



Weekly Meal Plan

MONDAY

- Freezer-Friendly Breakfast Burritos
- Meal Prep Taco Bowls, Grapes
- Apple with Peanut/Almond Butter, Protein
- Turkey Meatloaf, Roasted Broccoli and Sweet Potatoes

TUESDAY

- Greek Yogurt, Berries, Granola
- Tuna Stuffed Avocado Boat, Crackers, Strawberries
- Protein Bar, Protein
- Mexican Stuffed Peppers, Side Salad

WEDNESDAY

- Freezer-Friendly Breakfast Burritos
- Meal Prep Taco Bowls, Grapes
- Almonds, Protein
- Teriyaki Beef Zoodles, Shelled Edamame, Cottage Cheese

THURSDAY

- Greek Yogurt, Berries, Granola
- Avocado Egg Salad Sandwich, Cottage Cheese, Strawberries
- Protein Bar, Protein
- Lightened-Up Chicken Enchiladas, Refried Beans

FRIDAY

- Freezer-Friendly Breakfast Burritos
- Meal Prep Taco Bowls, Grapes
- Apple with Peanut/Almond Butter, Protein
- Leftovers/Out to Eat

SATURDAY

- Crockpot Apple Pie Oatmeal
- Post Workout Green Smoothie, Almonds
- Air-Popped Popcorn, Protein
- Leftovers/Out to Eat

SUNDAY

- Crockpot Apple Pie Oatmeal
- Sandwich, Cottage Cheese, Strawberries
- Protein Bar, Protein
- Sundried Tomato Stuffed Chicken, Asparagus, Cauliflower Mashed Potatoes

NOTES

All underlined meals are linked to recipes.

Protein Bars - RX Bar, Smart Bar, Perfect Bar, etc.

Roasted Broccoli and Sweet Potato - dice into 1" pieces, drizzle olive oil and cook in oven at 450 degrees for 30 minutes

Side Salad - spinach, cherry tomatoes, cucumber, etc.

Sandwich - bread, lunch meat, spinach, cucumber, etc.

Serving sizes:

- Fruit - 1/4 - 1/2 cup
- Cottage Cheese - 1/4 cup
- Almonds - 1/4 cup
- Crackers - 10 - 15
- Peanut Butter/Almond Butter - 1 - 2 tablespoons
- Granola - 1/4 - 1/3 cup



Grocery List

Look through pantry/fridge and cross off ingredients you already have!

PRODUCE

Raspberries/Blueberries
Strawberries
Apples - 3
Banana - 1
Grapes
Avocado - 3
Zucchini - 2
Yellow onion - 4
Red Pepper - 4
Yellow Bell Pepper - 3
Orange Bell Pepper - 3
Green Onion
Garlic
Spinach
Cauliflower
Mushrooms
Broccoli
Sweet Potato - 1
Cherry Tomato
Cucumber
Bolthouse Classic Ranch

MEATS & DAIRY

Beef Stew Meat - 1 lb.
Boneless, Skinless Chicken Breast - 3 lbs.
(Mexican Bowls - 1 lb, Chicken Enchiladas - 1 lb,
Sundried Tomato Chicken - 1 lb)
Lunch Meat (chicken or turkey) - ¼ - ½ lb.
Ground Turkey - 3 lbs
(Breakfast Burriots - 1 lb., Turkey Meatloaf - 1
lb., Mexican Stuffed Peppers - 1 lb.)

Cottage Cheese 2% Fat Free
Vanilla Greek Yogurt - 4
Plain Greek Yogurt - 2
Eggs - 12
Almond Milk, Unsweetened Vanilla
Shredded Cheddar Cheese
Apple Juice - 1 cup
Mayo? (for sandwich)
Fat Free Feta Cheese
Butter

FROZEN

Shelled Edamame
Frozen Mango
Frozen Cauliflower Rice - 2

PANTRY STAPLES

Olive Oil
Brown Sugar
Sundried Tomato Pesto
Green Chilies
Sesame Seeds (optional)
Salsa
Ketchup
Tomato Paste
Chia Seeds
Gluten Free Soy Sauce / Liquid Aminos
Gluten Free Flour
Chicken Broth
Gluten Free Granola
Gluten Free Bread
Gluten Free Oatmeal
Gluten Free Tortillas
Gluten Free Crackers
Corn Tortillas
Pinto Beans or Refried Beans
Protein Bar - 3
Almonds
Peanut Butter / Almond Butter
Coconut Water
Air Popped Popcorn
Tuna - albacore in water
Protein ([my favorite brands here](#))
Chili Powder
Pure Vanilla Extract
Cinnamon
Turmeric
Ginger
Basil
Paprika
Cumin
Cayenne
Onion Powder