



## Welcome!

Inside this guide, you'll find your full meal plan, an organized grocery list, and delicious, simple recipes.

## How to Use the Meal Plan

This plan is here to support you—not to box you in. Feel free to use it as inspiration and choose recipes you like cooking in whatever order you prefer. Or choose a few recipes and add them to your weekly routine.

If you want to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

However, if you *do* want to follow it exactly, I've included a complete itemized grocery list so you know exactly what to buy. Before you shop, take a moment to check off any items you already have at home. It's a small step that saves both time and money!

## Shopping Tips

Your grocery list is organized the same way most stores are laid out. You'll start in produce with fruits and vegetables and work your way through the remaining categories in a smooth, time-saving flow. This helps you shop quickly, efficiently, and without backtracking through aisles.

## Recipe Tips

Make this plan feel like *yours*. If there's a fruit you don't like, swap it. Prefer chicken over turkey? Go for it. Any meat, fruit, or vegetable can be exchanged for something you like better—while still keeping the balance and structure of the plan.


























Be sure to check the **Notes** section in each recipe for simple upgrades, pairing suggestions, and time-saving tips.

**Also, it's very important that you eat until you are full and satisfied, not just what the serving size says.** Serving sizes are simply a guide, not a rule. Listening to *your* body helps prevent overeating later in the evening.

## Leftovers

You'll notice some meals and snacks are shaded in the plan—these are intentional leftovers. This means you've already cooked or prepared that recipe earlier in the week, so there's nothing new to prepare. Simply enjoy and move on with your day.

Enjoy!

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Mint Chocolate Chip Protein Smoothie	 Mint Chocolate Chip Protein Smoothie	 Mint Chocolate Chip Protein Smoothie	 Turkey & Cheese Omelette with Strawberries	 Turkey & Cheese Omelette with Strawberries
Snack 1	 Cucumbers With Almonds	 Cucumbers With Almonds	 Cucumbers With Almonds	 Crackers & Nut Butter or Hummus	 Crackers & Nut Butter or Hummus
Lunch	 Coleslaw with Poppy Seed Dressing & Chicken	 Coleslaw with Poppy Seed Dressing & Chicken	 Simple Tuna Salad	 Unstuffed Cabbage Rolls	 Unstuffed Cabbage Rolls
Snack 2	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries	 Cottage Cheese with Blueberries	 Cottage Cheese with Blueberries
Dinner	 Teriyaki Salmon and Veggie Bowls	 One Pan Chicken and Veggies	 One Pan Chicken and Veggies	 White Bean Chicken Chili	 White Bean Chicken Chili

### Fruits

- 1 Apple
- 3/4 Avocado
- 1/2 cup Blueberries
- 1 Green Apple
- 1 Lime
- 1 cup Strawberries

### Breakfast

- 1/4 cup Almond Butter

### Seeds, Nuts & Spices

- 3/4 cup Almonds
- 1/3 tsp Black Pepper
- 1 tbsp Chili Powder
- 1 1/2 tsps Cumin
- 1/2 tsp Dried Basil
- 1/4 tsp Dried Thyme
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 2 tbsps Pumpkin Seeds
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 0 Sesame Seeds
- 2 tbsps Sunflower Seeds

### Frozen

- 1 1/2 cups Frozen Berries
- 1/2 cup Frozen Corn

### Vegetables

- 12 ozs Asparagus
- 6 cups Baby Spinach
- 5 Carrot
- 1/2 cup Cilantro
- 1 1/2 Cucumber
- 3 Garlic
- 6 cups Green Cabbage
- 2 stalks Green Onion
- 1 Jalapeno Pepper
- 3/4 cup Mint Leaves
- 2 cups Purple Cabbage
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 Sweet Onion
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1 Zucchini

### Boxed & Canned

- 3 cups Chicken Broth
- 1 1/2 cups Diced Tomatoes
- 1/4 cup Rice
- 2 1/8 ozs Seed Crackers
- 2 cans Tuna
- 3 cups White Navy Beans

### Baking

- 3 tbsps Cacao Nibs
- 2 tbsps Honey

### Bread, Fish, Meat & Cheese

- 2 ozs Cheddar Cheese
- 9 ozs Chicken Breast
- 1 1/16 lbs Chicken Thighs
- 1 lb Chicken Thighs With Skin
- 8 ozs Extra Lean Ground Beef
- 1 lb Salmon Fillet
- 2 ozs Sliced Turkey Breast

### Condiments & Oils

- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1/3 cup Mirin
- 1/3 cup Poppy Seed Dressing
- 2 tbsps Red Wine Vinegar
- 3 tbsps Soy Sauce

### Cold

- 1 cup Cottage Cheese
- 4 Egg
- 3 cups Plain Greek Yogurt
- 3 cups Unsweetened Almond Milk

### Other

- 3/4 cup Chocolate Protein Powder
- 12 Ice Cubes
- 1 3/4 cups Water



## Mint Chocolate Chip Protein Smoothie

1 serving

5 minutes

### Ingredients

- 2 cups Baby Spinach
- 1/4 cup Chocolate Protein Powder (or 1 scoop)
- 1 cup Unsweetened Almond Milk
- 1/2 cup Water
- 1/4 cup Mint Leaves
- 1/4 Avocado
- 1 tbsp Cacao Nibs (or dark chocolate chips)
- 4 Ice Cubes

### Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

### Notes

**Protein Powder:** I used Genuine Health Proteins + in chocolate.



## Turkey & Cheese Omelette with Strawberries

1 serving  
10 minutes

### Ingredients

- 1 tsp Extra Virgin Olive Oil
- 2 Egg (large, whisked)
- 1 oz Cheddar Cheese (shredded)
- 1 oz Sliced Turkey Breast (chopped)
- 1/2 cup Strawberries

### Directions

- 1 Heat the oil in a non-stick pan over medium heat. Add the eggs and cook undisturbed for one to two minutes.
- 2 Sprinkle cheese and turkey over one half of the omelette. Cook for another one to two minutes until the eggs are set and the cheese is melted.
- 3 Fold the omelette in half and remove from the pan. Serve warm with strawberries on the side. Enjoy!

### Notes

**Additional Toppings:** A handful of arugula or avocado slices.



## Cucumbers With Almonds

1 serving

5 minutes

### Ingredients

- 1/2 Cucumber
- Sea Salt (to taste)
- 1/4 cup Almonds (or other nuts)

### Directions

- 1 Slice the cucumber, add salt and serve with almonds. Enjoy!



## Crackers & Nut Butter or Hummus

1 serving

5 minutes

### Ingredients

1 1/16 ozs Seed Crackers  
2 tbsps Almond Butter (or hummus )

### Directions

1 Dip the crackers into the almond butter (or hummus) and enjoy!

### Notes

**Crackers:** Choose whole grain crackers, nut crackers, sprouted grain, or almond flour crackers.

**No Almond Butter or Hummus:** Use peanut butter instead.



## Coleslaw with Poppy Seed Dressing & Chicken

3 servings

20 minutes

### Ingredients

2 cups Green Cabbage (shredded )  
2 cups Purple Cabbage (shredded )  
2 Carrot (thinly sliced)  
1 Apple (shredded)  
2 tbsps Pumpkin Seeds  
9 ozs Chicken Breast (cooked)  
Sea Salt & Black Pepper (to taste)  
1/3 cup Poppy Seed Dressing (like  
Renee's or homemade )  
2 tbsps Sunflower Seeds

### Directions

1 Combine all ingredients and refrigerate for 30 minutes to blend flavors.

### Notes

Save Time : Use a pre packaged coleslaw mix.



## Simple Tuna Salad

2 servings

10 minutes

### Ingredients

2 cans Tuna (drained)  
1 Green Apple (chopped)  
2 stalks Green Onion (finely sliced)  
2 tbsps Mayonnaise  
Sea Salt & Black Pepper (to taste)

### Directions

1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

### Notes

**How to Serve:** Enjoy alone, on crackers, on a sandwich, or over greens.

**Leftovers:** Refrigerate for two to three days.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.



## Unstuffed Cabbage Rolls

2 servings

45 minutes

### Ingredients

- 1/4 cup Rice (uncooked)
- 1/3 cup Water
- 1 1/2 tsps Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Beef
- 1/2 Yellow Onion (small, finely diced)
- 4 cups Green Cabbage (finely sliced)
- 1 1/2 cups Diced Tomatoes
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

### Directions

- 1 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 2 While the rice cooks, heat the oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 3 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 4 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 5 Divide into bowls and enjoy!

### Notes

**No Beef:** Any type of ground meat will work.



## Yogurt & Berries

3 servings

5 minutes

### Ingredients

3 cups Plain Greek Yogurt  
1 1/2 cups Frozen Berries (thawed)

### Directions

1

Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

### Notes

**No Frozen Berries:** Use any type of fresh fruit instead.



## Cottage Cheese with Blueberries

2 servings

5 minutes

### Ingredients

1 cup Cottage Cheese  
1/2 cup Blueberries (fresh or frozen)

### Directions

1

Divide the cottage cheese and blueberries into bowls or storage containers.  
Enjoy!

### Notes

**Make It Sweet:** Drizzle honey or maple syrup otop.

**Storage:** Refrigerate in an airtight container up to 3 to 5 days.



## Teriyaki Salmon and Veggie Bowls

4 servings

15 minutes

### Ingredients

3 tbsps Soy Sauce  
1/3 cup Mirin (Japanese sweet rice wine)  
2 tbsps Honey  
1 lb Salmon Fillet (cut in 4 pieces)  
12 ozs Asparagus (ends trimmed cut 1-inch)  
1 tbsp Extra Virgin Olive Oil  
Sesame Seeds (optional for garnish)

### Directions

- 1 Combine the soy sauce, mirin, and honey in a resealable bag.
- 2 Add the salmon and mix to coat. Refrigerate for 15 to 60 minutes, or up to 8 hours.
- 3 Preheat oven 450F.
- 4 Remove salmon, reserving the marinade.
- 5 Toss asparagus with oil and season with salt. Transfer asparagus to a large sheet pan along with the salmon skin side down and cook until tender and cooked through, about 10 to 12 minutes.
- 6 Meanwhile, place the marinade in a small pot, bring to a boil and simmer on low until thickened and reduced by half, about 8 to 10 minutes.
- 7 Add rice to bowl, top with salmon and asparagus and drizzle with the glaze. Sprinkle with sesame seeds, if desired.

### Notes

**Serve With:** White, cauliflower or brown rice.

**No Asparagus :** Use another vegetable like green beans instead.



## One Pan Chicken and Veggies

4 servings

45 minutes

### Ingredients

- 1 tsp Sea Salt
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Dried Basil
- 1/4 tsp Dried Thyme
- 1/8 tsp Black Pepper
- 1 Garlic (clove, crushed)
- 3 tbsps Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 1 lb Chicken Thighs With Skin
- 1/2 tsp Sea Salt
- 1 Zucchini (trimmed, cut into 1 inch pieces )
- 3 Carrot (peeled, cut into 1 inch pieces)
- 1 Red Bell Pepper (cut into 1 inch pieces)
- 1 Yellow Bell Pepper (cut into 1 inch pieces)
- 1/2 cup Red Onion (cut into 1 inch pieces)

### Directions

- 1 Preheat the oven to 450°F. Line a baking sheet with parchment paper.
- 2 Combine all the seasoning ingredients in a large bowl. Season chicken with 1/2 teaspoon salt, then add the chicken, green beans, carrots, bell peppers and red onion to the bowl and toss well to coat. Marinate 30 minutes.
- 3 Arrange everything onto the prepared baking sheets spread out into a single layer. The vegetables and chicken should not touch. Bake about 20 minutes, turn chicken and vegetables and bake an additional 10 minutes, until roasted and tender.

### Notes

**Leftovers:** Refrigerate in an airtight container up to 3 days.



## White Bean Chicken Chili

6 servings

40 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (medium, chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 Red Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Cumin
- 1 tbsp Chili Powder
- 1/2 tsp Sea Salt
- 3 cups Chicken Broth (divided)
- 3 cups White Navy Beans (cooked and divided)
- 1 1/16 lbs Chicken Thighs (boneless, skinless)
- 1/2 cup Frozen Corn
- 1/2 cup Cilantro (chopped)
- 1 Lime (sliced into wedges)

### Directions

- 1 Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
- 2 While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
- 3 Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.
- 4 Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
- 5 Divide the chili into bowls and serve with a lime wedge. Enjoy!

### Notes

**Additional Toppings:** Corn chips, sour cream and/or shredded cheese.

**No Chicken Thighs:** Use chicken breast instead.

**Leftovers:** Keep in the fridge for up to 3 days or freeze it for later.

**Save Time:** Use cooked beans from the can.