

Week 3 Meal Plan

DAY	LUNCH	DINNER
15	Spinach & feta stuffed chicken with broccoli	Crack chicken (with bacon)
16	Crack chicken (with bacon)	Spinach & feta stuffed chicken with broccoli
17	Greek chicken skewers and salad (garbanzo beans)	Ground turkey, sweet potato, black bean bake
18	Ground turkey, sweet potato, black bean bake	Greek chicken skewers and salad (garbanzo beans)
19	Cheese and egg muffins (add extra meat leftover from this week)	Eat Out
20	Veggie and meat noodleless lasagna (ricotta)	Leftovers
21	Cheese and egg muffins (add extra meat leftover from this week)	Veggie and meat noodleless lasagna (ricotta)

Please notice that these recipes are for one person but can be easily doubled, quadrupled, etc.

NOTE: Start noticing your full and hunger cues. If your energy is low and hunger is too high between meals, consider bigger protein portions.

DISCLAIMER: This meal plan has been created based on general nutritional guidelines and is intended for informational purposes only. The author and nutritionist who have developed this plan are not liable for any adverse effects or consequences that may arise from following it. Individual nutritional needs can vary greatly, and it is crucial that you consult with your medical provider or a registered dietitian to address your specific health requirements and ensure that this meal plan is appropriate for your personal circumstances. Always seek professional medical advice before making significant changes to your diet or lifestyle.



Spinach and Feta Stuffed Chicken

with a Side of Broccoli



1 serving

Day 15 Lunch & Day 16 Dinner

INGREDIENTS

2 boneless, skinless
chicken breasts
(4-6 oz each)
1 cup fresh spinach
(chopped)
1/4 cup feta cheese
(crumbled)
1 tbsp olive oil
1 clove garlic (minced)
1/2 tsp dried oregano
Salt & pepper to taste
2 cups broccoli florets

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a pan over medium heat. Add minced garlic and spinach, and cook until spinach is wilted. Stir in feta cheese and oregano. Season with salt and pepper.
3. Cut a pocket in each chicken breast. Stuff with the spinach and feta mixture.
4. Season the outside of the chicken with salt and pepper. Place in a baking dish.
5. Bake for 25-30 minutes or until the chicken reaches 165°F (74°C) internal temperature.
6. While the chicken is baking, steam or roast the broccoli until tender.





Cream Cheese & Bacon Chicken

(Crack Chicken)



1 serving

Day 15 Dinner & Day 16 Lunch

INGREDIENTS

2 boneless, skinless
chicken breasts
(4-6 oz each)
4 strips bacon
2 oz cream cheese (cubed)
1/2 cup shredded cheddar
cheese
1/4 cup green onions
(chopped)
1 tbsp olive oil
Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Cook bacon in a skillet over medium heat until crispy. Remove and drain on paper towels, then crumble.
3. Season chicken breasts with salt and pepper. Heat olive oil in a skillet and sear chicken breasts for 3-4 minutes per side.
4. Place chicken breasts in a baking dish. Top with cream cheese and shredded cheddar cheese.
5. Bake for 20-25 minutes or until the chicken reaches 165°F (74°C) internal temperature.
6. Sprinkle crumbled bacon and chopped green onions over the top before serving.





Greek Chicken

with Sautéed Garbanzo Beans & Greek Salad



1 serving

Day 17 Lunch & Day 18 Dinner

INGREDIENTS

For Greek Chicken:

- 2 boneless, skinless chicken breasts (4-6 oz each)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried oregano
- 1 clove garlic (minced)
- Salt & pepper to taste

For Sautéed Garbanzo Beans:

- 1 can (15 oz) garbanzo beans (drained and rinsed)
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- Salt to taste

For Greek Salad:

- 1 cup cherry tomatoes (halved)
- 1/2 cucumber (sliced)
- 1/4 cup red onion (sliced)
- 1/4 cup Kalamata olives
- 1/4 cup feta cheese (crumbled)
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Marinate chicken breasts with olive oil, lemon juice, oregano, garlic, salt, and pepper. Bake for 25-30 minutes until the internal temperature reaches 165°F (74°C).
3. Heat olive oil in a skillet over medium heat. Add garbanzo beans and smoked paprika, sauté until slightly crispy, about 5 minutes. Season with salt.
4. Toss salad ingredients together with olive oil, red wine vinegar, salt, and pepper.



Ground Turkey Sweet Potato & Black Bean Taco Bake



1 serving

Day 18 Lunch & Day 17 Dinner

INGREDIENTS

- 1/2 lb ground turkey
- 1 medium sweet potato
(peeled and diced)
- 1/2 cup black beans (canned,
drained & rinsed)
- 1/2 cup diced tomatoes
- 1/4 cup diced onion
- 1 clove garlic (minced)
- 1 tsp chili powder
- 1/2 tsp cumin
- Salt & pepper to taste
- 1/2 cup shredded cheese (optional)

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a skillet, cook ground turkey with onion and garlic until browned. Drain excess fat.
3. Add sweet potato, black beans, diced tomatoes, chili powder, cumin, salt, and pepper. Cook until sweet potato is tender.
4. Transfer mixture to a baking dish. Top with shredded cheese if using.
5. Bake for 15-20 minutes, until bubbly and cheese is melted.





Cheese and Egg Muffins

with Diced Vegetables



1 serving

Day 19 Lunch & Day 21 Dinner

INGREDIENTS

4 large eggs
1/4 cup milk (any type)
1/2 cup shredded cheese
(cheddar or any preferred
cheese)
1/2 cup diced vegetables
(e.g., bell peppers, spinach,
mushrooms)
1/4 cup cooked meat (e.g.,
ham, bacon, or sausage)
Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C). Grease a muffin tin or line with paper liners.
2. In a bowl, whisk together eggs and milk. Stir in cheese, vegetables, and cooked meat. Season with salt and pepper.
3. Pour mixture evenly into muffin tin cups.
4. Bake for 20–25 minutes until eggs are set and tops are golden brown.





Veggie and Italian Sausage Lasagna

without Noodles



1 serving

Day 20 Lunch & Day 21 Dinner

INGREDIENTS

- 2 Italian sausages (bulk,
not in casings)
- 1 cup ricotta cheese
- 1 cup shredded mozzarella
cheese
- 1 cup marinara sauce
(low sugar)
- 1 cup chopped spinach
- 1 cup sliced mushrooms
- 1 cup diced zucchini
- 1/2 cup diced bell pepper
- 1/4 cup grated Parmesan
cheese
- 1 tbsp olive oil
- 1 tsp dried basil
- Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet over medium heat. Cook Italian sausage until browned, breaking it into crumbles. Set aside.
3. In the same skillet, sauté mushrooms, zucchini, and bell pepper until tender. Add spinach and cook until wilted. Season with salt and pepper.
4. In a baking dish, spread a layer of marinara sauce. Add a layer of the sausage mixture, followed by a layer of vegetables. Dollop with ricotta cheese and sprinkle with mozzarella cheese.
5. Repeat layers, finishing with marinara sauce and topped with Parmesan cheese.
6. Bake for 25-30 minutes, until bubbly and golden brown on top.



WEEK 3 GROCERY LIST

FRESH PRODUCE

- ☐ 2 cup fresh spinach
- ☐ 2 cups broccoli florets
- ☐ 1/2 cup green onions
- ☐ 1 cup cherry tomatoes
- ☐ 1/2 cucumber
- ☐ 1/4 cup red onion
- ☐ 1 medium sweet potato
- ☐ 1 bell pepper
- ☐ 1 cup sliced mushrooms
- ☐ 1 medium zucchini

MEATS

- ☐ 6 boneless, skinless chicken breasts
- ☐ 1/2 lb ground turkey
- ☐ 4-8 strips bacon
- ☐ 2 Italian sausages

CANNED & PACKAGED

- ☐ 1 can black beans
- ☐ 1 can diced tomatoes
- ☐ 1 cup marinara sauce (low sugar)
- ☐ 1 can garbanzo beans
- ☐ 1/4 c Kalamata olives

SEASONINGS & OILS:

- ☐ 6 T Olive oil
- ☐ Salt
- ☐ Pepper
- ☐ 1.5 tsp Dried oregano
- ☐ .5 tsp Smoked paprika
- ☐ 1 tsp Chili powder
- ☐ 1/2 tsp Cumin
- ☐ 1 T Red wine vinegar
- ☐ 1 tsp Dried basil
- ☐ 1 T lemon juice
- ☐ 3 tsp of minced garlic

DAIRY

- ☐ 2 oz cream cheese
- ☐ 1.5 cup shredded cheddar cheese
- ☐ 1 cup ricotta cheese
- ☐ 1 cup shredded mozzarella cheese
- ☐ 1/4 cup grated Parmesan cheese
- ☐ 1/2 c crumbled feta cheese