



Minimal Ingredient Meal Plan

SIMPLIFY HEALTHY EATING
WITH THESE QUICK MEALS

Week 1

SUNDAY

- B** Blueberry Muffins (freeze half for Friday)
- L** Avocado Chicken Salad
- D** Beef and Zucchini Stir Fry (save half for tomorrow)

MONDAY

- B** Apple Cinnamon Cottage Cheese Bowl
- L** Deconstructed Chicken Summer Rolls
- D** Beef and Zucchini Stir Fry

TUESDAY

- B** Mexican Scramble
- L** Deconstructed Chicken Summer Rolls
- D** Chicken and Broccoli Pesto Pasta

WEDNESDAY

- B** Apple Cinnamon Cottage Cheese Bowl
- L** Slow Cooker Butternut Squash Soup (save half for tomorrow)
- D** Chicken and Broccoli Pesto Pasta (save half for tomorrow)

THURSDAY

- B** Mexican Scramble
- L** Slow Cooker Butternut Squash Soup
- D** Crab Cakes & Arugula Salad

FRIDAY

- B** Blueberry Muffins
- L** Everything But The Bagel Dip
- D** Crab Cakes & Arugula Salad (save half for tomorrow)

SATURDAY

- B** Fajita Style Breakfast Burrito
- L** Everything But The Bagel Dip
- D** Lemon Ricotta & Broccoli Soup (make half recipe)

SHOPPING LIST

PRODUCE

- 1 red onion
- 2 yellow onions
- 2 zucchini
- 3 cloves garlic
- 1 head butter lettuce
- 3 cups (60 g) arugula
- 1 head kale
- 2 scallions/green onion
- 1 1/2 cup (128 g) broccoli slaw/shredded broccoli
- 1 red bell pepper
- 2 green bell peppers
- 2 heads broccoli
- 1 butternut squash
- 2 cucumbers
- 1 cup (148 g) blueberries
- 1 avocado
- 2 red apples
- 2 lemons
- 2 clementines
- 4 tbsp (64 g) pico de gallo

MEAT, POULTRY, DAIRY

- 10 eggs
- 2 cups (480 g) plain Greek yogurt
- 1/2 cup (114 g) vanilla Greek yogurt
- 2 cups (450 g) cottage cheese
- 1/2 cup (115 g) sour cream
- 1/2 cup (124 g) ricotta cheese
- 1 jar ghee
- 1 rotisserie chicken (or one whole chicken to bake at home)
- 2 chicken breasts
- 2 oz (57 g) ground beef, 95% lean
- 12 oz (345 g) lump crab meat
- 12 oz (340 g) beef tenderloin

GRAINS, BEANS, NUTS, LEGUMES

- 1 cup (260 g) canned black beans
- 1/4 cup (31 g) chopped walnuts
- Whole wheat flour (or substitute with almond flour)
- 3/4 cup (146 g) brown rice
- 6 oz (170 g) lentil pasta
- 1 small loaf sour dough bread
- Almond flour crackers
- 1 sprouted grain wrap

MISCELLANEOUS

- Olive oil
- Avocado oil
- Salt
- Pepper
- Salt, pepper, and garlic seasoning
- Cinnamon
- Old Bay seasoning
- Everything but the bagel seasoning
- Green goddess dressing (Primal Kitchen)
- No sugar added BBQ sauce (Primal Kitchen)
- Pesto sauce (made with olive oil)
- 3 cups (720 g) chicken broth
- 1 cup (240 g) bone broth
- Coconut aminos
- Baking powder
- Whole wheat flour
- Unsweetened apple sauce

How to Meal Prep Week 1

- Remove the skin and separate the chicken meat from the rotisserie or cooked whole chicken.
- Start the slow cooker for Slow Cooker Butternut Squash Soup on Tuesday (needs 8 hours to cook). Finish the soup and store it in the refrigerator for lunch on Wednesday and Thursday.
- Option to pre-cut vegetables at the beginning of the week: cut broccoli into florets, slice yellow onions, dice red onions, and dice butternut squash.
- Save half of the recipe for dinner meals on Sunday, Tuesday, and Thursday to be used as leftovers the following day.

DAILY AVERAGES

Calories: 1,285

Carbohydrates: 113 g, Protein: 93 g, Fat: 55 g

Week 2

SUNDAY

- B** Coco Protein Balls (freeze half for Friday)
- L** Chickpea Hemp Salad
- D** Grilled Chicken & Vegetable Skewers (save half for tomorrow)

MONDAY

- B** Salsa and Egg Whites
- L** Classic Chili (save half for tomorrow)
- D** Grilled Chicken & Vegetable Skewers

TUESDAY

- B** Strawberry Cherry Smoothie
- L** Classic Chili
- D** Roasted Chicken, Brussel Sprouts and Apples (double recipe and save half for tomorrow)

WEDNESDAY

- B** Salsa and Egg Whites
- L** Smoked Salmon Cobb Salad
- D** Roasted Chicken, Brussel Sprouts and Apples

THURSDAY

- B** Strawberry Cherry Smoothie
- L** Smoked Salmon Cobb Salad
- D** Beef and Zucchini Stir Fry (save half for tomorrow)

FRIDAY

- B** Coco Protein Balls
- L** Tarragon Chicken Salad (save half for tomorrow)
- D** Beef and Zucchini Stir Fry

SATURDAY

- B** Sweet Potato and Black Bean Breakfast Hash
- L** Tarragon Chicken Salad
- D** Miso Ramen w/ Tofu

SHOPPING LIST

PRODUCE

- 1 yellow onion
- 1 large head broccoli
- 4 cups (352 g) brussels sprouts
- 1-2 heads romaine lettuce
- 2 cups (85 g) baby spinach
- 2 zucchini
- 3 cloves garlic
- 1 sweet potato
- 1 scallion/green onion
- 1 bundle fresh tarragon
- 1 banana
- 2 avocados
- 1 cantaloupe
- 2/3 cup (96 g) strawberries (option to buy frozen)
- 1 cup (259 g) frozen cherries
- 2 red apples
- 1 lemon

MEAT, POULTRY, DAIRY

- 10 egg whites (400 g)
- 6 whole eggs
- 1 1/2 cup (360 g) plain Greek yogurt
- 1 cup (180 g) coconut milk yogurt
- 3 chicken breasts, boneless and skinless
- 12 oz (340 g) chicken thighs, boneless and skinless
- 1 rotisserie chicken
- 8 oz (227 g) ground beef, 95% lean
- 4 oz (113 g) smoked salmon
- 4 slices turkey bacon
- 12 oz (340 g) beef tenderloin

GRAINS, BEANS, NUTS, LEGUMES

- 3/4 cup (188 g) canned chickpeas
- 1 1/2 cup (390 g) black beans
- 1 cup (240 g) almond milk
- 1 cup (80 g) rolled oats
- 1/3 cup (36 g) slivered almonds
- Almond butter
- Chia seeds
- Hemp seeds
- 1 1/4 cup (230 g) brown rice
- 1/2 package (195 g) ramen noodles
- 2 oz (57 g) tofu

MISCELLANEOUS

- Olive oil
- Avocado oil
- Coconut oil
- Salt
- Pepper
- Cinnamon
- Adobo seasoning
- No sugar added BBQ sauce (Primal Kitchen)
- 3 cups (720 g) miso broth
- 1 can diced tomatoes with green chilis (or 2 tomatoes a 1 green chili to dice)
- 1 can fire roasted tomatoes
- Salsa
- Chocolate protein powder
- Red wine vinegar

How to Meal Prep Week 2

- Cook chili on Sunday to have it for lunch on Monday and Tuesday.
- Option to precook brown rice for the week (it can be stored in the freezer) to be served with dinner on Sunday, Monday, Thursday, and Friday.
- Remove the skin and separate the chicken meat from the rotisserie or cooked whole chicken.
- Cook two hard-boiled eggs and 4 slices of turkey bacon on Tuesday evening to have with lunch on Wednesday and Thursday.
- Save half of the recipe for dinner meals on Sunday, Tuesday, and Thursday to have as leftovers the following day.

DAILY AVERAGES

Calories: 1,283

Carbohydrates: 105 g, Protein: 100 g, Fat: 55 g

Week 3

SUNDAY

- B** Blueberry Muffins (freeze half for Friday)
- L** Smoked Salmon Cobb Salad
- D** Chicken Meatballs (save half for tomorrow)

MONDAY

- B** Granola and Yogurt Bowl
- L** Tarragon Chicken Salad (save half for tomorrow)
- D** Chicken Meatballs

TUESDAY

- B** Radiant Bliss Smoothie
- L** Tarragon Chicken Salad
- D** Fajita bowl (save half for tomorrow)

WEDNESDAY

- B** Granola and Yogurt Bowl
- L** Take to Go Lunch
- D** Fajita bowl

THURSDAY

- B** Radiant Bliss Smoothie
- L** Take to Go Lunch
- D** Jerk Shrimp Tacos w/ Cabbage Slaw (double the recipe and save half for tomorrow)

FRIDAY

- B** Blueberry Muffins
- L** Classic Chili (save half for tomorrow)
- D** Jerk Shrimp Tacos w/ Cabbage Slaw

SATURDAY

- B** Sweet Potato and Black Bean Breakfast Hash
- L** Classic Chili
- D** Miso Ramen w/ Tofu

SHOPPING LIST

PRODUCE

- 1 head romaine lettuce
- 2 yellow onions
- 2 red bell peppers
- 1/2 cup (123 g) baby carrots
- Shredded cabbage/slaw mix
- 4 sweet potatoes
- 1 scallion/green onion
- 1 bundle fresh tarragon
- 1 jar kalamata olives
- 1 cup (148 g) blueberries
- 1/2 cup (62 g) raspberries
- 1 lemon
- 2 green apples
- 1 cup (245 g) frozen pineapple
- 1 honey dew melon
- 1 avocado

MEAT, POULTRY, DAIRY

- 9 eggs
- 3 cups (720 g) Greek yogurt
- 1/2 cup (114 g) vanilla Greek yogurt
- 1 cup (180g) coconut milk yogurt
- 1 rotisserie chicken (or whole chicken to cook at home)
- Ghee
- 3 chicken breasts
- 12 oz (340 g) ground chicken
- 8 oz (227 g) ground beef, 95% lean
- 2 oz (57 g) smoked salmon
- 8 oz (227) shrimp, peeled and deveined
- 2 slices turkey bacon

GRAINS, BEANS, NUTS, LEGUMES

- Hummus
- 1 1/2 cups (380 g) canned black beans
- 2 oz (57 g) tofu
- Chia seeds
- Almond butter
- 1/3 cup (36 g) slivered almonds
- Whole wheat flour (or substitute with almond flour)
- Arrowroot flour
- 1/2 cup (92 g) brown rice
- 1/2 package (195 g) ramen noodles

MISCELLANEOUS

- Olive oil
- Avocado oil
- Coconut oil
- Salt
- Pepper
- Garlic powder
- Fajita seasoning
- Jerk seasoning
- Unsweetened apple sauce
- Paleo granola
- 1 can diced tomatoes with green chilis (or 2 tomatoes + 1 green chili to dice)
- 1 can fire roasted tomatoes
- Baking powder
- 4 corn tortillas
- 3 cups (720 g) miso ginger broth

How to Meal Prep Week 3

- Remove the skin and separate the chicken meat from the rotisserie or cooked whole chicken.
- Option to precook brown rice (which can be stored in the freezer) to have with dinner on Tuesday and Wednesday.
- Cook four hard-boiled eggs earlier in the week to have with lunch on Wednesday and Thursday.
- Cook chili on Thursday (or earlier in the week and store it in the freezer) to have for lunch on Friday and Saturday.
- Save half of the recipe for dinner meals on Sunday, Tuesday, and Thursday to have as leftovers the following day.

DAILY AVERAGES

Calories: 1,274

Carbohydrates: 117 g, Protein: 82 g, Fat: 55 g

Week 4

SUNDAY

- B** Salsa and Egg Whites
- L** Deconstructed Chicken Summer Rolls
- D** Crab Cakes & Arugula Salad (save half for tomorrow)

MONDAY

- B** Granola and Yogurt Bowl
- L** Avocado Chicken Salad
- D** Crab Cakes & Arugula Salad

TUESDAY

- B** Coco Protein Balls (save half for Thursday)
- L** Avocado Chicken Salad
- D** Fajita bowl (save half for tomorrow)

WEDNESDAY

- B** Granola and Yogurt Bowl
- L** Everything But The Bagel Dip
- D** Fajita bowl

THURSDAY

- B** Coco Protein Balls
- L** Everything But The Bagel Dip
- D** Grilled Chicken & Vegetable Skewers (save half for tomorrow)

FRIDAY

- B** Salsa and Egg Whites
- L** Chicken Caesar Pasta Salad (make double recipe and save half for tomorrow)
- D** Grilled Chicken & Vegetable Skewers

SATURDAY

- B** Fajita Style Breakfast Burrito
- L** Chicken Caesar Pasta Salad
- D** Jerk Shrimp Tacos w/ Cabbage Slaw

SHOPPING LIST

PRODUCE

- 1 head bibb lettuce
- 1 head kale
- 5 cups (100 g) arugula
- 1 scallion/green onion
- 3/4 cup (64 g) broccoli slaw or shredded broccoli
- 1 red onion
- 2 yellow onions
- 2 red bell peppers
- 1 green bell pepper
- 2 cucumbers
- 1 large head broccoli
- Shredded cabbage/slaw
- 2-3 avocados
- 1 cantaloupe
- 2 lemons
- 1/2 cup (62 g) raspberries
- 1 banana
- 2 clementines

MEAT, POULTRY, DAIRY

- 10 egg whites (400 g)
- 3 whole eggs
- 4 1/4 (1020 g) Greek yogurt
- 1/2 oz (14 g) parmesan cheese
- 1 rotisserie chicken (or whole chicken to cook at home)
- Ghee
- 7 chicken breasts, boneless and skinless
- 2 oz (57 g) ground beef, 95 % lean
- 12 oz (345 g) lump crab meat
- 4 oz (113 g) shrimp, peeled and deveined

GRAINS, BEANS, NUTS, LEGUMES

- Chia seeds
- Almond butter
- 1 cup (80 g) rolled oats
- 6 oz (170 g) chickpea pasta
- 1 cup (185 g) brown rice
- Almond flour crackers
- 1 sprouted grain wrap

MISCELLANEOUS

- Olive oil
- Avocado oil
- Salt
- Pepper
- Old Bay seasoning
- Fajita seasoning
- Everything but the bagel seasoning
- Adobo seasoning
- Jerk seasoning
- No sugar added BBQ sauce (Primal Kitchen)
- Green goddess dressing (Primal Kitchen)
- Caesar dressing (Primal Kitchen)
- Chocolate protein powder
- 2 corn tortillas
- Salsa
- Paleo granola

How to Meal Prep Week 4

- Remove the skin and separate the chicken meat from the rotisserie or cooked whole chicken.
- Option to precook brown rice (which can be stored in the freezer) to have with dinner on Tuesday, Wednesday, Thursday, and Friday.
- On Thursday evening, make Chicken Caesar Pasta Salad to have for dinner on Friday and Saturday.
- Save half of the recipe for dinner meals on Sunday, Tuesday, and Thursday to have as leftovers the following day.

DAILY AVERAGES

Calories: 1,357

Carbohydrates: 105 g, Protein: 99 g, Fat: 63 g