



## 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.









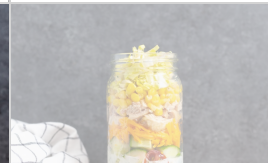







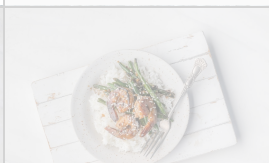
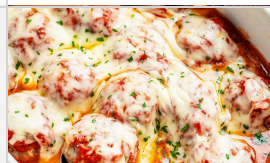






Be sure to check the **Notes** section in each recipe for simple upgrades, pairing suggestions, and time-saving tips.

**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	 Cherry Yogurt Bowl	 Cherry Yogurt Bowl	 Bacon, Cheese & Mushroom Omelette	 Bacon, Cheese & Mushroom Omelette	 Sheet Pan Blueberry Pancakes
Lunch	 Sweet & Savory Charcuterie Board	 Sweet & Savory Charcuterie Board	 Chicken Ranch Mason Jar Salad	 Chicken Ranch Mason Jar Salad	 Creamy Chicken Noodle Soup
Snack 1	 Peanut Butter Cookies	 Peanut Butter Cookies	 Apple with Almond Butter & Cinnamon	 Apple with Almond Butter & Cinnamon	 Chocolate Chip Cookie Dough Protein Balls
Dinner	 Honey Garlic Shrimp with Green Beans	 Honey Garlic Shrimp with Green Beans	 Cheesy Meatball Casserole	 Cheesy Meatball Casserole	
Snack 2	 Chocolate & Almond Butter Rice Cereal Bars	 Chocolate & Almond Butter Rice Cereal Bars	 Popcorn, Blackberries and Walnuts	 Popcorn, Blackberries and Walnuts	 Strawberry Whip

### Fruits

- 1 Apple
- 1 cup Blackberries
- 2 cups Blueberries
- 1 cup Cherries
- 1 1/2 tbsps Lemon Juice
- 2 1/2 cups Strawberries

### Breakfast

- 1 1/16 cups Almond Butter
- 3/4 cup Maple Syrup
- 1 cup Peanut Butter
- 2 cups Rice Puffs Cereal

### Seeds, Nuts & Spices

- 1/2 cup Almonds
- 1/2 tsp Black Pepper
- 1/2 tsp Cinnamon
- 1/4 cup Hemp Seeds
- 1/2 tsp Italian Seasoning
- 2 tsps Onion Powder
- 1/4 cup Pumpkin Seeds
- 1/4 tsp Red Pepper Flakes
- 0 Salt
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Sesame Seeds
- 1/4 cup Slivered Almonds
- 2/3 cup Walnuts

### Vegetables

- 1 cup Carrot
- 2 Carrot
- 2 stalks Celery
- 2 cups Cherry Tomatoes
- 1/4 cup Chives
- 6 Cremini Mushrooms
- 1 cup Cucumber
- 1 Cucumber
- 1/4 cup Fresh Dill
- 7 Garlic
- 4 cups Green Beans
- 1/4 head Green Lettuce
- 1/4 tsp Thyme
- 1/2 Yellow Onion

### Boxed & Canned

- 4 cups Chicken Broth
- 1 cup Corn
- 2 cups Egg Noodles
- 1 cup Marinara Sauce
- 4 cups Popcorn
- 4 ozs Whole Grain Crackers

### Baking

- 3/4 cup Almond Flour
- 2 3/4 tsps Baking Powder
- 1 1/4 tsps Baking Soda
- 1/2 cup Chocolate Chips
- 1/4 tsp Cornstarch
- 1 cup Dark Chocolate Chips
- 1/4 cup Honey
- 1/2 cup Oats
- 1 1/3 cups Unbleached All Purpose Flour
- 2 ozs Unbleached All Purpose Flour
- 2 3/4 tsps Vanilla Extract
- 1 1/3 cups Whole Wheat Flour

### Bread, Fish, Meat & Cheese

- 4 slices Bacon
- 1 cup Cheddar Cheese
- 10 3/4 ozs Cheddar Cheese
- 1 lb Chicken Breast
- 1 lb Chicken Breast, Cooked
- 2 lbs Lean Ground Turkey
- 1 cup Mozzarella Cheese
- 1/2 cup Parmigiano Reggiano
- 7 ozs Salami, Mild
- 1 1/4 lbs Shrimp

### Condiments & Oils

- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Oil
- 1/4 cup Soy Sauce

### Cold

- 2/3 cup Butter
- 3 cups Buttermilk
- 1/2 cup Cottage Cheese
- 1 cup Cream, Half & Half
- 12 Egg
- 2 tsps Heavy Cream
- 1 cup Hummus
- 2 cups Plain Greek Yogurt
- 1/3 cup Unsweetened Almond Milk

### Other

- 1 cup Vanilla Protein Powder



## Cherry Yogurt Bowl

1 serving  
5 minutes

### Ingredients

3/4 cup Plain Greek Yogurt  
2 tbsps Slivered Almonds  
1/2 cup Cherries (pits removed)

### Directions

- 1 Add the yogurt to a bowl. Top with sliced cherries and slivered almonds. Enjoy!

### Notes

**Additional Toppings:** Chopped nuts, seeds, a drizzle of honey, cinnamon, granola, other chopped fruit.



## Bacon, Cheese & Mushroom Omelette

1 serving

15 minutes

### Ingredients

- 2 slices Bacon (chopped)
- 3 Cremini Mushrooms (sliced)
- 2 Egg
- 2 tbsps Chives (chopped, divided)
- 1 2/3 ozs Cheddar Cheese (shredded)

### Directions

1

Heat a medium-sized skillet over medium heat and cook the bacon and mushrooms. Stir every few minutes for even cooking. Cook until the bacon is crispy and the mushrooms are cooked through, about eight to nine minutes. Transfer the mixture to a paper towel-lined plate. Leave behind a small splash of bacon fat to keep the pan greased.

2

Whisk the eggs in a small bowl with half of the chives. Transfer to the pan and cook until almost set. Place the bacon and mushroom mixture on one half of the omelette. Top with cheese and fold the other half over top. Remove from heat and top with the remaining chives. Enjoy!

### Notes

More Flavor: Flaky salt, red pepper flakes, or hot sauce.



## Sheet Pan Blueberry Pancakes

10 servings

30 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil (for brushing)
- 1 1/3 cups Unbleached All Purpose Flour
- 1 1/3 cups Whole Wheat Flour
- 1 1/4 tsps Baking Soda
- 2 1/4 tsps Baking Powder
- 1 tsp Sea Salt
- 3 Egg
- 3 cups Buttermilk
- 2 tbsps Butter (melted)
- 1 tsp Vanilla Extract
- 1 tbsp Maple Syrup
- 2 cups Blueberries
- 1/4 cup Butter (melted)

### Directions

- 1 Preheat the oven to 350°F (175°C) and line an 18X13 inch rimmed baking sheet with parchment paper or brush with olive oil.
- 2 In a bowl, whisk together the eggs, buttermilk, and maple syrup until smooth. In a separate bowl, mix the flour, baking powder, baking soda and salt.
- 3 Add the dry mixture to the wet and mix until just combined. Add the blueberries and stir well. Pour the batter into the prepared baking sheet and spread it evenly to all corners.
- 4 Bake for 20 minutes or until a toothpick inserted in the center comes out clean. Slice the pancake into portions, serve with more protein (options in the notes) and enjoy!

### Notes

**More Protein:** Serve with any meat, Greek yogurt, side of 2-3 eggs cooked any way you prefer, or top with nuts.

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



## Scrambled Eggs

1 serving

5 minutes

### Ingredients

3 Egg  
1/2 tsp Butter  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Crack the eggs into a bowl and whisk well.
- 2 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and set, about 2 minutes. Enjoy!



## Sweet & Savory Charcuterie Board

2 servings

5 minutes

### Ingredients

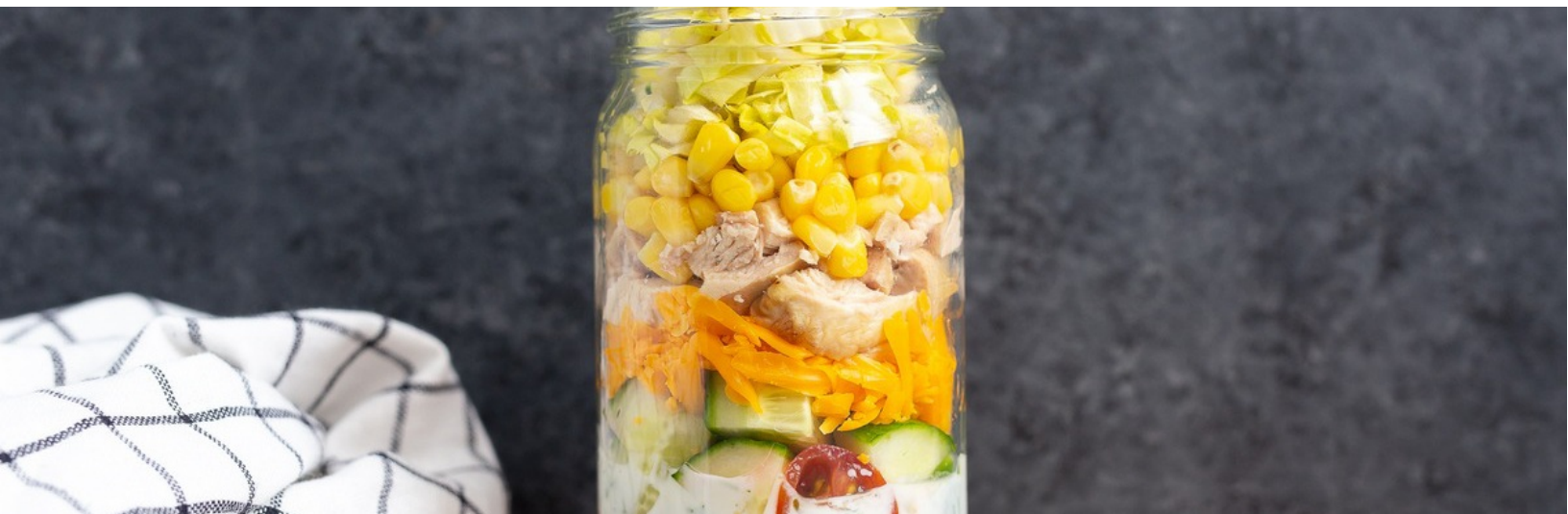
2 ozs Cheddar Cheese (or other cheese)  
3 1/2 ozs Salami, Mild  
1/4 cup Almonds (or other nuts)  
1 cup Strawberries (sliced or whole)  
2 ozs Whole Grain Crackers  
1/2 cup Cucumber (sliced)  
1/2 cup Cherry Tomatoes  
1/2 cup Carrot (cut into sticks)  
1/2 cup Hummus (or other dip of choice)

### Directions

1 Assemble all ingredients onto a plater. Enjoy!

### Notes

More Options: Add honey or jam to the board.



## Chicken Ranch Mason Jar Salad

4 servings

15 minutes

### Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 1/2 tbsps Lemon Juice
- 1/4 cup Fresh Dill
- 1/2 tsp Sea Salt (to taste)
- 1 cup Cherry Tomatoes (halved)
- 1 Cucumber (medium, chopped)
- 3 1/2 ozs Cheddar Cheese (shredded)
- 1 lb Chicken Breast, Cooked (chopped or shredded)
- 1 cup Corn
- 1/4 head Green Lettuce (chopped)

### Directions

- 1 In a bowl, whisk together the yogurt, lemon juice, dill, and salt.
- 2 Divide the dressing evenly into jars. Top with equal amounts of tomatoes, cucumber, cheese, chicken, corn, and lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

### Notes

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

**Additional Toppings:** Minced garlic, fresh herbs, green onion, avocado, bell peppers, and/or mushrooms.

**No Chicken:** Use turkey breast, black beans, chickpeas, tofu, or tempeh instead.



## Creamy Chicken Noodle Soup

4 servings

35 minutes

### Ingredients

2 tbsps Butter  
2 stalks Celery (diced)  
2 Carrot (medium, diced)  
1/2 Yellow Onion (large, chopped)  
2 ozs Unbleached All Purpose Flour  
4 cups Chicken Broth (plus more as needed)  
1 lb Chicken Breast  
1/4 tsp Thyme (fresh)  
1 cup Cream, Half & Half  
2 cups Egg Noodles

### Directions

- 1 Add the butter to a large pot over medium-high heat. Once melted, add the celery, carrots, and onions. Cook for five to seven minutes.
- 2 Add the flour and cook for one more minute, stirring.
- 3 Add the chicken broth and stir. Add the chicken breast, thyme, and cream. Bring to a boil, then reduce to a simmer. Cover and cook for 10 minutes.
- 4 Stir in the noodles, cover, and cook for an additional six to eight minutes, or until the pasta is just al dente and the chicken is cooked through.
- 5 Remove the chicken, chop in bite sizes, then add it back. Adjust consistency with more broth as needed. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to three days.

**More Flavor:** Add garlic, salt and pepper.



## Peanut Butter Cookies

18 servings

15 minutes

### Ingredients

- 1 cup Peanut Butter
- 3 tbsps Maple Syrup (or honey)
- 1/2 tsp Baking Powder
- 1 Egg
- 1/2 cup Chocolate Chips (optional)

### Directions

- 1 Preheat the oven to 350 degrees and line a cookie sheet with parchment paper.
- 2 In a bowl mix together all ingredients until well combined. Scoop about a tablespoon amount of batter and roll into a ball, place on the cookie sheet and press with a fork.
- 3 Repeat until all the batter is used. Makes about 18 cookies. Bake for 10-12 minutes. Let cool completely, then enjoy!

### Notes

**Storage:** Store the cookies in an airtight container on the counter for 5 days. Cookies can also be frozen up to 3 months.



## Apple with Almond Butter & Cinnamon

1 serving

5 minutes

### Ingredients

- 1/2 Apple (sliced)
- 2 tbsps Almond Butter
- 1/4 tsp Cinnamon
- 1 tbsp Walnuts (chopped)

### Directions

1

Spread apple slices with almond butter and sprinkle with cinnamon and the chopped walnuts.

### Notes

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

**No Walnuts:** Use any chopped nuts



## Chocolate Chip Cookie Dough Protein Balls

8 servings

15 minutes

### Ingredients

1 cup Vanilla Protein Powder  
3/4 cup Almond Flour  
1/4 tsp Sea Salt  
1/3 cup Almond Butter  
1/4 cup Maple Syrup (or honey)  
1/2 tsp Vanilla Extract  
1/3 cup Unsweetened Almond Milk  
2/3 cup Dark Chocolate Chips

### Directions

- 1 In a large bowl whisk together the protein powder, almond flour, and salt.
- 2 Add the almond butter, maple syrup (or honey), vanilla, and milk. Stir with a spatula until thoroughly combined and the mixture holds together. Add an additional splash of milk if the mixture is too dry. Fold in the chocolate chips.
- 3 Use a large cookie scoop to form into balls, or use your hands to roll into balls approximately three inches (7.5 cm). You can eat them as is or refrigerate them for 15 minutes to firm up. Enjoy!

### Notes

**No Almond Butter:** Use peanut butter or cashew butter.

**More Flavor:** Garnish with flaky salt after forming into balls.

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



## Honey Garlic Shrimp with Green Beans

4 servings

35 minutes

### Ingredients

- 1/4 cup Honey
- 1/4 cup Soy Sauce
- 4 Garlic (clove, minced)
- 1/4 tsp Red Pepper Flakes
- 1 1/4 lbs Shrimp (peeled, deveined)
- 1/4 tsp Cornstarch
- 1 tbsp Oil
- 4 cups Green Beans (trimmed)
- 1/2 tsp Sesame Seeds

### Directions

- 1 In a large bowl, whisk together the honey, soy sauce, garlic, and red pepper flakes. Remove 3/4 of the sauce and set it aside in a small bowl. Add the shrimp to the large bowl and toss to coat. Let sit for 15 minutes.
- 2 Add the cornstarch to the small bowl with the remaining sauce. Whisk and set aside.
- 3 Heat a large wok over medium-high heat and add the oil. Once hot, add the green beans and cook for three to four minutes, or until they just start to soften, stirring often. Remove with a slotted spoon and set aside.
- 4 Pat the shrimp dry with paper towel. Add them to the wok and cook for 1 1/2 minutes, undisturbed. Flip and add the reserved sauce. Cook for an additional minute or until cooked through. Add the green beans back to the wok and toss everything just to coat. Garnish with sesame seeds. Enjoy!

### Notes

**Serve it With:** Serve over rice.

**More Flavor:** Add minced ginger to the sauce.



## Cheesy Meatball Casserole

6 servings

25 minutes

### Ingredients

- 2 lbs Lean Ground Turkey (or lean ground beef)
- 1 cup Mozzarella Cheese (shredded)
- 1/2 cup Parmigiano Reggiano (grated or shredded)
- 1 Egg
- 2 tsp Onion Powder
- 3 Garlic (cloves, minced)
- 1/2 tsp Italian Seasoning
- 1/2 tsp Black Pepper
- 1 cup Marinara Sauce
- 1 cup Cheddar Cheese (or mozzarella for topping)

### Directions

- 1 Prepare pasta according to package directions or prepare a salad.
- 2 Preheat oven to 400°F (200°C). Lightly spray a casserole dish with cooking spray.
- 3 Combine the ground turkey (or beef), mozzarella, parmesan, egg, onion powder, garlic and Italian seasoning in a large bowl.
- 4 Use a small cookie scoop to form the meatballs all the same size and arrange the meatballs in the casserole dish.
- 5 Bake the meatball casserole for 15 to 20 minutes or until fully cooked. Remove the meatball casserole from the oven and drain the grease.
- 6 Top with the Marinara sauce and shredded cheese and put the meatball casserole back in the oven. Bake for an additional 5 to 10 minutes until the cheese has fully melted.
- 7 Serve with pasta or salad. Enjoy!

### Notes

Serve it With: Pasta or salad.

No Ground Turkey: Use ground beef or mix 1 lb ground beef and 1 lb pork sausage instead.



## Chocolate & Almond Butter Rice Cereal Bars

8 servings

2 hours 15 minutes

### Ingredients

2 cups Rice Puffs Cereal  
1/2 cup Oats (rolled)  
1/4 cup Pumpkin Seeds  
1/4 cup Hemp Seeds  
1/2 tsp Sea Salt (flaky, divided)  
1/2 cup Almond Butter (runny)  
1/3 cup Maple Syrup (or honey)  
1 tsp Vanilla Extract  
3 tbsps Butter (softened, divided)  
1/4 cup Dark Chocolate Chips

### Directions

- 1 Line a baking pan with parchment paper. In a bowl, combine the rice puffs, oats, pumpkin seeds, hemp seeds, and half of the salt.
- 2 In a large bowl, combine the almond butter, maple syrup (or honey), vanilla, and 2/3 of the butter.
- 3 Add the dry ingredients to the wet and mix until the dry ingredients are well coated.
- 4 Pour the bar mix into the prepared pan and spread it out into an even layer, making sure to firmly press the mix down.
- 5 Melt the chocolate chips with the remaining butter in a double boiler or in 30-second intervals in the microwave. Once melted, drizzle all over the bars and sprinkle with the remaining salt.
- 6 Refrigerate for at least two hours or until firm. Cut evenly into bars and enjoy!

### Notes

**Baking Pan Size:** An 8 x 8 inch (20 cm x 20 cm) pan was used.

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



## Popcorn, Blackberries and Walnuts

1 serving

5 minutes

### Ingredients

2 cups Popcorn  
1/2 cup Blackberries  
1/4 cup Walnuts

### Directions

1

Serve all ingredients in a bowl or store them in a portable container if on-the-go. Enjoy!

### Notes

**No Walnuts:** Use almonds, pumpkin seeds, sunflower seeds, pistachios or pecans instead.



## Strawberry Whip

1 serving

5 minutes

### Ingredients

1/2 cup Cottage Cheese  
1/2 cup Strawberries  
1 tsp Honey (or maple syrup to taste)  
1/4 tsp Vanilla Extract  
Salt (pinch)  
2 tbsps Heavy Cream

### Directions

1 Blend all ingredients well in a blender to make a smooth consistency.

### Notes

**No Strawberries:** Use any berry or peaches.

**No Cottage Cheese:** Use plain Greek yogurt instead.