



May

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

Green Protein Smoothie

Ingredients:

- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- 1 cup spinach
- ½ frozen banana
- ¼ avocado
- 1 tbsp chia seeds
- ½ cup ice



Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth, adding more almond milk if needed for consistency.
3. Pour into a glass and serve immediately.

Servings: 1

Overnight Oats Blueberry Smoothie Bowl

Ingredients:

- ½ cup rolled oats
- ½ cup unsweetened almond milk
- ½ cup frozen blueberries
- ½ banana
- 1 scoop vanilla protein powder
- 1 tbsp chia seeds
- 1 tbsp almond butter
- ¼ cup fresh berries
- 2 tbsp granola
- ½ banana, sliced



Instructions:

1. In a blender, combine rolled oats, almond milk, frozen blueberries, ½ banana, protein powder, chia seeds, and almond butter.
2. Blend until thick and smooth. Pour into a bowl.
3. Cover and refrigerate overnight or for at least 4 hours.
4. Before serving, top with fresh berries, granola, and banana slices.

Servings: 1

Blueberry Lemon Breakfast Quinoa

Ingredients:

- ½ cup cooked quinoa
- ¼ cup unsweetened almond milk
- ¼ cup blueberries (fresh or frozen)
- 1 tbsp maple syrup or honey
- ½ tsp lemon zest
- ½ tsp vanilla extract



Instructions:

1. In a small saucepan over low heat, warm the cooked quinoa and almond milk, stirring gently.
2. Add blueberries, maple syrup or honey, lemon zest, and vanilla extract.
3. Simmer for 3–5 minutes, stirring occasionally, until the mixture is warmed through, slightly thickened, and the berries have softened.

Servings: 1

Southwest Egg Scramble

Ingredients:

- 2 eggs
- ¼ cup diced red bell pepper
- ¼ cup canned black beans, rinsed
- 2 tbsp chopped onion
- 2 tbsp shredded cheddar cheese
- 1 tsp olive oil
- 2 tbsp salsa
- 2 slices avocado
- Salt and pepper, to taste



Instructions:

1. Heat olive oil in a skillet over medium heat. Add bell pepper and onion and sauté for 2–3 minutes until softened.
2. Stir in black beans and cook for another minute. Push the veggie mixture to one side of the pan.
3. Crack the eggs directly into the pan and scramble until fully cooked. Stir together with the veggies.
4. Sprinkle in the cheddar cheese and let melt for 1 minute.
5. Serve topped with salsa and avocado slices. Season with salt and pepper to taste.

Servings: 1

Whole Wheat Zucchini Muffins

Ingredients:

- 1 cup whole wheat flour
- ½ cup rolled oats
- 1 cup grated zucchini
- 1 egg
- ¼ cup maple syrup or honey
- ¼ cup plain Greek yogurt
- ¼ cup olive oil
- ½ tsp cinnamon
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp vanilla extract
- Pinch of salt
- ¼ cup chopped walnuts or dark chocolate chips (optional)

Instructions:

1. Preheat oven to 350°F. Line or grease a muffin tin.
2. In a large bowl, mix together whole wheat flour, rolled oats, cinnamon, baking soda, baking powder, and salt.
3. In another bowl, whisk together the egg, maple syrup or honey, Greek yogurt, olive oil, and vanilla extract.
4. Stir the grated zucchini and optional walnuts or chocolate chips into the wet ingredients.
5. Combine wet and dry ingredients, stirring just until fully incorporated.
6. Divide the batter evenly among 6 muffin cups, filling each about $\frac{3}{4}$ full.
7. Bake for 18–20 minutes or until a toothpick inserted in the center comes out clean.
8. Let muffins cool slightly before serving.

Servings: Makes 6 muffins (2 per serving)



A top-down view of a white bowl filled with a variety of fresh ingredients. In the center is a mound of creamy hummus, topped with a small sprig of fresh basil. To the left of the hummus is a pile of golden-brown chickpeas. Below the chickpeas are several dark, glossy olives. To the right of the hummus is a pile of sliced cucumbers. Above the hummus are slices of red and yellow bell peppers, and a few more fresh basil leaves. At the bottom of the bowl is a portion of cooked quinoa. A silver fork is placed on the right side of the bowl. The bowl sits on a light gray, textured surface. In the top left corner, there is a small white dish containing more olives. A single chickpea is scattered on the surface near the top center. A few more fresh basil leaves are scattered around the bowl, including one at the bottom right.

Lunch

Peanut Soba Noodle Bowl

Ingredients:

- ½ cup cooked soba noodles
- ¼ cup shredded carrots
- ¼ cup sliced cucumber
- ¼ cup steamed edamame
- 2 tbsp chopped green onions
- 1 tbsp peanut butter
- 1 tsp soy sauce
- 1 tsp lime juice
- ½ tsp grated fresh ginger
- 1 tsp sesame oil
- 1 tsp sesame seeds (optional)



Instructions:

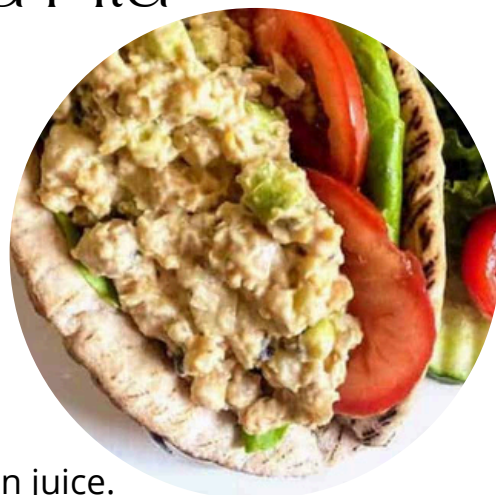
1. Cook soba noodles according to package directions. Rinse under cold water and set aside.
2. In a small bowl, whisk together peanut butter, soy sauce, lime juice, ginger, and sesame oil until smooth.
3. In a large bowl, toss soba noodles with carrots, cucumber, edamame, and green onions.
4. Drizzle with the peanut dressing and stir to coat evenly.
5. Sprinkle with sesame seeds if using and serve chilled.

Servings: 1

Avocado Tuna Salad Pita

Ingredients:

- 1 whole grain pita
- 1 can tuna in water, drained
- ½ avocado, mashed
- 1 tsp lemon juice
- ½ cup shredded cabbage or slaw mix
- 1 tbsp chopped parsley (optional)
- Salt and pepper to taste



Instructions:

1. In a bowl, mash the avocado with lemon juice.
2. Stir in the tuna and mix until well combined. Season with salt, pepper, and parsley.
3. Add shredded cabbage and mix gently.
4. Cut the pita in half and stuff each side with the tuna slaw mixture.
5. Serve immediately or chill slightly for a firmer texture.

Servings: 1

Mediterranean Bento Box

Ingredients:

- ½ cup cooked quinoa
- 3 oz cooked grilled chicken, sliced
- ¼ cup hummus
- ¼ cup cherry tomatoes, halved
- ¼ cup cucumber, diced
- 2 tbsp kalamata olives, sliced
- 1 tbsp crumbled feta cheese
- 1 tbsp olive oil
- 1 tsp red wine vinegar
- Salt and pepper to taste



Instructions:

1. In a small container or bento box, place quinoa in one section and grilled chicken in another.
2. In a third section, combine cherry tomatoes, cucumber, and olives. Drizzle with olive oil, vinegar, salt, and pepper. Sprinkle with feta.
3. Add a scoop of hummus.
4. Serve immediately or store in the fridge for an easy grab-and-go lunch.

Servings: 1

Chicken and Veggie Flatbread

Ingredients:

- 1 whole wheat flatbread
- ¼ cup hummus
- ¼ cup shredded cooked chicken
- ¼ cup diced zucchini
- ¼ cup sliced red onion
- ¼ cup diced bell pepper
- ¼ cup cherry tomatoes, halved
- 1 tsp olive oil
- 1 tbsp shredded Parmesan cheese
- 1 tbsp chopped parsley (optional)



Instructions:

1. Preheat oven to 375°F. Toss zucchini, onion, bell pepper, and cherry tomatoes in olive oil. Spread on a baking sheet and roast for 15–20 minutes until tender.
2. Spread hummus evenly over the flatbread.
3. Top with shredded chicken and roasted vegetables.
4. Sprinkle Parmesan cheese over the top.
5. Return to the oven and bake for 5–7 minutes until warmed through and cheese is slightly melted.
6. Garnish with parsley if using, and serve warm.

Servings: 1



Blackened Salmon Tacos with Pineapple Salsa

Ingredients

- 4 oz salmon fillet
- 2 small corn tortillas
- ½ cup shredded cabbage
- ¼ cup diced pineapple
- 1 tbsp diced red onion
- 1 tbsp chopped cilantro
- 1 tsp lime juice
- ½ tsp olive oil
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- ¼ tsp cumin
- Salt and pepper to taste
- ¼ avocado, sliced

Instructions:

1. Preheat oven to 400°F or heat a grill pan over medium-high heat.
2. Mix paprika, garlic powder, cumin, salt, and pepper. Rub over salmon.
3. Heat olive oil in a skillet and cook salmon for 3–4 minutes per side, or bake for 10–12 minutes, until cooked through and flaky.
4. In a bowl, combine pineapple, red onion, cilantro, and lime juice to make salsa.
5. Warm the tortillas.
6. Flake the salmon and divide between tortillas. Top with cabbage, pineapple salsa, and avocado slices.
7. Serve immediately with an extra squeeze of lime if desired.

Servings: 1

A close-up photograph of a cast-iron skillet filled with a pasta dish. The pasta is orzo, which is small and rice-shaped. It is mixed with several large, cooked shrimp that are pink and white. There are also green asparagus spears and finely chopped green herbs, likely parsley, scattered throughout the dish. The skillet is dark and sits on a wooden surface. In the foreground, a wooden spoon is partially visible, holding some of the orzo pasta. The word "Dinner" is overlaid in a large, white, serif font with a black outline, centered over the middle of the image.

Dinner



Stuffed Bell Peppers

Ingredients:

- 2 large bell peppers, halved and seeds removed
- ½ lb ground turkey
- ½ cup cooked brown rice
- ¼ cup diced onion
- ¼ cup diced zucchini
- ¼ cup canned diced tomatoes (with juice)
- 1 tsp olive oil
- ½ tsp garlic powder
- ½ tsp Italian seasoning
- Salt & pepper, to taste
- ¼ cup shredded mozzarella or cheddar cheese

Instructions:

1. Preheat oven to 375°F. Place bell pepper halves in a baking dish and set aside.
2. In a skillet over medium heat, warm olive oil. Add onion and zucchini; sauté for 3–4 minutes until soft.
3. Add ground turkey, garlic powder, Italian seasoning, salt, and pepper. Cook until turkey is browned.
4. Stir in cooked rice and diced tomatoes. Let simmer for 2 minutes, then remove from heat.
5. Spoon the turkey mixture evenly into the bell pepper halves. Top with shredded cheese.
6. Cover dish with foil and bake for 25–30 minutes. Uncover and bake for 5 more minutes until cheese is golden and bubbly.

Servings: 2 (2 pepper halves per serving)

Chicken Pesto Zoodle Bowls

Ingredients:

- 1 medium zucchini, spiralized
- 3 oz cooked grilled chicken breast, sliced
- 2 tbsp basil pesto
- ¼ cup cherry tomatoes, halved
- 1 tbsp Parmesan cheese
- 1 tsp olive oil
- Salt & pepper, to taste



Instructions:

1. Heat olive oil in a skillet over medium heat. Add spiralized zucchini and sauté for 2–3 minutes until just tender.
2. Stir in basil pesto and cherry tomatoes, cooking for 1 more minute until warmed.
3. Add the cooked chicken and toss to coat in the pesto.
4. Serve in a bowl topped with Parmesan cheese and a sprinkle of black pepper.

Servings: 1

Teriyaki Chicken Stir-Fry

Ingredients:

- 4 oz chicken breast, diced
- 1 cup mixed stir-fry vegetables
- ½ cup cooked brown rice
- 1 tbsp low-sodium soy sauce
- 1 tbsp water
- 1 tsp honey or maple syrup
- ½ tsp sesame oil
- ½ tsp grated fresh ginger
- 1 clove garlic, minced
- 1 tsp olive oil



Instructions:

1. In a small bowl, mix soy sauce, water, honey, sesame oil, ginger, and garlic to make the teriyaki sauce.
2. Heat olive oil in a skillet over medium-high heat. Add diced chicken and cook for 4–5 minutes until browned and cooked through.
3. Add vegetables to the pan and cook for another 3–4 minutes until just tender.
4. Pour teriyaki sauce into the pan and stir to coat. Let simmer for 1–2 minutes until slightly thickened.
5. Serve over brown rice.

Servings: 3

Creamy Lemon Garlic Orzo with Shrimp & Spinach

Ingredients:

- 4 oz shrimp, peeled and deveined
- ½ cup orzo pasta
- 1 cup low-sodium chicken or vegetable broth
- ¼ cup plain Greek yogurt (2% or nonfat)
- 1 clove garlic, minced
- 1 cup baby spinach
- 1 tsp olive oil
- 1 tbsp Parmesan cheese
- 1 tsp lemon zest
- 1 tsp lemon juice
- Salt & pepper, to taste

Instructions:

1. Cook orzo in broth according to package instructions until tender and most liquid is absorbed.
2. While orzo cooks, heat olive oil in a skillet over medium heat. Add garlic and shrimp; sauté 2–3 minutes per side until shrimp are pink and cooked through. Remove shrimp from skillet and set aside.
3. Reduce skillet heat to low. Add baby spinach and stir until just wilted.
4. Remove pan from heat and stir in Greek yogurt, lemon zest, lemon juice, and Parmesan cheese until smooth and creamy.
5. Add orzo and shrimp back to the pan and gently combine. Season with salt and pepper to taste.
6. Serve warm with an extra squeeze of lemon if desired.

Servings: 1



Harissa Roasted Chickpea & Veggie Bowl

Ingredients:

- ½ cup canned chickpeas, drained and rinsed
- ¼ cup diced sweet potato
- ¼ cup chopped zucchini
- ¼ cup chopped bell pepper
- 1 tbsp harissa paste (adjust to taste)
- 1 tsp olive oil
- ½ cup cooked couscous
- 1 tbsp tahini
- 1 tbsp chopped parsley
- Salt & pepper, to taste

Instructions:

1. Preheat oven to 400°F. On a baking sheet, toss chickpeas, sweet potato, zucchini, and bell pepper with olive oil, harissa paste, salt, and pepper.
2. Roast for 25–30 minutes, stirring halfway through, until the vegetables are tender and the chickpeas are crisp.
3. While veggies roast, prepare couscous according to package directions and set aside.
4. In a bowl, layer couscous with the roasted veggie and chickpea mixture.
5. Drizzle with tahini and sprinkle with chopped parsley before serving.

Servings: 1



The image shows three glass jars filled with a smooth, light brown chocolate pudding. Each jar is topped with a generous amount of fresh raspberries and a small sprig of green mint. The jars are arranged on a white surface, with one in the foreground and two slightly behind it. In the background, a small white plate with more raspberries and a piece of dark chocolate are visible. The word "Snacks" is written in a large, black, serif font with a white outline, centered over the middle of the jars.

Snacks

Veggie Sticks with Hummus

Ingredients:

- ¼ cup sliced carrots
- ¼ cup sliced cucumber
- ¼ cup sliced bell pepper
- 3 tbsp hummus
- 1 tbsp crumbled feta cheese

Instructions:

1. Slice carrots, cucumber, and bell pepper into sticks.
2. Serve with hummus and sprinkle feta cheese on top.

Makes 1 serving.

Mini Rice Cakes with Nut Butter & Banana

Ingredients:

- 4 mini rice cakes
- 2 tbsp peanut butter or almond butter
- ½ banana, sliced

Instructions:

1. Spread nut butter evenly over each rice cake.
2. Top with banana slices.
3. Serve immediately or store in a sealed container for later.

Makes 1 serving.

Fruit & Nut Energy Bites

Ingredients:

- 1 cup rolled oats
- ¼ cup peanut butter or almond butter
- 2 tbsp honey or maple syrup
- ¼ cup chopped dried fruit (like cranberries or dates)
- 2 tbsp mini chocolate chips
- ¼ tsp cinnamon
- 1 tbsp chia seeds

Instructions:

1. In a mixing bowl, combine oats, nut butter, honey or syrup, dried fruit, chocolate chips, cinnamon, and chia seeds.
2. Stir until well mixed.
3. Roll into bite-sized balls and place on a parchment-lined plate or tray.
4. Refrigerate for at least 30 minutes to set.

Makes about 8 balls (2–4 per serving).

Chocolate Protein Pudding

Ingredients:

- ¾ cup plain Greek yogurt
- 1 scoop chocolate protein powder
- 1 tbsp almond milk (or milk of choice)
- ¼ cup fresh mixed berries

Instructions:

1. In a bowl, whisk together Greek yogurt, protein powder, and almond milk until smooth and creamy.
2. Chill for 10–15 minutes.
3. Top with fresh mixed berries before serving.

Makes 1 serving.

Protein “Cheesecake” Jars with Berry Compote

Ingredients:

- 2 cups plain Greek yogurt
- ½ cup cream cheese, softened
- 4 scoops vanilla protein powder
- 2 tsp vanilla extract
- 1 cup mixed berries (fresh or frozen)
- 4 tsp honey
- 4 tbsp water
- ¼ cup crushed graham crackers or granola

Instructions:

1. In a small saucepan, combine berries, water, and honey. Simmer over medium heat for 5–7 minutes until the berries break down and the mixture thickens. Let cool.
2. In a mixing bowl, blend Greek yogurt, softened cream cheese, protein powder, and vanilla extract until smooth and creamy.
3. Divide the cheesecake mixture evenly into 4 small jars or containers.
4. Spoon cooled berry compote over each portion.
5. Cover and refrigerate for at least 30 minutes. Store in the fridge for up to 4 days.
6. Sprinkle with crushed graham crackers or granola just before serving.

Makes 4 servings.



GROCERY LIST

Breakfasts

Green Protein Smoothie

- Vanilla protein powder: 1 container (you'll use 1 scoop)
- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Spinach: 1 small bag (you'll use 1 cup)
- Bananas: 1 bunch (you'll use ½ banana)
- Avocado: 1 medium (you'll use ¼)
- Chia seeds: 1 small bag (you'll use 1 tbsp)
- Ice: 1 tray or 1 bag (you'll use ½ cup)

Overnight Oats Blueberry Smoothie Bowl

- Rolled oats: 1 small bag (you'll use ½ cup)
- Unsweetened almond milk: 1 quart (you'll use ½ cup)
- Frozen blueberries: 1 small bag (you'll use ½ cup)
- Bananas: 1 bunch (you'll use 1 banana total)
- Vanilla protein powder: 1 container (you'll use 1 scoop)
- Chia seeds: 1 small bag (you'll use 1 tbsp)
- Almond butter: 1 small jar (you'll use 1 tbsp)
- Fresh berries: 1 pint (you'll use ¼ cup)
- Granola: 1 small bag (you'll use 2 tbsp)

Blueberry Lemon Breakfast Quinoa

- Quinoa: 1 small bag (you'll cook ½ cup)
- Unsweetened almond milk: 1 quart (you'll use ¼ cup)
- Blueberries (fresh or frozen): 1 pint or bag (you'll use ¼ cup)
- Maple syrup or honey: 1 small jar (you'll use 1 tbsp)
- Lemon: 1 (you'll use ½ tsp zest)
- Vanilla extract: 1 small bottle (you'll use ½ tsp)

Southwest Egg Scramble

- Eggs: 1 dozen (you'll use 2)
- Red bell pepper: 1 (you'll use ¼ cup, diced)
- Canned black beans: 1 small can (you'll use ¼ cup)
- Onion: 1 small (you'll use 2 tbsp, chopped)
- Shredded cheddar cheese: 1 small bag (you'll use 2 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Salsa: 1 small jar (you'll use 2 tbsp)
- Avocado: 1 medium (you'll use 2 slices)
- Salt: 1 small container
- Pepper: 1 small container

Zucchini Frittata

- Whole wheat flour: 1 small bag (you'll use 1 cup)
- Rolled oats: 1 small bag (you'll use ½ cup)
- Zucchini: 1 medium (you'll use 1 cup, grated)
- Eggs: 1 dozen (you'll use 1)
- Maple syrup or honey: 1 small jar (you'll use ¼ cup)
- Plain Greek yogurt: 1 small tub (you'll use ¼ cup)
- Olive oil: 1 small bottle (you'll use ¼ cup)
- Cinnamon: 1 small jar (you'll use ½ tsp)
- Baking soda: 1 small container (you'll use ½ tsp)
- Baking powder: 1 small container (you'll use ½ tsp)
- Vanilla extract: 1 small bottle (you'll use ½ tsp)
- Salt: 1 small container
- Walnuts or dark chocolate chips (optional): 1 small bag (you'll use ¼ cup)

GROCERY LIST

Lunches

Peanut Soba Noodle Bowl

- Soba noodles: 1 small package (you'll use ½ cup)
- Shredded carrots: 1 small bag (you'll use ¼ cup)
- Cucumber: 1 medium (you'll use ¼ cup sliced)
- Edamame (shelled, frozen or fresh): 1 small bag (you'll use ¼ cup)
- Green onions: 1 small bunch (you'll use 2 tbsp 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 root (you'll use ½ tsp grated)
- Sesame oil: 1 small bottle (you'll use 1 tsp)
- Sesame seeds (optional): 1 small jar (you'll use 1 tsp)

Avocado Tuna Salad Pita

- Whole grain pita: 1 pack (you'll use 1)
- Canned tuna (in water): 1 small can (about 5 oz)
- Avocado: 1 medium (you'll use ½)
- Lemon: 1 (you'll use 1 tsp juice)
- Shredded cabbage or slaw mix: 1 small bag (you'll use ½ cup)
- Fresh parsley (optional): 1 small bunch (you'll use 1 tbsp)
- Salt: 1 small container
- Pepper: 1 small container

Mediterranean Bento Box

- Quinoa: 1 small bag (you'll cook ½ cup)
- Cooked grilled chicken breast: 1 small pack (you'll use 3 oz)
- Hummus: 1 small tub (you'll use ¼ cup)
- Cherry tomatoes: 1 pint (you'll use ¼ cup)
- Cucumber: 1 medium (you'll use ¼ cup diced)
- Kalamata olives: 1 small jar (you'll use 2 tbsp sliced)
- Feta cheese: 1 small container (you'll use 1 tbsp crumbled)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Red wine vinegar: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

Chicken and Veggie Flatbread

- Whole wheat flatbread: 1 pack (you'll use 1)
- Hummus: 1 small tub (you'll use ¼ cup)
- Shredded cooked chicken: 1 small pack (you'll use ¼ cup)
- Zucchini: 1 medium (you'll use ¼ cup diced)
- Red onion: 1 small (you'll use ¼ cup sliced)
- Bell pepper: 1 medium (you'll use ¼ cup diced)
- Cherry tomatoes: 1 pint (you'll use ¼ cup halved)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Parmesan cheese: 1 small wedge or container (you'll use 1 tbsp shredded)
- Fresh parsley (optional): 1 small bunch (you'll use 1 tbsp)

GROCERY LIST

Lunches

Blackened Salmon Tacos with Pineapple Salsa

- Salmon fillet: 1 (4 oz)
- Corn tortillas: 1 small pack (you'll use 2)
- Shredded cabbage: 1 small bag (you'll use ½ cup)
- Pineapple: 1 small fresh or 1 can in juice (you'll use ¼ cup diced)
- Red onion: 1 small (you'll use 1 tbsp diced)
- Fresh cilantro: 1 small bunch (you'll use 1 tbsp chopped)
- Lime: 1 (you'll use 1 tsp juice)
- Olive oil: 1 small bottle (you'll use ½ tsp)
- Smoked paprika: 1 small jar (you'll use ½ tsp)
- Garlic powder: 1 small jar (you'll use ¼ tsp)
- Ground cumin: 1 small jar (you'll use ¼ tsp)
- Avocado: 1 medium (you'll use ¼ sliced)
- Salt: 1 small container
- Pepper: 1 small container

GROCERY LIST

Dinners

Stuffed Bell Peppers

- Bell peppers: 2 large (you'll use 2)
- Ground turkey: 1 package (you'll use ½ lb)
- Brown rice: 1 small bag (you'll use ½ cup cooked)
- Onion: 1 small (you'll use ¼ cup diced)
- Zucchini: 1 medium (you'll use ¼ cup diced)
- Canned diced tomatoes: 1 small can (you'll use ¼ cup with juice)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Garlic powder: 1 small jar (you'll use ½ tsp)
- Italian seasoning: 1 small jar (you'll use ½ tsp)
- Shredded mozzarella or cheddar: 1 small bag (you'll use ¼ cup)
- Salt: 1 small container (to taste)
- Pepper: 1 small container (to taste)

Chicken Pesto Zoodle Bowls

- Zucchini: 1 medium
- Cooked grilled chicken breast: 1 small pack (you'll use 3 oz)
- Basil pesto: 1 small jar (you'll use 2 tbsp)
- Cherry tomatoes: 1 pint (you'll use ¼ cup halved)
- Parmesan cheese: 1 small container (you'll use 1 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container (to taste)
- Pepper: 1 small container (to taste)

Teriyaki Chicken Stir-Fry

- Chicken breast: 1 small (you'll use 4 oz)
- Stir-fry vegetable mix (fresh or frozen): 1 small bag (you'll use 1 cup)
- Brown rice: 1 small bag (you'll use ½ cup cooked)
- Low-sodium soy sauce: 1 small bottle (you'll use 1 tbsp)
- Water: — (you'll use 1 tbsp)
- Honey or maple syrup: 1 small jar (you'll use 1 tsp)
- Sesame oil: 1 small bottle (you'll use ½ tsp)
- Fresh ginger: 1 small piece (you'll use ½ tsp grated)
- Garlic: 1 bulb (you'll use 1 clove minced)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Sesame seeds: 1 small jar (you'll use 1 tsp, optional)

Creamy Lemon Garlic Orzo with Shrimp & Spinach

- Shrimp: 1 small bag (you'll use 4 oz)
- Orzo pasta: 1 small bag (you'll use ½ cup)
- Low-sodium chicken or vegetable broth: 1 small carton (you'll use 1 cup)
- Plain Greek yogurt: 1 small tub (you'll use ¼ cup)
- Garlic: 1 bulb (you'll use 1 clove)
- Baby spinach: 1 small bag (you'll use 1 cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Parmesan cheese: 1 small container (you'll use 1 tbsp)
- Lemon: 1 (you'll use 1 tsp zest + 1 tsp juice)
- Salt: 1 small container (to taste)
- Pepper: 1 small container (to taste)

GROCERY LIST

Dinners

Harissa Roasted Chickpea & Veggie Bowl

- Canned chickpeas: 1 small can (you'll use ½ cup)
- Sweet potato: 1 small (you'll use ¼ cup diced)
- Zucchini: 1 medium (you'll use ¼ cup chopped)
- Bell pepper: 1 medium (you'll use ¼ cup chopped)
- Harissa paste: 1 small jar (you'll use 1 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Couscous: 1 small box (you'll use ½ cup)
- Tahini: 1 small jar (you'll use 1 tbsp)
- Fresh parsley: 1 small bunch (you'll use 1 tbsp chopped)
- Salt: 1 small container (to taste)
- Pepper: 1 small container (to taste)

GROCERY LIST

Snacks

Veggie Sticks with Hummus

- Carrots: 1 small bag (you'll use ¼ cup sliced)
- Cucumber: 1 medium (you'll use ¼ cup sliced)
- Bell pepper: 1 medium (you'll use ¼ cup sliced)
- Hummus: 1 small tub (you'll use 3 tbsp)
- Feta cheese: 1 small container (you'll use 1 tbsp crumbled)

Fruit & Nut Energy Bites

- Rolled oats: 1 small bag (you'll use 1 cup)
- Peanut butter or almond butter: 1 small jar (you'll use ¼ cup)
- Honey or maple syrup: 1 small jar (you'll use 2 tbsp)
- Dried fruit (e.g. cranberries or dates): 1 small bag (you'll use ¼ cup chopped)
- Mini chocolate chips: 1 small bag (you'll use 2 tbsp)
- Cinnamon: 1 small jar (you'll use ¼ tsp)
- Chia seeds (optional): 1 small bag (you'll use 1 tbsp)

Mini Rice Cakes with Nut Butter & Banana

- Mini rice cakes: 1 small pack (you'll use 4)
- Peanut butter or almond butter: 1 small jar (you'll use 2 tbsp)
- Banana: 1 bunch (you'll use ½ banana)

Chocolate Protein Pudding with Berries

- Plain Greek yogurt: 1 small tub (you'll use ¾ cup)
- Chocolate protein powder: 1 container (you'll use 1 scoop)
- Almond milk or milk of choice: 1 small carton (you'll use 1 tbsp)
- Mixed berries: 1 small container (you'll use ¼ cup)

Protein "Cheesecake" Jars with Berry Compote

- Plain Greek yogurt: 1 large tub (you'll use 2 cups)
- Cream cheese: 1 small block (you'll use ½ cup, softened)
- Vanilla protein powder: 1 container (you'll use 4 scoops)
- Vanilla extract: 1 small bottle (you'll use 2 tsp)
- Mixed berries (fresh or frozen): 1 small bag or pint (you'll use 1 cup)
- Honey or maple syrup: 1 small jar (you'll use 4 tsp)
- Water: — (you'll use 4 tbsp)
- Graham crackers or granola (optional): 1 small pack (you'll use ¼ cup crushed)