



# May

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				



A close-up photograph of a tall stack of golden-brown pancakes. The top pancake is garnished with several fresh blueberries and two large raspberries. In the background, a white bowl filled with more raspberries is visible, slightly out of focus. The entire scene is set on a light-colored, textured surface, possibly a tablecloth or napkin. The word "Breakfast" is overlaid in a large, black, serif font with a white outline, centered across the middle of the image.

# Breakfast

# Peanut Butter Banana Smoothie

## Ingredients:

- 1 banana
- 1 tbsp peanut butter
- 1 serving vanilla protein powder
- 1 cup almond milk
- 1 tsp honey (optional)
- 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

# Oatmeal with Banana and Chia Seeds

## Ingredients:

- ½ cup rolled oats
- 1 cup almond milk
- 1 medium banana, sliced
- 1 teaspoon chia seeds
- Optional: Pinch of cinnamon



## Instructions:

1. In a saucepan, combine ½ cup rolled oats and 1 cup almond milk.
2. Cook over medium heat for 5-7 minutes, stirring occasionally until thickened.
3. Transfer to a bowl and top with sliced banana, 1 teaspoon chia seeds, and a pinch of cinnamon if desired.

Servings: 1



# Avocado Toast with a Fried Egg

## Ingredients:

- 1 slice whole-grain bread
- 1/2 avocado, mashed
- 1 egg
- Salt, pepper, and chili flakes (optional)



## Instructions:

1. Toast bread and spread mashed avocado on top.
2. Heat a nonstick skillet over medium heat. Crack the egg into the skillet and cook for 3-4 minutes until the white is set and yolk is slightly runny.
3. Place the fried egg on top of the avocado toast and sprinkle with salt, pepper, and chili flakes if desired.

Servings: 1

# Sweet Potato and Black Bean Breakfast Hash

## Ingredients:

- 1/2 cup diced sweet potato
- 1/4 cup black beans, rinsed and drained
- 2 eggs
- 1 tsp olive oil
- 1 tsp paprika
- Salt and pepper to taste



## Instructions:

1. Heat olive oil in a skillet over medium heat. Add diced sweet potato and cook for 5-7 minutes until softened.
2. Stir in black beans, paprika, salt, and pepper. Cook for another 2-3 minutes.
3. Push the mixture to one side of the skillet and crack eggs into the other side. Cook until the eggs reach your desired doneness.
4. Serve the hash with the eggs on top or on the side.

Servings: 1

# Protein Pancakes with Berries

## Ingredients:

- 1 serving vanilla protein powder
- 1/2 cup rolled oats
- 1 banana
- 1 egg
- 1/2 tsp baking powder
- 1/2 tsp cinnamon (optional)
- 2 tbsp almond milk (or more as needed)
- 1/4 cup mixed berries (blueberries, raspberries, or strawberries)
- 1 tsp olive oil or butter (for cooking)

## Instructions:

1. Blend protein powder, oats, banana, egg, baking powder, cinnamon, and almond milk in a blender until smooth. The batter should be thick but pourable; add more almond milk if needed.
2. Heat olive oil or butter in a nonstick skillet over medium heat.
3. Pour small amounts of batter into the skillet to form pancakes. Cook for 2-3 minutes on one side, or until bubbles form on the surface, then flip and cook for another 2 minutes.
4. Serve warm, topped with mixed berries.

Servings: 1-2 (makes about 4 small pancakes).





A top-down view of a light brown ceramic bowl filled with a variety of Mexican-style ingredients. The bowl is divided into sections: white rice in the top right, yellow corn in the bottom right, a tomato and onion salad in the bottom left, and a bean salad in the top left. A central dollop of white sauce is surrounded by these ingredients. Shredded white cheese is sprinkled over the entire dish. The bowl sits on a dark wooden surface.

# Lunch



# Tuna Salad with Chickpeas

## Ingredients:

- 1 can tuna in water, drained
- 1/2 cup chickpeas, rinsed and drained
- 1 cup mixed greens
- 1 tsp olive oil
- 1 tsp lemon juice
- Salt and pepper



## Instructions:

1. Combine tuna, chickpeas, and greens in a bowl.
2. Drizzle with olive oil and lemon juice. Season with salt and pepper, to taste. Toss to coat.

Servings: 1

# Chicken and Veggie Stir-Fry

## Ingredients:

- 4 oz chicken breast, diced
- 1 cup mixed stir-fry vegetables (e.g., broccoli, bell peppers, snap peas)
- 1 tsp sesame oil
- 1 tbsp soy sauce
- 1 tsp minced garlic
- 1 tsp minced ginger (optional)
- 1/4 cup cooked brown rice



## Instructions:

1. Heat sesame oil in a skillet over medium-high heat. Add garlic and ginger, cooking for 1 minute.
2. Add diced chicken and stir-fry until cooked through, about 5-6 minutes.
3. Add mixed vegetables and stir-fry for 3-4 minutes until tender-crisp.
4. Stir in soy sauce and mix well.
5. Serve over cooked brown rice.

Servings: 1

# Lentil and Arugula Salad

## Ingredients:

- 1/2 cup cooked lentils
- 1 cup arugula
- 1/4 cup diced cucumber
- 2 tbsp crumbled feta cheese
- 1 tsp olive oil
- 1 tsp balsamic vinegar
- Salt and pepper to taste



## Instructions:

1. In a bowl, combine arugula, cooked lentils, and cucumber.
2. Top with crumbled feta cheese.
3. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper before serving.

Servings: 1

# Egg Salad Lettuce Wraps

## Ingredients:

- 2 boiled eggs, chopped
- 1 tbsp plain Greek yogurt
- 1 tsp mustard
- 2 lettuce leaves
- Salt and pepper
- 1/2 apple, sliced
- 1/2 cup carrot sticks



## Instructions:

1. Mix eggs, yogurt, and mustard in a bowl. Season with salt and pepper to taste.
2. Spoon the mixture into lettuce leaves and wrap.
3. Serve with apple slices and carrot sticks.

Servings: 1



# Chicken Burrito Bowl

## Ingredients

- 4 oz grilled chicken breast, diced
- 1/2 cup cooked brown rice
- 1/2 cup black beans, rinsed and drained
- 1/2 cup corn kernels (fresh, canned, or frozen)
- 1 cup shredded lettuce
- 1/2 cup diced tomatoes
- 1/4 cup shredded cheddar cheese
- 2 tbsp Greek yogurt (or sour cream)
- 2 tbsp salsa
- 1 tsp olive oil
- 1/4 tsp chili powder
- 1/4 tsp cumin
- 1 lime, sliced

## Instructions:

1. Season chicken with chili powder, cumin, salt, and pepper. Heat olive oil in a skillet over medium heat and cook chicken for 5-7 minutes, or until fully cooked.
2. Warm black beans and corn in a small saucepan over low heat.
3. Assemble the bowl: start with a base of brown rice, then layer lettuce, chicken, black beans, corn, tomatoes, and shredded cheese.
4. Top with Greek yogurt, salsa, and a squeeze of lime juice.

Servings: 1





# Dinner





# Shrimp Stir-Fry with Veggies and Noodles

## Ingredients:

- 4 oz shrimp, peeled and deveined
- 1 cup mixed veggies (snap peas, carrots, bell peppers)
- 1/2 cup cooked rice noodles
- 1 tsp sesame oil
- 1 tbsp soy sauce
- 1 tsp minced garlic
- 1 tsp grated ginger
- 1 green onion, sliced (optional)

## Instructions:

1. Heat sesame oil in a skillet over medium heat. Add garlic and ginger, cooking for 1 minute.
2. Toss in shrimp and cook until pink, about 3 minutes. Remove shrimp and set aside.
3. Add veggies to the skillet and stir-fry for 3-4 minutes until tender-crisp.
4. Stir in cooked noodles, soy sauce, and shrimp. Cook for 2 more minutes. Garnish with green onion if desired.

Servings: 1

# Baked Chicken Thighs with Veggies

## Ingredients:

- 1 chicken thigh (bone-in or boneless)
- 1 cup diced root vegetables (carrots, parsnips, sweet potatoes)
- 1 tsp olive oil
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- Salt and pepper, to taste



## Instructions:

1. Preheat oven to 400°F. Toss diced vegetables with olive oil, paprika, garlic powder, salt, and pepper. Spread evenly on a baking sheet.
2. Season chicken thigh with salt, pepper, and a sprinkle of paprika. Place it on the same sheet.
3. Bake for 25-30 minutes, or until chicken is cooked through and vegetables are tender.

Servings: 1

# Chicken and Broccoli Casserole with Quinoa

## Ingredients:

- 4 oz shredded cooked chicken breast
- 1 cup steamed broccoli florets
- 1/2 cup cooked quinoa
- 2 tbsp Greek yogurt
- 1 tbsp shredded cheddar cheese
- 1 tsp Dijon mustard
- 1 tsp olive oil
- 1/2 tsp garlic powder
- Salt and pepper, to taste



## Instructions:

1. Preheat oven to 375°F. In a bowl, mix chicken, broccoli, quinoa, Greek yogurt, Dijon mustard, olive oil, garlic powder, salt, and pepper.
2. Transfer mixture to a small baking dish. Sprinkle with shredded cheddar cheese.
3. Bake for 20 minutes until heated through and cheese is melted.

Servings: 1



# Herb-Crusted Cod with Lemon and Quinoa

## Ingredients:

- 4 oz cod fillet
- 1/2 cup cooked quinoa
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp dried thyme
- 1/2 tsp dried parsley
- 1 tsp lemon zest
- 1 lemon, sliced into wedges
- Salt and pepper, to taste

## Instructions:

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. In a small bowl, mix garlic powder, thyme, parsley, lemon zest, salt, and pepper.
3. Brush cod fillet with olive oil and coat evenly with the herb mixture.
4. Bake for 15-18 minutes, or until cod flakes easily with a fork.
5. Serve with cooked quinoa and lemon wedges on the side.

Servings: 1



# Veggie-Packed Eggplant Bake

## Ingredients:

- 1 small eggplant, sliced into rounds
- 4 oz ground turkey
- 1/2 cup diced zucchini
- 1/2 cup diced tomatoes
- 2 tbsp shredded mozzarella cheese
- 1 tsp olive oil
- 1 tsp Italian seasoning
- Salt and pepper, to taste

## Instructions:

1. Preheat oven to 375°F. Arrange eggplant slices on a baking sheet and drizzle with olive oil. Sprinkle with salt and pepper.
2. In a skillet, cook ground turkey over medium heat until no longer pink. Season with salt, pepper, and Italian seasoning.
3. In a small bowl, mix cooked ground turkey, zucchini, and diced tomatoes. Spread the mixture over eggplant slices. Top with shredded mozzarella cheese and bake for 20-25 minutes until eggplant is tender and cheese is melted.

Servings: 1





A close-up, top-down view of a white ceramic bowl filled with white yogurt. The yogurt is topped with various ingredients: several almond slices, a few orange segments, and a single raspberry. A silver spoon is positioned over the bowl, pouring a thick, golden honey or syrup over the toppings. The background is softly blurred, showing a wooden surface and a red object. The word "Snacks" is overlaid in a large, black, serif font with a white outline.

# Snacks



## Hard-Boiled Eggs with Everything Bagel Seasoning

### Ingredients:

- 2 large eggs
- 1 tsp everything bagel seasoning

### Instructions:

1. Place eggs in a pot of water and bring to a boil. Once boiling, cover, reduce heat to low, and simmer for 10 minutes.
2. Transfer eggs to a bowl of ice water for 5 minutes, then peel.
3. Sprinkle with everything bagel seasoning before serving.

Makes 1 serving.

## Greek Yogurt and Granola Parfait

### Ingredients:

- 1/2 cup plain Greek yogurt
- 2 tbsp granola
- 1 tsp honey

### Instructions:

1. Layer Greek yogurt, granola, and honey in a small glass or bowl.
2. Serve immediately.

Makes 1 serving.

## Bell Pepper Strips with Tahini Drizzle

### Ingredients:

- 1 small bell pepper, sliced into strips
- 1 tbsp tahini
- 1 tsp lemon juice

### Instructions:

1. Arrange bell pepper strips on a plate.
2. Drizzle with tahini and lemon juice if desired.

Makes 1 serving.

## Mixed Nuts and Dark Chocolate

### Ingredients:

- 1/4 cup mixed nuts (almonds, cashews, walnuts)
- 1 tbsp dark chocolate pieces (or chips)

### Instructions:

1. Combine mixed nuts and dark chocolate pieces in a small bowl.
2. Serve as a quick grab-and-go snack.

Makes 1 serving.

# Baked Zucchini Chips with Yogurt Dip

## Ingredients:

- 1 medium zucchini, thinly sliced
- 1 tbsp olive oil
- 1/4 cup grated Parmesan cheese
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 cup plain Greek yogurt
- 1 tsp lemon juice
- 1 tsp chopped fresh dill (optional)

## Instructions:

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Toss zucchini slices in olive oil. In a separate bowl, mix Parmesan, garlic powder, paprika, salt, and pepper. Coat each zucchini slice with the mixture.
3. Arrange the zucchini slices in a single layer on the baking sheet. Bake for 20-25 minutes, flipping halfway through, until crispy.
4. While the chips bake, prepare the yogurt dip. Combine Greek yogurt, lemon juice, and dill in a small bowl. Mix well.
5. Serve zucchini chips with the yogurt dip on the side.

Makes 1 serving.



# GROCERY LIST

## Breakfasts

### **Peanut Butter Banana Smoothie**

- Bananas: 1 bunch (you'll use 1)
- Peanut butter: 1 small jar (you'll use 1 tbsp)
- Vanilla protein powder: 1 container (you'll use 1 serving)
- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Honey: 1 small jar (optional, you'll use 1 tsp)
- Ice: 1 tray or 1 bag (you'll use ½ cup)

### **Oatmeal with Banana and Chia Seeds**

- Rolled oats: 1 small bag (you'll use ½ cup)
- Almond milk: 1 quart (you'll use 1 cup)
- Bananas: 1 (or more, if repeating the recipe)
- Chia seeds: 1 small bag (you'll use 1 tsp)
- Cinnamon: Optional, 1 small jar

### **Avocado Toast with a Fried 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
- Chili flakes: 1 small jar (optional)

### **Sweet Potato and Black Bean Breakfast Hash**

- Sweet potato: 1 small (you'll use ½ cup diced)
- Black beans: 1 small can (you'll use ¼ cup)
- Eggs: 1 dozen (you'll use 2)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Paprika: 1 small jar (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

### **Protein Pancakes with Berries**

- Vanilla protein powder: 1 container (you'll use 1 scoop)
- Rolled oats: 1 small bag (you'll use ½ cup)
- Bananas: 1 medium (or more, if repeating the recipe)
- Eggs: 1 dozen (you'll use 1)
- Baking powder: 1 small container (you'll use ½ tsp)
- Cinnamon: 1 small jar (optional)
- Almond milk: 1 quart (you'll use 2 tbsp)
- Mixed berries: 1 pint (you'll use ¼ cup)
- Olive oil or butter: 1 small container (for cooking)



# GROCERY LIST

## Lunches

### **Tuna Salad with Chickpeas**

- Tuna (canned in water): 1 small can (about 5 oz)
- Chickpeas (canned): 1 small can (you'll use 1/2 cup)
- Mixed greens: 1 bag or 1 head of lettuce (you'll use 1 cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Lemon: 1 (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

### **Chicken and Veggie Stir-Fry**

- Chicken breast: 4 oz
- Mixed stir-fry vegetables (e.g., broccoli, bell peppers, snap peas): 1 small bag (you'll use 1 cup)
- Sesame oil: 1 small bottle (you'll use 1 tsp)
- Soy sauce: 1 small bottle (you'll use 1 tbsp)
- Garlic: 1 small bulb (you'll use 1 tsp, minced)
- Ginger (optional): 1 small root (you'll use 1 tsp, minced)
- Brown rice: 1 small bag (you'll cook 1/4 cup)

### **Lentil and Arugula Salad**

- Lentils: 1 small bag
- Arugula: 1 small bag (you'll use 1 cup)
- Cucumber: 1 small (you'll use 1/4 cup diced)
- Crumbled feta cheese: 1 small tub (you'll use 2 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Balsamic vinegar: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container

### **Egg Salad Lettuce Wraps**

- Eggs: 1 dozen (you'll use 2 per recipe)
- Plain Greek yogurt: 1 small tub (you'll use 1 tbsp)
- Mustard: 1 small jar (you'll use 1 tsp)
- Lettuce leaves: 1 head (romaine or butter lettuce, you'll use 2 leaves)
- Apple: 1 (you'll use 1/2, sliced)
- Carrots: 1 large (you'll use 1/2 cup, cut into sticks)

### **Chicken Burrito Bowl**

- Chicken breast: you'll use 1 small (about 4 oz)
- Brown rice: 1 small bag (you'll use 1/2 cup cooked)
- Black beans (canned): 1 small can (you'll use 1/2 cup)
- Corn (canned or frozen): 1 small can or bag (you'll use 1/2 cup)
- Mixed greens: 1 bag or 1 head of lettuce (you'll use 1 cup per recipe)
- Tomatoes: 1 (you'll use 1/2 cup diced)
- Shredded cheddar cheese: 1 small bag (you'll use 1/4 cup)
- Plain Greek yogurt: 1 small tub (you'll use 2 tbsp)
- Salsa: 1 small jar (you'll use 2 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Chili powder: 1 small jar (you'll use 1/2 tsp)
- Cumin: 1 small jar (you'll use 1/2 tsp)
- Lime: 1

## **Shrimp Stir-Fry with Veggies and Noodles**

- Shrimp (peeled and deveined): 1 small bag or pack (you'll use 4 oz)
- Mixed veggies (snap peas, carrots, bell peppers): 1 small bag (you'll use 1 cup)
- Rice noodles: 1 small package (you'll use 1/2 cup, cooked)
- Sesame oil: 1 small bottle (you'll use 1 tsp)
- Soy sauce: 1 small bottle (you'll use 1 tbsp)
- Garlic: 1 small bulb (you'll use 1 clove, minced)
- Ginger: 1 small root (you'll use 1 tsp, grated)
- Green onion: 1 small bunch (optional for garnish)

## **Baked Chicken Thighs with Veggies**

- Chicken thighs: 1 (bone-in or boneless)
- Root vegetables (carrots, parsnips, sweet potatoes): 1 small bag or 3-4 medium pieces (you'll dice 1 cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Paprika: 1 small jar (you'll use 1/2 tsp)
- Garlic powder: 1 small jar (you'll use 1/2 tsp)
- Salt: 1 small container
- Pepper: 1 small container

## **Chicken and Broccoli Casserole with Quinoa**

- Cooked chicken breast: 4 oz (shredded)
- Broccoli florets: 1 small head or bag (you'll use 1 cup, steamed)
- Quinoa: 1 small bag (you'll cook 1/2 cup)
- Greek yogurt: 1 small tub (you'll use 2 tbsp)
- Shredded cheddar cheese: 1 small bag (you'll use 1 tbsp)
- Dijon mustard: 1 small jar (you'll use 1 tsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Garlic powder: 1 small jar (you'll use 1/2 tsp)
- Salt: 1 small container
- Pepper: 1 small container

## **Herb-Crusted Cod with Lemon and Quinoa**

- Cod fillet: 1 (4 oz)
- Quinoa: 1 small bag (you'll cook 1/2 cup)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Garlic powder: 1 small jar (you'll use 1/2 tsp)
- Dried thyme: 1 small jar (you'll use 1/2 tsp)
- Dried parsley: 1 small jar (you'll use 1/2 tsp)
- Lemon: 1 (you'll use 1/2 tsp zest and wedges)
- Salt: 1 small container
- Pepper: 1 small container

## **Veggie-Packed Eggplant Bake**

- Eggplant: 1 small (you'll slice into rounds)
- Ground turkey: 4 oz
- Zucchini: 1 small (you'll use 1/2 cup diced)
- Tomatoes: 1 small (you'll use 1/2 cup diced)
- Shredded mozzarella cheese: 1 small bag (you'll use 2 tbsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Italian seasoning: 1 small jar (you'll use 1 tsp)
- Salt: 1 small container
- Pepper: 1 small container



# GROCERY LIST

## Snacks

### **Hard-Boiled Eggs with Everything Bagel Seasoning**

- Eggs: 1 dozen (you'll use 2)
- Everything bagel seasoning: 1 small jar (you'll use 1 tsp)

### **Greek Yogurt and Granola Parfait**

- Plain Greek yogurt: 1 small tub (you'll use 1/2 cup)
- Granola: 1 small bag (you'll use 2 tbsp)
- Honey: 1 small jar (you'll use 1 tsp)

### **Bell Pepper Strips with Tahini Drizzle**

- Bell pepper: 1 small
- Tahini: 1 small jar
- Lemon: 1 small (optional, you'll use 1 tsp juice)

### **Mixed Nuts and Dark Chocolate Pieces**

- Mixed nuts (almonds, cashews, walnuts): 1 small bag (you'll use 1/4 cup)
- Dark chocolate pieces or chips: 1 small bag (you'll use 1 tbsp)

### **Baked Zucchini Chips with Yogurt Dip**

- Zucchini: 1 medium (you'll use 1, sliced)
- Olive oil: 1 small bottle (you'll use 1 tbsp per serving)
- Parmesan cheese: 1 small wedge or container (you'll use 1/4 cup, grated)
- Garlic powder: 1 small jar (you'll use 1/2 tsp)
- Paprika: 1 small jar (you'll use 1/2 tsp)
- Plain Greek yogurt: 1 small tub (you'll use 1/2 cup)
- Lemon: 1 (you'll use 1 tsp juice)
- Fresh dill: 1 small bunch (optional, for garnish)