

A top-down view of a large, light blue ceramic bowl filled with a colorful salad. The salad includes chickpeas, red quinoa, shredded carrots, sliced cucumbers, radishes, and green onions. A small bowl of chia seeds sits on a white cloth next to the main bowl. The background is a rustic wooden surface.

March

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

Avocado Spinach Smoothie

Ingredients:

- ½ avocado
- 1 cup fresh spinach
- 1 banana
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds (optional)
- ½ tsp honey or maple syrup (optional)
- Ice cubes (optional)



Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth, adjusting consistency with more almond milk if needed.
3. Serve immediately.

Servings: 1

Tofu Breakfast Scramble

Ingredients:

- ½ cup firm tofu, crumbled
- ¼ cup diced bell peppers
- ¼ cup diced onion
- ½ cup fresh spinach
- 1 tsp olive oil
- ½ tsp turmeric
- ½ tsp garlic powder
- Salt and pepper to taste



Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add bell peppers and onions, cooking for 2-3 minutes until softened.
3. Stir in crumbled tofu, turmeric, garlic powder, salt, and pepper.
4. Add spinach and cook for another 2 minutes, stirring occasionally, until tofu is heated through and spinach is wilted.
5. Serve warm.

Servings: 1

Avocado Toast with Egg

Ingredients:

- 1 slice whole-grain bread
- ½ avocado, mashed
- 1 egg (boiled, poached, or fried)
- Salt and pepper to taste
- Red pepper flakes (optional)

Instructions:

1. Blend all ingredients until smooth.
2. Serve immediately.

Servings: 1



Yogurt Chia Pudding with Berries

Ingredients:

- 1 cup plain Greek yogurt
- 2 tbsp chia seeds
- ½ cup unsweetened almond milk
- ½ tsp vanilla extract
- ½ cup fresh mixed berries
- 1 tsp honey (optional)

Instructions:

1. In a bowl or jar, mix yogurt, chia seeds, almond milk, and vanilla extract.
2. Stir well and refrigerate overnight or for at least 4 hours.
3. When ready to serve, top with mixed berries and drizzle with honey if desired.

Servings: 1



Blueberry Baked Oatmeal

Ingredients:

- 1 cup rolled oats
- 1 cup unsweetened almond milk
- ½ cup fresh or frozen blueberries
- 1 egg
- 2 tbsp maple syrup or honey
- ½ tsp cinnamon
- ½ tsp baking powder
- 1 tsp vanilla extract
- 1 tbsp melted coconut oil

Instructions:

1. Preheat oven to 375°F and grease a small baking dish.
2. In a bowl, mix oats, baking powder, cinnamon, and blueberries.
3. In another bowl, whisk together almond milk, egg, maple syrup, vanilla extract, and melted coconut oil.
4. Pour the wet mixture over the dry ingredients and stir to combine.
5. Transfer to the baking dish and bake for 25-30 minutes, or until the top is golden and the oatmeal is set.
6. Let cool for 5 minutes before serving.

Servings: 2



A top-down view of a white bowl filled with a broccoli salad. The salad consists of green broccoli florets, sliced red radishes, slivered almonds, and small pieces of cooked bacon. The ingredients are coated in a light-colored dressing. The bowl is placed on a wooden surface with a light-colored cloth underneath. A silver fork is visible in the top right corner.

Lunch

Tuna and Avocado Lettuce Cups

Ingredients:

- 1 small can tuna (in water), drained
- ½ avocado, mashed
- 4 large lettuce leaves (Romaine or Butter lettuce)
- ½ cup cherry tomatoes, halved
- 1 tsp lemon juice
- Salt and pepper to taste



Instructions:

1. In a bowl, mash avocado and mix with drained tuna.
2. Stir in lemon juice, salt, and pepper.
3. Spoon the mixture into lettuce leaves and top with cherry tomatoes.
4. Serve immediately.

Servings: 1

Mediterranean Chicken and Orzo Bowl

Ingredients:

- ½ cup cooked orzo
- 3 oz cooked chicken breast, diced
- ¼ cup cherry tomatoes, halved
- ¼ cup cucumber, diced
- 1 tbsp crumbled feta cheese
- 1 tbsp olive oil
- 1 tsp lemon juice
- ½ tsp dried oregano
- Salt and pepper to taste



Instructions:

1. In a bowl, combine cooked orzo, chicken, cherry tomatoes, cucumber, and feta cheese.
2. Drizzle with olive oil and lemon juice, then sprinkle with oregano, salt, and pepper.
3. Toss well and serve immediately or refrigerate for later.

Servings: 1

Turkey and Hummus Wrap

Ingredients:

- 1 whole-grain wrap
- 3 slices deli turkey
- 2 tbsp hummus
- ¼ cup shredded carrots
- ¼ cup cucumber slices
- 1 handful baby spinach



Instructions:

1. Spread hummus over the wrap.
2. Layer turkey slices, shredded carrots, cucumber, and spinach.
3. Roll the wrap tightly and serve.

Servings: 1

BBQ Chickpea and Sweet Potato Bowl

Ingredients:

- ½ cup canned chickpeas, drained and rinsed
- ½ small sweet potato, diced
- 1 tbsp BBQ sauce
- 1 tsp olive oil
- ½ cup shredded kale or baby spinach
- 1 tbsp chopped green onions
- Salt and pepper to taste



Instructions:

1. Preheat oven to 400°F. Toss sweet potatoes with olive oil, salt, and pepper. Roast for 20-25 minutes until tender.
2. In a skillet over medium heat, warm the chickpeas and stir in the BBQ sauce. Cook for 2-3 minutes.
3. In a bowl, layer shredded kale or spinach, roasted sweet potatoes, and BBQ chickpeas.
4. Sprinkle with chopped green onions and serve.

Servings: 1



Kale, Fennel, and Bean Salad

Ingredients

- 1 cup chopped kale
- ¼ cup thinly sliced fennel
- ½ cup canned white beans, rinsed and drained
- ¼ cup shredded carrots
- 1 tbsp chopped walnuts
- 1 tbsp olive oil
- 1 tsp apple cider vinegar
- ½ tsp Dijon mustard
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine kale, fennel, white beans, carrots, and walnuts.
2. In a small bowl, whisk together olive oil, apple cider vinegar, Dijon mustard, salt, and pepper.
3. Drizzle dressing over the salad and toss well.
4. Serve immediately or refrigerate for later.

Servings: 1



Dinner



Vegetable Curry

Ingredients:

- ½ cup canned chickpeas, drained and rinsed
- ½ cup diced sweet potato
- ¼ cup diced bell pepper
- ¼ cup diced onion
- ½ cup chopped spinach
- ½ cup canned coconut milk
- ½ cup low-sodium vegetable broth
- 1 tsp olive oil
- 1 clove garlic, minced
- ½ tsp grated fresh ginger
- ½ tsp curry powder
- ¼ tsp turmeric
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add onion, garlic, and ginger. Sauté for 2-3 minutes.
2. Stir in sweet potato, bell pepper, and chickpeas. Cook for 5 minutes.
3. Add coconut milk, vegetable broth, curry powder, turmeric, salt, and pepper. Simmer for 15-20 minutes, until sweet potatoes are tender.
4. Stir in spinach and cook for another 2 minutes.
5. Serve warm.

Servings: 1

Sheet Pan Garlic Shrimp and Veggies

Ingredients:

- 4 oz shrimp, peeled and deveined
- ½ cup chopped zucchini
- ½ cup chopped bell pepper
- ½ cup cherry tomatoes
- 1 tsp olive oil
- 1 clove garlic, minced
- ½ tsp dried Italian seasoning
- Salt and pepper to taste



Instructions:

1. Preheat oven to 400°F.
2. Toss shrimp, zucchini, bell pepper, and cherry tomatoes with olive oil, garlic, Italian seasoning, salt, and pepper.
3. Spread on a lined baking sheet and bake for 10-12 minutes, until shrimp is opaque and veggies are tender.
4. Serve immediately.

Servings: 1

Turkey Burger

Ingredients:

- 4 oz ground turkey
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper
- 1 whole-grain bun
- 1 slice cheddar cheese (optional)
- ¼ cup shredded lettuce
- 2 slices tomato
- 1 tsp mustard or preferred condiment



Instructions:

1. Preheat grill or skillet over medium heat.
2. Mix ground turkey with garlic powder, smoked paprika, salt, and pepper. Form into a patty.
3. Cook for 4-5 minutes per side, until fully cooked through.
4. Place patty on a whole-grain bun, add cheese (if using), lettuce, tomato, and mustard.
5. Serve immediately.

Servings: 1

Smoky Chicken Quinoa Soup

Ingredients:

- 3 oz cooked shredded chicken
- ½ cup cooked quinoa
- ½ cup chopped carrots
- ½ cup diced onion
- ½ cup diced celery
- 1 clove garlic, minced
- 1 cup low-sodium chicken broth
- ½ cup canned diced tomatoes (with juice)
- ½ tsp smoked paprika
- ¼ tsp cumin
- 1 tsp olive oil
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a pot over medium heat. Add onion, garlic, carrots, and celery. Sauté for 3-4 minutes.
2. Stir in shredded chicken, quinoa, broth, diced tomatoes with juice, smoked paprika, cumin, salt, and pepper.
3. Simmer for 10-15 minutes, until flavors are combined and veggies are tender.
4. Serve warm.

Servings: 1



Peanut Chicken Power Bowl

Ingredients:

- 4 oz cooked chicken breast, diced
- ½ cup cooked brown rice
- ¼ cup shredded carrots
- ¼ cup chopped cucumber
- ¼ cup chopped red bell pepper
- 1 tbsp peanut butter
- 1 tsp soy sauce
- 1 tsp lime juice
- ½ tsp grated fresh ginger
- 1 tsp olive oil
- 1 tbsp chopped peanuts (optional, for garnish)

Instructions:

1. In a bowl, whisk together peanut butter, soy sauce, lime juice, ginger, and olive oil to make the dressing.
2. In a large bowl, layer cooked brown rice, diced chicken, shredded carrots, cucumber, and red bell pepper.
3. Drizzle with peanut dressing and toss well.
4. Garnish with chopped peanuts, if using.

Servings: 1



Snacks

The image shows two open-faced rice cakes on a wooden cutting board. The rice cakes are white and have a textured, puffed appearance. They are topped with a layer of sliced avocado and several slices of cherry tomatoes. The tomatoes are cut in half, showing their seeds. The cutting board is light-colored wood with visible grain. In the background, another rice cake is partially visible, also topped with avocado and tomatoes. The word "Snacks" is written in a large, white, serif font with a black outline, centered over the image.

Air Fryer Hard-Boiled Eggs

Ingredients:

- 2 eggs
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp paprika or everything bagel seasoning (optional)

Instructions:

1. Preheat the air fryer to 250°F.
2. Place eggs in the air fryer basket and cook for 13-15 minutes.
3. Transfer eggs to an ice water bath and let cool for 5 minutes.
4. Peel the eggs and slice in half.
5. Sprinkle with salt, pepper, and optional paprika or everything bagel seasoning before serving.

Makes 1 serving.

Open-Face Rice Cake Sandwich

Ingredients:

- 1 rice cake
- 2 tbsp cottage cheese or hummus
- 2 slices cucumber
- 1 slice tomato
- 1 tsp sunflower seeds (optional)
- Salt and pepper to taste

Instructions:

1. Spread cottage cheese or hummus over the rice cake.
2. Top with cucumber slices and tomato.
3. Sprinkle with sunflower seeds, salt, and pepper. Serve immediately.

Makes 1 serving.

Apple Rings with Peanut Butter and Granola

Ingredients:

- 1 medium apple
- 2 tbsp peanut butter
- 2 tbsp granola

Instructions:

1. Core the apple and slice into ¼-inch thick rings.
2. Spread peanut butter evenly over each apple ring.
3. Sprinkle with granola and serve immediately.

Makes 1 serving.

Texas Caviar

Ingredients:

- ½ cup canned black beans, rinsed and drained
- ½ cup canned black-eyed peas, rinsed and drained
- ¼ cup corn (fresh, canned, or frozen)
- ¼ cup diced red bell pepper
- ¼ cup diced tomato
- 1 tbsp chopped cilantro
- 1 tbsp olive oil
- 1 tsp lime juice
- ½ tsp cumin
- Salt and pepper to taste

Instructions:

1. In a bowl, combine black beans, black-eyed peas, corn, bell pepper, tomato, and cilantro.
2. In a separate small bowl, whisk together olive oil, lime juice, cumin, salt, and pepper.
3. Pour dressing over the bean mixture and toss well.
4. Serve immediately or refrigerate for 30 minutes to let the flavors meld.

Makes 1 serving.

Copycat Cosmic Brownie Protein Bites

Ingredients:

- 1 cup rolled oats
- ½ cup chocolate protein powder
- ¼ cup almond butter
- ¼ cup honey or maple syrup
- 1 tbsp cocoa powder
- 1 tsp vanilla extract
- 2 tbsp dark chocolate chips (for mixing)
- ¼ cup dark chocolate chips (for coating)
- 1 tsp coconut oil (for melting chocolate)
- 1 tbsp rainbow sprinkles

Instructions:

1. In a bowl, mix oats, protein powder, almond butter, honey, cocoa powder, and vanilla extract until a thick dough forms.
2. Stir in 2 tbsp dark chocolate chips.
3. Roll the mixture into bite-sized balls (about 1 inch each).
4. Melt ¼ cup dark chocolate chips with 1 tsp coconut oil in the microwave, stirring every 15-20 seconds until smooth.
5. Dip each protein bite halfway into the melted chocolate and place on a parchment-lined plate.
6. Sprinkle rainbow sprinkles on top while the chocolate is still wet.
7. Refrigerate for 30 minutes until the chocolate sets.

Makes 6 protein bites (2-3 per serving).



GROCERY LIST

Breakfasts

Avocado Spinach Smoothie

- Avocado: 1 medium (you'll use ½)
- Fresh spinach: 1 small bag (you'll use 1 cup)
- Banana: 1 medium
- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Chia seeds (optional): 1 small bag (you'll use 1 tbsp)
- Honey or maple syrup (optional): 1 small jar (you'll use ½ tsp)
- Ice cubes (optional)

Tofu Breakfast Scramble

- Firm tofu: 1 small block (you'll use ½ cup, crumbled)
- Bell pepper: 1 small (you'll use ¼ cup, diced)
- Onion: 1 small (you'll use ¼ cup, diced)
- Fresh spinach: 1 small bag (you'll use ½ cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Turmeric: 1 small jar (you'll use ½ tsp)
- Garlic powder: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container
- Pepper: 1 small container

Avocado Toast with Egg

- Whole-grain bread: 1 loaf (you'll use 1 slice)
- Avocado: 1 medium (you'll use ½)
- Eggs: 1 dozen (you'll use 1)
- Salt: 1 small container
- Pepper: 1 small container
- Red pepper flakes (optional): 1 small jar

Yogurt Chia Pudding with Berries

- Plain Greek yogurt: 1 small tub (you'll use 1 cup)
- Chia seeds: 1 small bag (you'll use 2 tbsp)
- Unsweetened almond milk: 1 quart (you'll use ½ cup)
- Vanilla extract: 1 small bottle (you'll use ½ tsp)
- Fresh mixed berries: 1 pint (you'll use ½ cup)
- Honey (optional): 1 small jar (you'll use 1 tsp)

Blueberry Baked Oatmeal

- Rolled oats: 1 small bag (you'll use 1 cup)
- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Fresh or frozen blueberries: 1 small bag or pint (you'll use ½ cup)
- Eggs: 1 dozen (you'll use 1)
- Maple syrup or honey: 1 small jar (you'll use 2 tbsp)
- Cinnamon: 1 small jar (you'll use ½ tsp)
- Baking powder: 1 small container (you'll use ½ tsp)
- Vanilla extract: 1 small bottle (you'll use 1 tsp)
- Coconut oil: 1 small jar (you'll use 1 tbsp, melted)

GROCERY LIST

Lunches

Tuna and Avocado Lettuce Cups

- Tuna (canned in water): 1 small can (you'll use 1)
- Avocado: 1 medium (you'll use ½)
- Romaine or Butter lettuce: 1 small head (you'll use 4 leaves)
- Cherry tomatoes: 1 pint (you'll use ½ cup)
- Lemon: 1 (you'll use 1 tsp juice)
- Salt: 1 small container
- Pepper: 1 small container

Mediterranean Chicken and Orzo Bowl

- Orzo: 1 small bag (you'll use ½ cup cooked)
- Chicken breast: 1 small (about 3 oz)
- Cherry tomatoes: 1 pint (you'll use ¼ cup)
- Cucumber: 1 medium (you'll use ¼ cup diced)
- Feta cheese: 1 small container (you'll use 1 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Lemon: Already listed for Recipe 1 (you'll use 1 tsp juice)
- Dried oregano: 1 small jar
- Salt: 1 small container
- Pepper: 1 small container

Turkey and Hummus Wrap

- Whole-grain wraps: 1 pack (you'll use 1)
- Deli turkey slices: 1 small pack (you'll use 3 slices)
- Hummus: 1 small tub (you'll use 2 tbsp)
- Shredded carrots: 1 small bag (you'll use ¼ cup)
- Cucumber: Already listed for Recipe 2 (you'll use ¼ cup slices)
- Baby spinach: 1 small bag (you'll use 1 handful)

BBQ Chickpea and Sweet Potato Bowl

- Canned chickpeas: 1 small can (you'll use ½ cup)
- Sweet potato: 1 small (you'll use ½, diced)
- BBQ sauce: 1 small bottle (you'll use 1 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Kale or baby spinach: 1 small bag (you'll use ½ cup)
- Green onions: 1 small bunch (you'll use 1 tbsp, chopped)
- Salt: 1 small container
- Pepper: 1 small container

Kale, Fennel, and Bean Salad

- Kale: 1 small bunch (you'll use 1 cup, chopped)
- Fennel: 1 small bulb (you'll use ¼ cup, thinly sliced)
- Canned white beans: 1 small can (you'll use ½ cup)
- Shredded carrots: Already listed for Recipe 3 (you'll use ¼ cup)
- Walnuts: 1 small bag (you'll use 1 tbsp, chopped)
- Olive oil: Already listed for Recipe 2 (you'll use 1 tbsp)
- Apple cider vinegar: 1 small bottle (you'll use 1 tsp)
- Dijon mustard: 1 small jar (you'll use ½ tsp)
- Salt: Already listed for Recipe 1
- Pepper: Already listed for Recipe 1

GROCERY LIST

Dinners

Vegetable Curry

- Canned chickpeas: 1 small can (you'll use ½ cup)
- Sweet potato: 1 small (you'll use ½ cup diced)
- Bell pepper: 1 medium (you'll use ¼ cup diced)
- Onion: 1 small (you'll use ¼ cup diced)
- Fresh spinach: 1 small bag (you'll use ½ cup)
- Canned coconut milk: 1 small can (you'll use ½ cup)
- Low-sodium vegetable broth: 1 small carton (you'll use ½ cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- 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)
- Salt: 1 small container
- Pepper: 1 small container

Sheet Pan Garlic Shrimp and Veggies

- Shrimp (peeled and deveined): 1 small bag (you'll use 4 oz)
- Zucchini: 1 medium (you'll use ½ cup chopped)
- Bell pepper: 1 medium (you'll use ½ cup chopped)
- Cherry tomatoes: 1 pint (you'll use ½ cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Garlic: 1 small bulb (you'll use 1 clove, minced)
- Dried Italian seasoning: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container
- Pepper: 1 small container

Turkey Burgers

- Ground turkey: 1 small pack (you'll use 4 oz)
- Garlic powder: 1 small jar (you'll use ½ tsp)
- Smoked paprika: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container
- Black pepper: 1 small container
- Whole-grain buns: 1 pack (you'll use 1)
- Cheddar cheese (optional): 1 small pack (you'll use 1 slice)
- Lettuce: 1 small head (you'll use ¼ cup shredded)
- Tomato: 1 medium (you'll use 2 slices)
- Mustard: 1 small jar (you'll use 1 tsp)

GROCERY LIST

Dinners

Smoky Chicken Quinoa Soup

- Cooked shredded chicken: 1 small pack (you'll use 3 oz)
- Quinoa: 1 small bag (you'll use ½ cup cooked)
- Carrots: 1 small bag (you'll use ½ cup chopped)
- Onion: 1 small (you'll use ½ cup diced)
- Celery: 1 small bunch (you'll use ½ cup diced)
- Garlic: 1 small bulb (you'll use 1 clove, minced)
- Low-sodium chicken broth: 1 small carton (you'll use 1 cup)
- Canned diced tomatoes: 1 small can (you'll use ½ cup)
- Smoked paprika: 1 small jar (you'll use ½ tsp)
- Cumin: 1 small jar (you'll use ¼ tsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

Peanut Chicken Power Bowl

- Cooked chicken breast: 1 small pack (you'll use 4 oz)
- Brown rice: 1 small bag (you'll use ½ cup cooked)
- Shredded carrots: 1 small bag (you'll use ¼ cup)
- Cucumber: 1 medium (you'll use ¼ cup chopped)
- Red bell pepper: 1 medium (you'll use ¼ cup chopped)
- Peanut butter: 1 small jar (you'll use 1 tbsp)
- Soy sauce: 1 small bottle (you'll use 1 tsp)
- Lime: 1 (you'll use 1 tsp juice)
- Fresh ginger: 1 small piece (you'll use ½ tsp grated)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Chopped peanuts (optional): 1 small bag (you'll use 1 tbsp)

GROCERY LIST

Snacks

Air Fryer Hard-Boiled Eggs

- Eggs: 1 dozen (you'll use 2)
- Salt: 1 small container
- Black pepper: 1 small container
- Paprika or everything bagel seasoning (optional): 1 small jar

Open-Face Rice Cake Sandwich

- Rice cakes: 1 pack (you'll use 1)
- Cottage cheese or hummus: 1 small tub (you'll use 2 tbsp)
- Cucumber: 1 medium (you'll use 2 slices)
- Tomato: 1 medium (you'll use 1 slice)
- Sunflower seeds (optional): 1 small bag (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

Apple Rings with Peanut Butter and Granola

- Apple: 1 medium
- Peanut butter: 1 small jar (you'll use 2 tbsp)
- Granola: 1 small bag (you'll use 2 tbsp)

Texas Caviar

- Canned black beans: 1 small can (you'll use ½ cup)
- Canned black-eyed peas: 1 small can (you'll use ½ cup)
- Corn (fresh, canned, or frozen): 1 small can or bag (you'll use ¼ cup)
- Red bell pepper: 1 medium (you'll use ¼ cup diced)
- Tomato: 1 medium (you'll use ¼ cup diced)
- Fresh cilantro: 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)
- Cumin: 1 small jar (you'll use ½ tsp)
- Salt: 1 small container
- Pepper: 1 small container

Copypat Cosmic Brownie Protein Bites

- Rolled oats: 1 small bag (you'll use 1 cup)
- Chocolate protein powder: 1 container (you'll use ½ cup)
- Almond butter: 1 small jar (you'll use ¼ cup)
- Honey or maple syrup: 1 small jar (you'll use ¼ cup)
- Cocoa powder: 1 small container (you'll use 1 tbsp)
- Vanilla extract: 1 small bottle (you'll use 1 tsp)
- Dark chocolate chips: 1 small bag (you'll use 2 tbsp for mixing, ¼ cup for coating)
- Coconut oil: 1 small jar (you'll use 1 tsp)
- Rainbow sprinkles: 1 small container (you'll use 1 tbsp)