



February

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				



Breakfast

Omelet Egg Bites

Ingredients:

- 8 large eggs
- ½ cup reduced-fat milk
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¾ cup chopped red bell pepper
- ¾ cup black beans, rinsed
- 6 tablespoons shredded Monterey Jack cheese
- ¼ cup salsa



Instructions:

1. Preheat oven to 325 degrees F.
2. Whisk eggs, milk, salt, and pepper in a large bowl.
3. Liberally coat a 12-cup muffin pan with cooking spray (or use silicone muffin cups). Divide bell pepper, black beans, cheese, and salsa among the muffin cups. Top with the egg mixture. Bake until set and lightly brown, 20 to 25 minutes. Let stand for 5 minutes before removing from the pan.

Servings: 6 (2 egg bites)

Spinach-Avocado Smoothie

Ingredients:

- 1 cup nonfat plain yogurt
- 1 cup fresh spinach
- 1 frozen banana
- ¼ avocado
- 2 tablespoons water
- 1 teaspoon honey

Instructions:

1. Combine yogurt, spinach, banana, avocado, water, and honey in a blender. Puree until smooth.

Servings: 1



Blueberry Almond Overnight Oats

Ingredients:

- ½ cup rolled oats
- 1 cup unsweetened almond milk
- ½ cup fresh or frozen blueberries
- 1 tbsp almond butter
- 1 tsp chia seeds

Instructions:

1. In a jar or container, combine oats, almond milk, and chia seeds. Stir well.
2. Layer with blueberries and almond butter.
3. Cover and refrigerate overnight. Stir before serving.

Servings: 1



Scrambled Eggs with Whole-Grain Toast

Ingredients:

- 2 large eggs
- 1 slice whole-grain bread, toasted
- 1 tsp olive oil or butter
- Salt and pepper to taste

Instructions:

1. Heat olive oil or butter in a skillet over medium heat.
2. Crack eggs into a bowl, whisk, and pour into the skillet. Stir gently until cooked to your liking.
3. Serve scrambled eggs with the toasted whole-grain bread.

Servings: 1



Sweet Potato Breakfast Hash with Turkey Sausage

Ingredients:

- 1 small sweet potato, diced
- 4 oz ground turkey sausage (lean)
- 1 small bell pepper, diced
- 1 small onion, diced
- 1 tsp olive oil
- 1 tsp paprika
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add sweet potato and cook for 5-7 minutes, stirring occasionally.
2. Add onion and bell pepper, cooking for another 3-4 minutes.
3. In the same skillet, push vegetables to one side and add turkey sausage. Cook until no longer pink, breaking it into small pieces.
4. Mix the sausage with the vegetables, season with paprika, salt, and pepper, and serve warm.

Servings: 1



A close-up photograph of a white ceramic bowl filled with a soup. The soup contains large, light-colored beans, green leafy vegetables (likely spinach), and small pieces of orange and red vegetables. The bowl is placed on a white lace doily, which is set on a light-colored wooden surface. Several fresh green spinach leaves are scattered around the bowl. The word "Lunch" is overlaid in a large, black, serif font with a white outline.

Lunch

Tunacado Sandwich

Ingredients:

- 4 oz canned tuna (in water), drained
- 1 tbsp plain Greek yogurt
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- ¼ avocado, sliced
- 2 slices whole-grain bread, toasted
- ½ cup mixed greens or romaine lettuce
- 2 slices tomato



Instructions:

1. In a bowl, combine tuna, Greek yogurt, mustard, and lemon juice. Mix until well combined.
2. Spread the tuna mixture evenly on one slice of toasted bread.
3. Layer with avocado slices, lettuce, and tomato. Top with the second slice of bread.

Servings: 1

Lentil and Spinach Soup

Ingredients:

- ½ cup dry lentils
- 2 cups chicken or vegetable broth
- 1 cup fresh spinach
- ½ cup diced carrots
- 1 tsp olive oil
- 1 clove garlic, minced
- 1 tsp dried thyme
- Salt and pepper to taste



Instructions:

1. Heat olive oil in a pot over medium heat. Add garlic and cook until fragrant.
2. Add lentils, carrots, broth, and thyme. Bring to a boil, then reduce heat and simmer for 20-25 minutes until lentils are tender.
3. Stir in spinach and cook for an additional 2-3 minutes. Season with salt and pepper.

Servings: 1

Southwest Chicken and Corn Salad

Ingredients:

- 4 oz grilled chicken breast, diced
- ½ cup canned corn, rinsed and drained
- ½ cup black beans, rinsed and drained
- 1 cup chopped romaine lettuce
- 2 tbsp shredded cheddar cheese
- 1 tbsp salsa
- 1 tsp olive oil
- ½ tsp chili powder (optional)



Instructions:

1. In a bowl, combine lettuce, chicken, corn, black beans, and shredded cheese.
2. Drizzle with olive oil and salsa, and sprinkle with chili powder if desired. Toss to combine and serve.

Servings: 1

Egg Salad with Whole-Grain Crackers

Ingredients:

- 2 large hard-boiled eggs, chopped
- 1/3 cup diced cucumber
- 1/3 cup diced cherry tomatoes
- 1/4 cup shredded carrots
- 1 tbsp plain Greek yogurt
- 1 tsp Dijon mustard
- 1 tbsp chopped parsley (optional)
- Salt and pepper to taste
- 4 whole-grain crackers



Instructions:

1. In a bowl, mash the chopped eggs with Greek yogurt, Dijon mustard, parsley (if using), salt, and pepper.
2. Fold in the cucumber, cherry tomatoes, and shredded carrots. Mix until combined.
3. Serve the egg salad alongside whole-grain crackers.

Servings: 1



Black Bean Cauliflower Rice Bowl

Ingredients:

- 1 tablespoon olive oil plus 2 tsp., divided
- 1 cup frozen cauliflower rice
- ⅛ teaspoon salt
- 2 tablespoons chopped onion
- 2 tablespoons chopped green bell pepper
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon dried oregano
- ⅔ cup no-salt-added canned black beans, rinsed
- 2 tablespoons chopped roasted red pepper
- ¼ cup water
- 1 tablespoon lime juice
- ¼ cup shredded reduced-fat Cheddar cheese
- 1 medium tomato, chopped
- 1 tablespoon chopped fresh cilantro for garnish

Instructions:

1. Heat 1 Tbsp. oil in a medium skillet over medium heat. Add cauliflower rice and salt; cook, stirring often, until heated through, 3 to 5 minutes. Transfer to a small bowl and keep warm. Wipe out the pan.
2. Heat the remaining 2 tsp. oil in the pan over medium heat. Add onion, green pepper, chili powder, cumin, and oregano; cook, stirring often, until the vegetables are softened, about 3 minutes. Add beans, roasted red pepper, and water; bring to a simmer. Cook, stirring occasionally, until heated through and thickened, 3 to 5 minutes. Remove from heat. Stir in lime juice.
3. Arrange the bean mixture with the hot cauliflower rice in a dinner bowl. Top with cheese and tomato. Garnish with cilantro, if desired.

Servings: 1

A close-up photograph of a white ceramic bowl filled with a variety of fresh ingredients. In the foreground, there are spiralized zucchini noodles (zoodles) and a portion of cooked quinoa, which is a mix of red and white varieties. To the left, there are thin slices of cucumber. In the background, there are several slices of avocado, some fresh green leafy vegetables, and a small piece of broccoli. The bowl is set on a light-colored surface, and a white cloth with a red checkered pattern is visible in the bottom left corner. The word "Dinner" is overlaid in a large, black, serif font with a white outline.

Dinner



Greens & Grains Bowl

Ingredients:

- ½ cup snap or snow peas, trimmed
- 4 spears asparagus, tough ends removed, cut into 2-inch pieces
- ½ cup plain whole-milk yogurt
- ¼ cup chopped fresh dill
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- ¼ teaspoon kosher salt
- ½ cup cooked farro
- 4 ounces baked tofu, cubed
- 3 radishes, sliced
- 1 tablespoon toasted pumpkin seeds for garnish

Instructions:

1. Bring a medium pot of water to a boil. Add snap (or snow) peas and asparagus; cook until just tender, about 2 minutes. Rinse under cold water.
2. Whisk yogurt, dill, lemon juice, oil, garlic, and salt together in a small bowl.
3. Place farro in a shallow serving bowl. Top with peas, asparagus, tofu, and radishes. Drizzle 2 tablespoons of the dressing on top (save extra for other use). Sprinkle with pumpkin seeds, if desired.

Servings: 1

Spinach and Ricotta Stuffed Portobello Mushrooms with Chicken

Ingredients:

- 2 large Portobello mushroom caps
- ¼ cup ricotta cheese
- 1 cup fresh spinach, chopped
- 4 oz cooked shredded chicken
- 1 clove garlic, minced
- 1 tbsp shredded Parmesan cheese
- 1 tsp olive oil
- Salt and pepper to taste



Instructions:

1. Preheat oven to 375°F. Remove stems from mushrooms and brush caps with olive oil.
2. In a bowl, mix ricotta, spinach, shredded chicken, garlic, salt, and pepper.
3. Fill mushroom caps with the mixture and sprinkle Parmesan on top.
4. Bake for 20-25 minutes until mushrooms are tender.

Servings: 1

Lemon Garlic Cod with Sautéed Spinach and Quinoa

Ingredients:

- 4 oz cod fillet
- 1 cup fresh spinach
- ¼ cup dry quinoa (yields ~½ cup cooked)
- ¾ cup water or chicken broth
- 1 tsp olive oil
- 1 clove garlic, minced
- ½ lemon, juiced
- Salt and pepper to taste



Instructions:

1. Rinse quinoa, then cook with water or broth in a small pot over low heat for 12-15 minutes. Fluff and set aside.
2. Heat ½ tsp olive oil in a skillet over medium heat. Season cod with salt and pepper, and cook 3-4 minutes per side until opaque. Remove and set aside.
3. In the same skillet, add remaining oil and garlic. Sauté for 30 seconds, then add spinach and cook until wilted (1-2 minutes).
4. Plate quinoa, top with spinach and cod, and drizzle with lemon juice.

Servings: 1

Spaghetti Squash with Turkey Bolognese

Ingredients:

- 1 small spaghetti squash
- 4 oz ground turkey
- ½ cup diced tomatoes (canned or fresh)
- ¼ cup tomato sauce
- ½ cup diced onion
- 1 clove garlic, minced
- 1 tsp olive oil
- ½ tsp Italian seasoning
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F. Halve spaghetti squash, remove seeds, and bake cut-side down on a baking sheet for 35-40 minutes.
2. Heat olive oil in a skillet over medium heat. Add onion and garlic, and sauté until softened.
3. Add ground turkey and cook until no longer pink. Stir in diced tomatoes, tomato sauce, Italian seasoning, salt, and pepper. Simmer for 10 minutes.
4. Scrape the flesh of the spaghetti squash with a fork to create strands. Top with turkey Bolognese.

Servings: 1



California Burger Bowl

Ingredients:

- 3 cups shredded or chopped lettuce
- 4 oz. raw extra-lean ground beef (at least 96% lean)
- 1/3 cup finely chopped red onion, or more for topping
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. each salt and black pepper
- 1 slice reduced-fat cheddar cheese, torn into pieces
- 1 tbsp. light/reduced-fat cream cheese
- 1/2 cup chopped tomato
- 1 oz. (about 1/4 cup) sliced avocado
- Optional toppings: Sliced pickles, mustard

Instructions:

1. Place lettuce in a large bowl.
2. Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, garlic powder, onion powder, salt, and pepper. Cook, stir, and crumble until beef is fully cooked and onion has softened, about 5 minutes.
3. Remove skillet from heat, and add both types of cheese. Stir until thoroughly mixed and melted. Add beef mixture to the large bowl. Top with tomato and avocado.

Servings: 1





Snacks

Greek Yogurt with Honey and Walnuts

Ingredients:

- ½ cup plain Greek yogurt
- 1 tsp honey
- 1 tbsp chopped walnuts

Instructions:

- Place Greek yogurt in a bowl.
- Drizzle with honey and sprinkle walnuts on top.

Cottage Cheese and Pineapple Bowl

Ingredients:

- ½ cup low-fat cottage cheese
- ½ cup diced fresh or canned pineapple (in juice, not syrup)

Instructions:

- Add cottage cheese to a bowl.
- Top with diced pineapple and serve.

Mini Caprese Skewers

Ingredients:

- 8 cherry tomatoes
- 4 small mozzarella balls
- 4 fresh basil leaves
- 1 tsp balsamic glaze (optional)
- 4 small skewers

Instructions:

- Thread 2 cherry tomatoes, 1 mozzarella ball, and 1 basil leaf onto each skewer.
- Drizzle with balsamic glaze if desired and serve.

Sliced Bell Peppers with Hummus

Ingredients:

- 1 small red bell pepper, sliced into strips
- 2 tbsp hummus

Instructions:

- Arrange bell pepper strips on a plate.
- Serve with hummus for dipping.

Rice Cakes with Peanut Butter and Strawberries

Ingredients:

- 2 plain rice cakes
- 1 tbsp natural peanut butter
- 2 large strawberries, sliced

Instructions:

- Spread peanut butter evenly over each rice cake.
- Top with sliced strawberries and serve.



GROCERY LIST

Breakfasts

Omelet Egg Bites

- Eggs: 1 dozen (you'll use 8)
- Reduced-fat milk: 1 small carton (you'll use ½ cup)
- Red bell peppers: 1 medium (you'll use ¾ cup chopped)
- Canned black beans: 1 small can (you'll use ¾ cup)
- Monterey Jack cheese: 1 small bag (you'll use 6 tbsp shredded)
- Salsa: 1 small jar (you'll use ¼ cup)
- Salt: 1 small container (you'll use ¼ tsp)
- Ground pepper: 1 small container (you'll use ¼ tsp)
- Cooking spray: 1 bottle

Spinach-Avocado Smoothie

- Nonfat plain yogurt: 1 small tub (you'll use 1 cup)
- Fresh spinach: 1 small bag (you'll use 1 cup)
- Frozen bananas: 1 bag or 1 bunch of fresh bananas (you'll use 1)
- Avocado: 1 small (you'll use ¼)
- Honey: 1 small jar (you'll use 1 tsp)

Sweet Potato Breakfast Hash with Turkey Sausage

- Sweet potatoes: 1 small (you'll use 1 small, diced)
- Ground turkey sausage (lean): 1 small pack (you'll use 4 oz)
- Bell peppers: 1 medium (you'll use 1 small, diced)
- Onions: 1 medium (you'll use 1 small, diced)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Paprika: 1 small jar (you'll use 1 tsp)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Blueberry Almond Overnight Oats

- Rolled oats: 1 small bag (you'll use ½ cup)
- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Blueberries: 1 pint fresh or 1 small bag frozen (you'll use ½ cup)
- Almond butter: 1 small jar (you'll use 1 tbsp)
- Chia seeds: 1 small bag (you'll use 1 tsp)

Scrambled Eggs with Whole-Grain Toast

- Eggs: 1 dozen (you'll use 2)
- Whole-grain bread: 1 loaf (you'll use 1 slice)
- Olive oil or butter: 1 small container (you'll use 1 tsp)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

GROCERY LIST

Lunches

Tunacado Sandwich

- Canned tuna (in water): 1 small can (you'll use 4 oz)
- Plain Greek yogurt: 1 small tub (you'll use 1 tbsp)
- Dijon mustard: 1 small jar (you'll use 1 tsp)
- Lemon: 1 small (you'll use 1 tsp juice)
- Avocados: 1 small (you'll use ¼)
- Whole-grain bread: 1 loaf (you'll use 2 slices)
- Mixed greens: 1 small bag (you'll use ½ cup)
- Tomatoes: 1 medium (you'll use 2 slices)

Southwest Chicken and Corn Salad

- Chicken breast: 1 small pack (you'll use 4 oz)
- Canned corn: 1 small can (you'll use ½ cup)
- Canned black beans: 1 small can (you'll use ½ cup)
- Romaine lettuce: 1 small head (you'll use 1 cup)
- Shredded cheddar cheese: 1 small bag (you'll use 2 tbsp)
- Salsa: 1 small jar (you'll use 1 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Chili powder: 1 small jar (optional, you'll use ½ tsp)

Black Bean and Cauliflower Rice Bowl

- Frozen cauliflower rice: 1 bag (you'll use 1 cup)
- Olive oil: 1 small bottle (you'll use 1 tablespoon + 2 teaspoons)
- Onion: 1 medium (you'll use 2 tablespoons, chopped)
- Green bell peppers: 1 medium (you'll use 2 tablespoons, chopped)
- Chili powder: 1 small jar (you'll use ½ teaspoon)
- Ground cumin: 1 small jar (you'll use ½ teaspoon)
- Dried oregano: 1 small jar (you'll use ¼ teaspoon)
- Canned black beans: 1 small can (you'll use ⅔ cup)
- Roasted red peppers: 1 small jar (you'll use 2 tablespoons, chopped)
- Lime: 1 small (you'll use 1 tablespoon juice)
- Reduced-fat shredded cheddar cheese: 1 small bag (you'll use ¼ cup)
- Tomatoes: 1 medium (you'll use 1, chopped)
- Fresh cilantro: 1 small bunch (optional, you'll use 1 tablespoon, chopped)

Lentil and Spinach Soup

- Dry lentils: 1 small bag (you'll use ½ cup)
- Chicken or vegetable broth: 1 quart (you'll use 2 cups)
- Fresh spinach: 1 small bag (you'll use 1 cup)
- Carrots: 1 medium (you'll use ½ cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Garlic: 1 small head (you'll use 1 clove)
- Dried thyme: 1 small jar (you'll use 1 tsp)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Egg Salad with Whole-Grain Crackers

- Eggs: 1 dozen (you'll use 2 hard-boiled)
- Cucumber: 1 medium (you'll use ⅓ cup diced)
- Cherry tomatoes: 1 pint (you'll use ⅓ cup)
- Shredded carrots: 1 small bag (you'll use ¼ cup)
- Plain Greek yogurt: 1 small tub (you'll use 1 tbsp)
- Dijon mustard: 1 small jar (you'll use 1 tsp)
- Parsley: 1 small bunch (optional, you'll use 1 tbsp, chopped)
- Whole-grain crackers: 1 box (you'll use 4)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

GROCERY LIST

Dinners

Greens & Grains Bowl

- Snap or snow peas: 1 small bag (you'll use ½ cup)
- Asparagus: 1 small bunch (you'll use 4 spears)
- Plain whole-milk yogurt: 1 small tub (you'll use ½ cup)
- Fresh dill: 1 small bunch (you'll use ¼ cup chopped)
- Lemon: 1 small (you'll use 1 tablespoon juice)
- Olive oil: 1 small bottle (you'll use 1 tablespoon)
- Garlic: 1 small head (you'll use 1 clove)
- Kosher salt: 1 small container (you'll use ¼ teaspoon)
- Farro: 1 small bag (you'll use ½ cup cooked)
- Baked tofu: 1 small block (you'll use 4 ounces, cubed)
- Radishes: 1 small bunch (you'll use 3, sliced)
- Toasted pumpkin seeds: 1 small bag (you'll use 1 tablespoon for garnish)

Spinach and Ricotta Stuffed Portobello Mushrooms with Chicken

- Portobello mushrooms: 2 large
- Ricotta cheese: 1 small tub (you'll use ¼ cup)
- Fresh spinach: 1 small bag (you'll use 1 cup, chopped)
- Cooked shredded chicken: 1 small pack or cook your own (you'll use 4 ounces)
- Garlic: 1 small head (you'll use 1 clove)
- Parmesan cheese: 1 small tub (you'll use 1 tablespoon shredded)
- Olive oil: 1 small bottle (you'll use 1 teaspoon)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Lemon Garlic Cod with Sautéed Spinach and Quinoa

- Cod fillets: 1 small pack (you'll use 4 ounces)
- Fresh spinach: 1 small bag (you'll use 1 cup)
- Quinoa: 1 small bag (you'll use ¼ cup dry)
- Chicken broth or water: 1 quart (you'll use ¾ cup)
- Olive oil: 1 small bottle (you'll use 1 teaspoon)
- Garlic: 1 small head (you'll use 1 clove)
- Lemon: 1 small (you'll use ½ juiced)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

GROCERY LIST

Dinners

Spaghetti Squash with Turkey Bolognese

- Spaghetti squash: 1 medium
- Ground turkey: 1 small pack (you'll use 4 ounces)
- Canned diced tomatoes: 1 small can (you'll use ½ cup)
- Tomato sauce: 1 small jar (you'll use ¼ cup)
- Onion: 1 medium (you'll use ½ cup diced)
- Garlic: 1 small head (you'll use 1 clove)
- Olive oil: 1 small bottle (you'll use 1 teaspoon)
- Italian seasoning: 1 small jar (you'll use ½ teaspoon)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

California Burger Bowl

- Lettuce: 1 small head (you'll use 3 cups shredded)
- Extra-lean ground beef: 1 small pack (you'll use 4 ounces)
- Red onion: 1 medium (you'll use ⅓ cup, finely chopped)
- Garlic powder: 1 small jar (you'll use ¼ teaspoon)
- Onion powder: 1 small jar (you'll use ¼ teaspoon)
- Kosher salt: 1 small container (you'll use ⅛ teaspoon)
- Ground pepper: 1 small container (you'll use ⅛ teaspoon)
- Reduced-fat cheddar cheese: 1 small pack (you'll use 1 slice, torn into pieces)
- Light cream cheese: 1 small tub (you'll use 1 tablespoon)
- Tomato: 1 medium (you'll use ½ cup chopped)
- Avocado: 1 small (you'll use 1 ounce, sliced)
- Optional toppings: Pickles and mustard

GROCERY LIST

Snacks

Greek Yogurt with Honey and Walnuts

- Plain Greek yogurt: 1 large tub (you'll use ½ cup)
- Honey: 1 small jar (you'll use 1 teaspoon)
- Walnuts: 1 small bag (you'll use 1 tablespoon)

Sliced Bell Peppers with Hummus

- Red bell peppers: 1 small (you'll use 1 sliced)
- Hummus: 1 small tub (you'll use 2 tablespoons)

Cottage Cheese and Pineapple Bowl

- Low-fat cottage cheese: 1 small tub (you'll use ½ cup)
- Pineapple: 1 medium or 1 small can (you'll use ½ cup diced)

Rice Cakes with Peanut Butter and Strawberries

- Plain rice cakes: 1 pack (you'll use 2)
- Natural peanut butter: 1 small jar (you'll use 1 tablespoon)
- Strawberries: 1 pint (you'll use 2 large)

Mini Caprese Skewers

- Cherry tomatoes: 1 pint (you'll use 8)
- Fresh mozzarella balls: 1 small tub (you'll use 4)
- Fresh basil: 1 small bunch (you'll use 4 leaves)
- Balsamic glaze: 1 small bottle (optional, you'll use 1 teaspoon)
- Small skewers: 1 pack (you'll use 4)