

WEEKLY MEAL PLAN


Sunday, January 3rd - Saturday, January 9th

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY	2 Mini DIY Fritatas & 1 small banana	Baja Black Bean Bowl	White Chicken Chili	AM: 1/4 cup almonds + 1 cup carrot sticks PM: 1/2 cup plain Greek yogurt + 1/4 cup frozen berries, thawed
MONDAY	Fruity Overnight Oats	Kale Turkey Wraps 2 cups air popped popcorn	Sheet-Pan Ratatouille Bruschetta	AM: 1 small apple + 1 tbsp almond butter PM: 1/2 whole wheat pita, 1 cup lettuce, 1 tbsp hummus, 1/4 cup garbanzo beans, fresh lemon juice
TUESDAY	2 Mini DIY Fritatas & 1 mandarin orange	Baja Black Bean Bowl	Lemon Tuna Pasta	AM: 1 oz cheddar cheese + 1 corn tortilla + 1/4 cup prepared pico de gallo PM: 1/2 cup plain Greek yogurt + 1/4 cup berries, thawed
WEDNESDAY	Fruity Overnight Oats	Kale Turkey Wraps 2 cups air popped popcorn	White Chicken Chili (Leftovers)	AM: 1/4 cup almonds + 1 cup carrot sticks PM: 1 small pear + 1 string cheese
THURSDAY	3/4 cup plain Greek yogurt 1/4 cup granola 1/2 cup blueberries	Avocado Egg Salad Sandwich 1 mandarin orange	Sheet-Pan Ratatouille Bruschetta (Leftovers)	AM: 1 small apple + 1 tbsp almond butter PM: 1 oz cheddar cheese + 1 corn tortilla + 1/4 cup prepared pico de gallo
FRIDAY	Everything Bagel Avocado Toast 1 mandarin orange	Easy Lunch Salad 1 cup blueberries	Roasted Red Pepper Flatbreads Simple Side Salad	AM: 1/2 cup plain Greek yogurt + 1/4 cup berries, thawed PM: 1/2 whole wheat pita, 1 cup lettuce, 1 tbsp hummus, 1/4 cup garbanzo beans, fresh lemon juice
SATURDAY	Pineapple Green Smoothie	Avocado Egg Salad Sandwich 1 mandarin orange	Lemon Tuna Pasta	AM: 1/4 cup almonds + 1 cup carrot sticks PM: 1 small pear + 1 string cheese

BOLD = Recipe

PREP PLAN

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	PREP/CUT	BATCH COOK	COOKING INFO	NOTES	
SUNDAY	<p>Mini Fritatas:</p> <p>Prepare full recipe to enjoy this week. Any extra can be stored in the freezer.</p>	<p>For the Baja Black Bean Bowl & Easy Lunch Salad:</p> <p>Cook quinoa →</p>	<p>Rinse 1 cup quinoa and transfer to a small saucepan. Add 2 cups water and bring to a boil over medium-high heat. Reduce heat, cover and simmer for 15 minutes. Drain any excess liquid. →</p>	<p>This will make more than you will need for the week. Freeze flat in a freezer bag and break off as needed)</p>	
SUNDAY	<p>Prep Overnight Oats:</p> <p>Fully prep 1 batch for Monday night Prep just dry ingredients for Wednesday batch</p>	<p>For the Lemon Tuna Pasta:</p> <p>Cook spaghetti** →</p>	<p>Cook following package directions. Cook just until al dente. Drain and rinse. Spread out onto baking sheet to cool. Toss in a little olive oil. Transfer to a container and refrigerate until ready to eat. →</p>	<p>Drop pasta into boiling water for just a few seconds to reheat and enjoy.</p>	
SUN/MON	<p>General:</p> <p>Look at the week and prep/chop any veggies. Just label and store in the fridge.</p>	<p>For the Avocado Egg Salad Sandwich:</p> <p>Hard boil eggs →</p>	<p>Place 6-8 large eggs in a 2-quart sauce pot. Cover eggs, by inch, with cold water. Set over medium-high heat and bring to a boil. Cover with a lid, remove from heat and set a timer for 12 minutes. Drain and place in ice bath or run under cold water. →</p>	<p>This will make more than you will need for the week. Freeze flat in a freezer bag and break off as needed)</p>	
SUN/MON	<p>Snacks:</p> <ul style="list-style-type: none"> • Cut carrot sticks • Portion nuts for easy grab & go • Measure yogurt and put in containers 				
SUN/MON	<p>Flabread Pizza:</p> <p>Make roasted red pepper sauce for Flatbreads</p>	<p>OTHER TIPS</p> <ul style="list-style-type: none"> • Buy see-through containers so that you can "see" everything in your pantry, fridge and freezer. • ALWAYS label and date your food! Put older foods towards the front so that you eat them first. • Buy pre-cut items if it makes sense for you. Otherwise, pick a prep day or budget time so that you can prep without feeling rushed. • Enlist others to help you. Delegate when necessary. • Don't forget to drink plenty of water throughout the day! 			

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