



1-WEEK HEALTHY MEAL PLAN

Grocery list

Produce

- ☐ 2 1/2 cups berries of choice, fresh or frozen
- ☐ 1 cup fresh strawberries
- ☐ 4 cups fresh spinach
- ☐ 2 large onions
- ☐ 2 cups bell peppers (~2 peppers)
- ☐ 2 avocados, diced
- ☐ 7 cups chopped romaine
- ☐ 1/2 cup tomatoes, diced
- ☐ 1/2 cup cucumbers, diced
- ☐ 1 lemon
- ☐ 2 cups broccoli (~1 head)
- ☐ 1 Tbsp fresh ginger
- ☐ 2 cloves garlic

Protein & Dairy

- ☐ 24 oz milk of choice
- ☐ 2 1/4 cups plain Greek yogurt
- ☐ 2 pounds chicken breasts or shredded rotisserie chicken
- ☐ 1 1/4 cup shredded cheese
- ☐ 1/2 cup feta cheese

Seasonings & Spices

- ☐ 1 tsp garlic powder
- ☐ 1 Tbsp cumin
- ☐ 1 Tbsp coriander
- ☐ 2 tsp cinnamon
- ☐ Salt and pepper

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Pantry Staples

- ☐ 6 scoops protein powder
- ☐ 3 Tbsp chia seeds
- ☐ 1/4 cup honey
- ☐ 2 Tbsp almond butter
- ☐ 1 Tbsp flaxseed, ground
- ☐ 2 Tbsp pumpkin seeds
- ☐ 1/4 cup walnuts
- ☐ 1/4 cup balsamic vinaigrette or glaze
- ☐ 8 corn tortillas (16 if street taco size)
- ☐ hot sauce or salsa optional
- ☐ 2 cups dry quinoa
- ☐ 1 can (15.5 oz) chickpeas
- ☐ 1 tsp Dijon mustard
- ☐ 1/2 cup extra-virgin olive oil
- ☐ 1/2 cup soy sauce or liquid aminos (GF)
- ☐ 1 Tbsp corn starch
- ☐ 2 Tbsp sesame seeds
- ☐ 1 Tbsp rice vinegar
- ☐ Bag of tortilla chips
- ☐ 1 can black beans
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[Click here for the Aldi Instacart link](#) with all the ingredients on the grocery list.

Other

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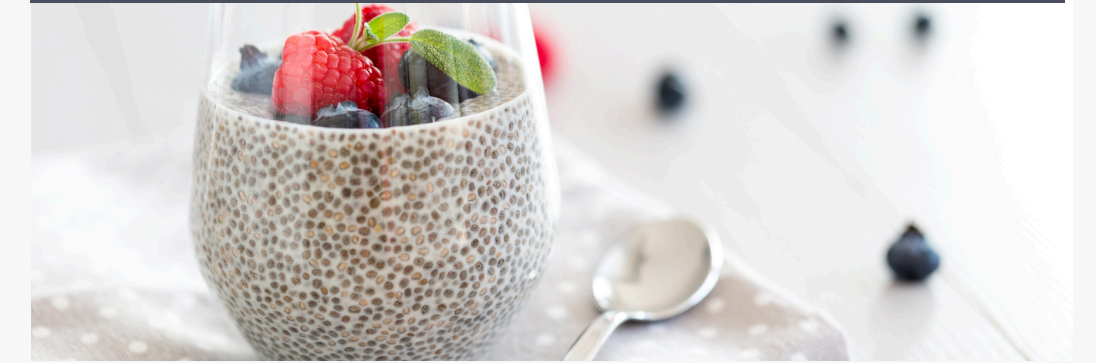
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Recipes

Berry Chia Pudding



Quinoa Breakfast Bowl



Greek Yogurt Berry Bowl



Berry Chicken Salad



Shredded Chicken Tacos



Mediterranean Bowl



Chicken Veggie Stir Fry



Black Bean Nachos





1-WEEK HEALTHY MEAL PLAN

This guide teaches you to batch prep core ingredients to build flexible meals.

Prep Steps

Approximate Time

Chicken

Place 2 pounds of chicken (about 4-6 breasts...check packaging for exact weight) in a crockpot and cover with 1 cup of liquid (water or broth). Add preferred seasonings (1 tsp salt, 1 tsp pepper, optional 1 tsp garlic powder). Cook on high for 2-3 hours or until internal temperature reaches 165 F. Check with a meat thermometer. Shred the chicken with two forks or a hand mixer (warm chicken is best to shred).



Note: 5 min is time prepping and shredding the chicken, not the actual cook time. Prep other food while it cooks.

Quinoa

Rinse 2 cups of quinoa (you may also sub brown rice. Cook quinoa in rice cooker (or on stovetop).



Note: 2 minutes is your time spent on prepping the rice, not the actual cook time of the rice. You will be prepping other ingredients while the rice cooks.

Produce

- Wash cucumber, broccoli, cherry tomatoes, and bell peppers.
- Chop veggies: cucumber broccoli, peppers, slice cherry tomatoes in half if desired, chop onions.
- Sautee peppers and onions.
- Place each of the produce ingredients into the proper sized storage container.



Prep Canned Goods

Open the cans, rinse, and drain. Then place them in storage containers so they are ready to go for the week:

- 1 can chickpeas
- 1 can black beans



Prep Breakfast

- Wash berries
- Assemble 3 jars of Berry Chia Pudding



Prep Dressings/Sauces

- Assemble Mediterranean dressing in jar with tight lid
- Assemble stir fry sauce in jar with tight lid.



Berry Chia Pudding



Recipe

1 serving

Ingredients for each jar

(grocery list contains enough ingredients for 3 portions)

2 scoops protein powder

1 Tbsp chia seeds

Dash of cinnamon

1 Tbsp honey (optional: depending on if your protein powder is sweetened or not)

8 oz milk of choice

Berries to top (fresh or frozen)

Directions

Line up 3 pint jars. Portion out each of the ingredients into all of the jars. Stir together in a jar with lid or other sealed container. Refrigerate for 2 hours or overnight. Use within 7 days. When ready to enjoy, give a quick stir before eating, add berries, and add any other desired toppings (granola, cacao nibs, nuts, etc.).

Note: prep jars all at once for easy grab and go breakfast or energizing snack.

Protein Approximation: 14 grams

Quinoa Breakfast Bowl



Recipe

1 serving

Ingredients per serving

2/3 cup quinoa

2 Tbsp almond butter

1 Tbsp honey

1/2 tsp cinnamon

1 Tbsp flaxseed, ground

1/4 cup berries of choice (frozen wild blueberries, fresh strawberries or raspberries, or frozen berry blend are great options)

Directions

Add all ingredients to a bowl and warm in microwave.

Note: Prep multiple jars all at once for easy grab and go breakfast or energizing snack.

Protein Approximation: 13 grams

Greek Yogurt Berry Bowl



Recipe

1 serving

Ingredients

3/4 cup plain greek yogurt
2 Tbsp pumpkin seeds
1 Tbsp honey
1/2 cup berries

Directions

Add all ingredients to a bowl and enjoy. Consider additional toppings such as ground flaxseed, cacao nibs, or granola, and different fruit varieties.

Protein Approximation: 18 grams

Chicken Salad



Recipe

2 servings

Ingredients

6 oz shredded chicken (about 1 cup)

4 cups fresh spinach

1/2 cup strawberries, sliced (sub any berry)

1/4 cup walnuts

1/4 cup balsamic vinaigrette or glaze

Directions

Divide the ingredients between two large bowls and place in spinach, then add chicken, berries, nuts, and top with vinaigrette.

Protein approximation: 30 grams

Shredded Chicken Tacos



Recipe

Serves: 4 (2 tacos per person)

Ingredients

8 corn tortillas (sub tortilla of choice)
(note: if street taco size, layer 2 tortillas per taco)
1 cup shredded cheese
1 cup onion, sliced (~1 onion)
2 cups bell peppers, sliced (~2 peppers)
12 oz shredded chicken, cooked
1 Tbsp coriander
1 Tbsp cumin
1 avocado, diced
4 cups chopped romaine
1 cup plain greek yogurt
hot sauce or salsa optional

Directions

Heat 1 Tbsp oil in pan. Add onion and peppers and sauté until tender (<5 min). Meanwhile, add cumin and coriander to shredded chicken and mix to combine.

Warm tortillas. Sprinkle cheese inside each and add veggies and chicken.

Top with avocado, romaine, and dollop greek yogurt evenly over tacos. Top with any additional toppings if desired (chipotle ranch, salsa, hot sauce, etc.).

Protein Approximation: 38 grams

Mediterranean Bowl



Recipe

Serves 2

Ingredients

1 1/3 cup quinoa , cooked
1 can (15.5 oz) chickpeas, rinsed and drained
2 cups romaine, chopped
1/2 cup feta cheese
1/2 cup tomatoes, diced
1/2 cup cucumbers, diced

Dressing Ingredients:

3 Tbsp fresh lemon juice (~1 lemon)
1 tsp garlic powder
1 teaspoon Dijon mustard
1/2 teaspoon honey
1/3 cup extra-virgin olive oil
salt and pepper to taste

Directions

Dressing: Combine all ingredients in a jar with a tight-fitting lid and shake to combine. If too tangy or acidic, add more olive oil.

Salad: Divide the ingredients between two large bowls and top with the dressing (~2-3 Tbsp).

Protein Approximation: 22 grams

Chicken Veggie Stir Fry



Recipe

Serves: 4

Ingredients

1 Tbsp oil
1 cup onion, sliced (~1 onion)
2 cups broccoli, chopped
12 oz shredded chicken
2 2/3 cup quinoa, cooked

Sauce Ingredients

1/2 cup soy sauce or liquid aminos (GF)
1 Tbsp fresh ginger, grated on microplane
2 cloves garlic, grated or minced
1 Tbsp corn starch
2 Tbsp sesame seeds
1 Tbsp honey
1 Tbsp olive oil
1 Tbsp rice vinegar

Directions

Stir Fry: Heat 1 Tbsp oil in pan. Add onion and sauté 1-2 minutes. Add broccoli and sauté until crisp-tender (<5 min).

While broccoli is cooking, make the sauce.

Sauce: Combine all ingredients in a jar with a tight-fitting lid and shake to combine.

Stir Fry: Add the chicken and the sauce. Simmer to thicken the sauce, about 2 minutes. Serve with warm quinoa or brown rice.

Protein Approximation: 30 grams

Black Bean Nachos



Recipe

Serves: 4

Ingredients for each plate of nachos (grocery list includes enough for 4 servings)

~10 corn tortilla chips
1/4 cup shredded cheese
1/2 cup black bean, rinsed and drained
2 Tbsp avocado, diced
1 cup chopped romaine
1/4 cup greek yogurt
hot sauce or salsa optional

Directions

Spread out tortilla chips on a plate. Sprinkle cheese over the top. Then evenly distribute the black beans. Warm in microwave if desired. Top with avocado, romaine, and dollop greek yogurt evenly over nachos. Top with any additional toppings if desired (chipotle ranch, salsa, hot sauce, etc.). Enjoy!

Protein Approximation: 24 grams