

A top-down view of a light-colored ceramic bowl filled with a variety of fresh ingredients. On the left, there are halved cherry tomatoes and a portion of white rice. In the center, there are several pieces of pan-fried salmon topped with white and black sesame seeds. To the right, there are sliced cucumbers, shredded carrots, and a small portion of green leafy salad. A small white bowl containing a mix of white and black sesame seeds sits to the right of the main bowl. A glass of yellow liquid is visible in the top left corner. The background is a light grey, textured surface.

# *Busy Lifestyle* Meal Plan

SIMPLE AND COMPLETE  
MEALS FOR PEOPLE  
ON-THE-GO!

# Week 1

## SUNDAY

- B** Acai Bowl With Berries
- L** Shrimp, Spinach, and Strawberry Salad
- D** Balsamic Caprese Stuffed Chicken (save half for tomorrow)

## MONDAY

- B** Egg White Bites (save half to have on Wednesday)
- L** Rainbow Salad
- D** Balsamic Caprese Stuffed Chicken

## TUESDAY

- B** Mango Coconut Protein Smoothie
- L** Rainbow Salad
- D** Three Minute Prep Chili (save half for tomorrow)

## WEDNESDAY

- B** Egg White Bites
- L** Tex-Mex Chili Salad (Make half recipe, and save half for tomorrow)
- D** Three Minute Prep Chili

## THURSDAY

- B** Mango Coconut Protein Smoothie
- L** Tex-Mex Chili Salad
- D** Slow-Cooker Meatballs w/ Lentil Pasta (Make half recipe and save half for tomorrow)

## FRIDAY

- B** Acai Bowl With Berries
- L** Pomegranate Harvest Salad
- D** Slow-Cooker Meatballs w/ Lentil Pasta

## SATURDAY

- B** Poached Egg Tomato Avocado Tower
- L** Pomegranate Harvest Salad
- D** Miso Cod w/ Broccoli (make half of the recipe)

## SHOPPING LIST

### PRODUCE

- 3 cups (80 g) baby spinach
- 8 cups (160 g) arugula
- 1 head romaine lettuce
- 2/3 cup (100 g) cherry tomatoes
- 1/4 cup (14 g) sun dried tomatoes
- 1 package shredded red cabbage
- 1 package shredded carrots
- 1 red bell pepper
- 1 jalapeño pepper
- 1 bundle fresh parsley
- 1 bundle fresh cilantro
- 1 bundle fresh basil
- 1 yellow onion
- 1 tomato
- 1 bundle broccolini
- 3 bananas
- 3/4 cup (112 g) frozen strawberries
- 2 cups (331 g) frozen mangos
- 1/2 cup (74 g) blueberries
- 1/2 cup (72 g) blackberries
- 3 lemons
- 4 avocados
- 1/4 cup (70 g) pomegranate arils

### MEAT, POULTRY, DAIRY

- 8 oz (240 g) mozzarella cheese
- 2 cups (480 g) egg whites
- 3 whole eggs
- 1/4 cup (56 g) cottage cheese
- 1/4 cup (60 g) Greek yogurt
- 1/2 oz (14 g) parmesan cheese (optional)
- 2 oz cheddar cheese
- 6 oz (170 g) cod
- 2 chicken breasts, skinless
- 1 1/4 cup (256 g) canned organic chicken
- 8 oz (227 g) ground chicken
- 8 oz (228 g) ground turkey
- 8 oz (227 g) ground beef, 95% lean
- 4 oz (113 g) cooked shrimp or prawns

### GRAINS, BEANS, NUTS, LEGUMES

- 1 cup (260 g) canned black beans
- 1 cup (256 g) canned kidney beans
- Hemp hearts
- 2 3/4 cup (440 g) brown rice, cooked
- Chia seeds
- 2/3 cup (160 g) almond milk
- Chopped walnuts
- Sunflower seeds
- Sprouted grain bread
- 4 oz (113 g) lentil pasta

### MISCELLANEOUS

- Salt
- Pepper
- Dried oregano
- Dried basil
- Garlic powder
- Taco seasoning
- Paprika
- Chili powder
- Ground cumin
- Everything bagel seasoning
- Olive oil
- Honey
- Granola (paleo brand)
- Panko bread crumbs
- Frozen acai smoothie packet
- 1/4 cup (66 g) tomato paste
- 1 cup (226 g) marinara sauce
- 2 cup (450 g) canned or jarred diced tomatoes
- Vanilla protein powder
- 1 1/2 cup chicken or beef broth
- Dijon mustard
- Apple cider vinegar
- Rice wine vinegar
- Coconut aminos
- Tahini
- Coconut water
- Organic brown rice
- Vanilla protein powder
- Miso paste

# How to Meal Prep Week 1

- If you have not purchased rice that was precooked or frozen, cook the rice and store in the freezer.
- After cooking Egg White Bites on Monday morning, store half in the refrigerator to be had for breakfast on Wednesday.
- Option to prepare Three Minute Prep Chili ahead of time and store in the freezer to be had for dinner on Tuesday and Wednesday.
- On Tuesday, cook the Tex-Mex Chili Salad turkey mixture in the slow cooker to be ready to have for lunch on Wednesday and Thursday.
- Thursday morning, add the meatballs to the slow cooker from the Slow-Cooker Meatballs with Lentil Pasta recipe to be had Thursday and Friday evening for dinner.
- Save half of the dinner meal on Sunday, Tuesday, and Thursday to be had for dinner the following evening.

#### DAILY AVERAGES

Calories: 1445

Carbohydrates: 120 g, Protein: 99 g, Fat: 68 g

# Week 2

## SUNDAY

- B** Fried Tomato Omelette
- L** Rainbow Salad
- D** Easiest Beef Teriyaki (save half for tomorrow)

## MONDAY

- B** Honey Apple Almond Chia Yogurt Bowl
- L** Cottage Cheese Bento
- D** Easiest Beef Teriyaki

## TUESDAY

- B** Salmon Tartine
- L** Cottage Cheese Bento
- D** Bright & Fresh Sheet Pan Dinner (save half for tomorrow)

## WEDNESDAY

- B** Honey Apple Almond Chia Yogurt Bowl
- L** Creamy Matcha Shake and Eggs
- D** Bright & Fresh Sheet Pan Dinner

## THURSDAY

- B** Salmon Tartine
- L** Creamy Matcha Shake and Eggs
- D** Slow-Cooker Meatballs w/ Lentil Pasta (make half recipe and save half for tomorrow)

## FRIDAY

- B** Fried Tomato Omelette
- L** Pesto and Hummus Turkey Roll Ups
- D** Slow-Cooker Meatballs w/ Lentil Pasta

## SATURDAY

- B** Cinnamon Banana Oatmeal
- L** Pesto and Hummus Turkey Roll Ups
- D** Lemon Shrimp Skewers w/ Rice (make half of the recipe)

## SHOPPING LIST

### PRODUCE

- 3 cups (447 g) cherry tomatoes
- 2 cups (40 g) arugula
- 1 head romaine lettuce
- 1 package shredded cabbage
- 1 packed shredded carrot
- 1 red bell pepper
- 1 green bell pepper
- 2 head broccoli (or one packet broccoli florets)
- 1 handful microgreens
- 1 yellow onion
- 4 beets
- 1 bundle asparagus
- 1 bundle fresh parsley
- 1 bundle fresh basil
- 1 cup (123 g) raspberries
- 2 lemons
- 4 apples
- 3 bananas
- 1 jar capers

### MEAT, POULTRY, DAIRY

- 10 eggs
- 2 oz (57 g) goat cheese
- 1 1/2 cups (360 g) Greek yogurt
- 2 cups (452 g) cottage cheese
- 1/4 cup (62 g) ricotta cheese
- 4 oz (120 g) mozzarella cheese
- 1/2 oz (14 g) parmesan cheese (optional)
- 6 oz smoked salmon
- Ghee
- 4 oz (113 g) shrimp/prawns, peeled and deveined
- 8 oz ground beef, 95% lean
- 2/3 cup (140 g) canned organic chicken
- 3/4 lb (340g) chicken thighs, boneless and skinless
- 12 oz (340 g) beef flank
- 6 slices organic turkey deli meat

### GRAINS, BEANS, NUTS, LEGUMES

- Hummus
- Tahini
- Chia seeds
- 1/2 cup (70 g) dry roasted mixed nuts
- 4 cups (960 g) almond milk
- 1/3 cup (36 g) slivered almonds
- 4 oz (113 g) lentil pasta
- 2 sprouted grain wraps
- Hemp hearts
- 4 slices sprouted grain bread
- 1/4 cup (27 g) panko bread crumbs
- 1 1/2 cups (292 g) brown rice, cooked
- 1 cup (158 g) white rice, cooked
- 1/2 cup (78 g) rolled oats

### MISCELLANEOUS

- Salt
- Pepper
- Dried oregano
- Garlic powder
- Dried thyme
- Dried parsley
- Dried basil
- Ground cinnamon
- Pesto sauce (made with olive oil)
- 1 jar pickled onions
- 3 tsp (12 g) matcha powder
- Vanilla protein powder
- Dijon mustard
- 1/4 cup (27 g) panko bread crumbs
- Olive oil
- Avocado oil
- Honey
- Teriyaki sauce (primal kitchen brand)
- 1 cup (226 g) marinara sauce

# How to Meal Prep Week 2

- If you have not purchased rice that was precooked or frozen, cook the rice and store in the freezer.
- Sunday and Tuesday evening, prepare the Honey Apple Almond Chia Yogurt Bowl to be had the following morning for breakfast.
- Tuesday evening (or earlier in the week), cook 4 hardboiled eggs to be had with lunch on Wednesday and Thursday.
- Thursday morning, add the meatballs to the slow cooker from the Slow-Cooker Meatballs with Lentil Pasta recipe to be had Thursday and Friday evening for dinner.
- Save half of the dinner meal on Sunday, Tuesday, and Thursday to be had for dinner the following evening.

#### DAILY AVERAGES

Calories: 1402

Carbohydrates: 122 g, Protein: 99 g, Fat: 60 g

# Week 3

## SUNDAY

- B** Greek Style Omelette
- L** Baked Salmon "Poke" Bowl
- D** Chicken Fried "Rice" (save half for tomorrow)

## MONDAY

- B** Almond Butter Yogurt
- L** Pesto and Hummus Turkey Roll Ups
- D** Chicken Fried "Rice"

## TUESDAY

- B** Honey Apple Almond Chia Yogurt Bowl
- L** Pesto and Hummus Turkey Roll Ups
- D** Vibrant Sausage and Veggie Skillet (save half for tomorrow)

## WEDNESDAY

- B** Almond Butter Yogurt
- L** Pomegranate Harvest Salad
- D** Vibrant Sausage and Veggie Skillet

## THURSDAY

- B** Honey Apple Almond Chia Yogurt Bowl
- L** Pomegranate Harvest Salad
- D** Three Minute Prep Chili (save half for tomorrow)

## FRIDAY

- B** Greek Style Omelette
- L** Turkey Meatballs With a Fresh Salad (save half for tomorrow)
- D** Three Minute Prep Chili

## SATURDAY

- B** Salmon Tartine
- L** Turkey Meatballs With a Fresh Salad
- D** Balsamic Caprese Stuffed Chicken (make half of the recipe)

## SHOPPING LIST

### PRODUCE

- 2 tomatoes
- 1 cucumber
- 1 package shredded carrots
- 1 package shredded red cabbage
- 1/4 cup (30 g) edamame, shelled
- 1 cup (134 g) frozen peas
- 3 scallions/green onions
- 2 heads romaine lettuce
- 1 1/2 cups (224 g) cherry tomatoes
- 1 large head broccoli (or 3 cups/213 g florets)
- 1 red onion
- 4 cups (80 g) arugula
- 2 pears
- 1/2 cup (62 g) raspberries
- 2 red apples
- 1/2 cup (70 g) pomegranate arils
- 1 lemon
- 2 avocados
- 1 bundle fresh basil
- 1 jar pickled onions
- 1 handful microgreens
- 6 baby bella mushrooms
- 2 cups (264 g) riced cauliflower
- 1 tbsp (9 g) capers

### MEAT, POULTRY, DAIRY

- 8 eggs
- 1/2 oz (14g) parmesan cheese
- 3 1/2 cups (840 g) Greek yogurt
- 10 oz (290 g) mozzarella cheese
- 1/8 cup (30 g) ricotta cheese
- 1 chicken breast
- 5 organic chicken sausage links
- 20 oz (567 g) ground chicken
- 12 oz (342 g) ground turkey
- 6 slices organic turkey deli meat
- 4 oz (113 g) canned salmon (or fresh and bake before use)
- 3 oz (85 g) smoked salmon

### GRAINS, BEANS, NUTS, LEGUMES

- Hummus
- 1 cup (260 g) canned black beans
- Sesame seeds
- Almond butter
- Chia seeds
- Sunflower seeds
- Hemp hearts
- 1/4 cup (40 g) almond flour
- 2 slices sprouted grain bread
- 3/4 cup (118 g) cooked white rice (option to buy frozen)
- 3/4 cup (146 g) cooked brown rice (option to buy frozen)
- 1/3 cup (36 g) slivered almonds

### MISCELLANEOUS

- Salt
- Pepper
- Garlic powder
- Onion powder
- Paprika
- Ground cumin
- Taco seasoning
- Cayenne pepper
- Dried oregano
- Dried basil
- Olive oil
- Avocado oil
- Avocado oil mayonnaise
- Honey
- Pesto Sauce (made with olive oil)
- Tzatziki
- Coconut aminos

# How to Meal Prep Week 3

- If you have not purchased rice that was precooked or frozen, cook the rice and store in the freezer.
- On Monday and Wednesday evening, prepare the Honey Apple Chia Yogurt Bowl to be had for breakfast on Tuesday and Wednesday.
- Option to cook the Three Minute Prep Chili ahead of time and store in the freezer, to be had for dinner on Thursday and Friday.
- On Thursday evening, make the turkey meatballs to be had with lunch on Friday and Saturday.
- Save half of the dinner meal on Sunday, Tuesday, and Thursday to be had for dinner the following evening.

#### DAILY AVERAGES

Calories: 1470

Carbohydrates: 92 g, Protein: 95 g, Fat: 84 g

# Week 4

## SUNDAY

- B** Egg White Bites (freeze half to be had on Friday)
- L** Shrimp, Spinach, and Strawberry Salad
- D** Bright & Fresh Sheet Pan Dinner (save half for tomorrow)

## MONDAY

- B** Almond Butter Yogurt
- L** Turkey Meatballs With a Fresh Salad
- D** Bright & Fresh Sheet Pan Dinner

## TUESDAY

- B** Fried Tomato Omelette
- L** Turkey Meatballs With a Fresh Salad
- D** Vibrant Sausage and Veggie Skillet (save half for tomorrow)

## WEDNESDAY

- B** Almond Butter Yogurt
- L** Savory Oatmeal
- D** Vibrant Sausage and Veggie Skillet

## THURSDAY

- B** Fried Tomato Omelette
- L** Savory Oatmeal
- D** Easiest Beef Teriyaki (save half for tomorrow)

## FRIDAY

- B** Egg White Bites
- L** Rainbow Salad
- D** Easiest Beef Teriyaki

## SATURDAY

- B** Cinnamon Banana Oatmeal
- L** Rainbow Salad
- D** Chicken Fried "Rice" (make half of the recipe)

## SHOPPING LIST

### PRODUCE

- 5 cups (140 g) baby spinach
- 4 cups (80 g) arugula
- 1/4 cup (14 g) sun-dried tomatoes
- 4 beets
- 1 bundle asparagus
- 1 head romaine lettuce
- 1 red onion
- 1 tomato
- 1 1/4 cup (62 g) cherry tomatoes
- 2 heads broccoli (or 5 cups/355 g florets)
- 1 package shredded cabbage
- 1 package shredded carrots
- 2 scallions
- 1 red bell pepper
- 1 green bell pepper
- 1/2 cup (67 g) frozen peas
- 1 avocado
- 2/3 cup (96 g) strawberries
- 2 lemons
- 1 1/2 cups (184 g) raspberries
- 1 banana
- 1 cup (132 g) riced cauliflower
- 1 bundle fresh basil
- 1 cup (132 g) riced cauliflower

### MEAT, POULTRY, DAIRY

- 2 cups (480 g) egg whites
- 12 eggs
- 1/4 cup (56 g) cottage cheese, full fat
- 2 cups (480 g) Greek yogurt
- 2 oz (57 g) goat cheese
- 12 oz beef flank
- 4 oz (113 g) cooked shrimp/prawns
- 3/4 lb (340 g) chicken thighs, boneless and skinless
- 12 oz (342 g) ground turkey
- 1 1/4 cup (256 g) canned organic chicken
- 6 oz (170 g) ground chicken

### GRAINS, BEANS, NUTS, LEGUMES

- 1/4 cup (31 g) chopped walnuts
- Almond butter
- Chia seeds
- 1/3 (40 g) almond flour
- Sunflower seeds
- 1 cup (240 g) almond milk
- Hemp hearts
- Tahini
- 1 1/2 cups (292 g) cooked brown rice (option to buy frozen)
- 1/2 cup (78 g) rolled oats
- 1/2 cup (80 g) steel cut oats
- 2 slices sprouted grain bread

### MISCELLANEOUS

- Salt
- Pepper
- Garlic powder
- Dried oregano
- Dried thyme
- Dried parsley
- Cayenne pepper
- Ground cumin
- Onion powder
- Paprika
- Ground cinnamon
- Dijon mustard
- Tzatziki
- Coconut aminos
- Olive oil
- Avocado oil
- Honey
- Teriyaki sauce (prima kitchen brand)

# How to Meal Prep Week 4

- If you have not purchased the rice precooked or frozen, cook the brown rice and store in the freezer.
- Freeze half of the egg white bite recipe, after making this on Sunday morning, to be had for breakfast on Friday.
- On Sunday, cook the turkey meatballs to be had with lunch on Monday and Tuesday.
- On Tuesday evening (or earlier in the week), make six hardboiled eggs to be had with lunch on Wednesday and Thursday.
- Save half of the dinner meal on Sunday, Tuesday, and Thursday to be had for dinner the following evening.

#### DAILY AVERAGES

Calories: 1360

Carbohydrates: 82 g, Protein: 104 g, Fat: 71 g