



Family Friendly *Meal Plan*

EAT RIGHT AND HAVE THE
ENERGY TO BE AT YOUR
BEST.

Week 1

SUNDAY

- B** Pumpkin Muffins (freeze remaining servings)
- L** Tuna and Such
- D** Baked Chicken Strips & Sweet Potato Fries

MONDAY

- B** Mango Cottage Cheese Bowl
- L** Black Bean Veggie Burger w/ Sweet Potato Fries
- D** Baked Chicken Strips & Sweet Potato Fries (leftovers)

TUESDAY

- B** Scrambled Eggs & Fruit
- L** Black Bean Veggie Burger w/ Sweet Potato Fries
- D** Pasta and Turkey Meatballs

WEDNESDAY

- B** Mango Cottage Cheese Bowl
- L** Chicken with Cucumber Melon Salad
- D** Pasta and Turkey Meatballs (leftovers)

THURSDAY

- B** Scrambled Eggs & Fruit
- L** Chicken with Cucumber Melon Salad
- D** Slow-Cooker Chicken Tortilla Soup (make 1/2 recipe)

FRIDAY

- B** Pumpkin Muffins
- L** Mason Jar Chopped Greek Salad
- D** Slow-Cooker Chicken Tortilla Soup (leftovers)

SATURDAY

- B** Nova Breakfast Sandwich
- L** Mason Jar Chopped Greek Salad
- D** Classic Tacos (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- 3/4 cup (112 g) cherry tomatoes
- 2 vine ripe tomatoes
- 4 sweet potatoes
- 1 bulb garlic
- 2 yellow or white onions
- 1 red onion
- 1 red bell pepper
- 3 medium cucumbers
- 2 cups (60 g) baby spinach
- 1 honeydew melon
- 2 mangos
- 2 lemons
- 2 avocados
- 1 bundle fresh dill
- 1 bundle fresh mint
- 1 bundle fresh cilantro
- 1 small package micro greens

MEAT, POULTRY, DAIRY

- 12 eggs
- 2 cups (452 g) cottage cheese, 4% milk fat
- 3 1/2 oz (100 g) feta cheese
- 1/4 cup plain full fat Greek yogurt
- 1 small jar ghee
- 5 oz (142 g) canned tuna
- 3 oz (85 g) smoked salmon
- 3 chicken breasts
- 6 oz (170 g) chicken thighs, skinless and boneless
- 8 oz (228 g) ground turkey
- 12, 5 oz (282 g total) canned organic chicken
- 6 oz (170 g) ground bison

GRAINS, BEANS, NUTS, LEGUMES

- 2 1/4 cup (585 g) canned black beans
- 3/4 cup (180 g) chickpeas/garbanzo beans
- Lentil pasta
- Gluten free crackers
- Corn or grain free taco shells
- 1 small package almond flour
- 2 tbsp (32 g) almond butter
- 1/4 tbsp baking soda
- Slivered almonds
- Gluten free bread

MISCELLANEOUS

- 1 can pumpkin puree
- 1 can corn
- 1 can crushed tomatoes
- 1 small jar tomato paste
- 1 small jar black olives
- Red wine vinegar
- Ketchup
- Vanilla extract
- 1 small jar dijon mustard
- Tamari (or soy sauce/coconut aminos)
- 2 2/3 cup (640 g) chicken broth
- Avocado oil
- Olive oil
- Avocado oil mayonnaise
- Marinara Sauce (Rao's)
- Salt and pepper
- Ground cinnamon
- Ground cloves
- Ground nutmeg
- Onion powder
- Garlic powder
- Dried oregano
- Dried parley
- Chili powder
- Dried thyme
- Paprika
- Ground Cumin
- Cayenne pepper
- Dried Basil
- Maple syrup
- Honey
- Tortilla chips

How to Meal Prep Week 1

- Bake pumpkin muffins Sunday morning and freeze remaining. Second serving will be had on Friday. Option to make half of the recipe which will be enough for week one, however, you can choose to make the full recipe as these muffins will be had again in week 4.
- Sunday evening, make black bean veggie burger and sweet potato fries. Store in the refrigerator to be had for lunch on Monday and Tuesday.
- Thursday morning, start Slow-Cooker Chicken Tortilla Soup, to be had for dinner on Thursday and Friday.
- Thursday and Friday evening, put together mason jar salads to be had for lunch to following day.
- Save half recipe for dinner meals on Sunday, Tuesday, and Thursday to be had for leftovers the following day.
- THIS MEAL PLAN IS SET FOR ONE PERSON. MULTIPLY INGREDIENTS FOR HOWEVER MANY PEOPLE YOU ARE COOKING FOR.

DAILY AVERAGES

Calories: 1,480

Carbohydrates: 117 g, Protein: 93 g, Fat: 75 g

Week 2

SUNDAY

- B** Banana Walnut "Toast" and Eggs (make full recipe for "bread" and freeze leftovers for Friday)
- L** Chocolate Cherry Yogurt Bowl
- D** Honey Sesame Chicken w/ White Rice & Broccoli (1/2 recipe)

MONDAY

- B** Yogurt Parfait
- L** Ground Chicken Kofta with Side Salad
- D** Honey Sesame Chicken w/ White Rice & Broccoli (leftovers)

TUESDAY

- B** Banana Almond Smoothie
- L** Ground Chicken Kofta with Side Salad (leftovers)
- D** Mild Beef & Bean Chili

WEDNESDAY

- B** Yogurt Parfait
- L** More Than Crackers & Cheese
- D** Mild Beef & Bean Chili (leftovers)

THURSDAY

- B** Banana Almond Smoothie
- L** More Than Crackers & Cheese
- D** Pesto Chicken & Burrata Cauliflower Pizza

FRIDAY

- B** Banana Walnut "Toast" and Eggs
- L** Hummus Platter
- D** Pesto Chicken & Burrata Cauliflower Pizza (leftovers)

SATURDAY

- B** Traditional Shakshuka Skillet (make 1/2 recipe)
- L** Hummus Platter
- D** Simple Salmon Dinner (make 1/2 recipe)

SHOPPING LIST

PRODUCE

- 2 bulbs garlic
- 1 head broccoli
- 1 bundle fresh parsley
- 1 bundle fresh cilantro
- 2 yellow or white onions
- 1 red onion
- 1 head romaine lettuce
- 2 large carrots
- 1/2 cup (34 g) chopped kale
- 1 head bibb lettuce
- 2 tomatoes
- 1 cup (246 g) baby carrots
- 1 large cucumber
- 1 small jar kalamata olives
- 1 head cauliflower
- 1 bell pepper
- 5 bananas
- 1/2 cup (70 g) sweet cherries (option to buy frozen)
- 2/3 cup (96 g) strawberries
- 1 avocado
- 1 1/2 cup (226 g) grapes
- 4 dates
- 1 lemon
- Pico de gallo

MEAT, POULTRY, DAIRY

- 4 eggs
- 1 cup (240 g) plain Greek yogurt
- 3 cups (665 g) Vanilla Greek yogurt
- 2 oz cheddar cheese
- 1 ball (119 g) burrata cheese
- Organic sliced turkey
- 2 oz feta cheese
- 3 chicken breasts
- 12 oz (340 g) ground chicken
- 12 oz (340 g) ground beef
- 5 oz (142 g) smoked salmon
- 1 small jar ghee

GRAINS, BEANS, NUTS, LEGUMES

- 1/2 cup (23 g) chickpea flour
- 3/4 cup (195 g) canned black beans
- 1 small container hummus
- 1/4 cup (31 g) chopped walnuts
- Almond flour crackers
- 1/2 tbsp (4.5 g) sesame seeds
- Almond butter
- Almond milk
- 1/4 cup (28 g) pistachios
- Gluten free bread
- 1 small container hemp hearts

MISCELLANEOUS

- 1 small jar tomato paste
- 1/4 cup (14 g) sun dried tomatoes
- 1 can diced tomatoes
- Vanilla extract
- Rice wine vinegar
- Apple cider vinegar
- 1 1/2 cup (170 g) bone broth
- Balsamic glaze
- 1 small jar pesto
- Tamari or coconut aminos
- Paleo granola
- 2 personal size cauliflower pizza crusts
- Salt and pepper
- Ground cinnamon
- Ground cumin
- Ground oregano
- Paprika
- Chili Powder
- Baking powder
- Avocado oil
- Olive oil
- Sesame oil
- Maple syrup
- Honey
- Dark chocolate chips
- Avocado oil mayonnaise

How to Meal Prep Week 2

- Sunday morning, make the full banana walnut "toast" recipe (aside from the eggs) and save the extra in the freezer. This meal will be had again on Friday.
- Sunday evening, make ground chicken kofta and store in the refrigerator to be had for lunch on Monday and Tuesday.
- Option to cook mild beef & bean chili earlier in the week and store in the freezer, to be had for dinner on Tuesday and Wednesday.
- Save half recipe for dinner meals on Sunday, Tuesday, and Thursday to be had for leftovers the following day.
- THIS MEAL PLAN IS SET FOR ONE PERSON. MULTIPLY INGREDIENTS FOR HOWEVER MANY PEOPLE YOU ARE COOKING FOR.

DAILY AVERAGES

Calories: 1,484

Carbohydrates: 152 g, Protein: 86 g, Fat: 62 g

Week 3

SUNDAY

B Pumpkin Muffins (freeze remaining servings)

L More Than Crackers & Cheese

D Chicken and Caprese Salad

MONDAY

B Nova Breakfast Sandwich

L Homestyle Pot Roast w/ Potatoes & Carrots (1/2 recipe)

D Chicken and Caprese Salad (leftovers)

TUESDAY

B Maple Walnut Oatmeal

L Homestyle Pot Roast w/ Potatoes & Carrots (leftovers)

D Classic Tacos

WEDNESDAY

B Nova Breakfast Sandwich

L Pesto Pasta Salad

D Classic Tacos (leftovers)

THURSDAY

B Maple Walnut Oatmeal

L Pesto Pasta Salad (leftovers)

D Chicken Fajitas

FRIDAY

B Pumpkin Muffins

L Chocolate Cherry Yogurt Bowl

D Chicken Fajitas (leftovers)

SATURDAY

B Beef and Cheese Breakfast Quesadilla

L Chocolate Cherry Yogurt Bowl

D Honey Sesame Chicken w/ White Rice & Broccoli (1/2 recipe)

SHOPPING LIST

PRODUCE

- 2 yellow onions
- 2 large carrots
- 1/2 lb (247 g) white potatoes
- 3 vine ripe tomatoes
- 1 cucumber
- 1 yellow bell pepper
- 1 red bell pepper
- 2 cloves garlic
- 1 small head broccoli
- 3/4 cup (113 g) grapes
- 2 avocado
- 1 lime
- 3/4 cup (104 g) sweet cherries
- 1 bundle fresh basil
- 1 bundle fresh rosemary
- 1 bundle fresh cilantro
- Pico de gallo
- 1 head bibb lettuce

MEAT, POULTRY, DAIRY

- 8 eggs
- 2 oz cheddar cheese
- 7 oz (198g) mozzarella cheese
- 1/4 cup (60 g) plain Greek yogurt
- 2 cups (467 g) vanilla yogurt
- 12 oz (336 g) thin sliced chicken breast
- 4 slices organic turkey breast
- 3 chicken breasts
- 12 oz (340 g) beef chuck (pot roast)
- 2 oz (57 g) ground beef (or use extra ground bison)
- 6 oz (170 g) smoked salmon
- 12 oz (340 g) ground bison
- 1 small jar ghee

GRAINS, BEANS, NUTS, LEGUMES

- Almond flour
- Almond butter
- Almond milk
- 1/4 tbsp (2.25 g) sesame seeds
- 1 1/2 cup (120 g) rolled oats
- 4 corn or grain free taco shells
- Gluten free wraps
- 1/2 cup (92 g) white rice
- Almond flour crackers
- Gluten free bread
- 1/4 cup (30 g) walnuts
- 1 small container hemp hearts
- Chickpea pasta

MISCELLANEOUS

- 1 can pumpkin puree
- Vanilla extract
- Balsamic glaze
- 1 cup (225 g) beef broth
- 1 small jar pesto
- Tamari, or coconut aminos
- Baking soda
- Avocado oil
- Sesame oil
- Maple syrup
- Honey
- Dark chocolate chips
- Avocado oil mayonnaise
- Salt and pepper
- Onion powder
- Dried oregano
- Garlic powder
- Cumin
- Rice wine vinegar
- Apple cider vinegar
- Ground cinnamon
- Ground cloves
- Ground nutmeg
- Dried thyme
- Paprika
- Fajita seasoning
- Avocado oil mayonnaise

How to Meal Prep Week 3

- Bake pumpkin muffins Sunday morning and freeze remaining. Second serving will be had on Friday. You may have left over pumpkin muffins in the freezer from week one.
- On Sunday, start slow cooker for homestyle pot roast which will be had for lunch on Monday and Tuesday.
- On Tuesday, make pesto pasta salad and store in the refrigerator to be had for lunch on Wednesday and Thursday.
- Save half recipe for dinner meals on Sunday, Tuesday, and Thursday to be had for leftovers the following day.
- THIS MEAL PLAN IS SET FOR ONE PERSON. MULTIPLY INGREDIENTS FOR HOWEVER MANY PEOPLE YOU ARE COOKING FOR.

DAILY AVERAGES

Calories: 1,543

Carbohydrates: 140 g, Protein: 98 g, Fat: 73 g

Week 4

SUNDAY

- B** Maple Walnut Oatmeal
- L** Mason Jar Chopped Greek Salad
- D** Pesto Chicken & Burrata Cauliflower Pizza

MONDAY

- B** Scrambled Eggs & Fruit
- L** Tuna and Such
- D** Pesto Chicken & Burrata Cauliflower Pizza (leftovers)

TUESDAY

- B** Yogurt Parfait
- L** Tuna and Such
- D** Mild Beef & Bean Chili

WEDNESDAY

- B** Scrambled Eggs & Fruit
- L** Ground Chicken Kofta with Side Salad
- D** Mild Beef & Bean Chili (leftovers)

THURSDAY

- B** Yogurt Parfait
- L** Ground Chicken Kofta with Side Salad (leftovers)
- D** Honey Sesame Chicken w/ White Rice & Broccoli (1/2 recipe)

FRIDAY

- B** Maple Walnut Oatmeal
- L** Chocolate Cherry Yogurt Bowl
- D** Honey Sesame Chicken w/ White Rice & Broccoli (leftovers)

SATURDAY

- B** Traditional Shakshuka Skillet
- L** Chocolate Cherry Yogurt Bowl
- D** Simple Salmon Dinner (make 1/2 recipe)

SHOPPING LIST PRODUCE

- 1 cucumber
- 2 tomatoes
- 1 cup (30 g) baby spinach
- 1 red onion
- 2 white or yellow onions
- 1 1/2 cup (224 g) cherry tomatoes
- 1 bulb garlic
- 2 carrots
- 1 head romaine lettuce
- 1 head broccoli
- 1 red bell pepper
- 1 small jar black olives
- 1 honeydew melon
- 1 bundle parsley
- 1 bundle fresh dill
- 1 bundle fresh cilantro
- 1/3 cup (48 g) strawberries
- 1 banana
- 1 1/4 cup (172 g) sweet cherries (option to buy frozen)
- 2 lemons
- 2 avocados
- Pico de gallo
- 1 mango

MEAT, POULTRY, DAIRY

- 1 oz (25 g) feta cheese
- 1 ball (119 g) burrata cheese
- 8 eggs
- 4 chicken breasts
- 12 oz (340 g) ground chicken
- 12 oz (340 g) ground beef
- 10 oz (284 g) canned tuna
- 5 oz (142 g) smoked salmon
- 1 small jar ghee
- Almond flour crackers
- 4 cups (930 g) vanilla Greek yogurt

GRAINS, BEANS, NUTS, LEGUMES

- 1/2 cup (120 g) canned chickpeas
- 3/4 cup (195 g) canned black beans
- Almond milk
- 1/2 tbsp (4.5 g) sesame seeds
- 1/4 cup (30 g) chopped walnuts
- 1 1/2 cup (120 g) rolled oats
- Gluten free bread
- 1 cup (185 g) white rice
- 1/2 cup (80 g) wild rice
- 1 small container hemp hearts

MISCELLANEOUS

- 1/4 cup (14 g) sun-dried tomatoes
- 1 small jar tomato paste
- 1 can diced tomatoes
- 1 small jar dijon mustard
- Red wine vinegar
- Rice wine vinegar
- Apple cider vinegar
- Balsamic glaze
- Pesto
- 1 1/2 cups (170 g) bone broth
- Dark chocolate chips
- 2 personal size cauliflower pizza crusts
- Paleo granola
- Salt and pepper
- Garlic powder
- Dried oregano
- Dried basil
- Ground cumin
- Paprika
- Chili powder
- Tamari or coconut aminos
- Olive oil
- Avocado oil
- Sesame oil
- Maple syrup
- Honey
- Avocado oil mayonnaise

How to Meal Prep Week 4

- Option to cook mild beef & bean chili earlier in the week and store in the freezer to be had for dinner on Tuesday and Wednesday.
- Tuesday evening, make chicken kofta and store in the refrigerator to be had for lunch on Wednesday and Thursday.
- Save half recipe for dinner meals on Sunday, Tuesday, and Thursday to be had for leftovers the following day.
- THIS MEAL PLAN IS SET FOR ONE PERSON. MULTIPLY INGREDIENTS FOR HOWEVER MANY PEOPLE YOU ARE COOKING FOR.

DAILY AVERAGES

Calories: 1,506

Carbohydrates: 138 g, Protein: 93 g, Fat: 67 g