



Weekly Meal Plan

MONDAY

- [Hashbrown Egg Cups](#), blueberries
- [Chicken Salad](#), crackers, veggies, hummus, grapes
- Banana, peanut butter
- [Baked and Breaded Chicken Tenders](#), salad, sweet potato fries

TUESDAY

- [Blueberry Muffin Overnight Oats](#)
- [The Ultimate Lettuce Wrap Sandwich](#), veggies, hummus, grapes
- Protein Bar
- [Egg Roll Bowl](#)

WEDNESDAY

- Hashbrown Egg Cups, blueberries
- Chicken Salad, crackers, veggies, hummus, grapes
- [Blueberry Energy Balls](#)
- [Pan-Seared Salmon in Roasted Red Pepper Sauce](#), roasted broccoli, brown rice

THURSDAY

- Blueberry Muffin Overnight Oats
- The Ultimate Lettuce Wrap Sandwich, veggies, hummus, grapes
- Protein Bar
- [Slow Cooker BBQ Pulled Pork Sandwiches](#), grilled corn on the cobb, [coleslaw](#)

FRIDAY

- Hashbrown Egg Cups, blueberries
- [Avocado Egg Salad](#) on bread, veggies, hummus, grapes
- Blueberry Energy Balls
- Leftovers - Slow Cooker BBQ Pulled Pork Sandwiches, grilled corn on the cobb, coleslaw
- [GF Chocolate Chip Cookies](#)

NOTES

All underlined meals are linked to recipes.

Protein Bars - RXBAR, Perfect Bar, One Bar, Epic Bar, Larabar

Raw Veggies - carrots, cherry tomatoes, cucumber, mini sweet peppers, cauliflower, broccoli, snap peas\

Salad: spinach, cherry tomato, cucumber, optional: cheese

Dressing - [Bolthouse](#), [Primal Kitchen](#) or [Tessemaes](#)

Serving sizes:

- Chicken Salad - serves 2 (split in half for Tuesday and Thursday)
- Raw Veggies - 1 cup
- Hummus - 1 - 2 tablespoons
- Fruit - 1/4 - 1/2 cup
- Crackers - 10 - 15
- Blueberry Energy Balls - 2
- Sweet Potato Fries - 1/2 cup
- Brown Rice - 1/2 cup



Grocery List

PRODUCE

Baby Spinach
Head of Lettuce
Shredded Cabbage (Coleslaw)
Coleslaw package with dressing
Broccoli
Tomato - 1
Corn on the Cobb
Veggies for lunch (pick 3) -
Carrots, Cherry Tomatoes, Cucumber,
Mini Sweet Peppers, Cauliflower, Broccoli
Green Onion
Dill
Garlic
Red Grapes
Blueberries - big container
Banana - 1
Avocado - 1-2
Medjool Dates
Bolthouse Farms Ranch Dressing

Optional:

Pulled Pork: Pineapple, Cabbage,
Lettuce Wraps: cheese slices

MEATS & DAIRY

Chicken Tenderloins - 2 lbs
Chicken Breast (skinless, boneless) - 1 lb.
Boneless Pork Shoulder Roast - 3-4 lbs
Salmon - 3-4 fillets
Ground Turkey - 1 lb.
Lunch Meat (Turkey/Chicken/Ham) - 1 lb.
Salami - 8 slices
Eggs - 24
Plain Greek Yogurt - 1
Vanilla Greek Yogurt - 3
Almond Milk
Hummus
Shredded Cheddar Cheese

FROZEN

Hashbrowns
Sweet Potato Fries

PANTRY STAPLES

GF Crackers
GF Oatmeal
Almond Flour
Coconut Flour
Coconut Sugar
Olive Oil Mayo - Primal Kitchen
Apple Cider Vinegar
Coconut Milk
Avocado Oil
Sesame Oil
Pure Maple Syrup
Tessamaes BBQ
Roasted Red Peppers
Sriracha
GF Low Sodium Soy Sauce/Coconut Aminos
Brown Rice
GF Hamburger Bun
Grated Parmesan Cheese
Cashews
Cashew butter (could sub with PB)
Peanut Butter
Dried Blueberries
Protein Bar of Choice - 2
Brown Sugar
Chocolate Chips
Baking Soda
Vanilla Extract
Spices: Paprika, Garlic Powder, Cayenne,
Ground Ginger, Cinnamon, Red Pepper
Flakes