

Weekly Meal Plan



Meals for the Week

SUN	B: Toast & Egg cups with peppers, onions, mushrooms, and spinach https://recipesfromapantry.com/egg-cups/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=348359628_10931462_35059
	L: Deli turkey & cheese wrap (with lettuce, tomato, cheese & mayo in a whole wheat wrap) & an apple D: Crock pot chicken (make extra chicken for tomorrow's lunch!), potatoes, and veggies (peppers, onions, carrots) https://www.365daysofcrockpot.com/slow-cooker-homestyle-chicken-and-vegetables/
MON	B: Yogurt parfaits with PB, honey, granola, and frozen berries L: BBQ shredded chicken lettuce wraps w/ coleslaw (made with leftover crockpot chicken) https://food52.com/recipes/74958-bbq-pulled-chicken-lettuce-wraps
	D: baked white fish, rice, & roasted veggies (broccoli & Brussel sprouts)
TUE	B: 'PB & J oatmeal' (with honey, frozen berries, & pb) L: Fish tacos (taco seasoning added to leftover white fish), corn tortillas, cilantro, avocado, salsa, lime) https://showmethenyummy.com/baked-fish-tacos-recipe/
	D: Pasta and meat sauce (made with jarred marinara & ground turkey) <u>Make lots of sauce to use for stuffed peppers tomorrow!</u>
WED	B: Breakfast sandwiches (bacon, egg, lettuce, tomato, cheese) L: Cobb salad (use leftover bacon from breakfast, avocado from yesterday's lunch, hardboiled egg, shredded cheese, tomato, dressing) & a piece of fruit
	D: Italian stuffed bell peppers (use leftover meat sauce with rice, cheese, Italian seasoning, onions, peppers, etc.) https://www.theseasonedmom.com/stuffed-peppers-with-rice/
THU	B: Boxed cereal, milk, bananas L: Cottage cheese, fruit (of your choice), chef salad (lettuce, spinach, cheese, turkey, peppers, tomatoes, dressing), piece of fruit
	D: Flatbread pizzas (shredded cheese, marinara, mushrooms, peppers, onion, deli ham)

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FRI	<p>B: Oat pancakes (blend oats, milk, egg, baking powder, & vanilla extract) with berries & pb (freeze leftover pancakes for tomorrow) https://www.thefedupfoodie.com/oat-flour-pancakes/</p> <p>L: Leftover flatbread pizza, side salad, piece of fruit</p> <p>D: Turkey burgers on wheat buns & sweet potato fries (ketchup & mustard) <u>Cook up all of the turkey because we will use leftovers for lunch tomorrow!</u> https://www.foodnetwork.com/recipes/anne-burrell/turkey-burger-recipe-2124612</p>
SAT	<p>B: Leftover oat pancakes in the toaster with preferred toppings</p> <p>L: Turkey chili (break up unused turkey burgers from yesterday's dinner and add veggies in the freezer and those beginning to wilt), chili spices, canned black beans & kidney beans, stewed tomatoes, dollop of Greek yogurt & shredded cheese)</p> <p>D: Treat yourself to a night out!</p>

Shopping List:

Fruits/Veggies	<ul style="list-style-type: none"> • Romain • Spinach • Peaches/cuties/apples/kiwi (personal preference) • Frozen berry medley • Peppers • Onions • Bananas • Broccoli 	<ul style="list-style-type: none"> • Brussel sprouts • Mushrooms • Tomato • Coleslaw mix • Avocado • Frozen mixed veggies (green beans, carrots, corn, peas) • Stewed tomatoes • Lime
Protein	<ul style="list-style-type: none"> • Black beans • Kidney beans • Ground turkey • Deli turkey & ham • Peanut butter 	<ul style="list-style-type: none"> • Eggs • Boneless skinless chicken breast • Bacon/bacon bits
Dairy	<ul style="list-style-type: none"> • Greek yogurt (non-fat plain) • Shredded cheeses (Mexican & mozzarella) • Sliced cheese 	<ul style="list-style-type: none"> • Cottage cheese • Skim milk (to drink or for oats, cereals, pancakes, etc.)

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Starches/Grains	<ul style="list-style-type: none"> • Whole wheat bread • Whole grain bagels • Breakfast cereal (less than 5g added sugar per serving, 10 g protein) • Granola (again, lower sugar content) • Oats • Whole wheat flatbreads • Whole wheat pasta • Brown rice • Corn tortillas 	
Fats/oils	<ul style="list-style-type: none"> • Butter • Olive oil • Avocado oil • Pam 	
Herbs, spices, condiments, sauces, etc.	<ul style="list-style-type: none"> • Cilantro • Taco seasoning • Salt • Pepper • Italian seasoning • Chili powder • Cumin • Mrs. Dash 	<ul style="list-style-type: none"> • BBQ sauce • Ketchup • Mustard • Salad dressing • Salsa • Vanilla extract • honey

