

weekly Meal Plan

M O N D A Y

Breakfast: Green smoothie (spinach, banana, almond milk, and a scoop of protein powder)
Snack: Carrot sticks with hummus
Lunch: Grilled chicken breast with roasted vegetables (broccoli, bell peppers, and carrots)
Snack: Greek yogurt with a sprinkle of granola
Dinner: Baked salmon with quinoa and steamed asparagus

T U E S D A Y

Breakfast: Berry smoothie (mixed berries, Greek yogurt, almond milk, and a tablespoon of chia seeds)
Snack: Apple slices with almond butter
Lunch: Quinoa salad with mixed greens, cherry tomatoes, cucumbers, and feta cheese
Snack: Trail mix (nuts, dried fruits, and seeds)
Dinner: Stir-fried tofu with mixed vegetables (bell peppers, snap peas, and mushrooms) served over brown rice

W E D N E S D A Y

Breakfast: Tropical smoothie (pineapple, mango, coconut milk, and a handful of spinach)
Snack: Celery sticks with peanut butter
Lunch: Turkey wrap with whole wheat tortilla, lettuce, tomato, avocado, and mustard
Snack: Hard-boiled eggs
Dinner: Grilled steak with sweet potato wedges and a side of steamed green beans

T H U R S D A Y

Breakfast: Chocolate peanut butter smoothie (cocoa powder, banana, peanut butter, almond milk, and a scoop of protein powder)
Snack: Mixed berries and Greek yogurt
Lunch: Chickpea salad with mixed greens, cucumber, cherry tomatoes, red onion, and a lemon-tahini dressing
Snack: Rice cakes with avocado slices
Dinner: Baked chicken thighs with roasted Brussels sprouts and quinoa

F R I D A Y

Breakfast: Peanut butter banana smoothie (banana, peanut butter, almond milk, and a handful of spinach)
Snack: Cherry tomatoes with mozzarella cheese
Lunch: Greek salad with romaine lettuce, cherry tomatoes, cucumbers, Kalamata olives, feta cheese, and a lemon-olive oil dressing
Snack: Vegetable sticks with tzatziki dip
Dinner: Shrimp stir-fry with broccoli, bell peppers, and snap peas served over brown rice

S A T U R D A Y

Breakfast: Mixed berry and spinach smoothie (mixed berries, spinach, almond milk, and a tablespoon of flaxseeds)
Snack: Almonds and dried cranberries
Lunch: Caprese salad with sliced tomatoes, fresh mozzarella, basil leaves, and a balsamic glaze
Snack: Energy balls (made with dates, nuts, and shredded coconut)
Dinner: Grilled chicken with quinoa and roasted zucchini and yellow squash

S U N D A Y

Breakfast: Mango coconut smoothie (mango, coconut milk, Greek yogurt, and a tablespoon of chia seeds)
Snack: Sliced cucumbers with tzatziki dip
Lunch: Lentil soup with a side of mixed greens salad
Snack: Edamame beans
Dinner: Baked cod with roasted sweet potatoes and steamed broccoli

weekly Grocery List

Remember to adjust the quantities based on your specific needs and preferences. Additionally, you may already have some of these ingredients at home, so be sure to check your pantry and refrigerator before heading to the grocery store.

Produce:

- Spinach
- Bananas
- Mixed berries (e.g., strawberries, blueberries, raspberries)
- Apples
- Carrots
- Broccoli
- Bell peppers (assorted colors)
- Asparagus
- Cherry tomatoes
- Cucumbers
- Red onion
- Lemons
- Avocado
- Lettuce (e.g., romaine, mixed greens)
- Basil leaves
- Zucchini
- Yellow squash
- Sweet potatoes
- Brussels sprouts
- Steamed broccoli florets
- Mango
- Pineapple

Protein:

- Grilled chicken breast
- Baked salmon
- Tofu
- Steak (of your choice)
- Baked chicken thighs
- Shrimp
- Cod
- Eggs (for hard-boiling)

Dairy and Dairy Alternatives:

- Greek yogurt
- Almond milk
- Feta cheese
- Fresh mozzarella

Pantry Staples:

- Quinoa
- Brown rice
- Chia seeds
- Flaxseeds
- Hummus
- Almond butter
- Peanut butter
- Cocoa powder

Snacks:

- Rice cakes
- Almonds
- Dried cranberries
- Trail mix (containing nuts, dried fruits, and seeds)
- Energy balls (ingredients for making them, such as dates, nuts, and shredded coconut)
- Edamame beans

Other:

- Whole wheat tortillas
- Mustard
- Balsamic glaze
- Lemon-tahini dressing
- Lemon-olive oil dressing
- Olive oil
- Salt
- Pepper