



February

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 a thick, brown chocolate pudding. The top of the pudding is garnished with dark chocolate chips and white coconut flakes. The jar sits on a rustic wooden surface. Scattered around the base of the jar are several almonds and chocolate chips. In the background, a small wooden bowl containing chia seeds is visible, along with a slice of orange.

Breakfast

Chocolate Peanut Butter Overnight Oats

Ingredients:

- ½ cup rolled oats
- 1 serving chocolate protein powder
- 1 tablespoon peanut butter
- 1 teaspoon chia seeds
- 1 cup unsweetened almond milk



Instructions:

1. Combine all ingredients in a jar or bowl and stir well.
2. Cover and refrigerate overnight.
3. Stir and enjoy chilled in the morning.

Servings: 1

Almond Butter & Cottage Cheese Toast with Sliced Banana

Ingredients:

- 1 slice whole-grain bread
- ¼ cup low-fat cottage cheese
- 1 tablespoon almond butter
- ½ banana, sliced
- 1 teaspoon chia seeds (optional)



Instructions:

1. Toast the whole-grain bread until golden brown.
2. Spread almond butter and cottage cheese evenly on the toast.
3. Top with banana slices and sprinkle chia seeds if desired.
4. Serve immediately.

Servings: 1

Cottage Cheese Berry Bowl with Walnuts

Ingredients:

- ½ cup low-fat cottage cheese
- ½ cup mixed berries (e.g., strawberries, blueberries)
- 1 tablespoon chopped walnuts
- 1 teaspoon honey (optional)

Instructions:

1. Add cottage cheese to a bowl.
2. Top with mixed berries, walnuts, and drizzle with honey if desired.

Servings: 1



Banana Walnut Protein Smoothie

Ingredients:

- 1 small banana
- 1 serving vanilla protein powder
- 1 tablespoon walnuts
- 1 cup unsweetened almond milk
- ½ teaspoon cinnamon

Instructions:

1. Add all ingredients to a blender and blend until smooth.
2. Serve immediately.

Servings: 1



Protein-Packed Veggie Breakfast Burrito

Ingredients:

- 1 whole-grain tortilla
- 2 large eggs
- ¼ cup black beans, drained and rinsed
- ¼ cup bell peppers, diced
- 2 tablespoons shredded cheddar cheese
- 1 tablespoon salsa
- 1 teaspoon olive oil
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet and sauté bell peppers.
2. Scramble eggs and black beans in the skillet.
3. Warm tortilla and fill with eggs, peppers, and cheese.
4. Top with salsa, wrap, and serve.

Servings: 1





Lunch

Creamy Tomato and White Bean Soup

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can (14.5 oz) diced tomatoes
- ½ cup canned white beans, rinsed and drained
- 2 cups low-sodium vegetable broth
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- ¼ cup plain Greek yogurt
- Salt and pepper to taste



Instructions:

1. Heat olive oil in a pot over medium heat, sauté onion and garlic until soft.
2. Add diced tomatoes, white beans, broth, basil, oregano, salt, and pepper. Simmer for 15 minutes.
3. Remove from heat and blend until smooth. Stir in Greek yogurt and serve warm.

Servings: 2

Hummus Veggie Sandwich

Ingredients:

- 2 slices whole-grain bread
- ¼ cup hummus
- ¼ cup cucumber, sliced
- ¼ cup red bell pepper, sliced
- ¼ cup shredded carrots
- 2 tablespoons crumbled feta cheese
- 1 handful mixed greens
- 1 teaspoon olive oil
- Salt and pepper to taste



Instructions:

1. Toast the whole-grain bread slices.
2. Spread hummus evenly on one slice of bread.
3. Layer cucumber, red bell pepper, shredded carrots, mixed greens, and feta.
4. Drizzle with olive oil, season with salt and pepper, and top with the second slice of bread.
5. Cut in half and serve.

Servings: 1

Chickpea and Cucumber Salad

Ingredients:

- 1 cup canned chickpeas, rinsed and drained
- ½ cucumber, diced
- ¼ cup cherry tomatoes, halved
- 2 tablespoons red onion, finely diced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- ½ teaspoon dried oregano
- Salt and pepper to taste



Instructions:

1. Combine chickpeas, cucumber, tomatoes, and red onion in a bowl.
2. Drizzle with olive oil and lemon juice, season with oregano, salt, and pepper.
3. Toss well and serve chilled.

Servings: 1

Spinach and Strawberry Salad with Grilled Chicken

Ingredients:

- 2 cups baby spinach
- ½ cup sliced strawberries
- 4 oz grilled chicken breast, sliced
- 2 tablespoons crumbled feta cheese
- 1 tablespoon sliced almonds
- 1 tablespoon balsamic vinaigrette



Instructions:

1. Arrange spinach, strawberries, grilled chicken, feta, and almonds in a bowl.
2. Drizzle with balsamic vinaigrette and toss to combine.

Servings: 1



Southwest Beef and Rice Bowl

Ingredients:

- 1 pound ground beef
- 1.5 cups cauliflower rice (about 6 ounces)
- 1 red bell pepper, finely chopped
- 1 cup red onion, diced
- ½ cup corn kernels
- 1 (8-ounce) can tomato sauce (1 cup)
- 1 cup shredded cheddar cheese
- 1 large avocado, finely chopped
- 1 teaspoon table salt
- ¼ teaspoon ground cayenne (adjust to taste)

Instructions:

1. Heat a large pan over medium-high heat and cook the ground beef until browned, breaking it apart as it cooks.
2. Add the red bell pepper, red onion, salt, and cayenne, stirring well, and cook for 1-2 minutes.
3. Stir in the cauliflower rice and tomato sauce, and cook for 3-5 minutes until the cauliflower rice is tender.
4. Remove from heat and stir in the corn. Gradually mix in the shredded cheddar cheese until melted.
5. Stir in the chopped avocado and serve warm.

Servings: 5



Dinner



Garlic Herb Pork Tenderloin with Roasted Veggies

Ingredients:

- 1 lb pork tenderloin
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 cups Brussels sprouts, halved
- 1 cup baby carrots
- 1 cup baby potatoes, halved

Instructions:

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Rub pork tenderloin with olive oil, garlic, rosemary, thyme, salt, and pepper.
3. Toss Brussels sprouts, carrots, and potatoes with olive oil, salt, and pepper.
4. Place pork and veggies on the baking sheet and roast for 25-30 minutes or until pork reaches an internal temp of 145°F.
5. Rest pork for 5 minutes before slicing and serve with roasted veggies.

Servings: 2

Ground Turkey and Veggie Stir-Fry

Ingredients:

- 4 oz lean ground turkey
- 1 cup bell peppers, sliced
- ½ cup broccoli florets
- ½ small onion, sliced
- 1 tablespoon olive oil
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon sesame oil
- ½ teaspoon garlic powder
- ½ teaspoon ginger powder



Instructions:

1. Heat olive oil in a skillet over medium heat. Add onion and cook until softened.
2. Add ground turkey and cook until browned. Drain excess fat.
3. Stir in bell peppers and broccoli, cooking until tender.
4. Add soy sauce, sesame oil, garlic powder, and ginger. Stir well and serve.

Servings: 1

Roasted Veggie Pasta Salad with Grilled Chicken

Ingredients:

- 4 oz whole wheat pasta (rotini or penne)
- 1 zucchini, chopped
- ½ red bell pepper, chopped
- ½ cup cherry tomatoes, halved
- 1 tablespoon olive oil
- 1 boneless, skinless chicken breast
- ½ teaspoon Italian seasoning
- ¼ cup grated Parmesan cheese (optional)
- Salt and pepper to taste



Instructions:

1. Preheat oven to 400°F. Toss veggies with olive oil, salt, and pepper. Roast for 20 minutes.
2. Cook pasta, drain, and set aside.
3. Season chicken with Italian seasoning, grill until cooked through, and slice.
4. Combine pasta, roasted veggies, and chicken. Sprinkle with Parmesan and serve.

Servings: 2

One-Pan Beef and Sweet Potato Skillet

Ingredients:

- 6 oz lean ground beef
- 1 small sweet potato, diced
- ½ red bell pepper, chopped
- 1 small onion, diced
- 1 tablespoon olive oil
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ¼ cup shredded cheddar cheese
- Salt and pepper to taste
- 1 tablespoon fresh parsley, chopped (for garnish)

Instructions:

1. Heat olive oil in a skillet over medium heat. Add onion and cook until softened.
2. Add ground beef and cook until browned. Drain excess fat.
3. Stir in sweet potato, red bell pepper, paprika, garlic powder, salt, and pepper.
4. Cover and cook for 10-12 minutes until sweet potatoes are tender.
5. Sprinkle shredded cheddar cheese over the skillet and cover for 1-2 minutes until melted.
6. Garnish with parsley and serve.

Servings: 1



Balsamic Glazed Salmon with Roasted Asparagus

Ingredients:

- 1 (6 oz) salmon fillet
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1 teaspoon olive oil
- 1 cup asparagus, trimmed
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. In a bowl, whisk balsamic vinegar, honey, Dijon mustard, and olive oil.
3. Place salmon on the sheet and brush with the glaze. Arrange asparagus around salmon.
4. Sprinkle salt and pepper over everything.
5. Bake for 15-18 minutes until salmon is flaky and asparagus is tender.

Servings: 1





Snacks

PB Banana Bites

Ingredients:

- 1 small banana, sliced into rounds
- 1 tablespoon natural peanut butter
- 1 tablespoon crushed peanuts
- 1 teaspoon chia seeds

Instructions:

- Spread peanut butter on half of the banana slices.
- Top with the remaining banana slices to make mini "sandwiches."
- Sprinkle crushed peanuts and chia seeds on top.
- Chill for 10 minutes before serving or enjoy immediately.

Cottage Cheese with Berries and Nuts

Ingredients:

- ½ cup cottage cheese
- ¼ cup mixed berries (strawberries, blueberries, raspberries)
- 1 tablespoon chopped walnuts or almonds

Instructions:

- Scoop cottage cheese into a bowl.
- Top with mixed berries and chopped nuts.

Homemade Granola Bars

Ingredients:

- ½ cup honey
- 3 tablespoons peanut butter
- ¼ teaspoon sea salt
- 2 cups rolled oats
- ½ cup finely chopped walnuts or almonds
- ⅓ cup dark chocolate chips

Makes 10 servings

Matcha Strawberry Pops

Ingredients:

- 1 cup plain Greek yogurt
- 1 cup strawberries, hulled and chopped
- 2 tablespoons honey
- 1 teaspoon matcha powder

Instructions:

- Blend Greek yogurt, strawberries, honey, and matcha powder until smooth.
- Pour the mixture into 4 popsicle molds.
- Insert sticks and freeze for at least 4 hours or until solid.
- Serve frozen (makes 4 servings)

Yogurt and Fruit Clusters

Ingredients:

- 1 cup plain Greek yogurt
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 2 tablespoons honey
- ½ cup dark chocolate chips
- 1 teaspoon coconut oil

Instructions:

- Mix Greek yogurt with honey and fold in the berries. Drop spoonfuls onto a lined baking sheet and freeze for 1 hour.
- Melt chocolate chips with coconut oil. Dip frozen yogurt clusters halfway into the chocolate. Freeze again for 30 minutes before serving. (Makes 4 servings)

Instructions:

- Preheat oven to 325°F (163°C) and line an 8-inch baking dish with parchment paper.
- In a large bowl, mix honey, peanut butter, and salt.
- Stir in rolled oats, chopped nuts, and dark chocolate chips.
- Press the mixture firmly into the baking dish.
- Bake for 18-22 minutes until golden.
- Allow to cool, then cut into bars.

GROCERY LIST

Breakfasts

Chocolate Peanut Butter Overnight Oats

- Rolled oats: 1 small bag (you'll use ½ cup)
- Chocolate protein powder: 1 container (you'll use 1 serving)
- Peanut butter: 1 small jar (you'll use 1 tablespoon)
- Chia seeds: 1 small bag (you'll use 1 teaspoon)
- Unsweetened almond milk: 1 quart (you'll use 1 cup)

Almond Butter & Cottage Cheese Toast with Sliced Banana

- Whole-grain bread: 1 loaf (you'll use 1 slice)
- Low-fat cottage cheese: 1 small tub (you'll use ¼ cup)
- Almond butter: 1 small jar (you'll use 1 tablespoon)
- Bananas: 1 bunch (you'll use ½ banana)
- Chia seeds (optional): 1 small bag (you'll use 1 teaspoon)

Cottage Cheese Berry Bowl with Walnuts

- Low-fat cottage cheese: 1 small tub (you'll use ½ cup)
- Mixed berries (e.g., strawberries, blueberries): 1 small pack (you'll use ½ cup)
- Walnuts: 1 small bag (you'll use 1 tablespoon)
- Honey (optional): 1 small jar (you'll use 1 teaspoon)

Banana Walnut Protein Smoothie

- Bananas: 1 bunch (you'll use 1 small banana)
- Vanilla protein powder: 1 container (you'll use 1 serving)
- Walnuts: 1 small bag (you'll use 1 tablespoon)
- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Ground cinnamon: 1 small jar (you'll use ½ teaspoon)

Protein-Packed Veggie Breakfast Burrito

- Whole-grain tortillas: 1 small pack (you'll use 1 tortilla)
- Eggs: 1 dozen (you'll use 2 eggs)
- Canned black beans: 1 small can (you'll use ¼ cup)
- Bell peppers: 1 small (you'll use ¼ cup, diced)
- Shredded cheddar cheese: 1 small bag (you'll use 2 tablespoons)
- Salsa: 1 small jar (you'll use 1 tablespoon)
- Olive oil: 1 small bottle (you'll use 1 teaspoon)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

GROCERY LIST

Lunches

Creamy Tomato and White Bean Soup

- Olive oil: 1 small bottle (you'll use 1 tablespoon)
- Onion: 1 small (you'll use 1 small, diced)
- Garlic: 1 small head (you'll use 2 cloves)
- Canned diced tomatoes (14.5 oz): 1 can
- Canned white beans: 1 small can (you'll use ½ cup)
- Low-sodium vegetable broth: 1 quart (you'll use 2 cups)
- Dried basil: 1 small jar (you'll use ¼ teaspoon)
- Dried oregano: 1 small jar (you'll use ¼ teaspoon)
- Plain Greek yogurt: 1 small tub (you'll use ¼ cup)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Hummus Veggie Sandwich

- Whole-grain bread: 1 loaf (you'll use 2 slices)
- Hummus: 1 small tub (you'll use ¼ cup)
- Cucumber: 1 medium (you'll use ¼ cup)
- Red bell pepper: 1 medium (you'll use ¼ cup)
- Shredded carrots: 1 small bag (you'll use ¼ cup)
- Feta cheese: 1 small tub (you'll use 2 tablespoons)
- Mixed greens: 1 small bag (you'll use 1 handful)
- Olive oil: 1 small bottle (you'll use 1 teaspoon)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Southwest Ground Beef & Rice Skillet

- Ground beef: 1 lb
- Cauliflower rice: 1 small bag (you'll use 1½ cups)
- Red bell pepper: 1 medium
- Red onion: 1 medium (you'll use 1 cup, diced)
- Corn kernels (fresh or frozen): 1 small bag (you'll use ½ cup)
- Tomato sauce (8 oz can): 1 can
- Shredded cheddar cheese: 1 small bag (you'll use 1 cup)
- Avocado: 1 large
- Salt: 1 small container (you'll use 1 teaspoon)
- Ground cayenne: 1 small jar (you'll use ¼ teaspoon)

Chickpea and Cucumber Salad

- Canned chickpeas: 1 small can (you'll use 1 cup)
- Cucumber: 1 medium (you'll use ½)
- Cherry tomatoes: 1 pint (you'll use ¼ cup)
- Red onion: 1 small (you'll use 2 tablespoons)
- Olive oil: 1 small bottle (you'll use 1 tablespoon)
- Lemon: 1 small (you'll use 1 tablespoon juice)
- Dried oregano: 1 small jar (you'll use ½ teaspoon)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

Spinach and Strawberry Salad with Grilled Chicken

- Baby spinach: 1 small bag (you'll use 2 cups)
- Strawberries: 1 small pack (you'll use ½ cup)
- Raw chicken breast: 1 small pack (you'll cook 4 oz)
- Feta cheese: 1 small tub (you'll use 2 tablespoons)
- Sliced almonds: 1 small bag (you'll use 1 tablespoon)
- Balsamic vinaigrette: 1 small bottle (you'll use 1 tablespoon)

GROCERY LIST

Dinners

Garlic Herb Pork Tenderloin with Roasted Veggies

- Pork tenderloin: 1 lb
- Olive oil: 1 small bottle (you'll use 2 tablespoons)
- Garlic: 1 small head (you'll use 2 cloves)
- Dried rosemary: 1 small jar (you'll use 1 teaspoon)
- Dried thyme: 1 small jar (you'll use 1 teaspoon)
- Salt: 1 small container (you'll use 1 teaspoon)
- Black pepper: 1 small container (you'll use ½ teaspoon)
- Brussels sprouts: 2 cups
- Baby carrots: 1 small bag (you'll use 1 cup)
- Baby potatoes: 1 small bag (you'll use 1 cup)

Ground Turkey and Veggie Stir-Fry

- Lean ground turkey: 1 small pack (you'll use 4 oz)
- Bell peppers: 1 small (you'll use 1 cup sliced)
- Broccoli florets: 1 small bag (you'll use ½ cup)
- Onion: 1 small (you'll use ½)
- Olive oil: 1 small bottle (you'll use 1 tablespoon)
- Low-sodium soy sauce: 1 small bottle (you'll use 1 tablespoon)
- Sesame oil: 1 small bottle (you'll use 1 teaspoon)
- Garlic powder: 1 small container (you'll use ½ teaspoon)
- Ginger powder: 1 small container (you'll use ½ teaspoon)

Roasted Veggie Pasta Salad with Grilled Chicken

- Whole wheat pasta (rotini or penne): 1 small box (you'll use 4 oz)
- Zucchini: 1 medium (you'll use 1)
- Red bell pepper: 1 medium (you'll use ½)
- Cherry tomatoes: 1 pint (you'll use ½ cup)
- Olive oil: 1 small bottle (you'll use 1 tablespoon)
- Boneless, skinless chicken breast: 1 small pack (you'll use 1)
- Italian seasoning: 1 small container (you'll use ½ teaspoon)
- Grated Parmesan cheese (optional): 1 small container (you'll use ¼ cup)
- Salt: 1 small container (to taste)
- Black pepper: 1 small container (to taste)

GROCERY LIST

Dinners

One-Pan Beef and Sweet Potato Skillet

- Lean ground beef: 1 small pack (you'll use 6 oz)
- Sweet potato: 1 medium
- Red bell pepper: 1 small (you'll use ½)
- Onion: 1 small (you'll use 1 small)
- Olive oil: 1 small bottle (you'll use 1 tablespoon)
- Paprika: 1 small container (you'll use ½ teaspoon)
- Garlic powder: 1 small container (you'll use ½ teaspoon)
- Salt: 1 small container (to taste)
- Black pepper: 1 small container (to taste)
- Shredded cheddar cheese: 1 small bag (you'll use ¼ cup)
- Fresh parsley: 1 small bunch (you'll use 1 tablespoon)

Balsamic Glazed Salmon with Roasted Asparagus

- Salmon fillet: 1 (6 oz)
- Balsamic vinegar: 1 small bottle (you'll use 1 tablespoon)
- Honey: 1 small jar (you'll use 1 teaspoon)
- Dijon mustard: 1 small jar (you'll use 1 teaspoon)
- Olive oil: 1 small bottle (you'll use 1 teaspoon)
- Asparagus: 1 small bunch (you'll use 1 cup)
- Salt: 1 small container (to taste)
- Black pepper: 1 small container (to taste)

GROCERY LIST

Snacks

Peanut Butter Banana Protein Bites

- Bananas: 1 small bunch (you'll use 1 small banana)
- Natural peanut butter: 1 small jar (you'll use 1 tablespoon)
- Peanuts: 1 small bag (you'll use 1 tablespoon, crushed)
- Chia seeds: 1 small bag (you'll use 1 teaspoon)

Matcha Strawberry Yogurt Pops

- Plain Greek yogurt: 1 small tub (you'll use 1 cup)
- Strawberries: 1 small pack (you'll use 1 cup)
- Honey: 1 small jar (you'll use 2 tablespoons)
- Matcha powder: 1 small container (you'll use 1 teaspoon)

Cottage Cheese with Berries and Nuts

- Cottage cheese: 1 small tub (you'll use ½ cup)
- Mixed berries (strawberries, blueberries, raspberries): 1 small pack (you'll use ¼ cup)
- Walnuts or almonds: 1 small bag (you'll use 1 tablespoon, chopped)

Yogurt and Fruit Clusters

- Plain Greek yogurt: 1 small tub (you'll use 1 cup)
- Mixed berries (strawberries, blueberries, raspberries): 1 small pack (you'll use 1 cup)
- Honey: 1 small jar (you'll use 2 tablespoons)
- Dark chocolate chips: 1 small bag (you'll use ½ cup)
- Coconut oil: 1 small jar (you'll use 1 teaspoon)

Homemade Granola Bars

- Honey: 1 small jar (you'll use ½ cup)
- Peanut butter: 1 small jar (you'll use 3 tablespoons)
- Sea salt: 1 small container (you'll use ¼ teaspoon)
- Rolled oats: 1 small bag (you'll use 2 cups)
- Walnuts or almonds: 1 small bag (you'll use ½ cup, finely chopped)
- Dark chocolate chips: 1 small bag (you'll use ⅓ cup)