

# MEAL PLAN – WEEK 1

## Breakfasts **Carb**, **Fruit**, **Protein**

Chocolate Banana Shakeology (Or another protein shake powder of your choice) [>>RECIPE<<](#)

Egg Omelet, Fruit bowl, 1 piece of wheat toast

2 Eggs, Oatmeal with a piece of fruit

Wheat Pancake, fruit bowl, piece of turkey bacon or turkey sausage

Wheat Waffle, fruit bowl, piece of turkey bacon or turkey sausage

Egg burrito and Fruit Bowl [>>RECIPE<<](#)

Yogurt Parfait [>>RECIPE<<](#)

## Snack 1 **Carb**, **Fruit**, **Protein**

Choose any of the breakfast options

## Lunches **Vegetable**, **Protein**,

Chicken or Turkey Lettuce Wrap

Chicken Salad with Balsamic Dressing

Sweet Quinoa and Kale Salad [>>RECIPE<<](#)

2 Boiled eggs, Sautéed Spinach or Kale

Hummus-dipped Carrot sticks

Ham Roll-up & carrot sticks

Leftover protein and vegetables (from any other dinner during the week)

## Snack 2 **Vegetable**, **Protein**

Any of the lunch options

## Dinners **Vegetable**, **Protein**

Turkey Bacon-Wrapped Chicken Breasts [>>RECIPE<<](#)

Cheeseburger Casserole [>>RECIPE<<](#)

BBQ Chicken [>>RECIPE<<](#)

Fajita Casserole [>>RECIPE<<](#)

Pesto Chicken [>>RECIPE<<](#)

Philly Cheesesteak Stuffed Peppers [>>RECIPE<<](#)

# GROCERY LIST

**\*NOTE - Depending on which meals you decide to prepare, you may not need all of these ingredients. This list includes ingredients from every different meal option, so check with the recipes next to each meal if you are picking and choosing.**

## **PRODUCE**

### **FRUIT**

Pomegranates  
Bananas  
Kiwis  
Grapefruits  
Oranges

### **VEGGIES**

Carrots  
Kale/Spinach (or both)  
Lettuce leaves  
Broccoli  
Carrots  
Bell Peppers (assorted colors)  
Tomatoes  
Avocados  
Red Onion  
Yellow Onion

## **GRAINS**

Oatmeal  
Wheat Bread  
Wheat tortillas OR gluten free tortillas  
Red Quinoa  
Granola (Ancient Grains from Costco is FANTASTIC)

## **PROTEINS**

Chicken Breast  
Steak  
Hamburger (85/15 or higher)  
Plain Greek Yogurt  
Sandwich meat of your choice  
Eggs  
Turkey Bacon or Turkey Sausage  
Hummus

## **BAKING NEEDS**

Wheat flour  
Baking soda  
Baking Powder  
Vegetable Oil  
Balsamic Vinegar

## **DAIRY**

Milk  
Butter or Butter Substitute (Like Smart Balance)  
Mozzarella Cheese  
Cheddar Cheese or Cheddar Cheese blend

## **SPICES**

McCormick Applewood Rub  
Salt and Pepper  
Famous Dave's Burger &

Steak Seasoning  
Pesto Sauce  
Taco Seasoning  
Cumin

## **MISC**

Slivered Almonds  
Dried Cranberries  
Worcestershire Sauce  
Lime Juice  
Chicken Broth