

Weekday Meal Prep Planner

****The trick is to repeat things and mix and match so you can prep it all ahead of time and then just grab & go on the day of.****

MONDAY

Breakfast	Overnight Oats & fruit
Lunch	Taco Salad
Snack	1-2 Hard Boiled Eggs, Carrots, & Hummus
Dinner	Grilled Chicken, Brown Rice, Broccoli & peanut sauce

TUESDAY

Breakfast	Protein Berry Green Smoothie
Lunch	Make Ahead Kale Cobb Salad
Snack	Fruit and Greek Yogurt
Dinner	Taco Bowl (Ground Turkey, Beef, or Chicken, Black Beans, Brown Rice)

WEDNESDAY

Breakfast	Overnight Oats & fruit
Lunch	Taco Salad
Snack	1-2 Hard Boiled Eggs, Carrots, & Hummus
Dinner	Grilled Chicken, Brown Rice, Broccoli & peanut sauce

THURSDAY

Breakfast	Protein Berry Green Smoothie
Lunch	Make Ahead Kale Cobb Salad
Snack	Fruit and Greek Yogurt
Dinner	Taco Bowl (Ground Turkey, Beef, or Chicken, Black Beans, Brown Rice)

FRIDAY

Breakfast	Overnight Oats & fruit
Lunch	Taco Salad
Snack	1-2 Hard Boiled Eggs, Carrots, & Hummus
Dinner	Grilled Chicken, Brown Rice, Broccoli & peanut sauce

WEEKEND: USE UP LEFTOVERS

RECIPES

Overnight Oats with Chia Seeds

<https://downshiftology.com/recipes/overnight-oats/>

Berry Green Smoothie

<https://simplegreensmoothies.com/blueberry-spinach-smoothie>

Peanut sauce

<https://minimalistbaker.com/5-ingredient-peanut-sauce/>

SHOPPING LIST

1 lb ground turkey or beef
Avocado
Sour cream
Shredded cheddar cheese
1 can black beans
Brown rice
1 lb chicken breasts or boneless skinless chicken thighs
1 16oz bag of broccoli florets
1 package of bacon or turkey bacon
1 dozen eggs
1 romaine lettuce
1 head of kale
Whole rolled oats
Chia seeds
Milk of choice
Hummus
Greek yogurt (large carton, plain)
1 bag of baby spinach
1 bag frozen blueberries or mixed berries
Blueberries
Raspberries or strawberries
Bananas
Peanut butter
Chili garlic sauce
Maple syrup
Limes
Soy sauce or tamari
Cinnamon
Chopped almonds
Protein powder of choice
Taco seasoning
Salad dressing of choice
Red /purple onion
Cucumber
Grape tomatoes
Baby carrots
Salsa (optional)

EQUIPMENT NEEDED

Meal Prep containers or storage containers
Small jars
Smoothie vessels
Frying pan
Utensils
Grill (optional)
Cutting board
Knives
Blender

Meal Prep Instructions

This meal prep can easily be done in a couple of hours or less on a weekend afternoon. When you meal plan on your own in the future, be sure to choose recipes that are equally simple. Note, we do not go into detail about how to cook things.

Step 1

Cook the following in your preferred method: Seasoned chicken breast, bacon, and taco meat (add taco seasoning to ground meat.). Cook brown rice. Hard boil 6 eggs. Chop lettuce, cucumber, tomatoes, and kale and quickly squeeze/massage the kale to soften it up a bit.



Step 2

Make peanut sauce. Prep small containers of sauce: peanut sauce, salad dressing, salsa. Peel bananas and measure out fruit/veggie ingredients into individual plastic baggies to freeze for easy smoothie prep later.

Step 3

Portion meals into individual containers or store ingredients and assemble them as needed. Only you know how much food you like or need to eat, so we won't indicate portion sizes here. Adjust how much you make as needed for your individual needs. Use the following guides for what goes in each meal:

Kale Cobb salads get the following

Kale (you can use regular lettuce if you prefer), chopped chicken, 1-2 pieces of bacon chopped, 1 chopped hard boiled egg, cucumber, red onion, & tomatoes. Add avocado & dressing the day of.

Taco Salads get the following

Taco meat, lettuce, black beans, cheese, sour cream, salsa, tomatoes. Add avocado the day of.

Chicken & Brown Rice Bowls get the following

Chicken, broccoli (raw if planning to microwave, pre-steamed if planning to eat cold), Brown rice, and peanut sauce for drizzling on top.

Taco Bowls get the following

Brown Rice, black beans, taco meat, lettuce (optional), tomatoes, cheese, salsa, sour cream. Add avocado the day of.

Smoothie prep includes

Add 1 baggie of prepped fruit & veg to ice, liquid, and protein powder and blend.

Overnight Oats prep

Measure all ingredients except fruit into a jar or container. Mix, add fruit & nut toppings last, and refrigerate.

Snack assembly

Use smaller containers to place hard boiled eggs, hummus and carrots in or fruit, yogurt, and any other toppings you want.

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	Lunch	
	Snack	
	Dinner	
TUESDAY	Breakfast	
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	Snack	
	Dinner	
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	Snack	
	Dinner	
THURSDAY	Breakfast	
	Lunch	
	Snack	
	Dinner	
FRIDAY	Breakfast	
	Lunch	
	Snack	
	Dinner	

SHOPPING LIST

[illegible]

EQUIPMENT NEEDED

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