



April

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

Orange Dreamsicle Smoothie

Ingredients:

- 1 orange, peeled and segmented
- ½ banana
- ½ cup plain Greek yogurt
- ½ cup unsweetened almond milk
- ½ scoop vanilla protein powder
- ½ tsp vanilla extract
- ½ cup ice



Instructions:

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

Servings: 1

Breakfast Banana Split

Ingredients:

- 1 banana, halved lengthwise
- ½ cup Greek yogurt
- ¼ cup berries
- 2 tbsp granola
- 1 tsp almond butter

Instructions:

1. Place banana halves in a bowl.
2. Spoon yogurt between the halves.
3. Top with berries and granola.
4. Drizzle with almond butter



Servings: 1

Banana Nut Mug Cake

Ingredients:

- ½ ripe banana, mashed
- 1 egg
- 2 tbsp rolled oats
- 1 tbsp chopped walnuts
- 1 tbsp maple syrup or honey
- 2 tbsps vanilla protein powder
- ¼ tsp cinnamon
- ¼ tsp baking powder
- Pinch of salt
- Olive oil spray



Instructions:

1. Lightly grease a microwave-safe mug with olive oil spray.
2. In the mug, mash the banana and mix in the egg.
3. Stir in oats, walnuts, maple syrup, protein powder, cinnamon, baking powder, and salt.
4. Microwave on high for 1½–2 minutes, or until the cake is set.
5. Let cool for 1 minute before enjoying.

Servings: 1

Chocolate Raspberry Chia Pudding

Ingredients:

- 2 tbsp chia seeds
- ½ cup unsweetened almond milk
- 1 tbsp cocoa powder
- 1 tsp maple syrup or honey
- ¼ cup fresh raspberries
- ½ tsp vanilla extract

Instructions:

1. In a jar, whisk almond milk, cocoa powder, maple syrup, and vanilla.
2. Stir in chia seeds.
3. Refrigerate overnight or for at least 4 hours.
4. Top with raspberries before serving.



Servings: 1

Zucchini Frittata

Ingredients:

- 4 eggs
- ½ cup shredded zucchini (squeeze out moisture)
- ¼ cup chopped spinach
- ¼ cup diced onion
- 2 tbsp shredded mozzarella cheese
- 1 tbsp olive oil
- Salt & pepper to taste

Instructions:

1. reheat oven to 375°F.
2. In an oven-safe skillet, heat olive oil over medium heat. Sauté onion and zucchini for 3–4 minutes. Add spinach and cook 1 more minute.
3. In a bowl, whisk eggs with salt and pepper. Stir in cheese.
4. Pour egg mixture into the skillet and cook for 2–3 minutes until edges begin to set.
5. Transfer skillet to the oven and bake for 10–12 minutes until fully set and lightly golden.
6. Let cool slightly before slicing.

Servings: 2



A close-up photograph of a white ceramic bowl filled with a quinoa salad. The salad contains cooked quinoa, diced green bell peppers, red bell peppers, and small cubes of yellow fruit, possibly pineapple. It is topped with whole almonds and a generous amount of golden-brown, crumbly fried onions. A sprig of fresh green mint leaves is placed on top for garnish. The bowl sits on a light-colored, textured surface, and a silver fork is partially visible in the bottom left corner. The word "Lunch" is overlaid in a large, black, serif font with a white outline.

Lunch

Chicken Salad Lettuce Wraps

Ingredients:

- ½ cup cooked shredded chicken
- 2 tbsp plain Greek yogurt
- 1 tsp Dijon mustard
- ¼ cup red grapes, halved
- 2 tbsp chopped celery
- 1 tsp lemon juice
- Salt & pepper to taste
- 2-3 large romaine or butter lettuce leaves



Instructions:

1. In a bowl, mix Greek yogurt, Dijon mustard, lemon juice, salt, and pepper.
2. Add chicken, grapes, and celery. Stir to combine.
3. Spoon mixture into lettuce leaves and serve.

Servings: 1

Sweet Potato & Black Bean Tacos

Ingredients:

- ½ medium sweet potato, diced
- ½ cup canned black beans, rinsed and drained
- 2 corn tortillas
- ¼ avocado, sliced
- 1 tsp olive oil
- ¼ tsp cumin
- ¼ tsp smoked paprika
- Salt & pepper to taste
- Lime wedge for serving



Instructions:

1. Preheat oven to 400°F. Toss sweet potato cubes with olive oil, cumin, paprika, salt, and pepper.
2. Roast for 20-25 minutes, flipping halfway through.
3. Warm tortillas. Fill with roasted sweet potatoes, black beans, and avocado.
4. Serve with a squeeze of lime.

Servings: 1

Tuna Pasta Salad

Ingredients:

- 1 cup cooked whole wheat pasta (like rotini or elbows)
- 1 can tuna in water, drained (5 oz)
- ¼ cup plain Greek yogurt
- 2 tsp Dijon mustard
- ½ cup diced celery
- 2 tbsp diced red onion
- 2 tsp lemon juice
- Salt & pepper to taste



Instructions:

1. In a bowl, whisk together Greek yogurt, Dijon mustard, lemon juice, salt, and pepper.
2. Add cooked pasta, tuna, celery, and red onion.
3. Toss well to coat and chill before serving if desired.

Servings: 1

Italian Chopped Salad with Salami & Chickpeas

Ingredients:

- 2 cups chopped romaine lettuce
- 3 slices nitrate-free salami, chopped
- ¼ cup canned chickpeas, rinsed
- ¼ cup cherry tomatoes, halved
- 2 tbsp shredded mozzarella cheese
- 1 tbsp sliced black olives
- 1 tbsp red wine vinegar
- 1 tsp olive oil
- Salt & pepper to taste



Instructions:

1. In a large bowl, combine lettuce, salami, chickpeas, tomatoes, mozzarella, and olives.
2. Drizzle with olive oil and red wine vinegar.
3. Toss well and season with salt and pepper.

Servings: 1



Egg Roll in a Bowl

Ingredients

- 4 oz ground turkey or chicken
- 1 cup shredded cabbage or coleslaw mix
- ¼ cup shredded carrots
- 1 clove garlic, minced
- 1 tsp grated fresh ginger
- 1 tbsp low-sodium soy sauce
- 1 tsp sesame oil
- 1 green onion, sliced
- Olive oil spray or 1 tsp olive oil

Instructions:

1. Heat olive oil in a skillet over medium heat. Add garlic and ginger, cook for 1 minute.
2. Add ground turkey and cook until browned.
3. Stir in cabbage, carrots, and soy sauce. Cook for 3–4 minutes, stirring often, until veggies are tender.
4. Drizzle with sesame oil and top with green onion before serving.

Servings: 1

A top-down view of a meal on a light-colored wooden table. A large, light-grey plate holds a serving of white rice on the left and a yellow-orange lentil curry on the right. The curry is garnished with fresh green cilantro leaves and several dark green, slightly charred vegetables. Above the plate, two small white bowls contain powders: a vibrant orange-red powder in the top bowl and a muted yellowish-brown powder in the bottom-left bowl. The word "Dinner" is written in a large, white, serif font with a black outline, centered over the plate.

Dinner



Beef & Broccoli with Brown Rice

Ingredients:

- 4 oz flank steak, sliced thin
- 1 cup broccoli florets
- ½ cup cooked brown rice
- 1 clove garlic, minced
- 1 tsp grated fresh ginger
- 1 tbsp low-sodium soy sauce
- 1 tsp sesame oil
- 1 tsp olive oil
- ½ tsp cornstarch (optional, for thickening)
- Salt & pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add garlic and ginger, sauté for 1 minute.
2. Add steak and cook for 3–4 minutes, stirring until browned.
3. Add broccoli and soy sauce. Cover and steam for 3–4 minutes until broccoli is tender.
4. Stir in sesame oil. If you'd like a thicker sauce, mix ½ tsp cornstarch with 1 tsp water and stir in at the end.
5. Serve over brown rice.

Servings: 1

Mango Chicken Salad

Ingredients:

- 2 cups mixed greens
- 3 oz cooked chicken breast, chopped
- ½ mango, diced
- ¼ avocado, sliced
- 1 tbsp chopped red onion
- 1 tbsp chopped cilantro (optional)
- 1 tbsp olive oil
- 1 tsp lime juice
- Salt & pepper to taste



Instructions:

1. In a bowl, combine mixed greens, chicken, mango, avocado, red onion, and cilantro.
2. In a small bowl, whisk olive oil and lime juice.
3. Drizzle dressing over the salad and toss.
4. Season with salt and pepper to taste.

Servings: 1

Ginger Halibut with Roasted Brussels Sprouts

Ingredients:

- 1 halibut fillet (4–6 oz)
- 1 cup Brussels sprouts, halved
- 1 tsp fresh ginger, grated
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 tsp low-sodium soy sauce
- 1 tsp lemon juice
- Salt & pepper to taste



Instructions:

1. Preheat oven to 400°F.
2. Toss Brussels sprouts with ½ tbsp olive oil, salt, and pepper. Spread on a baking sheet and roast for 20–25 minutes.
3. In a small bowl, mix remaining olive oil with garlic, ginger, soy sauce, and lemon juice.
4. Place halibut in a small baking dish. Pour marinade over top.
5. Bake fish at 400°F for 12–15 minutes until flaky.
6. Serve with roasted Brussels sprouts.

Servings: 3

Lemon Garlic Chicken & Veggie Sheet Pan Dinner

Ingredients:

- 3 boneless, skinless chicken breasts (about 4–5 oz each)
- 1½ cups broccoli florets
- 1½ cups chopped bell peppers (red, yellow, or green)
- ¾ cup red onion, sliced
- 3 tbsp olive oil
- 3 cloves garlic, minced
- 1 tbsp lemon juice
- 1½ tsp Italian seasoning
- Salt & pepper to taste

Instructions:

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper.
2. In a bowl, whisk together olive oil, lemon juice, garlic, Italian seasoning, salt, and pepper.
3. Toss chicken breasts and all vegetables in the marinade.
4. Arrange everything on the sheet pan in a single layer.
5. Roast for 25–30 minutes, flipping chicken halfway through, until chicken reaches 165°F and veggies are tender.
6. Let rest for 5 minutes before slicing and serving.

Servings: 3



Lentil Coconut Curry

Ingredients:

- ½ cup green lentils, rinsed
- 1 cup vegetable broth
- ¼ cup diced onion
- ¼ cup chopped tomato
- 1 clove garlic, minced
- ½ tsp grated fresh ginger
- ½ tsp curry powder
- ¼ tsp turmeric
- ¼ cup canned coconut milk
- ¼ cup frozen green peas
- 1 tsp olive oil
- Salt & pepper to taste
- ½ cup cooked brown rice

Instructions:

1. Heat olive oil in a pot over medium heat. Sauté onion, garlic, ginger, and tomato for 3–4 minutes.
2. Stir in curry powder, turmeric, salt, and pepper.
3. Add green lentils and vegetable broth. Bring to a boil, then reduce heat and simmer for 20 minutes.
4. Stir in coconut milk and green peas. Continue cooking for 5–10 minutes until lentils are tender and curry is thickened.
5. Serve hot over ½ cup cooked brown rice.

Servings: 1



A top-down view of a white ceramic bowl filled with a vibrant green kale salad. The kale leaves are curly and appear to be coated in a light dressing, with small red and white seeds or spices scattered throughout. The bowl is set against a light-colored wooden background. The word "Snacks" is overlaid in a large, white, serif font with a black outline, centered over the bowl.

Snacks

Whipped Cottage Cheese French Onion Dip

Ingredients:

- ½ cup cottage cheese
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp dried parsley
- ¼ tsp Worcestershire sauce (optional)
- Salt & pepper to taste
- Carrot sticks, cucumber slices, or bell pepper strips for dipping

Instructions:

1. Add cottage cheese, onion powder, garlic powder, parsley, and Worcestershire sauce to a blender or food processor.
2. Blend until smooth and fluffy.
3. Season with salt and pepper to taste.
4. Serve with fresh veggie sticks.

Makes 1 serving.

Avocado Deviled Eggs

Ingredients:

- 2 hard-boiled eggs
- ¼ ripe avocado
- ½ tsp lime juice
- Salt & pepper to taste
- Optional: pinch of smoked paprika or chili flakes for garnish

Instructions:

1. Slice eggs in half and remove yolks.
2. In a bowl, mash yolks with avocado and lime juice until smooth.
3. Season with salt and pepper.
4. Spoon or pipe filling into egg whites.
5. Garnish if desired.

Makes 1 serving.

Air Fryer Kale Chips

Ingredients:

- 1 cup kale leaves, torn into bite-sized pieces
- 1 tsp olive oil
- ¼ tsp garlic powder
- Salt to taste

Instructions:

1. Preheat air fryer to 375°F.
2. Toss kale with olive oil, garlic powder, and salt.
3. Air fry for 4–5 minutes, shaking halfway, until crispy.

Makes 1 serving.

Yogurt Peanut Butter Cup with Magic Shell Topping

Ingredients:

- ½ cup plain Greek yogurt
- 1 tbsp natural peanut butter
- ½ tsp maple syrup or honey
- 1 tbsp dark chocolate chips
- ¼ tsp coconut oil

Instructions:

1. Stir yogurt, peanut butter, and maple syrup together in a small bowl or ramekin.
2. In a separate dish, melt chocolate chips and coconut oil in the microwave (15–20 seconds).
3. Pour melted chocolate over yogurt mixture and spread into an even layer.
4. Freeze for 10–15 minutes until the chocolate hardens. Crack and enjoy!

Makes 1 serving.

Coconut Lime Protein Bites

Ingredients:

- 4 pitted Medjool dates
- 2 tbsp pumpkin seeds
- 2 tbsp unsweetened shredded coconut
- 1 tsp lime zest
- 1 tsp lime juice
- 1 scoop vanilla protein powder (or about 2 tbsp)
- 1-2 tsp water (as needed to bind)

Instructions:

1. Add dates, pumpkin seeds, coconut, lime zest, lime juice, and protein powder to a food processor.
2. Pulse until mixture starts to stick together. Add water 1 tsp at a time if it's too dry.
3. Roll into 6 small balls.
4. Chill for at least 30 minutes before serving.

Makes 6 bites (2 servings)



GROCERY LIST

Breakfasts

Orange Dreamside Smoothie

- Orange: 1 medium (you'll use 1)
- Banana: 1 medium (you'll use ½)
- Plain Greek yogurt: 1 small tub (you'll use ½ cup)
- Unsweetened almond milk: 1 small carton (you'll use ½ cup)
- Vanilla protein powder: 1 container (you'll use ½ scoop)
- Vanilla extract: 1 small bottle (you'll use ½ tsp)
- Ice: you'll use ½ cup

Breakfast Banana Split

- Banana: 1 medium (you'll use 1)
- Plain Greek yogurt: 1 small tub (you'll use ½ cup)
- Berries: 1 small container (you'll use ¼ cup)
- Granola: 1 small bag (you'll use 2 tbsp)
- Almond butter: 1 small jar (optional, you'll use 1 tsp)

Banana Nut Protein Mug Cake

- Banana: 1 medium (you'll use ½ mashed)
- Egg: 1 dozen (you'll use 1)
- Rolled oats: 1 small bag (you'll use 2 tbsp)
- Walnuts: 1 small bag (you'll use 1 tbsp chopped)
- Maple syrup or honey: 1 small jar (you'll use 1 tbsp)
- Vanilla protein powder: 1 container (you'll use 2 tbsp)
- Ground cinnamon: 1 small jar (you'll use ¼ tsp)
- Baking powder: 1 small container (you'll use ¼ tsp)
- Salt: 1 small container
- Olive oil spray: 1 can

Chocolate Raspberry Chia Pudding

- Chia seeds: 1 small bag (you'll use 2 tbsp)
- Unsweetened almond milk: 1 small carton (you'll use ½ cup)
- Cocoa powder: 1 small jar (you'll use 1 tbsp)
- Maple syrup or honey: 1 small jar (you'll use 1 tsp)
- Raspberries: 1 small container (you'll use ¼ cup)
- Vanilla extract: 1 small bottle (you'll use ½ tsp)

Zucchini Frittata

- Eggs: 1 dozen (you'll use 4)
- Zucchini: 1 medium (you'll use ½ cup shredded)
- Fresh spinach: 1 small bag (you'll use ¼ cup chopped)
- Onion: 1 small (you'll use ¼ cup diced)
- Shredded mozzarella cheese: 1 small bag (you'll use 2 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Salt: 1 small container
- Black pepper: 1 small container

GROCERY LIST

Lunches

Chicken Salad Lettuce Wraps

- Cooked shredded chicken: 1 small pack (you'll use ½ cup)
- Plain Greek yogurt: 1 small tub (you'll use 2 tbsp)
- Dijon mustard: 1 small jar (you'll use 1 tsp)
- Red grapes: 1 small bunch (you'll use ¼ cup, halved)
- Celery: 1 small bunch (you'll use 2 tbsp chopped)
- Lemon: 1 (you'll use 1 tsp juice)
- Salt: 1 small container
- Black pepper: 1 small container
- Romaine or butter lettuce: 1 small head (you'll use 2–3 large leaves)

Sweet Potato & Black Bean Tacos

- Sweet potato: 1 medium (you'll use ½, diced)
- Black beans (canned): 1 small can (you'll use ½ cup)
- Corn tortillas: 1 small pack (you'll use 2)
- Avocado: 1 medium (you'll use ¼, sliced)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Ground cumin: 1 small jar (you'll use ¼ tsp)
- Smoked paprika: 1 small jar (you'll use ¼ tsp)
- Salt: 1 small container
- Black pepper: 1 small container
- Lime: 1 (you'll use 1 wedge for serving)

Tuna Pasta Salad

- Whole wheat pasta (rotini or elbows): 1 small box (you'll use 1 cup cooked)
- Canned tuna (in water): 1 can (5 oz, drained)
- Plain Greek yogurt: 1 small tub (you'll use ¼ cup)
- Dijon mustard: 1 small jar (you'll use 2 tsp)
- Celery: 1 small bunch (you'll use ½ cup diced)
- Red onion: 1 small (you'll use 2 tbsp diced)
- Lemon: 1 (you'll use 2 tsp juice)
- Salt: 1 small container
- Black pepper: 1 small container

Italian Chopped Salad with Salami & Chickpeas

- Romaine lettuce: 1 small head (you'll use 2 cups chopped)
- Salami (nitrate-free): 1 small pack (you'll use 3 slices)
- Chickpeas (canned): 1 small can (you'll use ¼ cup)
- Cherry tomatoes: 1 small container (you'll use ¼ cup)
- Shredded mozzarella cheese: 1 small bag (you'll use 2 tbsp)
- Black olives (sliced): 1 small can or jar (you'll use 1 tbsp)
- Red wine vinegar: 1 small bottle (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

Egg Roll in a Bowl

- Ground turkey or chicken: 1 small pack (you'll use 4 oz)
- Shredded cabbage or coleslaw mix: 1 small bag (you'll use 1 cup)
- Shredded carrots: 1 small bag (you'll use ¼ cup)
- 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)
- Sesame oil: 1 small bottle (you'll use 1 tsp)
- Green onions: 1 small bunch (you'll use 1, sliced)
- Olive oil: 1 small bottle (you'll use 1 tsp)

GROCERY LIST

Dinners

Beef & Broccoli with Brown Rice

- Flank steak: 1 small pack (you'll use 4 oz, thinly sliced)
- Broccoli florets: 1 small bag (you'll use 1 cup)
- Brown rice: 1 small bag (you'll use ½ cup cooked)
- 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)
- Sesame oil: 1 small bottle (you'll use 1 tsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Cornstarch (optional): 1 small container (you'll use ½ tsp)
- Salt: 1 small container
- Black pepper: 1 small container

Mango Chicken Salad

- Mixed greens: 1 small bag (you'll use 2 cups)
- Cooked chicken breast: 1 small pack (you'll use 3 oz)
- Mango: 1 medium (you'll use ½, diced)
- Avocado: 1 medium (you'll use ¼, sliced)
- Red onion: 1 small (you'll use 1 tbsp chopped)
- Fresh cilantro (optional): 1 small bunch (you'll use 1 tbsp chopped)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Lime: 1 (you'll use 1 tsp juice)
- Salt: 1 small container
- Black pepper: 1 small container

Ginger Halibut with Roasted Brussels Sprouts

- Halibut fillet: 1 (4–6 oz)
- Brussels sprouts: 1 small bag (you'll use 1 cup, halved)
- Fresh ginger: 1 small piece (you'll use 1 tsp grated)
- Garlic: 1 small bulb (you'll use 1 clove, minced)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Low-sodium soy sauce: 1 small bottle (you'll use 1 tsp)
- Lemon: 1 (you'll use 1 tsp juice)
- Salt: 1 small container
- Black pepper: 1 small container

GROCERY LIST

Dinners

Lemon Garlic Chicken & Veggie Sheet Pan Dinner

- Boneless, skinless chicken breasts: 3 (about 4–5 oz each)
- Broccoli florets: 1 small bag (you'll use 1½ cups)
- Bell peppers (any color): 2 medium (you'll use 1½ cups chopped)
- Red onion: 1 large (you'll use ¾ cup sliced)
- Olive oil: 1 small bottle (you'll use 3 tbsp)
- Garlic: 1 small bulb (you'll use 3 cloves, minced)
- Lemon: 1 (you'll use 1 tbsp juice)
- Italian seasoning: 1 small jar (you'll use 1½ tsp)
- Salt: 1 small container
- Black pepper: 1 small container

Lentil Coconut Curry

- Green lentils (dry): 1 small bag (you'll use ½ cup)
- Vegetable broth: 1 small carton (you'll use 1 cup)
- Onion: 1 small (you'll use ¼ cup diced)
- Tomato: 1 medium (you'll use ¼ cup chopped)
- Garlic: 1 small bulb (you'll use 1 clove, minced)
- Fresh ginger: 1 small piece (you'll use ½ tsp grated)
- Curry powder: 1 small jar (you'll use ½ tsp)
- Turmeric: 1 small jar (you'll use ¼ tsp)
- Canned coconut milk: 1 small can (you'll use ¼ cup)
- Frozen green peas: 1 small bag (you'll use ¼ cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Brown rice: 1 small bag (you'll use ½ cup cooked)
- Salt: 1 small container
- Black pepper: 1 small container

GROCERY LIST

Snacks

Whipped Cottage Cheese French Onion Dip

- Cottage cheese: 1 small tub (you'll use ½ cup)
- Onion powder: 1 small jar (you'll use ½ tsp)
- Garlic powder: 1 small jar (you'll use ½ tsp)
- Dried parsley: 1 small jar (you'll use ¼ tsp)
- Worcestershire sauce (optional): 1 small bottle (you'll use ¼ tsp)
- Carrots: 1 small bag (you'll use a few sticks for dipping)
- Cucumber: 1 medium (you'll use a few slices for dipping)
- Bell pepper: 1 medium (you'll use a few strips for dipping)
- Salt: 1 small container
- Black pepper: 1 small container

Avocado Deviled Eggs

- Eggs: 1 dozen (you'll use 2)
- Avocado: 1 medium (you'll use ¼)
- Lime: 1 (you'll use ½ tsp juice)
- Salt: 1 small container
- Black pepper: 1 small container
- Smoked paprika or chili flakes (optional garnish): 1 small jar

Air Fryer Kale Chips

- Kale: 1 small bunch (you'll use 1 cup torn leaves)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Garlic powder: 1 small jar (you'll use ¼ tsp)
- Salt: 1 small container

Peanut Butter Yogurt Cup with Magic Shell Topping

- Plain Greek yogurt: 1 small tub (you'll use ½ cup)
- Natural peanut butter: 1 small jar (you'll use 1 tbsp)
- Maple syrup or honey: 1 small jar (you'll use ½ tsp)
- Dark chocolate chips: 1 small bag (you'll use 1 tbsp)
- Coconut oil: 1 small jar (you'll use ¼ tsp)

Coconut Lime Protein Bites

- Medjool dates (pitted): 1 small container (you'll use 4)
- Pumpkin seeds: 1 small bag (you'll use 2 tbsp)
- Unsweetened shredded coconut: 1 small bag (you'll use 2 tbsp)
- Lime: 1 (you'll use 1 tsp zest + 1 tsp juice)
- Vanilla protein powder: 1 container (you'll use 1 scoop or 2 tbsp)
- Water: from your tap (you'll use 1–2 tsp as needed)