



May

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				



Breakfast

Strawberry Protein Shake

Ingredients:

- 1 cup unsweetened almond milk
- 1 serving vanilla protein powder
- 1/2 cup fresh or frozen strawberries
- 1 tablespoon Greek yogurt
- 1 teaspoon honey (optional)
- Ice cubes (optional)



Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

Servings: 1

Blueberry Almond Overnight Oats

Ingredients:

- 1/2 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 cup fresh or frozen blueberries
- 1 tbsp almond butter
- 1 tsp chia seeds



Instructions:

1. In a jar or container, combine oats, almond milk, and chia seeds. Stir well.
2. Layer with blueberries and almond butter.
3. Cover and refrigerate overnight. Stir before serving.

Servings: 1

Veggie-Packed Scramble with Whole-Grain Toast

Ingredients:

- 2 large eggs
- 1/2 cup chopped spinach
- 1/4 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

Almond Butter & Cottage Cheese Toast with Sliced Banana

Ingredients:

- 1 slice whole-grain bread
- 1/4 cup low-fat cottage cheese
- 1 tablespoon almond butter
- 1/2 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

Chocolate-Zucchini Bran Protein Muffins

Ingredients:

- 1/2 cup oat bran
- 1/2 cup whole wheat flour
- 1/4 cup cocoa powder
- 1 serving chocolate protein powder
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 medium zucchini, grated
- 1 egg
- 1/4 cup honey or maple syrup
- 1/2 cup Greek yogurt
- 1 tbsp olive oil
- 1/2 tsp vanilla extract
- 1/4 cup chocolate chips (optional)

Instructions:

1. Preheat oven to 350°F. Grease or line a muffin tin.
2. In a bowl, mix oat bran, flour, cocoa powder, protein powder, baking soda, baking powder, and salt.
3. In another bowl, whisk egg, honey, Greek yogurt, olive oil, and vanilla. Stir in grated zucchini.
4. Combine wet and dry ingredients, then fold in chocolate chips if using.
5. Fill muffin cups 3/4 full and bake for 18-20 minutes until a toothpick comes out clean.

Servings: Makes 6 muffins



A close-up photograph of a white bowl filled with a fresh spinach salad. The salad includes large, bright red strawberry slices, crumbled white feta cheese, and chopped green walnuts. The spinach leaves are vibrant green. The bowl is set on a grey and white striped tablecloth. In the background, a whole strawberry and a walnut are visible. A silver fork is partially visible in the bottom left corner. The word "Lunch" is written in a large, black, serif font with a white outline, centered over the salad.

Lunch

Italian Chopped Salad

Ingredients:

- 2 cups romaine lettuce, chopped
- 1/4 cup cherry tomatoes, halved
- 1/4 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
- 1/2 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

Hummus Veggie Sandwich

Ingredients:

- 2 slices whole-grain bread
- 1/4 cup hummus
- 1/4 cup cucumber, sliced
- 1/4 cup red bell pepper, sliced
- 1/4 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

Spinach and Strawberry Salad with Grilled Chicken

Ingredients:

- 2 cups baby spinach
- 1/2 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

Lentil and Spinach Soup

Ingredients:

- 1/2 cup dry lentils
- 2 cups chicken or vegetable broth
- 1 cup fresh spinach
- 1/2 cup diced carrots
- 1 tsp olive oil
- 1 clove garlic, minced
- 1 tsp dried thyme
- Salt and pepper to taste



Instructions:

1. Heat olive oil in a pot over medium heat. Add garlic and cook until fragrant.
2. Add lentils, carrots, broth, and thyme. Bring to a boil, then reduce heat and simmer for 20-25 minutes until lentils are tender.
3. Stir in spinach and cook for an additional 2-3 minutes. Season with salt and pepper.

Servings: 1



Thai-Inspired Chicken and Veggie Bowl

Ingredients

- 1/2 cup cooked jasmine rice
- 4 oz grilled chicken breast, sliced
- 1/2 cup shredded carrots
- 1/2 cup red bell pepper, thinly sliced
- 1/4 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 photograph of five stuffed mushrooms arranged on a light-colored wooden cutting board. The mushrooms are filled with a mixture of dark green leafy vegetables, small pieces of browned meat or mushrooms, and a dollop of melted white cheese. The lighting is soft and warm, creating a cozy atmosphere. The word "Dinner" is overlaid in a large, white, serif font with a black outline, centered over the middle of the image.

Dinner



Greens & Grains Bowl

Ingredients:

- 1/2 cup snap or snow peas, trimmed
- 4 spears asparagus, tough ends removed, cut into 2-inch pieces
- 1/2 cup plain whole-milk yogurt
- 1/4 cup chopped fresh dill
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- 1/4 teaspoon kosher salt
- 1/2 cup cooked farro
- 4 ounces baked tofu, cubed
- 3 radishes, sliced
- 1 tablespoon toasted pumpkin seeds for garnish

Instructions:

1. Bring a medium pot of water to a boil. Add snap (or snow) peas and asparagus; cook until just tender, about 2 minutes. Rinse under cold water.
2. Whisk yogurt, dill, lemon juice, oil, garlic, and salt together in a small bowl.
3. Place farro in a shallow serving bowl. Top with peas, asparagus, tofu, and radishes. Drizzle 2 tablespoons of the dressing on top (save extra for other use). Sprinkle with pumpkin seeds, if desired.

Servings: 1

Spinach and Ricotta Stuffed Portobello Mushrooms with Chicken

Ingredients:

- 2 large Portobello mushroom caps
- 1/4 cup ricotta cheese
- 1 cup fresh spinach, chopped
- 4 oz cooked shredded chicken
- 1 clove garlic, minced
- 1 tbsp shredded Parmesan cheese
- 1 tsp olive oil
- Salt and pepper to taste



Instructions:

1. Preheat oven to 375°F. Remove stems from mushrooms and brush caps with olive oil.
2. In a bowl, mix ricotta, spinach, shredded chicken, garlic, salt, and pepper.
3. Fill mushroom caps with the mixture and sprinkle Parmesan on top.
4. Bake for 20-25 minutes until mushrooms are tender.

Servings: 1

Tuna Grain Bowl

Ingredients:

- 1 cup cooked quinoa or brown rice
- 1 can tuna in water, drained (5 oz)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1/4 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

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
- 1/2 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



Mediterranean Grilled Chicken Salad

Ingredients:

- 1 boneless, skinless chicken breast
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 2 cups romaine lettuce, chopped
- 1/2 cucumber, diced
- 1 Roma tomato, diced
- 1/4 red onion, sliced
- 1/2 avocado, sliced
- 2 tablespoons kalamata olives, sliced (optional)
- 2 tablespoons feta cheese, crumbled
- 1 tablespoon balsamic vinaigrette

Instructions:

1. In a bowl, mix olive oil, lemon juice, oregano, garlic powder, salt, and pepper. Add chicken and marinate for at least 15 minutes.
2. Heat a grill pan over medium heat and cook chicken for 5-7 minutes per side until fully cooked. Let rest for 5 minutes, then slice.
3. In a large bowl, combine romaine, cucumber, tomato, red onion, avocado, and olives.
4. Top with sliced chicken and feta cheese.
5. Drizzle with balsamic vinaigrette.

Servings: 1



A top-down view of a white ceramic plate with a dark grey rim. The plate is filled with several skewers made of wooden toothpicks. Each skewer typically features a sequence of ingredients: a vibrant green basil leaf, a small, round, white mozzarella ball, and a bright red cherry tomato. The skewers are arranged in a circular pattern on the plate. The background is a light, textured surface.

Snacks

Mini Caprese Skewers

Ingredients:

- 8 cherry tomatoes
- 4 small mozzarella balls
- 4 fresh basil leaves
- 1 tsp balsamic glaze (optional)
- 4 small skewers

Instructions:

1. Thread 2 cherry tomatoes, 1 mozzarella ball, and 1 basil leaf onto each skewer.
2. Drizzle with balsamic glaze if desired and serve.

Makes 1 serving.

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:

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

Makes 1 serving.

Yogurt and Fruit Clusters

Ingredients:

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

Instructions:

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

Makes 1 serving.

Cottage Cheese & Peach Bowl

Ingredients:

- 1/2 cup low-fat cottage cheese
- 1/2 fresh peach, diced
- 1 teaspoon honey (optional)
- 1 tablespoon chia seeds

Instructions:

1. Add cottage cheese to a bowl.
2. Top with diced peach, honey, and chia seeds.
3. Serve immediately.

Makes 1 serving.

Veggie-Packed Mini Muffins

Ingredients:

- 1 cup rolled oats
- 1/2 cup grated zucchini
- 1/2 cup grated carrot
- 2 large eggs
- 2 tablespoons honey
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/4 cup raisins (optional)

Instructions:

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

Serving: 2 mini-muffins



GROCERY LIST

Breakfasts

Strawberry Protein Shake

- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Vanilla protein powder: 1 container (you'll use 1 serving)
- Strawberries: 1 pint fresh or 1 frozen bag (you'll use 1/2 cup)
- Greek yogurt: 1 small tub (you'll use 1 tbsp)
- Honey: 1 small jar (optional, you'll use 1 tsp)
- Ice: Optional - 1 tray or 1 bag (you'll use 1/2 cup)

Blueberry Almond Overnight Oats

- Rolled oats: 1 small bag (you'll use 1/2 cup)
- Unsweetened almond milk: 1 quart (you'll use 1 cup)
- Blueberries: 1 pint fresh or 1 small bag frozen (you'll use 1/2 cup)
- Almond butter: 1 small jar (you'll use 1 tbsp)
- Chia seeds: 1 small bag (you'll use 1 tsp)

Veggie-Packed Scramble with Whole-Grain Toast

- Eggs: 1 dozen (you'll use 2)
- Fresh spinach: 1 small bag (you'll use 1/2 cup)
- Bell peppers: 1 medium (you'll use 1/4 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)

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 1/4 cup)
- Almond butter: 1 small jar (you'll use 1 tablespoon)
- Bananas: 1 bunch (you'll use 1/2 banana)
- Chia seeds (optional): 1 small bag (you'll use 1 teaspoon)

Chocolate-Zucchini Bran Protein Muffins

- Oat bran: 1 small bag (you'll use 1/2 cup)
- Whole wheat flour: 1 small bag (you'll use 1/2 cup)
- Cocoa powder: 1 small container (you'll use 1/4 cup)
- Chocolate protein powder: 1 container (you'll use 1 serving)
- Baking soda: 1 small box (you'll use 1/2 tsp)
- Baking powder: 1 small container (you'll use 1/2 tsp)
- Salt: 1 small container (you'll use 1/4 tsp)
- Zucchini: 1 medium (you'll use 1, grated)
- Eggs: 1 dozen (you'll use 1)
- Honey or maple syrup: 1 small bottle (you'll use 1/4 cup)
- Greek yogurt: 1 small tub (you'll use 1/2 cup)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Vanilla extract: 1 small bottle (you'll use 1/2 tsp)
- Chocolate chips: 1 small bag (optional, you'll use 1/4 cup)

GROCERY LIST

Lunches

Italian Chopped Salad

- Romaine lettuce: 1 small head (you'll use 2 cups)
- Cherry tomatoes: 1 pint (you'll use 1/4 cup)
- Cucumber: 1 medium (you'll use 1/4 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 1/2 teaspoon)
- 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 1/4 cup)
- Cucumber: 1 medium (you'll use 1/4 cup)
- Red bell pepper: 1 medium (you'll use 1/4 cup)
- Shredded carrots: 1 small bag (you'll use 1/4 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)

Spinach and Strawberry Salad with Grilled Chicken

- Baby spinach: 1 small bag (you'll use 2 cups)
- Strawberries: 1 small pack (you'll use 1/2 cup)
- Grilled chicken breast: 1 small pack (you'll use 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)

Lentil and Spinach Soup

- Dry lentils: 1 small bag (you'll use 1/2 cup)
- Chicken or vegetable broth: 1 quart (you'll use 2 cups)
- Fresh spinach: 1 small bag (you'll use 1 cup)
- Carrots: 1 medium (you'll use 1/2 cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Garlic: 1 small head (you'll use 1 clove)
- Dried thyme: 1 small jar (you'll use 1 tsp)
- Salt: 1 small container (to taste)
- Ground pepper: 1 small container (to taste)

GROCERY LIST

Lunches

Thai-Inspired Chicken and Veggie Bowl

- Jasmine rice: 1 small bag (you'll use 1/2 cup cooked)
- Grilled chicken breast: 1 small pack (you'll use 4 oz)
- Shredded carrots: 1 small bag (you'll use 1/2 cup)
- Red bell peppers: 1 medium (you'll use 1/2 cup)
- Cucumber: 1 medium (you'll use 1/4 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)

Greens & Grains Bowl

- Snap or snow peas: 1 small bag (you'll use 1/2 cup)
- Asparagus: 1 small bunch (you'll use 4 spears)
- Plain whole-milk yogurt: 1 small tub (you'll use 1/2 cup)
- Fresh dill: 1 small bunch (you'll use 1/4 cup chopped)
- Lemon: 1 small (you'll use 1 tablespoon juice)
- Olive oil: 1 small bottle (you'll use 1 tablespoon)
- Garlic: 1 small head (you'll use 1 clove)
- Kosher salt: 1 small container (you'll use 1/4 teaspoon)
- Farro: 1 small bag (you'll use 1/2 cup cooked)
- Baked tofu: 1 small block (you'll use 4 ounces, cubed)
- Radishes: 1 small bunch (you'll use 3, sliced)
- Toasted pumpkin seeds: 1 small bag (you'll use 1 tablespoon for garnish)

Spinach and Ricotta Stuffed Portobello Mushrooms with Chicken

- Portobello mushrooms: 2 large
- Ricotta cheese: 1 small tub (you'll use 1/4 cup)
- Fresh spinach: 1 small bag (you'll use 1 cup, chopped)
- Cooked shredded chicken: 1 small pack or cook your own (you'll use 4 ounces)
- Garlic: 1 small head (you'll use 1 clove)
- Parmesan cheese: 1 small tub (you'll use 1 tablespoon shredded)
- Olive oil: 1 small bottle (you'll use 1 teaspoon)
- 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 1/2 cup)
- Cucumber: 1 medium (you'll use 1/4 cup)
- Avocado: 1 small (you'll use 1/4)
- 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)

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 1/2 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)

Mediterranean Grilled Chicken Salad

- Chicken breasts: 1 lb (you'll use 1)
- Olive oil: 1 small bottle (you'll use 2 tbsp)
- Lemon: 2 (you'll use 1)
- Dried oregano: 1 small jar (you'll use 1 tsp)
- Garlic powder: 1 small container (you'll use 1 tsp)
- Romaine lettuce: 1 head (you'll use 2 cups)
- Cucumber: 1 (you'll use 1/2 diced)
- Roma tomatoes: 1 (you'll use 1 diced)
- Red onion: 1 (you'll use 1/4 sliced)
- Avocado: 1 (you'll use 1/2 sliced)
- Kalamata olives: 1 small jar (you'll use 2 tbsp)
- Feta cheese: 1 small tub (you'll use 2 tbsp)
- Balsamic vinaigrette: 1 small bottle (you'll use 1 tbsp)

GROCERY LIST

Snacks

Mini Caprese Skewers

- Cherry tomatoes: 1 pint (you'll use 8)
- Fresh mozzarella balls: 1 small tub (you'll use 4)
- Fresh basil: 1 small bunch (you'll use 4 leaves)
- Balsamic glaze: 1 small bottle (optional, you'll use 1 teaspoon)
- Small skewers: 1 pack (you'll use 4)

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 1/2 cup)
- Coconut oil: 1 small jar (you'll use 1 teaspoon)

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)

Cottage Cheese & Peach Bowl

- Cottage cheese: 1 small tub (you'll use 1/2 cup)
- Peach: 1 (you'll use 1/2)
- Honey: 1 small jar (optional, you'll use 1 tsp)
- Chia seeds: 1 small bag (you'll use 1 tbsp)

Veggie-Packed Mini Muffins

- Rolled oats: 1 small bag (you'll use 1 cup)
- Zucchini: 1 medium (you'll use 1/2 cup, grated)
- Carrot: 1 medium (you'll use 1/2 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 1/4 cup)