



February

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				



Breakfast

Peanut Butter Banana Smoothie

Ingredients:

- 1 cup unsweetened almond milk
- 1 frozen banana
- 1 serving vanilla protein powder
- 1 tablespoon natural peanut butter
- 1 teaspoon chia seeds (optional)

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and serve immediately.

Servings: 1



Veggie-Packed Scramble with Whole-Grain Toast

Ingredients:

- 2 large eggs
- ½ cup chopped spinach
- ¼ cup diced bell pepper
- 1 slice whole-grain bread
- 1 teaspoon olive oil
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add spinach and bell pepper, and sauté for 1-2 minutes.
3. Whisk the eggs, season with salt and pepper, and pour into the skillet. Scramble until cooked through.
4. Serve with whole-grain toast on the side.

Servings: 1



Greek Yogurt Bowl with Berries and Granola

Ingredients:

- 1 cup plain Greek yogurt
- ½ cup mixed fresh berries (e.g., blueberries, strawberries, raspberries)
- 2 tablespoons granola
- 1 teaspoon honey (optional)



Instructions:

1. Add Greek yogurt to a bowl.
2. Top with mixed berries, granola, and honey, if desired.

Servings: 1

Avocado and Egg Toast

Ingredients:

- 1 slice whole-grain bread
- ½ avocado, mashed
- 1 large egg, poached or fried
- Salt, pepper, and red pepper flakes to taste

Instructions:

1. Toast the bread.
2. Spread mashed avocado on the toast.
3. Top with the cooked egg, and season with salt, pepper, and red pepper flakes.



Servings: 1

Protein Waffles with Mixed Berry Compote

Ingredients:

- ½ cup rolled oats
- 1 serving vanilla protein powder
- ¼ cup unsweetened almond milk
- 1 small ripe banana, mashed
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 1 cup mixed berries (e.g., blueberries, raspberries, strawberries)
- 1 teaspoon honey (optional)
- Olive oil or cooking spray for greasing

Instructions:

1. Preheat a waffle iron and lightly grease with olive oil or cooking spray.
2. In a blender, combine rolled oats, protein powder, almond milk, mashed banana, baking powder, vanilla extract, and cinnamon. Blend until smooth.
3. Pour the batter into the preheated waffle iron and cook according to the manufacturer's instructions (typically 4-5 minutes).
4. While the waffle cooks, make the berry compote: Add mixed berries to a small saucepan over medium heat. Stir occasionally until the berries break down and form a sauce (about 3-4 minutes). Add honey if desired for extra sweetness.
5. Serve the waffles warm with the mixed berry compote spooned on top.

Servings: 1



A close-up photograph of a fresh green salad in a dark bowl. The salad features arugula leaves, sliced green apples, walnut halves, and cucumber cubes. The word "Lunch" is overlaid in a large, white, serif font with a black outline. In the background, a glass jar and a few scattered walnuts are visible on a dark surface.

Lunch

Turkey & Swiss Sandwich

Ingredients:

- 2 slices whole-grain bread
- 4 oz deli-sliced turkey breast
- 1 slice Swiss cheese
- 1 tablespoon Dijon mustard
- 2 lettuce leaves
- 2 slices tomato
- ¼ cup shredded carrots



Instructions:

1. Spread Dijon mustard on one side of each slice of bread.
2. Layer turkey, Swiss cheese, lettuce, tomato, and shredded carrots on one slice.
3. Top with the other slice of bread, cut in half, and serve.

Servings: 1

Italian Salad

Ingredients:

- 2 cups romaine lettuce, chopped
- ¼ cup cherry tomatoes, halved
- ¼ cup cucumber, diced
- 2 tablespoons red onion, finely diced
- 2 slices deli turkey, chopped
- 2 tablespoons shredded mozzarella cheese
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- ½ teaspoon dried oregano
- Salt and pepper to taste



Instructions:

1. In a large bowl, combine lettuce, cherry tomatoes, cucumber, red onion, turkey, and mozzarella.
2. Drizzle with olive oil and red wine vinegar.
3. Sprinkle with oregano, salt, and pepper. Toss to combine and serve.

Servings: 1

Apple Chicken Salad

Ingredients:

- 2 cups mixed greens
- ½ medium apple, thinly sliced
- 4 oz grilled chicken breast, sliced
- 2 tablespoons crumbled feta cheese
- 1 tablespoon chopped walnuts
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon honey
- Salt and pepper to taste



Instructions:

1. In a large bowl, combine mixed greens, apple slices, grilled chicken, feta cheese, and walnuts.
2. In a small bowl, whisk together olive oil, apple cider vinegar, honey, salt, and pepper to make the dressing.
3. Drizzle the dressing over the salad, toss to coat, and serve.

Servings: 1

Chicken Tomato Soup

Ingredients:

- 2 cups shredded cooked chicken breast
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 1 can (14.5 oz) diced tomatoes, with juice
- ½ cup canned white beans, rinsed and drained
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- Salt and pepper to taste



Instructions:

1. Heat olive oil in a large pot over medium heat. Add diced onion and garlic, and sauté for 3-4 minutes until softened.
2. Stir in the diced tomatoes (with juice), chicken broth, dried basil, oregano, salt, and pepper. Bring to a boil.
3. Reduce the heat to low and add the shredded chicken and white beans. Simmer for 10-15 minutes to allow the flavors to meld.

Servings: 4



Thai-Inspired Chicken and Veggie Bowl

Ingredients:

- ½ cup cooked jasmine rice
- 4 oz grilled chicken breast, sliced
- ½ cup shredded carrots
- ½ cup red bell pepper, thinly sliced
- ¼ cup cucumber, sliced
- 1 tablespoon peanut butter
- 1 tablespoon soy sauce
- 1 teaspoon lime juice
- 1 teaspoon honey
- 1 teaspoon sesame oil
- Optional: Fresh cilantro for garnish

Instructions:

1. Whisk together peanut butter, soy sauce, lime juice, honey, and sesame oil in a small bowl to make the sauce.
2. Layer jasmine rice, chicken, carrots, red bell pepper, and cucumber in a bowl.
3. Drizzle the peanut sauce over the top and garnish with fresh cilantro if desired.

Servings: 1

A close-up, slightly blurred photograph of a dish featuring grilled chicken strips and sliced bell peppers in red, yellow, and green. The chicken is white with some charred edges and black pepper seasoning. The vegetables are vibrant and also appear to be grilled. The word "Dinner" is overlaid in a large, white, serif font with a black outline.

Dinner



Kale and Artichoke Chicken Casserole

Ingredients:

- 1 lb chicken breast, cooked and shredded
- 2 cups kale, chopped
- 1 can (14 oz) artichoke hearts, drained and chopped
- ½ cup plain Greek yogurt
- ½ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 1 tsp garlic powder
- ½ tsp onion powder
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F. Grease a casserole dish.
2. In a large bowl, combine shredded chicken, kale, artichoke hearts, Greek yogurt, mozzarella, Parmesan, garlic powder, onion powder, salt, and pepper.
3. Spread evenly in the casserole dish and bake for 20-25 minutes, until cheese is melted and bubbly.

Servings: 4

Tuna Grain Bowl

Ingredients:

- 1 cup cooked quinoa or brown rice
- 1 can tuna in water, drained (5 oz)
- ½ cup cherry tomatoes, halved
- ¼ cup cucumber, diced
- ¼ avocado, diced
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste



Instructions:

1. Layer quinoa, tuna, tomatoes, cucumber, and avocado in a bowl.
2. Drizzle with olive oil and lemon juice. Season to taste.

Servings: 1

Sheet Pan Chicken Fajitas

Ingredients:

- 1 lb chicken breast, sliced
- 2 bell peppers, sliced
- 1 onion, sliced
- 2 tbsp olive oil
- 1 tbsp fajita seasoning
- Salt and pepper to taste



Instructions:

1. Toss chicken, bell peppers, and onion with olive oil, fajita seasoning, salt, and pepper.
2. Spread on a sheet pan and bake at 400°F for 20-25 minutes. Serve with tortillas if desired.

Servings: 2

Turkey Meatballs with Zoodles

Ingredients:

- ¼ lb lean ground turkey
- 1 egg
- ¼ cup breadcrumbs
- 2 tbsp Parmesan cheese
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt, ¼ tsp pepper
- 2 cups zucchini noodles (zoodles)
- 1 cup marinara sauce
- 1 tbsp olive oil

Instructions:

1. Preheat oven to 375°F. Mix turkey, egg, breadcrumbs, Parmesan, Italian seasoning, garlic powder, onion powder, salt, and pepper.
2. Roll into 1-inch balls, bake 15-18 minutes.
3. Sauté zoodles in olive oil, add marinara, and serve with meatballs.

Servings: 1



Lemon Herb Salmon with Roasted Broccoli

Ingredients:

- 1 salmon fillet (6 oz)
- 1 cup broccoli florets
- 1 tbsp olive oil
- 1 tsp lemon juice
- ½ tsp garlic powder
- ¼ tsp dried thyme
- Salt and pepper to taste

Instructions:

1. Place salmon and broccoli on a sheet pan.
2. Drizzle with olive oil and lemon juice. Season with garlic powder, thyme, salt, and pepper.
3. Roast at 400°F for 12-15 minutes.

Servings: 1





Snacks

Roasted Edamame

Ingredients:

- 1 cup shelled edamame (frozen, thawed)
- 1 teaspoon olive oil
- ¼ teaspoon garlic powder
- Salt and pepper to taste

Instructions:

- Preheat the oven to 400°F.
- Toss edamame with olive oil, garlic powder, salt, and pepper.
- Spread on a baking sheet and roast for 12-15 minutes, stirring halfway.

Sweet Potato Toast with Almond Butter

Ingredients:

- ½ small sweet potato, sliced lengthwise (about 2-3 slices)
- 1 tablespoon almond butter
- 1 teaspoon chia seeds (optional)

Instructions:

- Slice the sweet potato into ¼-inch thick slices (2-3 slices).
- Toast slices in a toaster or oven until tender (about 5-7 minutes).
- Spread almond butter on top and sprinkle with chia seeds if desired.

Veggie-Packed Mini Muffins

Ingredients:

- 1 cup rolled oats
- ½ cup grated zucchini
- ½ cup grated carrot
- 2 large eggs
- 2 tablespoons honey
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ cup raisins (optional)

Serving: 2 mini-muffins

Apple Nachos with Almond Butter Drizzle

Ingredients:

- 1 medium apple, thinly sliced
- 1 tablespoon almond butter (warmed slightly for drizzling)
- 1 teaspoon chia seeds
- 1 teaspoon shredded coconut (optional)

Instructions:

- Arrange apple slices on a plate.
- Drizzle with warmed almond butter and sprinkle with chia seeds and coconut.

Berry and Nut Butter Wrap

Ingredients:

- 1 small whole-grain tortilla
- 1 tablespoon almond butter (or peanut butter)
- ¼ cup mixed berries (e.g., blueberries, raspberries, sliced strawberries)

Instructions:

- Spread almond butter evenly over the tortilla.
- Sprinkle mixed berries across the tortilla.
- Roll up tightly and slice in half for an easy snack.

Instructions:

- Preheat the oven to 350°F and grease a mini muffin tin.
- Mix oats, zucchini, carrot, eggs, honey, baking powder, and cinnamon in a bowl. Add raisins if using.
- Divide the mixture into the mini muffin tin.
- Bake for 15-18 minutes or until golden brown.

GROCERY LIST

Breakfasts

Peanut Butter Banana Smoothie

- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Frozen banana: 1 bag or fresh bananas (you'll use 1)
- Vanilla protein powder: 1 container (you'll use 1 serving)
- Natural peanut butter: 1 small jar (you'll use 1 tablespoon)
- Chia seeds: 1 small bag (optional, you'll use 1 teaspoon)

Greek Yogurt Bowl with Berries and Granola

- Plain Greek yogurt: 1 tub (you'll use 1 cup)
- Mixed fresh berries: 1 pint (you'll use ½ cup)
- Granola: 1 small bag (you'll use 2 tablespoons)
- Honey: 1 small jar (optional, you'll use 1 teaspoon)

Veggie-Packed Scramble with Whole-Grain Toast

- Eggs: 1 dozen (you'll use 2)
- Fresh spinach: 1 small bag (you'll use ½ cup)
- Bell peppers: 1 medium (you'll use ¼ cup diced)
- Whole-grain bread: 1 loaf (you'll use 1 slice)
- Olive oil: 1 small bottle (you'll use 1 teaspoon)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Avocado and Egg Toast

- Eggs: 1 dozen (you'll use 1)
- Whole-grain bread: 1 loaf (you'll use 1 slice)
- Avocados: 1 small (you'll use ½)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)
- Red pepper flakes: 1 small jar (to taste)

Protein Waffles with Mixed Berry Compote

- Rolled oats: 1 small bag (you'll use ½ cup)
- Vanilla protein powder: 1 container (you'll use 1 serving)
- Unsweetened almond milk: 1 quart (you'll use ¼ cup)
- Bananas: 1 small ripe (you'll use 1)
- Baking powder: 1 small container (you'll use 1 teaspoon)
- Vanilla extract: 1 small bottle (you'll use 1 teaspoon)
- Ground cinnamon: 1 small jar (you'll use ½ teaspoon)
- Mixed berries: 1 pint (you'll use 1 cup for compote)
- Honey: 1 small jar (optional, you'll use 1 teaspoon)
- Olive oil or cooking spray: 1 small bottle

GROCERY LIST

Lunches

Turkey & Swiss Sandwich

- Whole-grain bread: 1 loaf (you'll use 2 slices)
- Deli-sliced turkey breast: 1 small pack (you'll use 4 oz)
- Swiss cheese: 1 small pack (you'll use 1 slice)
- Dijon mustard: 1 small jar (you'll use 1 tablespoon)
- Lettuce: 1 small head (you'll use 2 leaves)
- Tomatoes: 1 medium (you'll use 2 slices)
- Shredded carrots: 1 small bag (you'll use ¼ cup)

Italian Chopped Salad

- Romaine lettuce: 1 small head (you'll use 2 cups)
- Cherry tomatoes: 1 pint (you'll use ¼ cup)
- Cucumber: 1 medium (you'll use ¼ cup)
- Red onion: 1 small (you'll use 2 tablespoons)
- Deli-sliced turkey breast: 1 small pack (you'll use 2 slices)
- Shredded mozzarella cheese: 1 small bag (you'll use 2 tablespoons)
- Olive oil: 1 small bottle (you'll use 1 tablespoon)
- Red wine vinegar: 1 small bottle (you'll use 1 tablespoon)
- Dried oregano: 1 small jar (you'll use ½ teaspoon)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Thai-Inspired Chicken and Veggie Bowl

- Jasmine rice: 1 small bag (you'll use ½ cup cooked)
- Raw chicken breast: 1 small pack (you'll use 4 oz cooked)
- Shredded carrots: 1 small bag (you'll use ½ cup)
- Red bell peppers: 1 medium (you'll use ½ cup)
- Cucumber: 1 medium (you'll use ¼ cup, sliced)
- Peanut butter: 1 small jar (you'll use 1 tablespoon)
- Soy sauce: 1 small bottle (you'll use 1 tablespoon)
- Lime: 1 small (you'll use 1 teaspoon juice)
- Honey: 1 small jar (you'll use 1 teaspoon)
- Sesame oil: 1 small bottle (you'll use 1 teaspoon)
- Fresh cilantro: 1 small bunch (optional)

Apple Chicken Salad

- Mixed greens: 1 small bag (you'll use 2 cups)
- Apples: 1 medium (you'll use ½)
- Grilled chicken breast: 1 small pack (you'll use 4 oz)
- Feta cheese: 1 small pack (you'll use 2 tablespoons)
- Walnuts: 1 small bag (you'll use 1 tablespoon)
- Olive oil: 1 small bottle (you'll use 1 tablespoon)
- Apple cider vinegar: 1 small bottle (you'll use 1 tablespoon)
- Honey: 1 small jar (you'll use 1 teaspoon)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Chicken Tomato Soup

- Shredded cooked chicken breast: 1 small pack (you'll use 2 cups)
- Olive oil: 1 small bottle (you'll use 1 tablespoon)
- Onion: 1 medium (you'll use 1 small, diced)
- Garlic: 1 small head (you'll use 2 cloves)
- Low-sodium chicken broth: 1 quart (you'll use 4 cups)
- Canned diced tomatoes (14.5 oz): 1 small can
- Canned white beans: 1 can (you'll use ½ cup)
- Dried basil: 1 small jar (you'll use 1 teaspoon)
- Dried oregano: 1 small jar (you'll use ½ teaspoon)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

GROCERY LIST

Dinners

Kale and Artichoke Chicken Casserole

- Raw chicken breast: 1 lb
- Kale: 1 small bunch (you'll use 2 cups)
- Canned artichoke hearts: 1 can (14 oz)
- Plain Greek yogurt: 1 small tub (you'll use ½ cup)
- Shredded mozzarella cheese: 1 small bag (you'll use ½ cup)
- Parmesan cheese: 1 small tub (you'll use ¼ cup, grated)
- Garlic powder: 1 small jar (you'll use 1 tsp)
- Onion powder: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Tuna Grain Bowl

- Quinoa or brown rice: 1 small bag (you'll use 1 cup cooked)
- Tuna in water: 1 can (5 oz)
- Cherry tomatoes: 1 pint (you'll use ½ cup)
- Cucumber: 1 medium (you'll use ¼ cup)
- Avocado: 1 small (you'll use ¼)
- Olive oil: 1 small bottle (you'll use 2 tbsp)
- Lemon: 1 small (you'll use 1 tbsp juice)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Sheet Pan Chicken Fajitas

- Raw chicken breast: 1 lb (to slice)
- Bell peppers: 2 medium (you'll use 2, sliced)
- Onion: 1 medium (you'll use 1)
- Olive oil: 1 small bottle (you'll use 2 tbsp)
- Fajita seasoning: 1 small jar (you'll use 1 tbsp)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)
- Optional: tortillas, fajita toppings of choice

Turkey Meatballs with Zoodles

- Lean ground turkey: 1 lb (you'll use ¼)
- Egg: 1 large
- Whole wheat breadcrumbs: 1 small bag (you'll use ¼ cup)
- Parmesan cheese: 1 small tub (you'll use 2 tbsp, grated)
- Italian seasoning: 1 small jar (you'll use 1 tsp)
- Garlic powder: 1 small jar (you'll use ½ tsp)
- Onion powder: 1 small jar (you'll use ½ tsp)
- Zucchini: 2 medium (you'll spiralize into 2 cups of noodles)
- Marinara sauce: 1 small jar (you'll use 1 cup)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Lemon Herb Salmon with Roasted Broccoli (Serves 1)

- Salmon fillet: 1 small pack (you'll use 1 fillet, ~6 oz)
- Broccoli florets: 1 small head (you'll use 1 cup)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Lemon: 1 small (you'll use 1 tsp juice)
- Garlic powder: 1 small jar (you'll use ½ tsp)
- Dried thyme: 1 small jar (you'll use ¼ tsp)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

GROCERY LIST

Snacks

Roasted Edamame

- Shelled edamame (frozen, thawed): 1 small bag (you'll use 1 cup)
- Olive oil: 1 small bottle (you'll use 1 teaspoon)
- Garlic powder: 1 small jar (you'll use ¼ teaspoon)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Apple Nachos with Almond Butter Drizzle

- Apples: 1 medium (you'll use 1)
- Almond butter: 1 small jar (you'll use 1 tablespoon)
- Chia seeds: 1 small bag (you'll use 1 teaspoon)
- Shredded coconut (optional): 1 small bag (you'll use 1 teaspoon)

Sweet Potato Toast with Almond Butter

- Sweet potato: 1 small (you'll use ½)
- Almond butter: 1 small jar (you'll use 1 tablespoon)
- Chia seeds (optional): 1 small bag (you'll use 1 teaspoon)

Berry and Nut Butter Wrap

- Whole-grain tortillas: 1 small pack (you'll use 1 tortilla)
- Almond butter (or peanut butter): 1 small jar (you'll use 1 tablespoon)
- Mixed berries (e.g., blueberries, raspberries, strawberries): 1 small pack (you'll use ¼ cup)

Veggie-Packed Mini Muffins

- Rolled oats: 1 small bag (you'll use 1 cup)
- Zucchini: 1 medium (you'll use ½ cup, grated)
- Carrot: 1 medium (you'll use ½ cup, grated)
- Eggs: 1 dozen (you'll use 2)
- Honey: 1 small jar (you'll use 2 tablespoons)
- Baking powder: 1 small container (you'll use 1 teaspoon)
- Ground cinnamon: 1 small jar (you'll use 1 teaspoon)
- Raisins (optional): 1 small bag (you'll use ¼ cup)