



# 1-WEEK HEALTHY MEAL PLAN

## Grocery list

### Produce

- ☐ 3 heads romaine lettuce
- ☐ 3 Tbsp fresh lemon juice (~2 lemons)
- ☐ 2 Tbsp lime juice (~1 lime)
- ☐ 1 large English cucumber
- ☐ 1 ½ cups tomatoes + slices (~2 large tomatoes)
- ☐ 1 red onion
- ☐ 4 garlic cloves
- ☐ 2 small yellow onions
- ☐ 3 avocados
- ☐ 2 cups Swiss chard, ribs and leaves (~1/2 lb fresh)
- ☐ Apples
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Protein & Dairy

- ☐ 1 lb shredded chicken (or about 4 average sized chicken breasts)
- ☐ 1 lb lean ground beef
- ☐ ¾ cup feta, crumbled
- ☐ 2 ¼ cup shredded cheese
- ☐ 3 ¼ cups whole milk Greek yogurt (32 oz container)
- ☐ 1 ¼ cup chipotle ranch (1 bottle)
- ☐ 1 cup grated Pecorino Romano (~7 oz wedge)
- ☐ Half gallon milk of choice
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Seasonings & Spices

- ☐ 2 Tbsp dill, dried
- ☐ 1 Tbsp oregano, dried
- ☐ ½ tsp turmeric
- ☐ 1 ½ Tbsp cumin
- ☐ 1 ½ Tbsp coriander
- ☐ 1 tsp red pepper flakes
- ☐ 2 tsp cinnamon
- ☐ Salt and pepper
- ☐ \_\_\_\_\_

### Pantry Staples

- ☐ 1 ½ Tbsp extra-virgin olive oil
- ☐ 3 cans chickpeas (garbanzo beans)
- ☐ 1 can black beans
- ☐ 2 cans tuna
- ☐ flackers (flaxseed crackers)
- ☐ 1 large bag corn tortilla chips
- ☐ 8 count Pita bread (sub GF pita bread)
- ☐ ¼ cup mayo
- ☐ 2 Tbsp dijon mustard
- ☐ 1 cup salsa
- ☐ 1 qt broth
- ☐ 1, 15oz can diced tomatoes
- ☐ 2 cans Cannellini beans
- ☐ 1 can coconut milk (full fat)
- ☐ 2 cups brown rice
- ☐ 1 can corn
- ☐ 8 scoops protein powder
- ☐ 4 Tbsp cocoa powder
- ☐ 1 cup chopped walnuts
- ☐ 4 Tbsp chia seeds
- ☐ 2 Tbsp nut butter
- ☐ 2 Tbsp kalamata olives
- ☐ 4 slices whole wheat bread (sub GF bread)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Click [here](#) for the Instacart links with all the ingredients on the grocery list: **Aldi** + **Woodmans** (few things not available at Aldi)

### Other

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Recipes

Protein Chia Pudding



Taco Salad



Chicken Gyros



Tuna Chickpea Salad



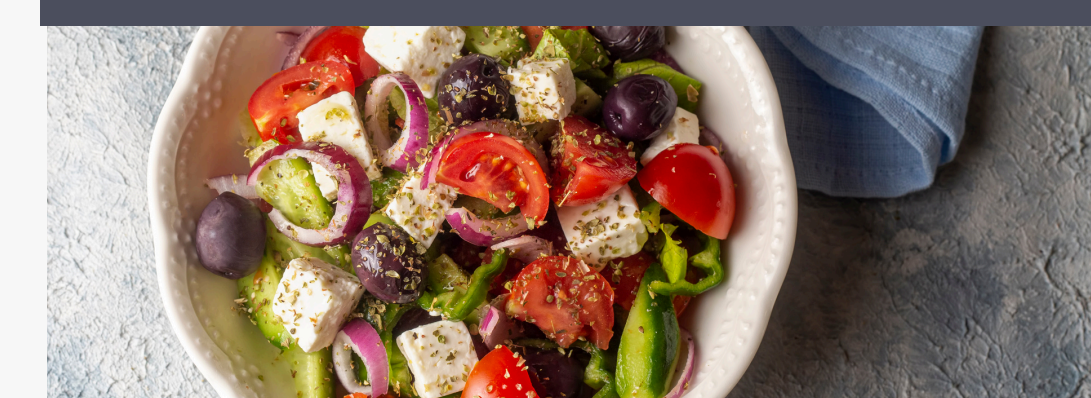
Beef Black Bean Nachos



White Bean Chard Soup



Mediterranean Salad



Tuna Chickpea Sandwich



Chicken Burrito Bowl







# 1-WEEK HEALTHY MEAL PLAN

## Prep Steps

This guide teaches you to batch prep core ingredients to build flexible and diverse meals using pantry essentials and simple ingredients, so that you aren't eating the same thing over and over again.

### Chicken

Place 4 chicken breasts (about 1 lb.) 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).

Place half of the chicken in a bowl (~8 oz portion), add 1 Tbsp dill, 1 Tbsp oregano, 1 Tbsp fresh lemon juice, and salt and pepper to taste, and mix together. Place in a storage container. This will be used for the chicken gyros.

Season the remaining chicken portion (~8 oz) with ½ Tbsp cumin, 1/2 Tbsp coriander, 1 Tbsp lime juice, and salt and pepper to taste. place in a storage container. This will be used for the chicken burrito bowl.

### Approximate Time



Note: 10 min is time prepping and shredding the chicken, not the actual cook time. Prep other food while it cooks.

### Beef

Brown 1 # ground beef. Drain any excess oil. Season with 1 Tbsp cumin, 1 Tbsp coriander, 2 tsp lime juice, and salt and pepper to taste. Place in a storage container. Approx. 6 oz will be used for the beef taco salad and 8 oz for the beef black bean nachos.



### Brown Rice

Rinse 2 cups of rice. Cook rice 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.

### Protein Chia Pudding

Follow the recipe in this guide.



### Tuna Chickpea Salad

Follow the recipe in this guide.



### White Bean Chard Soup

Follow the recipe in this guide.



### Tzatziki Sauce

Follow the recipe in this guide.







# 1-WEEK HEALTHY MEAL PLAN

## Prep Steps

### Produce

- Wash, dry, and chop romaine. Place in storage container or reusable zip seal bag layered with paper towel to absorb any additional moisture.
- Cut the stems off the tomatoes. Cut 4-6 slices. Place in container. With remaining tomatoes, cut in half, scoop out seeds, and dice.
- Thinly slice red onion.
- Dice remainder of cucumbers, approximately  $\frac{1}{4}$  cup ( $\frac{3}{4}$  of the cucumber was used in the tzaziki sauce).
- Slice a handful of kalamata olives.
- Place each of the produce ingredients into the proper sized storage container.



### Prep Canned Goods

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

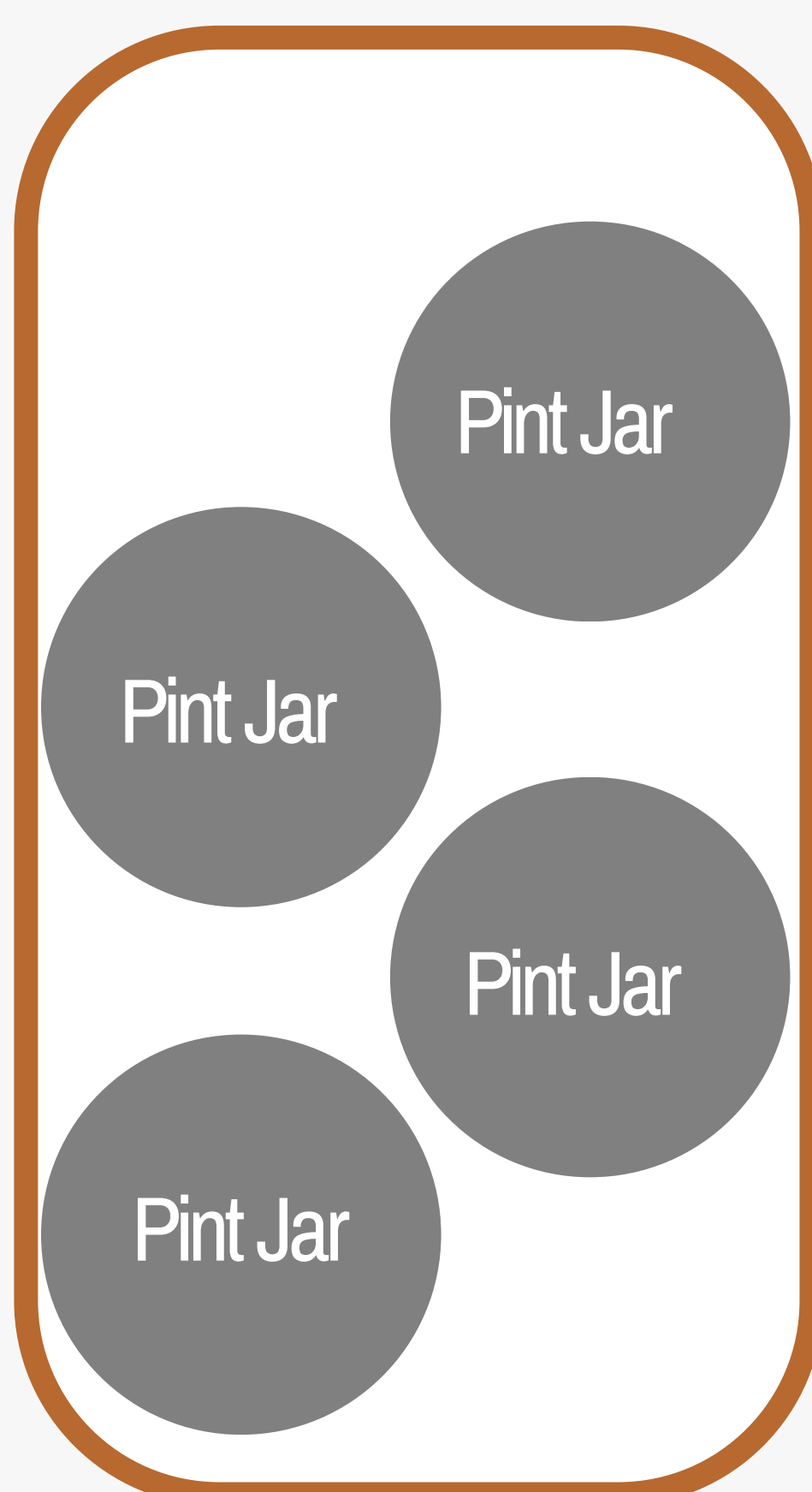
- 1 can chickpeas
- 1 can black beans
- 1 can corn



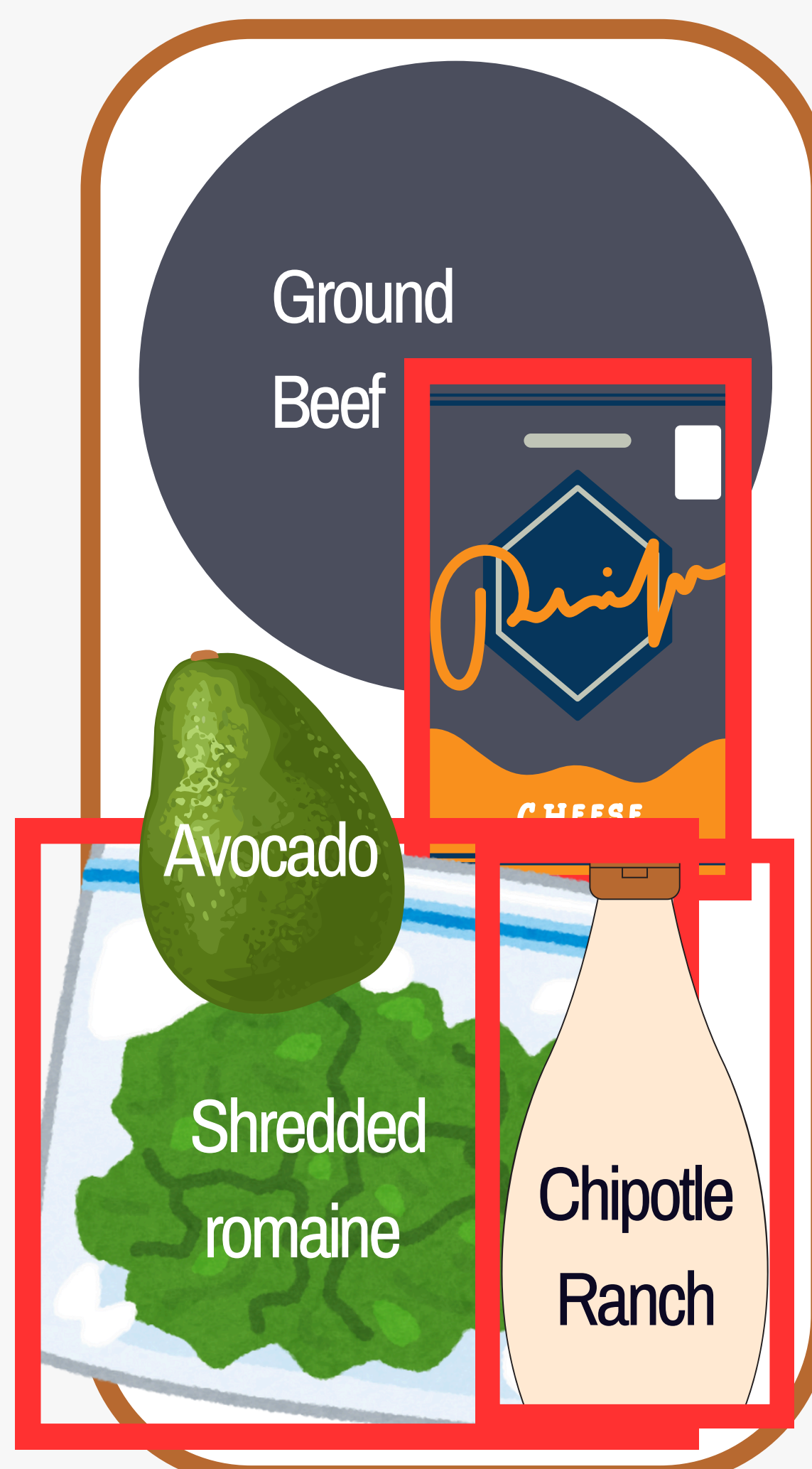
### Fridge Storage Tips

Arrange the core ingredients that will be used in the recipes together, where possible, and place them in clear large storage bins. Many recipes will use repeating ingredients like shredded cheese, romaine, and diced tomatoes, for example. Organize items based on what fits your lifestyle. *The ingredients with a bright red border are those that are in multiple recipes/dishes.*

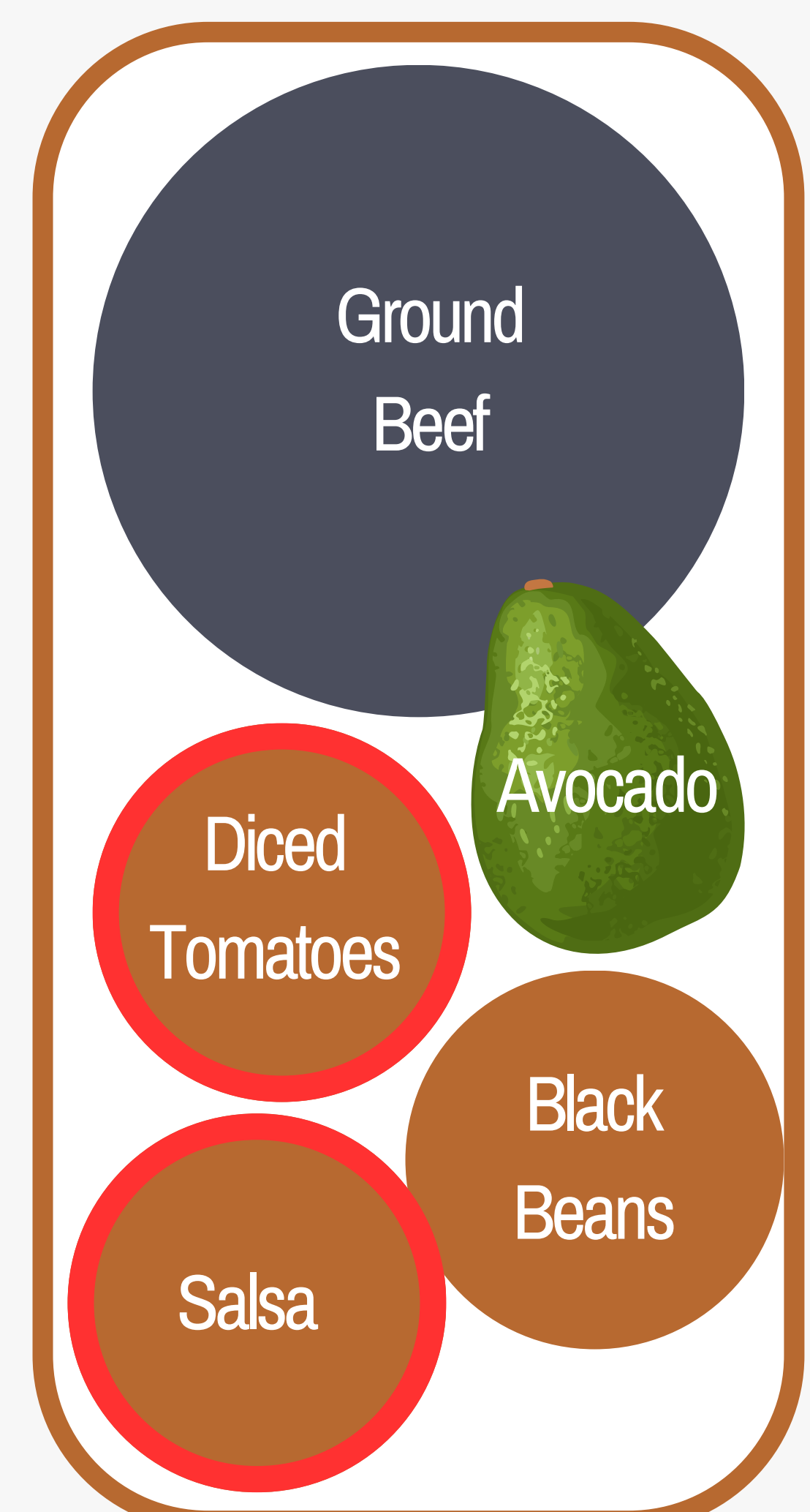
Protein Chia Pudding



Beef Taco Salad



Beef Black Bean Nachos





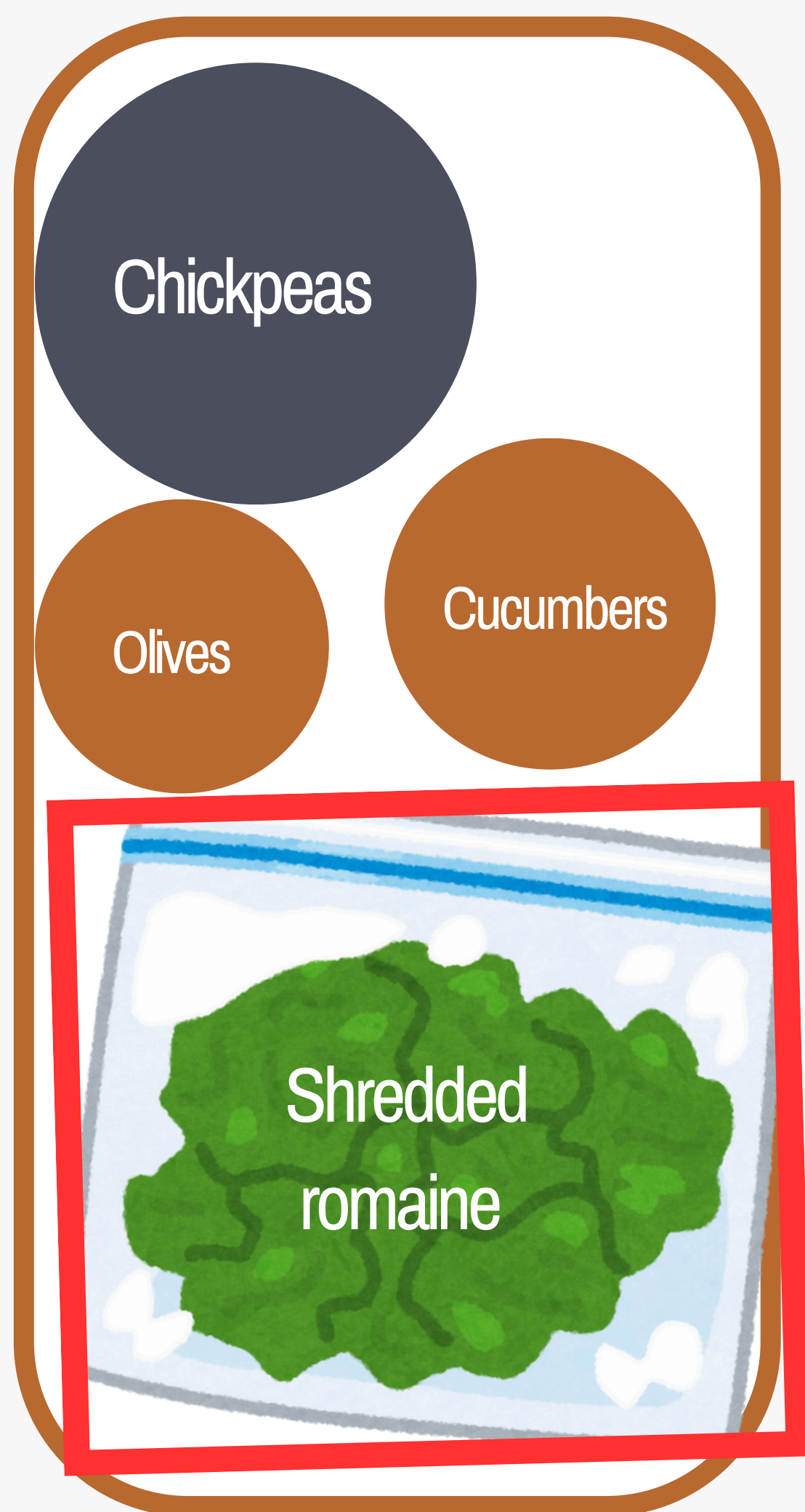


# 1-WEEK HEALTHY MEAL PLAN

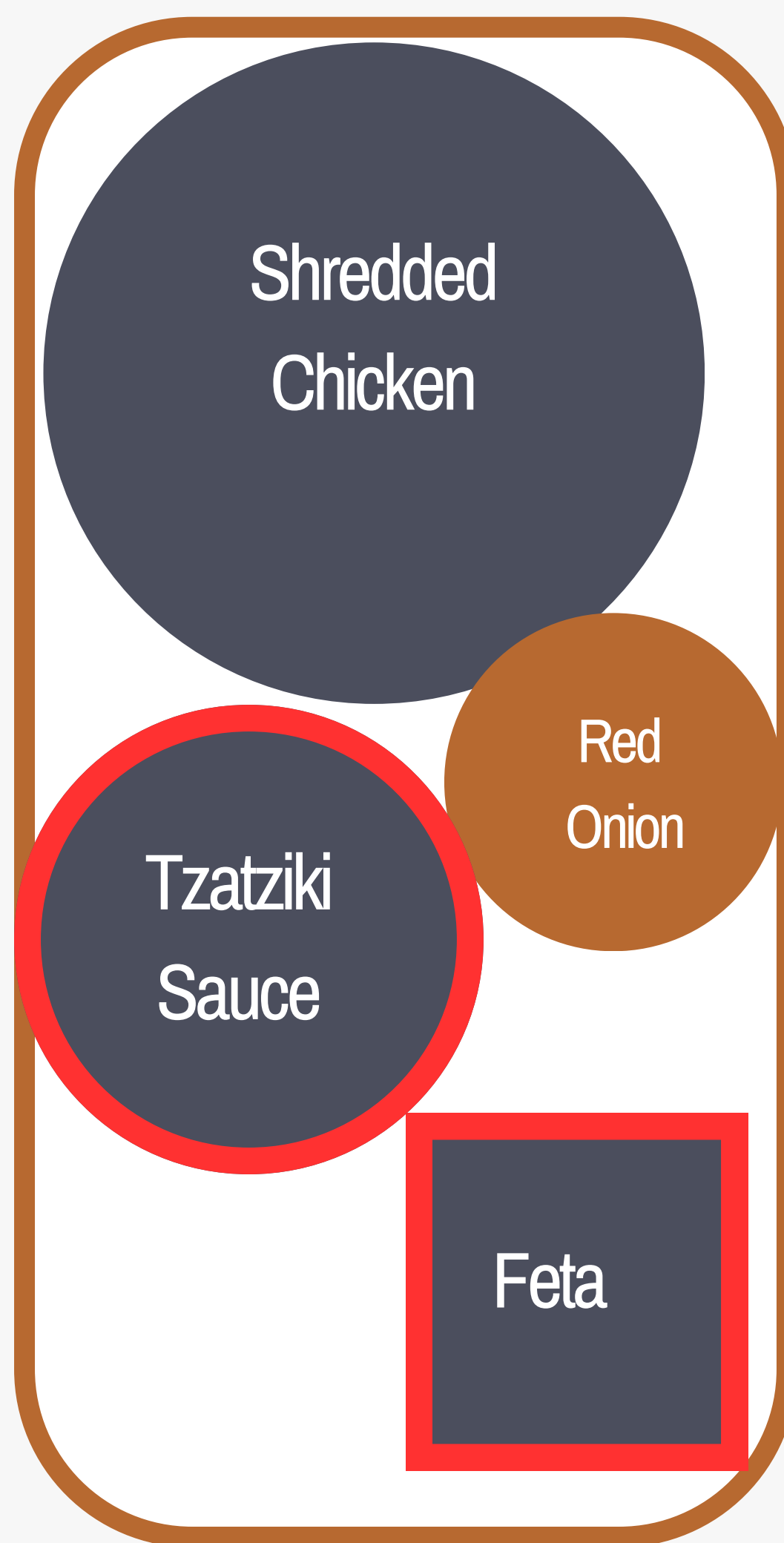
## Fridge Storage (continued)

Arrange the core ingredients that will be used in the recipes together, if you can, and place them in clear large storage bins. Many recipes will use repeating ingredients like shredded cheese, romaine, and diced tomatoes, for example. Organize items based on what fits your lifestyle.

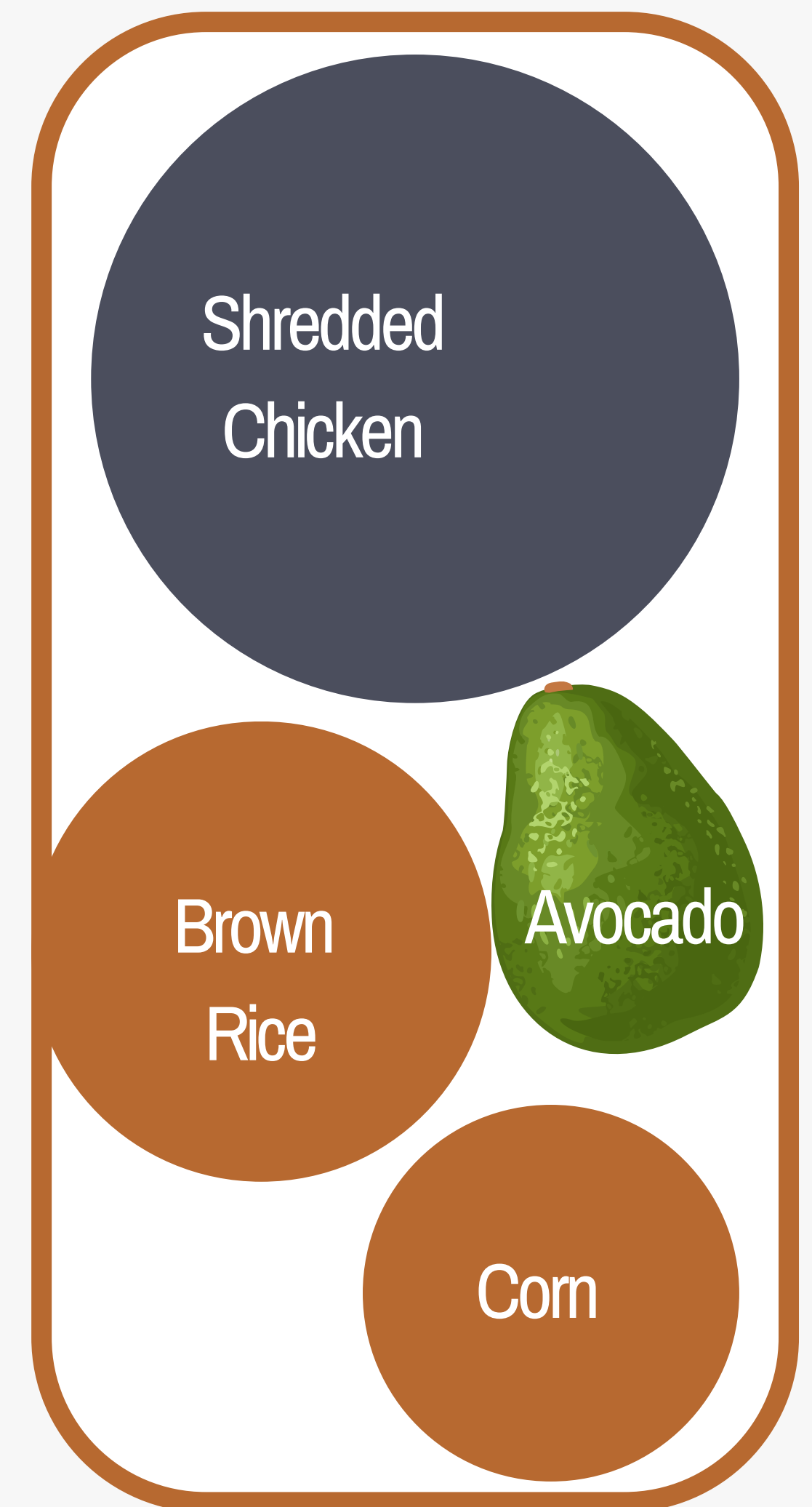
Mediterranean Salad



Chicken Gyros



Chicken Burrito Bowl



## Other Fridge Storage

- White Bean Chard Soup in storage containers
- Tuna Chickpea Salad in a storage container (or you can divide out into lunches to take to work)
- Greek yogurt



Here is the [link to the storage containers](#) I love to use in the fridge and in my pantry to organize and make food visible.

## Serving Sizes

The recipes included in this guide will serve the following. Adjust them based on the amount of people you will feed.

Suppers: Serves 4 (soup serves 6)

Lunches: Serves 2

Breakfast: Serves 1





# RECIPES

## Protein Chia Pudding



1 serving

### Ingredients for each jar

(grocery list contains enough ingredients for 4 portions)

2 scoops protein powder

1 Tbsp cocoa powder

1/4 cup chopped walnuts

1 Tbsp chia seeds

Dash of cinnamon

8-12 oz milk of choice (depending how thick or thin you like it)

### Directions

Line up 4 pint jars. Portion out each of the ingredients into all of the jars. Stir together (or shake) in jar with lid or other sealed container. Place in fridge. Use within 7 days. When ready to enjoy, give a quick stir before eating and add any desired toppings (berries, granola, flaxseed, hemp, etc.).

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

**Protein Approximation: 35 grams** (if using cow's milk or soy milk)





# RECIPES

## Beef Taco Salad

Serves 2

### Ingredients

6 oz ground beef, cooked  
½ Tbsp cumin  
½ Tbsp coriander  
1 tsp lime juice (or squeeze 1-2 lime wedges)  
Salt and pepper to taste  
4 cups romaine lettuce, chopped  
¼ cup shredded cheese  
¼ cup tomatoes, diced (or sub salsa)  
1 avocado, diced  
¼ cup Greek yogurt  
¼ cup chipotle ranch  
Corn tortilla chips, crushed (or tortilla strips)



### Directions

Mix ground beef with cumin, coriander, lime juice, and salt and pepper. Add all ingredients (except tortilla chips) to a large mixing bowl, combine, and divide it into 2 large bowls (I use 8 cup pyrex bowls for salads). Top with crushed tortilla chips or tortilla strips. To save time washing the mixing bowl, divide the ingredients above in half and layer into 2 large bowls. Enjoy!

**Protein Approximation: 31 grams**





# RECIPES

## Chicken Gyros

Serves: 4

Serving size: 2 gyros (1 oz chicken on each pita bread)

### Ingredients

8 oz shredded chicken (or about 2 average sized chicken breasts, cooked)

1 Tbsp dill, dried

1 Tbsp oregano, dried

1 Tbsp fresh lemon juice

Salt and pepper to taste

Pita bread (can sub GF pita bread)

½ cup feta, crumbled

1 cup tomatoes, diced

1 red onion, sliced thin

Tzatziki

### Directions

Mix warm shredded chicken with dill, oregano, lemon juice, and salt and pepper. Top pita bread with 1 oz of chicken on each. Top with feta, tomatoes, red onion, and tzatziki sauce. Enjoy!

**Protein Approximation: 33 g (includes pita and tzatziki)**



## Tzatziki

Serves: 6

¾ cup finely grated cucumber

1 cup whole milk Greek yogurt

1 tablespoon fresh lemon juice

½ tablespoon extra-virgin olive oil

1 garlic clove, grated

¼ teaspoon salt

1 tablespoon dried dill

### Directions

1. After the cucumber is grated, spread it out on a towel and squeeze out excess water.
2. In a medium bowl, combine the cucumber, yogurt, lemon juice, olive oil, garlic, salt, and dill. Refrigerate until ready to use. Use within 7 days.





# RECIPES

## Tuna Chickpea Salad

Serves 4

### Ingredients

2 cans chickpeas (garbanzo beans), rinsed and drained

2 cans tuna packed in water, drained

1/4 cup avocado mayo

2 Tbsp dijon mustard

1/2 tsp turmeric

Salt and pepper to taste

### Directions

Pulse chickpeas in a food processor or blender until they are a chopped consistency (do not puree them). Add tuna and pulsed chickpeas to a bowl. Add mayo, mustard, turmeric, and salt and pepper to taste. Mix well. Enjoy with flackers or veggies or on a sandwich!

**Protein Approximation: 28 grams (served with 10 flackers or 2 slices of whole wheat bread)**

## Tuna Chickpea Salad + Flackers



Serve above recipe with flackers (flaxseed crackers) or other dipables like veggies.

Optional toppings: avocado, salsa, hemp, or chia seeds.

## Tuna Chickpea Salad Sandwich



Use tuna chickpea salad recipe above.

Additional ingredients:

4 slices whole wheat bread (sub GF bread)

2 Romaine lettuce leaves

2 slices tomato





# RECIPES

## Beef Black Bean Nachos

Serves: 4

### Ingredients

8 oz ground beef or venison, cooked  
½ Tbsp cumin  
½ Tbsp coriander  
1 tsp lime juice (or squeeze 1-2 lime wedges)  
Salt and pepper to taste  
1 cup shredded cheese  
1 can black beans, rinsed and drained.  
½ cup salsa  
1 avocado, diced  
2 cups romaine lettuce, chopped  
1 cup Greek yogurt  
½ cup chipotle ranch  
Corn tortilla chips, crushed (or tortilla strips)



### Directions

Mix ground beef with cumin, coriander, lime juice, and salt and pepper. Spread tortilla chips on the plates. Sprinkle each with cheese, 2 oz of beef, and ~⅓ cup of black beans. Microwave for about 20-30 seconds to melt cheese and warm the meat and beans. Top nachos with salsa, avocado, and romaine. Dollop the Greek yogurt on top. Drizzle the chipotle ranch over the nachos. Enjoy!

**Protein Approximation: 27 grams**





# RECIPES

## White Bean Chard Soup

Serves 6

Serving size: 2 cups

### Ingredients

2 small yellow onions, diced

3 cloves garlic, minced

1 Tbsp olive oil

1 tsp red pepper flakes

2 cups fresh Swiss chard, chopped finely, with leaves and ribs (sub any dark leafy green like kale or spinach)

1 qt broth

1 can 15 oz diced tomatoes

2 cans Cannellini beans, rinsed and drained

1 can coconut milk

$\frac{3}{4}$ -1 cup Pecorino Romano, grated

Optional side: warm crusty bread or crackers



### Directions

Sauté the onion and garlic in oil. Add red pepper flakes and sauté until fragrant (<1 min). Add the chard (or other leafy greens), stir until softened. Add the broth, diced tomatoes, and rinsed/drained beans. Shake the coconut milk can well before opening and add to pot. Simmer for 5-10 minutes. Stir in the pecorino. Serve with crackers or warm crusty bread.

**Protein Approximation: 14 grams (not including optional service with bread/crackers)**





# RECIPES

## Mediterranean Salad

Serves 2

### Ingredients

4 cups romaine, chopped

1 can chickpeas, rinsed and drained

¼ cup feta cheese

¼ cup tomatoes, diced

¼ cup cucumbers, diced

2 Tbsp kalamata olives, sliced

Tzatziki (see recipe under Chicken Gyros)



### Directions

Add all ingredients to a large mixing bowl, combine, and divide it into 2 large bowls (I use 8 cup pyrex bowls for salads). To save time washing the mixing bowl, divide the ingredients above and layer into 2 large bowls. Enjoy!

**Protein Approximation: 18 grams**





# RECIPES

## Chicken Burrito Bowl

Serves: 4

### Ingredients

- 2 cups brown rice
- 8 oz shredded chicken, cooked (about 2 average chicken breasts)
- ½ Tbsp cumin
- ½ Tbsp coriander
- 1 Tbsp lime juice
- Salt and pepper to taste
- 1 cup shredded cheese
- 1 can corn, rinsed and drained
- ½ cup salsa
- 1 avocado, diced
- 4 cups romaine lettuce, chopped
- 1 cup Greek yogurt
- ½ cup chipotle ranch



### Directions

Cook rice in rice cooker or on stovetop. Mix cooked chicken with cumin, coriander, lime juice, and salt and pepper. Add to bowl: chicken, rice, cheese, and corn. Top with salsa, avocado, and romaine. Dollop the Greek yogurt on top. Drizzle the chipotle ranch over everything. Enjoy!

**Protein Approximation: 29 grams**