, sliced carrots, and sliced avocado. A white dressing is drizzled over the vegetables. The bowl is placed on a wooden surface. Overlaid on the center of the image is the word "April" in a large, black, serif font with a white outline. Below it, the text "WEEK 3 MEAL PLAN" is written in a smaller, black, sans-serif font.

April

WEEK 3 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 oatmeal, topped with fresh strawberries, with the word "Breakfast" overlaid in a large, white, serif font. The background is softly blurred, showing more strawberries and a spoon on a light-colored surface.

Breakfast

Pineapple Cucumber Smoothie

Ingredients:

- ½ cup frozen pineapple
- ½ cup chopped cucumber
- ½ banana
- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk or coconut water
- 1 tsp lime juice
- ½ cup ice cubes



Instructions:

1. Add pineapple, cucumber, banana, protein powder, almond milk, lime juice, and ice to a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

Servings: 1

Blueberry Breakfast Cookies

Ingredients:

- 1 cup rolled oats
- ½ cup mashed banana
- ¼ cup natural peanut butter or almond butter
- ¼ cup fresh or frozen blueberries
- 1 tbsp honey or maple syrup
- ½ tsp vanilla extract
- ¼ tsp cinnamon
- Pinch of salt



Instructions:

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. In a bowl, mix mashed banana, nut butter, honey, vanilla, cinnamon, and salt.
3. Stir in oats and gently fold in blueberries.
4. Scoop dough into 6 rounds and flatten slightly.
5. Bake for 12–15 minutes. Let cool before eating.

Servings: Makes 6 cookies (2 per serving)

Easy Breakfast Tacos

Ingredients:

- 2 small corn or whole wheat tortillas
- 2 eggs
- 2 tbsp shredded cheddar cheese
- 2 tbsp salsa
- ¼ avocado, sliced
- Olive oil spray
- Salt & pepper to taste



Instructions:

1. Scramble eggs in a lightly oiled pan until cooked through.
2. Warm tortillas in a skillet or microwave.
3. Divide eggs between tortillas and top with cheese, salsa, and avocado.
4. Season with salt and pepper.

Servings: 1

Strawberry Overnight Oats

Ingredients:

- ½ cup rolled oats
- ½ cup unsweetened almond milk
- ¼ cup diced strawberries
- 1 tbsp chia seeds
- 1 tsp honey or maple syrup
- ½ tsp vanilla extract



Instructions:

1. In a jar or container, mix oats, almond milk, chia seeds, honey, and vanilla extract.
1. Stir in diced strawberries.
2. Cover and refrigerate overnight (or at least 4 hours).
3. Top with additional fresh strawberries before serving.

Servings: 1

High Protein Peanut Butter Waffles

Ingredients:

- 1 scoop vanilla protein powder
- 1 egg
- ¼ cup unsweetened almond milk
- 2 tbsp natural peanut butter
- ¼ cup rolled oats
- ½ tsp baking powder
- ½ tsp cinnamon
- Olive oil spray or melted coconut oil (for waffle iron)

Instructions:

1. Preheat waffle iron and lightly grease with spray or oil.
2. In a blender, combine all ingredients until smooth.
3. Pour batter into waffle iron and cook according to manufacturer instructions (about 3–4 minutes).
4. Serve warm with fresh fruit or a drizzle of extra peanut butter if desired.

Servings: 1 (Makes 1 large waffle or 2 smaller waffles)



A top-down view of a rustic, dark grey ceramic bowl filled with spaghetti. The pasta is garnished with fresh green rosemary sprigs and several pieces of sun-dried tomatoes. A single cherry tomato sits on the right side of the bowl. A silver fork is partially visible on the right edge. The background is a light, textured surface with more rosemary and a piece of twine in the upper left.

Lunch

Copycat Chick-fil-A Grilled Chicken Cool Wrap

Ingredients:

- 1 whole grain or flax tortilla
- 3 oz grilled chicken breast, sliced
- ¼ cup shredded lettuce
- 2 tbsp shredded cheddar cheese
- ¼ cup chopped red cabbage
- 2 tbsp light ranch or Greek yogurt dressing



Instructions:

1. Lay the tortilla flat and layer with lettuce, red cabbage, cheese, and grilled chicken.
2. Drizzle with dressing.
3. Roll tightly into a wrap and slice in half to serve.

Servings: 1

Buffalo Chicken Grain Bowl

Ingredients:

- ½ cup cooked brown rice or quinoa
- 3 oz shredded cooked chicken
- 1 tbsp buffalo sauce
- ¼ cup chopped celery
- ¼ cup chopped cucumber
- ¼ cup shredded carrots
- 1 tbsp light ranch or blue cheese dressing



Instructions:

1. In a bowl, toss chicken with buffalo sauce.
2. Layer grain, buffalo chicken, celery, cucumber, and carrots.
3. Drizzle with dressing and serve.

Servings: 1

Shrimp, Avocado & Grapefruit Salad

Ingredients:

- 4 oz cooked shrimp
- 2 cups mixed greens
- ¼ avocado, sliced
- ½ grapefruit, peeled and segmented
- 1 tbsp olive oil
- 1 tsp apple cider vinegar
- 1 tsp ketchup
- ¼ tsp Dijon mustard
- ¼ tsp honey or maple syrup
- Salt & pepper to taste



Instructions:

1. In a small jar or bowl, whisk together olive oil, vinegar, ketchup, Dijon, honey, salt, and pepper.
2. In a salad bowl, layer greens, shrimp, avocado, and grapefruit segments.
3. Drizzle with homemade French dressing and serve.

Servings: 1

Sundried Tomato & Spinach Pasta

Ingredients:

- ½ cup whole wheat pasta (like rotini or penne)
- ¼ cup chopped spinach
- 2 tbsp chopped sundried tomatoes (oil-packed, drained)
- 1 tbsp grated Parmesan cheese
- 1 tsp olive oil
- Salt & pepper to taste



Instructions:

1. Cook pasta according to package directions; drain.
2. In a pan, heat olive oil over medium. Add spinach and sundried tomatoes, sauté for 2 minutes.
3. Toss with pasta and Parmesan.
4. Season with salt and pepper and serve warm.

Servings: 1



Loaded Black Bean Soup

Ingredients

- ½ cup canned black beans, rinsed
- ½ cup diced tomatoes (canned or fresh)
- ¼ cup corn (frozen or canned)
- ¼ cup chopped bell pepper
- ¼ cup diced onion
- 1 clove garlic, minced
- 1 cup low-sodium vegetable broth
- 1 tbsp olive oil
- ¼ tsp cumin
- ¼ tsp chili powder
- Salt & pepper to taste
- Optional toppings: 2 tbsp crushed tortilla chips, 1 tbsp shredded cheese, 1 tbsp plain Greek yogurt

Instructions:

1. Heat olive oil in a medium pot over medium heat. Add onion, bell pepper, and garlic. Sauté for 3–4 minutes.
2. Stir in black beans, tomatoes, corn, broth, cumin, chili powder, salt, and pepper.
3. Bring to a boil, then reduce heat and simmer for 15–20 minutes.
4. Serve hot with optional toppings.

Servings: 1



Dinner



Spicy Shrimp Stir Fry with Zucchini Noodles

Ingredients:

- 4 oz shrimp, peeled and deveined
- 1 medium zucchini, spiralized
- 1 clove garlic, minced
- 1 tsp grated fresh ginger
- 1 tbsp low-sodium soy sauce
- 1 tsp sriracha or chili garlic sauce
- 1 tsp sesame oil
- 1 tsp olive oil

Instructions:

1. Heat olive oil in a skillet over medium-high heat.
2. Add garlic and ginger, sauté for 1 minute.
3. Add shrimp and cook for 2–3 minutes until pink.
4. Stir in soy sauce and sriracha, cook 1 more minute.
5. Add zucchini noodles and sesame oil, toss for 1–2 minutes just to warm through.
6. Serve immediately.

Servings: 1

Blackened Salmon with Edamame Succotash

Ingredients:

- 1 salmon fillet (4–6 oz)
- ½ cup frozen edamame (shelled)
- ¼ cup corn (fresh or frozen)
- ¼ cup diced bell pepper
- 1 tbsp chopped red onion
- 1 tsp olive oil
- 1 tsp lime juice
- ¼ tsp cumin
- ¼ tsp garlic powder
- Salt & pepper to taste



Instructions:

1. Preheat oven to 400°F. Season salmon with paprika, garlic powder, salt, and pepper.
2. Bake salmon for 12–15 minutes or until flaky.
3. While salmon bakes, heat olive oil in a skillet. Sauté edamame, corn, bell pepper, and red onion with cumin and garlic powder for 4–5 minutes.
4. Finish with lime juice.
5. Serve alongside salmon.

Servings: 1

Chicken & Broccoli Casserole

Ingredients:

- 2 cups cooked chicken breast, chopped
- 3 cups broccoli florets
- 1½ cups cooked brown rice
- 1 cup plain Greek yogurt
- ½ cup shredded cheddar cheese
- ¼ cup grated Parmesan
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried thyme
- Salt & pepper to taste
- Olive oil spray



Instructions:

1. Preheat oven to 375°F. Grease an 8x8 baking dish.
2. Steam broccoli for 3–4 minutes until just tender.
3. In a large bowl, combine chicken, broccoli, rice, yogurt, garlic powder, onion powder, thyme, salt, and pepper.
4. Transfer to baking dish and top with cheddar and Parmesan.
5. Bake for 25–30 minutes, until heated through and golden on top.

Servings: 4

Pork Tenderloin with Roasted Veggies

Ingredients:

- 1 pork tenderloin (about 12 oz)
- 1½ cups cubed sweet potatoes
- 1½ cups broccoli florets
- ½ red onion, sliced
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp balsamic vinegar
- 1 tsp dried rosemary
- ½ tsp garlic powder
- Salt & pepper to taste

Instructions:

1. Preheat oven to 400°F.
2. In a bowl, mix olive oil, Dijon, balsamic, rosemary, garlic powder, salt, and pepper. Rub half over pork tenderloin.
3. Toss sweet potatoes, broccoli, and onion with the remaining mixture.
4. Place pork and veggies on a lined baking sheet.
5. Roast for 25–30 minutes, until pork reaches 145°F internal temp and veggies are tender.
6. Rest pork 5 minutes, then slice and serve.

Servings: 3 (4 oz pork + veggies per serving)



Vegetable Lasagna

Ingredients:

- 6 lasagna noodles
- 2 cups chopped spinach
- 1 cup chopped zucchini
- 1 cup part-skim ricotta cheese
- 1½ cups marinara sauce
- ¾ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 1 tbsp olive oil
- ½ tsp Italian seasoning
- Salt & pepper to taste

Instructions:

1. Preheat oven to 375°F.
2. Bring a pot of salted water to a boil. Cook lasagna noodles according to package directions. Drain and set aside.
3. In a skillet, heat olive oil over medium. Sauté spinach and zucchini with Italian seasoning, salt, and pepper for 4–5 minutes until soft.
4. In an 8x8 baking dish, spread a thin layer of marinara.
5. Add a layer of noodles, half the ricotta, half the sautéed veggies, and a layer of marinara. Repeat once more.
6. Top with the final noodles, remaining marinara, mozzarella, and Parmesan.
7. Cover with foil and bake for 30 minutes. Remove foil and bake for another 10 minutes, until golden and bubbly.
8. Let rest for 5–10 minutes before slicing.

Servings: 4



A collage of various snacks. On the left, a white plate holds a large, fudgy chocolate brownie garnished with fresh green mint leaves. To the right, there are several items: a strawberry with green leaves, a large cheese-covered pretzel, a slice of red apple, and a slice of green apple. At the bottom, there are some soft, golden-brown bread rolls. The word "Snacks" is overlaid in the center in a large, black, serif font with a white outline.

Snacks

Mini Bell Pepper Nacho Bites

Ingredients:

- 3 mini bell peppers, halved and seeded
- 2 tbsp black beans (cooked or canned)
- 2 tbsp shredded cheddar cheese
- 1 tbsp salsa
- 1 tsp chopped cilantro (optional)

Instructions:

1. Fill pepper halves with black beans and top with cheese.
2. Microwave or bake for 2–3 minutes until cheese melts.
3. Top with salsa and sprinkle with cilantro if desired.

Makes 1 serving.

Frozen Yogurt Blueberry Clusters

Ingredients:

- ½ cup blueberries
- ¼ cup Greek yogurt
- 1 tsp honey
- 1 tbsp crushed granola or chopped nuts (optional)

Instructions:

1. Mix blueberries with yogurt and honey in a bowl.
2. Scoop small clusters onto a parchment-lined tray.
3. Sprinkle with granola or nuts if using.
4. Freeze for 1 hour, then enjoy.

Makes 1 serving.

Cucumber Avocado Toast

Ingredients:

- ½ avocado
- 1 slice whole grain bread
- ¼ cucumber, sliced thin
- Salt, pepper, and red pepper flakes to taste

Instructions:

1. Toast bread and mash avocado onto it.
2. Top with cucumber slices.
3. Sprinkle with salt, pepper, and red pepper flakes.

Makes 1 serving.

High Protein Chocolate Fruit Dip

Ingredients:

- ½ cup plain Greek yogurt
- 1 scoop chocolate protein powder
- 1 tbsp peanut butter or almond butter
- 1 tsp honey or maple syrup
- Sliced strawberries, banana, or pretzels for dipping

Instructions:

1. In a small bowl, mix Greek yogurt, protein powder, peanut butter, and honey until smooth.
2. Serve with fresh fruit or pretzels for dipping.

Makes 1 serving.

Cheesy Cauliflower Breadsticks

Ingredients:

- 2 cups riced cauliflower (fresh or frozen and thawed)
- 1 egg
- ½ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- ¼ tsp garlic powder
- ½ tsp Italian seasoning
- Salt & pepper to taste
- Olive oil spray

Instructions:

1. Preheat oven to 400°F and line a baking sheet with parchment.
2. If using fresh cauliflower, steam and rice it. Squeeze out excess moisture with a clean towel.
3. In a bowl, mix cauliflower, egg, mozzarella, Parmesan, garlic powder, Italian seasoning, salt, and pepper.
4. Spread mixture into a rectangle on the baking sheet.
5. Bake for 20–25 minutes until firm and golden.
6. Slice into sticks and serve warm.

Makes 6–8 breadsticks (2 servings)



GROCERY LIST

Breakfasts

Pineapple Cucumber Smoothie

- Frozen pineapple: 1 small bag (you'll use ½ cup)
- Cucumber: 1 medium (you'll use ½)
- Banana: 1 medium (you'll use ½)
- Vanilla protein powder: 1 container (you'll use 1 scoop)
- Unsweetened almond milk or coconut water: 1 small carton (you'll use 1 cup)
- Lime: 1 (you'll use 1 tsp juice)
- Ice cubes: you'll use ½ cup

Blueberry Breakfast Cookies

- Rolled oats: 1 small bag (you'll use 1 cup)
- Bananas: 2 medium (you'll use ½ cup mashed from 1 banana)
- Natural peanut butter or almond butter: 1 small jar (you'll use ¼ cup)
- Blueberries (fresh or frozen): 1 small container (you'll use ¼ cup)
- Honey or maple syrup: 1 small jar (you'll use 1 tbsp)
- Vanilla extract: 1 small bottle (you'll use ½ tsp)
- Ground cinnamon: 1 small jar (you'll use ¼ tsp)
- Salt: 1 small container

Easy Breakfast Tacos

- Corn or whole wheat tortillas (small): 1 pack (you'll use 2)
- Eggs: 1 dozen (you'll use 2)
- Shredded cheddar cheese: 1 small bag (you'll use 2 tbsp)
- Salsa: 1 small jar (you'll use 2 tbsp)
- Avocado: 1 medium (you'll use ¼ sliced)
- Olive oil spray: 1 can
- Salt: 1 small container
- Black pepper: 1 small container

Strawberry Overnight Oats

- Rolled oats: 1 small bag (you'll use ½ cup)
- Unsweetened almond milk: 1 small carton (you'll use ½ cup)
- Strawberries: 1 small container (you'll use ¼ cup diced + extra for topping)
- Chia seeds: 1 small bag (you'll use 1 tbsp)
- Honey or maple syrup: 1 small jar (you'll use 1 tsp)
- Vanilla extract: 1 small bottle (you'll use ½ tsp)

High Protein Peanut Butter Waffles

- Vanilla protein powder: 1 container (you'll use 1 scoop)
- Eggs: 1 dozen (you'll use 1)
- Unsweetened almond milk: 1 small carton (you'll use ¼ cup)
- Natural peanut butter: 1 small jar (you'll use 2 tbsp)
- Rolled oats: 1 small bag (you'll use ¼ cup)
- Baking powder: 1 small container (you'll use ½ tsp)
- Ground cinnamon: 1 small jar (you'll use ½ tsp)
- Olive oil spray or coconut oil: 1 small can or jar

GROCERY LIST

Lunches

Copycat Chick-fil-A Grilled Chicken Cool Wrap

- Whole grain or flax tortillas: 1 pack (you'll use 1)
- Grilled chicken breast: 1 small pack (you'll use 3 oz, sliced)
- Shredded lettuce: 1 small bag (you'll use ¼ cup)
- Shredded cheddar cheese: 1 small bag (you'll use 2 tbsp)
- Red cabbage: 1 small bag or quarter head (you'll use ¼ cup, chopped)
- Light ranch or Greek yogurt dressing: 1 small bottle (you'll use 2 tbsp)

Buffalo Chicken Grain Bowl

- Cooked brown rice or quinoa: 1 small pack or make at home (you'll use ½ cup)
- Shredded cooked chicken: 1 small pack (you'll use 3 oz)
- Buffalo sauce: 1 small bottle (you'll use 1 tbsp)
- Celery: 1 small bunch (you'll use ¼ cup, chopped)
- Cucumber: 1 medium (you'll use ¼ cup, chopped)
- Shredded carrots: 1 small bag (you'll use ¼ cup)
- Light ranch or blue cheese dressing: 1 small bottle (you'll use 1 tbsp)

Shrimp, Avocado & Grapefruit Salad

- Cooked shrimp: 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)
- Grapefruit: 1 medium (you'll use ½, peeled and segmented)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Apple cider vinegar: 1 small bottle (you'll use 1 tsp)
- Ketchup: 1 small bottle (you'll use 1 tsp)
- Dijon mustard: 1 small jar (you'll use ¼ tsp)
- Honey or maple syrup: 1 small jar (you'll use ¼ tsp)
- Salt: 1 small container
- Black pepper: 1 small container

Sundried Tomato & Spinach Pasta

- Whole wheat pasta (penne or rotini): 1 small box (you'll use ½ cup dry)
- Fresh spinach: 1 small bag (you'll use ¼ cup chopped)
- Sundried tomatoes in oil: 1 small jar (you'll use 2 tbsp, drained and chopped)
- Grated 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

Lunches

Loaded Black Bean Soup

- Canned black beans: 1 small can (you'll use ½ cup)
- Diced tomatoes (canned or fresh): 1 small can or 1 tomato (you'll use ½ cup)
- Corn (frozen or canned): 1 small bag or can (you'll use ¼ cup)
- Bell pepper: 1 medium (you'll use ¼ cup chopped)
- Onion: 1 small (you'll use ¼ cup diced)
- Garlic: 1 small bulb (you'll use 1 clove minced)
- Low-sodium vegetable broth: 1 small carton (you'll use 1 cup)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Ground cumin: 1 small jar (you'll use ¼ tsp)
- Chili powder: 1 small jar (you'll use ¼ tsp)
- Salt: 1 small container
- Black pepper: 1 small container
- Crushed tortilla chips (optional topping): 1 small bag (you'll use 2 tbsp)
- Shredded cheese (optional topping): 1 small bag (you'll use 1 tbsp)
- Plain Greek yogurt (optional topping): 1 small tub (you'll use 1 tbsp)

GROCERY LIST

Dinners

Spicy Shrimp Stir Fry with Zucchini Noodles

- Shrimp (peeled and deveined): 1 small pack (you'll use 4 oz)
- Zucchini: 1 medium (you'll spiralize the whole thing)
- Garlic: 1 small bulb (you'll use 1 clove, minced)
- Fresh ginger: 1 small piece (you'll use 1 tsp grated)
- Low-sodium soy sauce: 1 small bottle (you'll use 1 tbsp)
- Sriracha or chili garlic sauce: 1 small bottle (you'll use 1 tsp)
- Sesame oil: 1 small bottle (you'll use 1 tsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)

Blackened Salmon with Edamame Succotash

- Salmon fillet: 1 (4–6 oz)
- Frozen shelled edamame: 1 small bag (you'll use ½ cup)
- Corn (frozen or fresh): 1 small bag or 1 ear (you'll use ¼ cup)
- Bell pepper: 1 medium (you'll use ¼ cup diced)
- Red onion: 1 small (you'll use 1 tbsp chopped)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Lime: 1 (you'll use 1 tsp juice)
- Ground cumin: 1 small jar (you'll use ¼ tsp)
- Garlic powder: 1 small jar (you'll use ¼ tsp)
- Smoked paprika: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container
- Black pepper: 1 small container

Chicken & Broccoli Casserole

- Chicken breast: 2 small breasts (you'll use 2 cups cooked, chopped)
- Broccoli florets: 1 small bag or crown (you'll use 3 cups)
- Brown rice: 1 small bag (you'll use 1½ cups cooked)
- Plain Greek yogurt: 1 small tub (you'll use 1 cup)
- Shredded cheddar cheese: 1 small bag (you'll use ½ cup)
- Grated Parmesan cheese: 1 small container (you'll use ¼ cup)
- Garlic powder: 1 small jar (you'll use 1 tsp)
- Onion powder: 1 small jar (you'll use ½ tsp)
- Dried thyme: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container
- Black pepper: 1 small container
- Olive oil spray: 1 can

GROCERY LIST

Dinners

Pork Tenderloin with Roasted Veggies

- Pork tenderloin: 1 small (about 12 oz)
- Sweet potatoes: 2 small (you'll use 1½ cups cubed)
- Broccoli florets: 1 small bag (you'll use 1½ cups)
- Red onion: 1 medium (you'll use ½, sliced)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Dijon mustard: 1 small jar (you'll use 1 tsp)
- Balsamic vinegar: 1 small bottle (you'll use 1 tsp)
- Dried rosemary: 1 small jar (you'll use 1 tsp)
- Garlic powder: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container
- Black pepper: 1 small container

Vegetable Lasagna

- Lasagna noodles: 1 small box (you'll use 6 noodles)
- Fresh spinach: 1 small bag (you'll use 2 cups chopped)
- Zucchini: 1 small (you'll use 1 cup chopped)
- Part-skim ricotta cheese: 1 small container (you'll use 1 cup)
- Marinara sauce: 1 small jar (you'll use 1½ cups)
- Shredded mozzarella cheese: 1 small bag (you'll use ¾ cup)
- Grated Parmesan cheese: 1 small container (you'll use ¼ cup)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Italian seasoning: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container
- Black pepper: 1 small container

GROCERY LIST

Snacks

Mini Bell Pepper Nacho Bites

- Mini bell peppers: 1 small bag (you'll use 3)
- Black beans (canned): 1 small can (you'll use 2 tbsp)
- Shredded cheddar cheese: 1 small bag (you'll use 2 tbsp)
- Salsa: 1 small jar (you'll use 1 tbsp)
- Fresh cilantro (optional): 1 small bunch (you'll use 1 tsp chopped)

Frozen Yogurt Blueberry Clusters

- Blueberries: 1 small container (you'll use ½ cup)
- Plain Greek yogurt: 1 small tub (you'll use ¼ cup)
- Honey: 1 small jar (you'll use 1 tsp)
- Granola or chopped nuts (optional): 1 small bag (you'll use 1 tbsp)

Cucumber Avocado Toast

- Whole grain bread: 1 small loaf (you'll use 1 slice)
- Avocado: 1 medium (you'll use ½)
- Cucumber: 1 medium (you'll use ¼ sliced)
- Salt: 1 small container
- Black pepper: 1 small container
- Red pepper flakes: 1 small jar

High Protein Chocolate Fruit Dip

- Plain Greek yogurt: 1 small tub (you'll use ½ cup)
- Chocolate protein powder: 1 container (you'll use 1 scoop)
- Peanut butter or almond butter: 1 small jar (you'll use 1 tbsp)
- Honey or maple syrup: 1 small jar (you'll use 1 tsp)
- Strawberries: 1 small container (you'll use a few for dipping)
- Banana: 1 medium (you'll use a few slices for dipping)
- Pretzels: 1 small bag (you'll use a handful for dipping)

Cheesy Cauliflower Breadsticks

- Riced cauliflower (fresh or frozen): 1 small bag (you'll use 2 cups)
- Egg: 1 dozen (you'll use 1)
- Shredded mozzarella cheese: 1 small bag (you'll use ½ cup)
- Grated Parmesan cheese: 1 small container (you'll use ¼ cup)
- Garlic powder: 1 small jar (you'll use ¼ tsp)
- Italian seasoning: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container
- Black pepper: 1 small container
- Olive oil spray: 1 can