



7 Day Meal Plan

MONDAY

Breakfast: Steak & Onion Frittata/Greens/Fruit

Lunch: Chicken Breast with Zucchini & Squash Skillet/Brown Rice

Dinner: Garlic Steak Bites with Broccoli & Sweet Potatoes

TUESDAY

Breakfast: Protein Oatmeal/Real Oatmeal for kids/ Fruit

Lunch: Turkey Meatballs with Tomato Salad and sweet potato

Dinner: Stuffed Sundried Tomato Chicken with Green Beans

WEDNESDAY

Breakfast:Steak & Onion Frittata/Greens/Fruit

Lunch: Deli Meat Lettuce Wraps with sweet potato fries

Dinner: Beef Burrito Bowls

THURSDAY

Breakfast: Eggs & Toast

Lunch: Turkey Meatballs with Tomato Salad and sweet potato

Dinner: Asian Beef Lettuce Wraps/ Add Brown Rice

FRIDAY

Breakfast:Protein Oatmeal/Real Oatmeal for kids/ Fruit

Lunch: Chicken Breast with sweet potato and tomato salad

Dinner: Chicken Feta Burgers with Side Salad

SATURDAY

Breakfast: Eggs & Cauliflower Grit Bowl

Lunch: Deli Meat Lettuce Wraps with sweet potato fries

Dinner: Cajun Shrimp Foil Packets/ Add Brown Rice

SUNDAY

Breakfast: Protein Oatmeal/Real Oatmeal for kids/ Fruit

Lunch: Sausage & Brussel Sprout Skillet

Dinner: Treat Meal: Taco Cauliflower Pizza/Michelob Ultra Beer

SNACKS

- Sour Frozen Candy Grapes
- Rice Cakes with Peanut Butter
- Fruit/Chomps Beef Stick
- Protein Shakes
- Protein Cookies
- Fruit and Greek Yogurt
- Apples with Peanut Butter
- Hard-boiled Eggs

ITEMS PREPPED

- Chicken Breast
- Turkey Meatballs
- Sweet Potatoes
- Green Beans
- Sliced Fruit
- Hard-boiled eggs
- Brown Rice

Notes

Grocery List



Fruits and Veggies

Meats and Frozen

Bread and Baked Goods

Canned Goods

Miscellaneous
