

A soft-focus background image of a breakfast spread. In the foreground, a golden-brown croissant lies on a light-colored surface. To its left is a small white bowl filled with blueberries and raspberries, garnished with a sprig of mint. Behind the bowl, two glasses of orange juice are visible. To the right of the croissant, a white cup of coffee sits on a saucer with a silver spoon. In the background, a glass carafe of coffee is partially visible. The overall scene is bright and inviting, with a shallow depth of field that keeps the text in sharp focus.

May

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

Tropical Mango Creamsicle Smoothie

Ingredients:

- 1 cup frozen mango chunks
- ½ frozen banana
- ¾ cup unsweetened coconut milk (or almond milk)
- ½ cup plain Greek yogurt
- 1 serving vanilla protein powder
- ½ tsp vanilla extract
- ½ tsp orange zest
- ½ cup ice



Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy. Add more coconut milk if needed for consistency.
3. 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

Tofu Breakfast Scramble

Ingredients:

- 1/2 cup firm tofu, crumbled
- 1/4 cup diced bell peppers
- 1/4 cup diced onion
- 1/2 cup fresh spinach
- 1 tsp olive oil
- 1/2 tsp turmeric
- 1/2 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

Breakfast Sandwich

Ingredients:

- 1 whole wheat English muffin, split
- 1 egg
- 1 slice cheddar cheese
- 2 slices turkey or 2 strips cooked bacon
- 1 tsp butter or olive oil
- Salt and pepper, to taste



Instructions:

1. Toast the English muffin halves.
2. Heat butter or olive oil in a pan and cook the egg to your preference (scrambled, fried, or over easy).
3. Layer the egg, cheese, and turkey/bacon on the toasted muffin.
4. Serve warm.

Servings: 1

Blueberry Baked Oatmeal

Ingredients:

- 1 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 cup fresh or frozen blueberries
- 1 egg
- 2 tbsp maple syrup or honey
- 1/2 tsp cinnamon
- 1/2 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





Lunch

Pesto Chicken Pasta Salad

Ingredients:

- 1 1/2 cups cooked pasta (penne or rotini)
- 1 cup cooked, shredded chicken breast
- 1/4 cup basil pesto
- 1/2 cup cherry tomatoes, halved
- 1/4 cup diced cucumber
- 1/4 cup shredded mozzarella cheese
- 1 tbsp olive oil
- Salt & pepper, to taste



Instructions:

1. Cook pasta according to package instructions. Drain and let cool.
2. In a large bowl, toss pasta with pesto, olive oil, and shredded chicken.
3. Add cherry tomatoes, cucumber, and mozzarella, and mix well.
4. Season with salt and pepper to taste.
5. Serve immediately or refrigerate for meal prep.

Servings: 2

BBQ Chickpea and Sweet Potato Bowl

Ingredients:

- 1/2 cup canned chickpeas, drained and rinsed
- 1/2 small sweet potato, diced
- 1 tbsp BBQ sauce
- 1 tsp olive oil
- 1/2 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

Southwest Chicken Salad

Ingredients:

- 3 oz cooked chicken breast, diced
- 2 cups chopped romaine lettuce
- 1/4 cup black beans, drained and rinsed
- 1/4 cup corn
- 1/4 cup cherry tomatoes, halved
- 2 tbsp shredded cheddar cheese
- 2 tbsp crushed tortilla chips
- 1 tbsp ranch dressing
- 1 tsp lime juice
- 1/2 tsp chili powder



Instructions:

1. In a bowl, toss romaine, black beans, corn, cherry tomatoes, and chicken.
2. Mix ranch dressing with lime juice and chili powder. Drizzle over the salad.
3. Top with shredded cheese and crushed tortilla chips.

Servings: 1

Beef & Sweet Potato Power Bowl

Ingredients:

- 4 oz ground beef (90% lean)
- 1/2 medium sweet potato, diced
- 1/2 cup steamed broccoli
- 1/4 cup cooked quinoa or brown rice
- 1 tsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- Salt & pepper, to taste



Instructions:

1. Preheat oven to 400°F. Toss diced sweet potatoes with olive oil, garlic powder, smoked paprika, salt, and pepper. Roast for 20 minutes, flipping halfway.
2. While potatoes roast, cook ground beef in a pan over medium heat until browned. Season with salt and pepper.
3. Steam broccoli and cook quinoa or brown rice.
4. Assemble the bowl: Layer quinoa/rice, beef, roasted sweet potatoes, and broccoli. Serve warm.

Servings: 1



High-Protein Grilled Cheese & Tomato Soup

For the Grilled Cheese:

- 2 slices whole-grain bread
- 2 slices cheddar cheese
- 2 oz sliced turkey or ham
- 1 tsp butter

For the Tomato Soup:

- 1/2 cup canned crushed tomatoes
- 1/2 cup chicken or vegetable broth
- 1/4 cup plain Greek yogurt (for extra protein)
- 1/2 tsp garlic powder
- 1/2 tsp Italian seasoning
- Salt & pepper, to taste

Instructions:

1. Grilled Cheese: Butter one side of each slice of bread. Place one slice butter-side down in a pan over medium heat, layer cheese and turkey/ham, then top with the second slice (butter-side up). Cook for 2-3 minutes per side until golden brown and melty.
2. Tomato Soup: In a small saucepan, heat crushed tomatoes, broth, garlic powder, and Italian seasoning over medium heat. Simmer for 5 minutes.
3. Stir in Greek yogurt until smooth. Season with salt and pepper. Serve with grilled cheese.

Servings: 1



Dinner



Slow Cooker Buffalo Chicken Salad

Ingredients:

- 1 lb boneless, skinless chicken breast
- 1/2 cup buffalo sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- 8 cups chopped romaine lettuce
- 1 cup shredded carrots
- 1 cup diced cucumber
- 1 avocado, sliced
- 1/2 cup crumbled blue cheese (optional)
- 1/4 cup ranch or blue cheese dressing (optional)

Instructions:

1. Place chicken breasts, buffalo sauce, garlic powder, and onion powder in a slow cooker.
2. Cook on low for 4-6 hours or high for 2-3 hours, until chicken shreds easily.
3. Once cooked, shred the chicken with two forks and mix it back into the sauce.
4. Assemble each salad: Divide romaine, carrots, cucumber, and avocado evenly among 4 bowls.
5. Top each salad with shredded buffalo chicken. Sprinkle with blue cheese if using. Drizzle with dressing and serve.

Servings: 4

Turkey Gyro Bowls

Ingredients:

- 4 oz ground turkey
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/2 cup cooked brown rice or quinoa
- 1/4 cup chopped cucumber
- 1/4 cup cherry tomatoes, halved
- 2 tbsp crumbled feta cheese
- 2 tbsp tzatziki sauce
- 1 tbsp fresh lemon juice



Instructions:

1. Heat a pan over medium heat and cook ground turkey with garlic powder, oregano, cumin, paprika, salt, and pepper until browned.
2. Assemble the bowl: Layer cooked brown rice (or quinoa), seasoned turkey, cucumber, tomatoes, and feta.
3. Drizzle with tzatziki sauce and lemon juice.

Servings: 1

Sheet Pan Garlic Shrimp and Veggies

Ingredients:

- 4 oz shrimp, peeled and deveined
- 1/2 cup chopped zucchini
- 1/2 cup chopped bell pepper
- 1/2 cup cherry tomatoes
- 1 tsp olive oil
- 1 clove garlic, minced
- 1/2 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

Mediterranean Hummus & Chicken Flatbread Pizza

Ingredients:

- 1 whole wheat naan or flatbread
- 1/4 cup hummus
- 3 oz cooked shredded chicken
- 1/4 cup cherry tomatoes, halved
- 2 tbsp crumbled feta cheese
- 2 tbsp sliced black olives
- 1 tbsp red onion, thinly sliced
- 1 tbsp chopped parsley
- 1/2 tsp dried oregano

Instructions:

1. Preheat oven to 375°F.
2. Spread hummus evenly over the flatbread.
3. Top with shredded chicken, cherry tomatoes, feta cheese, olives, and red onion.
4. Sprinkle with oregano and bake for 8-10 minutes until slightly crispy.
5. Garnish with fresh parsley and serve.

Servings: 1



Spicy Pork & Cauliflower Chili

Ingredients:

- 4 oz ground pork
- 1/2 cup cauliflower rice
- 1/4 cup canned black beans, drained
- 1/4 cup diced tomatoes (canned or fresh)
- 1/4 cup diced bell peppers
- 1/4 small red onion, diced
- 1/2 cup low-sodium chicken broth
- 1/2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1 tsp olive oil
- Salt & pepper, to taste

Instructions:

1. Heat olive oil in a pan over medium heat. Add ground pork and cook until browned.
2. Add bell peppers, red onion, and cauliflower rice. Cook for 3-4 minutes until veggies soften.
3. Stir in black beans, diced tomatoes, chicken broth, and all spices.
4. Simmer for 10-15 minutes, stirring occasionally, until flavors blend.
5. Serve warm.

Servings: 1



A close-up photograph of a white paper cup filled with a creamy, light-colored ice cream. The ice cream is topped with several chunks of fresh, yellow pineapple. A large, triangular slice of pineapple is prominently placed on top of the ice cream. In the foreground, two more slices of pineapple are visible on a white surface. The background is a soft, out-of-focus white. The word "Snacks" is overlaid in a large, black, serif font with a white outline.

Snacks

Chocolate Mocha Mousse

Ingredients:

- 1 cup Greek yogurt
- 2 tbsp cocoa powder
- 1 tbsp instant coffee or espresso powder
- 1 tbsp honey or maple syrup
- 1/2 tsp vanilla extract
- 1 tbsp dark chocolate chips (optional, for topping)

Instructions:

1. In a bowl, mix Greek yogurt, cocoa powder, instant coffee, honey, and vanilla extract until smooth.
2. Divide into two servings and top with dark chocolate chips if using.
3. Refrigerate for 15 minutes for best texture before eating.

Makes 2 servings.

White Bean Dip + Veggies

Ingredients:

- 1/2 cup canned white beans, drained and rinsed
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp lemon juice
- 1/4 tsp cumin
- Salt & pepper, to taste
- 1/2 cup chopped bell peppers, carrots, or cucumbers

Instructions:

1. In a small bowl, mash white beans with a fork (or blend for a smoother texture). Stir in olive oil, garlic powder, lemon juice, cumin, salt, and pepper.
2. Serve with chopped veggies for dipping.

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.

Protein Dole Whip

Ingredients:

- 1 cup frozen pineapple
- 1/2 cup Greek yogurt
- 1 scoop vanilla protein powder
- 1/2 cup coconut milk (or almond milk)
- 1/2 tsp vanilla extract

Instructions:

1. Blend all ingredients until smooth and creamy.
2. Serve immediately or freeze for 15 minutes for a firmer texture.

Makes 2 servings.

Lemon Coconut Protein Energy Balls

Ingredients:

- 1 cup rolled oats
- 1/2 cup vanilla protein powder
- 1/4 cup unsweetened shredded coconut
- 2 tbsp almond butter
- 2 tbsp honey or maple syrup
- Zest of 1 lemon
- 1 tbsp lemon juice
- 1/2 tsp vanilla extract
- 1 tbsp warm water (if needed for texture)

Instructions:

1. In a bowl, mix oats, protein powder, shredded coconut, almond butter, honey, lemon zest, lemon juice, and vanilla extract.
2. Stir until well combined. Add water if needed to help bind.
3. Roll into bite-sized balls.
4. Refrigerate for at least 30 minutes before eating.

Makes 8 balls (4 servings).



GROCERY LIST

Breakfasts

Tropical Mango Creamsicle Smoothie

- Frozen mango chunks: 1 small bag (you'll use 1 cup)
- Bananas: 1 bunch (you'll use ½ banana, frozen)
- Unsweetened coconut milk (or almond milk): 1 small carton (you'll use ¾ cup)
- Plain Greek yogurt: 1 small tub (you'll use ½ cup)
- Vanilla protein powder: 1 container (you'll use 1 serving)
- Vanilla extract: 1 small bottle (you'll use ½ tsp)
- Orange: 1 (you'll use ½ tsp zest, optional)
- Ice: 1 tray or 1 bag (you'll use ½ cup)

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 1/2 cup)
- Vanilla extract: 1 small bottle (you'll use 1/2 tsp)
- Fresh mixed berries: 1 pint (you'll use 1/2 cup)
- Honey (optional): 1 small jar (you'll use 1 tsp)

Tofu Breakfast Scramble

- Firm tofu: 1 small block (you'll use 1/2 cup, crumbled)
- Bell pepper: 1 small (you'll use 1/4 cup, diced)
- Onion: 1 small (you'll use 1/4 cup, diced)
- Fresh spinach: 1 small bag (you'll use 1/2 cup)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Turmeric: 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

Breakfast Sandwich

- Whole wheat English muffins: 1 pack (you'll use 1)
- Eggs: 1 dozen (you'll use 1)
- Cheddar cheese slices: 1 small pack (you'll use 1 slice)
- Turkey slices or bacon: 1 small pack (you'll use 2 slices or 2 strips)
- Butter or olive oil: As needed (you'll use 1 tsp)
- Salt: 1 small container (to taste)
- Pepper: 1 small container (to taste)

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 1/2 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 1/2 tsp)
- Baking powder: 1 small container (you'll use 1/2 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

Pesto Chicken Pasta Salad

- Pasta: 1 box (you'll use 1 1/2 cups cooked)
- Cooked shredded chicken breast: 1 lb (you'll use 1 cup)
- Basil pesto: 1 small jar (you'll use 1/4 cup)
- Cherry tomatoes: 1 pint (you'll use 1/2 cup, halved)
- Cucumber: 1 (you'll use 1/4 cup, diced)
- Shredded mozzarella cheese: 1 small bag (you'll use 1/4 cup)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Salt: 1 small container (to taste)
- Pepper: 1 small container (to taste)

BBQ Chickpea and Sweet Potato Bowl

- Canned chickpeas: 1 small can (you'll use 1/2 cup)
- Sweet potato: 1 small (you'll use 1/2, 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 1/2 cup)
- Green onions: 1 small bunch (you'll use 1 tbsp, chopped)
- Salt: 1 small container
- Pepper: 1 small container

Southwest Chicken Salad

- Cooked chicken breast: 1 small pack (you'll use 3 oz)
- Romaine lettuce: 1 head (you'll use 2 cups)
- Canned black beans: 1 can (you'll use 1/4 cup)
- Canned corn: 1 small can (you'll use 1/4 cup)
- Cherry tomatoes: 1 container (you'll use 1/4 cup)
- Shredded cheddar cheese: 1 small bag (you'll use 2 tbsp)
- Tortilla chips: 1 small bag (you'll use 2 tbsp)
- Ranch dressing: 1 small bottle (you'll use 1 tbsp)
- Lime: 1 (you'll use 1 tsp juice)
- Chili powder: 1 container (you'll use 1/2 tsp)

Beef & Sweet Potato Power Bowl

- Ground beef (90% lean): 1 lb (you'll use 4 oz)
- Sweet potatoes: 1 medium (you'll use 1/2)
- Broccoli: 1 small bag (you'll use 1/2 cup)
- Quinoa or brown rice: 1 small bag (you'll use 1/4 cup cooked)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Garlic powder: 1 small container (you'll use 1/2 tsp)
- Smoked paprika: 1 small container (you'll use 1/2 tsp)
- Salt: 1 small container (to taste)
- Pepper: 1 small container (to taste)

GROCERY LIST

Lunches

High-Protein Grilled Cheese & Tomato Soup

- Whole-grain bread: 1 small loaf (you'll use 2 slices)
- Cheddar cheese: 1 small pack (you'll use 2 slices)
- Sliced turkey or ham: 1 small pack (you'll use 2 oz)
- Butter: 1 small stick (you'll use 1 tsp)
- Canned crushed tomatoes: 1 small can (you'll use 1/2 cup)
- Chicken or vegetable broth: 1 small carton (you'll use 1/2 cup)
- Greek yogurt: 1 small tub (you'll use 1/4 cup)
- Garlic powder: 1 small container (you'll use 1/2 tsp)
- Italian seasoning: 1 small container (you'll use 1/2 tsp)
- Salt: 1 small container (to taste)
- Pepper: 1 small container (to taste)

Slow Cooker Buffalo Chicken Salad (Serves 4)

- Chicken breasts: 1 lb (you'll use 1 lb)
- Buffalo sauce: 1 small bottle (you'll use 1/2 cup)
- Garlic powder: 1 small container (you'll use 1 tsp)
- Onion powder: 1 small container (you'll use 1 tsp)
- Romaine lettuce: 2 heads (you'll use 8 cups chopped)
- Carrots: 2 (you'll use 1 cup shredded)
- Cucumber: 1 (you'll use 1 cup diced)
- Avocado: 1 (you'll use 1 sliced)
- Blue cheese: 1 small pack (optional, you'll use 1/2 cup crumbled)
- Ranch or blue cheese dressing: 1 small bottle (optional, you'll use 1/4 cup)

Turkey Gyro Bowls

- Ground turkey: 1 lb (you'll use 4 oz)
- Garlic powder: 1 small container (you'll use 1/2 tsp)
- Dried oregano: 1 small container (you'll use 1/2 tsp)
- Cumin: 1 small container (you'll use 1/2 tsp)
- Smoked paprika: 1 small container (you'll use 1/2 tsp)
- Brown rice or quinoa: 1 small bag (you'll use 1/2 cup cooked)
- Cucumber: 1 (you'll use 1/4 cup chopped)
- Cherry tomatoes: 1 pint (you'll use 1/4 cup halved)
- Feta cheese: 1 small pack (you'll use 2 tbsp crumbled)
- Tzatziki sauce: 1 small container (you'll use 2 tbsp)
- Lemon: 1 (you'll use 1 tbsp juice)

Sheet Pan Garlic Shrimp and Veggies

- Shrimp (peeled and deveined): 1 small bag (you'll use 4 oz)
- Zucchini: 1 medium (you'll use 1/2 cup chopped)
- Bell pepper: 1 medium (you'll use 1/2 cup chopped)
- Cherry tomatoes: 1 pint (you'll use 1/2 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 1/2 tsp)
- Salt: 1 small container
- Pepper: 1 small container

Mediterranean Hummus & Chicken Flatbread Pizza

- Whole wheat naan or flatbread: 1 pack (you'll use 1)
- Hummus: 1 small container (you'll use 1/4 cup)
- Cooked shredded chicken: 1 small pack (you'll use 3 oz)
- Cherry tomatoes: 1 small container (you'll use 1/4 cup)
- Crumbled feta cheese: 1 small pack (you'll use 2 tbsp)
- Sliced black olives: 1 small jar (you'll use 2 tbsp)
- Red onion: 1 small (you'll use 1 tbsp)
- Fresh parsley: 1 small bunch (you'll use 1 tbsp)
- Dried oregano: 1 small container (you'll use 1/2 tsp)

Spicy Pork & Cauliflower Chili

- Ground pork: 1 lb (you'll use 4 oz)
- Cauliflower rice: 1 small bag (you'll use 1/2 cup)
- Black beans: 1 small can (you'll use 1/4 cup drained)
- Diced tomatoes: 1 small can (you'll use 1/4 cup)
- Bell pepper: 1 (you'll use 1/4 cup diced)
- Red onion: 1 small (you'll use 1/4 diced)
- Low-sodium chicken broth: 1 small carton (you'll use 1/2 cup)
- Chili powder: 1 small container (you'll use 1/2 tsp)
- Cumin: 1 small container (you'll use 1/2 tsp)
- Smoked paprika: 1 small container (you'll use 1/2 tsp)
- Garlic powder: 1 small container (you'll use 1/2 tsp)
- Olive oil: 1 small bottle (you'll use 1 tsp)
- Salt: 1 small container (to taste)
- Pepper: 1 small container (to taste)

GROCERY LIST

Snacks

Chocolate Mocha Mousse

- Greek yogurt: 1 small tub (you'll use 1 cup)
- Cocoa powder: 1 small container (you'll use 2 tbsp)
- Instant coffee or espresso powder: 1 small container (you'll use 1 tbsp)
- Honey or maple syrup: 1 small bottle (you'll use 1 tbsp)
- Vanilla extract: 1 small bottle (you'll use 1/2 tsp)
- Dark chocolate chips: 1 small bag (optional, you'll use 1 tbsp)

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

White Bean Dip + Veggies

- Canned white beans: 1 small can (you'll use 1/2 cup, drained & rinsed)
- Olive oil: 1 small bottle (you'll use 1 tbsp)
- Garlic powder: 1 small container (you'll use 1/2 tsp)
- Lemon: 1 (you'll use 1/2 tsp juice)
- Cumin: 1 small container (you'll use 1/4 tsp)
- Salt: 1 small container (to taste)
- Pepper: 1 small container (to taste)
- Bell peppers, carrots, or cucumber: 1 (you'll use 1/2 cup, chopped)

Protein Dole Whip

- Frozen pineapple: 1 small bag (you'll use 1 cup)
- Greek yogurt: 1 small tub (you'll use 1/2 cup)
- Vanilla protein powder: 1 container (you'll use 1 serving)
- Coconut milk (or almond milk): 1 small carton (you'll use 1/2 cup)
- Vanilla extract: 1 small bottle (you'll use 1/2 tsp)

Lemon Coconut Protein Energy Balls

- Rolled oats: 1 small bag (you'll use 1 cup)
- Vanilla protein powder: 1 container (you'll use 1/2 cup)
- Unsweetened shredded coconut: 1 small bag (you'll use 1/4 cup)
- Almond butter: 1 small jar (you'll use 2 tbsp)
- Honey or maple syrup: 1 small bottle (you'll use 2 tbsp)
- Lemon: 1 (you'll use zest + 1 tbsp juice)
- Vanilla extract: 1 small bottle (you'll use 1/2 tsp)