



Weekly Meal Plan

MONDAY

- Vanilla Greek Yogurt, Raspberries/Blueberries, Granola
- [Buffalo Chicken Wrap](#) (can substitute with lettuce wraps)
Veggies, Hummus, Grapes
- Protein Bar, Protein/Collagen
- [Crockpot Chicken Tortilla Soup](#)

TUESDAY

- [Blueberry Muffin Overnight Oats](#)
- [Cranberry Apple Spinach Salad](#) (with Chicken), Strawberries
- Celery and Peanut Butter, Protein/Collagen
- Leftover Crockpot Chicken Tortilla Soup

WEDNESDAY

- [Peanut Butter Cauliflower Smoothie](#)
- [Classic Chicken Salad](#), Crackers, Veggies, Hummus, Strawberries
- [Cranberry Chocolate Protein Energy Balls](#), Protein/Collagen
- [Thai Turkey Lettuce Wraps](#), Brown Rice

THURSDAY

- Blueberry Muffin Overnight Oats
- Cranberry Apple Spinach Salad (with chicken), Grapes
- Protein Bar, Protein/Collagen
- [One Skillet Steak Fajita](#), [Cilantro Lime Cauliflower Rice](#)

FRIDAY

- Vanilla Greek Yogurt, Raspberries/Blueberries, Granola
- [Salmon Stuffed Avocado](#), Crackers, Veggies, Hummus, Grapes
- Cranberry Chocolate Protein Energy Balls, Protein/Collagen
- [Sausage and Egg Breakfast Pizza](#)

SATURDAY

- [Sweet Potato Egg Hash](#), Mixed Berries
- [Avocado Egg Salad](#) on Gluten Free Toast, Cottage Cheese, Apple Slices
- Celery and Peanut Butter/Air Popped Popcorn
- Out to Eat

SUNDAY

- Leftover Sweet Potato Egg Hash, Mixed Berries
- Leftovers
- Cranberry Chocolate Protein Energy Balls, Protein/Collagen
- Turkey Sweet Potato Chili

NOTES

*All underlined meals are linked to recipes.

Protein Bars - RX Bar, Quest, Smart Bar, Perfect Bar, Fit Joy

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

Serving sizes:

- Greek Yogurt - 1/2 cup
- Granola - 1/4 - 1/3 cup
- Chicken Salad - serves 2 (split in half)
- Raw Veggies - 1 cup
- Hummus - 1 - 2 tablespoons
- Fruit - blueberries/raspberries: 1/4 cup, grapes: 1/2 cup
- Cottage Cheese - 1/4 cup
- Crackers - 10 - 15
- Chocolate Cranberry Protein Balls - 2
- Peanut Butter - 2 tablespoons



Grocery List

PRODUCE

Raspberries
Blueberries (big container)
Grapes
Green Apple - 1
Strawberries
Cherry Tomatoes
Bananas - 2
Limes - 2
Bell Peppers - 3
Cilantro
Avocado -4
Green Onion
Fresh Dill (optional for chicken salad)
Sweet Potatoes - 3
Romaine (optional: buffalo chicken wrap)
Butterhead Lettuce
Veggies of choice: (choose 2 - 3) Carrots,
Mini Sweet Peppers, Cucumbers,
Broccoli, Snap Peas etc.
Yellow Onion - 2
Spinach - 1 pkg
Celery
Mushrooms (pre sliced) - 3 pkgs

FROZEN

Frozen Cauliflower - 1 pkg
Frozen Cauliflower Rice - 1 pkg
Cauliflower Cauliflower Pizza Crust

MEATS & DAIRY

Eggs
Vanilla Greek Yogurt - 4
Plain Greek Yogurt - 3
Chicken Breast - 16 oz or 2 pkgs
Chicken Thighs (2 lbs) - 1
Ground Turkey (1 lb) - 2
Flank Steak - (1.5 lbs) - 1
Hummus
Shredded Cheddar Cheese
Shredded Mozzarella
Queso Fresca (optional for steak fajitas, could
you shredded cheddar or mozzarella instead)
Cottage Cheese (2%)
Unsweetened Vanilla Almond Milk
Light Feta
Breakfast Chicken Sausage ([al fresco brand](#))

PANTRY STAPLES

GF Granola (purely Elizabeth, LiveGFree),
GF Rolled Oats (oatmeal)
GF Wraps
GF Crackers
GF Bread
GF Low Sodium Soy Sauce
GF Tortilla Chips (for chicken tortilla soup)
Protein/Collagen
Protein Bars - 2

Sesame Oil
Olive Oil
Ghee (optional for breakfast pizza)
Mayo (I use Veganese or olive oil mayo)

PANTRY STAPLES

Buffalo Sauce
Hot Sauce (optional for toppings)
Banana Peppers (optional: buffalo chicken wrap)
Jalapenos
Diced Green Chilies (7 oz can)
Water Chesnuts - 1 small can
Black Beans - 2 cans
Kidney Beans - 1 can
Sweet Corn - 1 can
Low sodium chicken broth (8 cups)
Fire roasted tomatoes (28 oz can)
Tomato Paste

Pure Maple Syrup
Organic Honey
Ground flaxseed
Shredded Coconut
Chocolate Chips (dark or milk chocolate)
Chia Seeds
Cocoa powder (optional for energy balls)
Dried Cranberries
Pecans (chopped)
Apple Cider Vinegar
Brown Sugar
Peanut Butter
Powdered Peanut Butter
Brown Rice
Packaged Salmon - 1
Popcorn Kernels (optional for air popped
popcorn as a snack)

Minced garlic,, Vanilla Extract
Chili Powder, Ginger, Red Pepper Flakes
Cumin, Oregano, Cinnamon, Garlic Powder
Onion Powder, Celery Salt