

Recipe List

Weekly Meal Plan #2

BREAKFAST

Blueberry Steel Cut Oatmeal Pucks  

Broccoli Egg Cups by The Natural Nuture     

Acai Bowls    

LUNCH

Leftovers with Salad & Roasted Veggies    

Leftovers Rice Bowl with Roasted Veggies   

DINNER

Sweet Potato & Black Bean Quinoa Bake   

Chicken Tacos   or Lettuce Wraps   

Veggie-Loaded Pasta with Ground Beef & Marinara  

Ground Beef, Green Bean & Bell Pepper Stir Fry    

Shrimp Jambalaya by 40 Aprons   

Frozen Pizza & Salad (or Eat Out!)

BBQ Chicken, Sweet Potatoes & Brussels Sprouts   

weekly Meal Planner

BREAKFAST

LUNCH

DINNER

Oatmeal (GF, V)	Shredded Chicken Salad with roasted broccoli	Sweet Potato & Black Bean Quinoa Bake (GF, V)
Broccoli Egg Cups (GF, P, W, V)	Leftovers	Chicken Tacos (GF)
Acai Bowls (GF, P, V)	Leftovers	Veggie-Loaded Pasta with Ground Beef & Marinara (GF)
Broccoli Egg Cups (GF, P, W, V)	Leftovers	Ground Beef, Green Bean & Bell Pepper Stir Fry (GF, P, W)
Acai Bowls (GF, P, V)	Leftovers	Shrimp Jambalaya (GF, P, W)
Broccoli Egg Cups (GF, P, W, V)	Leftovers	Frozen Pizza & Salad (or Eat Out!)
Leftover Breakfast Items	Leftovers	BBQ Chicken, Sweet Potatoes & Brussels Sprouts (GF, P, W, K)

Grocery List

PRODUCE

Broccoli Egg Cups

1/2 cup diced yellow onion
3 cups chopped broccoli florets (about 1/2-1lb)

Acai Bowls

Bananas & Fruit for acai bowls

Sweet Potato Quinoa Bake

4 cups sweet potatoes (cubed)
1/2 cup green onions

Veggie Marinara

1 green bell pepper
carrots (1 cup shredded)

Jambalaya

4 cloves garlic, minced
1 red bell pepper
1 green bell pepper
1 celery stick
1/2 onion
5 cups cauliflower rice

Beef Stir Fry

1lb green beans
2 red bell peppers
4 cloves garlic
1 lime
basil, 1 small package/bunch

Cauliflower Fried Rice

24 oz cauliflower (1 med head)

Sides & Snacks

Carrots
1lb Brussels sprouts
1lb Broccoli
Avocado (Optional for tacos)
Tomato (Optional for tacos/salads)
Lettuce (for tacos/salads)

DRY GOODS

Breakfast Items

Rolled oats or steel cut oats
Almond milk for oatmeal & acai bowls

Shredded Chicken

4 cups chicken broth
Tortillas (optional for tacos)

Sweet Potato Quinoa Bake

1 can black beans (or homemade)
2 cups vegetable broth (or chicken)
1 cup uncooked quinoa

Jambalaya

2 - 14.5oz. cans fire roasted tomatoes
1 cup chicken broth

Veggie Pasta

28oz or more of Marinara
8 oz. Gluten Free Pasta

Stir Fry

Coconut aminos (or soy sauce)
Fish sauce
Coconut oil

Cauliflower Fried Rice

Sesame oil
Coconut aminos (or soy sauce)

Optional items

Dressings for lunch salads or bowls
Salsa (for tacos)
Chips

MEAT + SEAFOOD

Broccoli Egg Cups

12 oz bacon

Chicken Tacos, Salad, & Bowls

3lbs chicken breasts, boneless skinless

Jambalaya

1lb. chicken sausage links
1lb medium raw shrimp (can sub shredded chicken)

Stir Fry & Pasta

3lb Ground beef
(1.5lb for stir fry, 1.5lb for pasta)

FROZEN

Breakfast Items

Acai puree
Frozen fruit for oatmeal and acai bowls

Sweet Potato Quinoa Bake

1 cup corn

Cauliflower Fried Rice

1/2 cup frozen peas and carrots

DAIRY

14 large eggs for recipes as listed
Extra eggs for breakfast & snacks

Optional

Cheese for tacos, salads, & snacks
Yogurt for breakfast

Produce Prep

Pro Tip: Store prepped produce in the same container that you will store the finished meal!

PRODUCE (PREP AHEAD OF TIME)

Broccoli Egg Cups:

- Rinse & chop broccoli florets

Lunch Salads & Bowls:

- Prep lettuce for salads
- Chop any other toppings that you plan to have (tomatoes, olives, cucumber, etc.)

Veggies for Roasting:

- Rinse & trim brussels sprouts
- Wash, peel & cube sweet potatoes
- Chop any other veggies that you plan to roast

Quinoa Bake:

- 4 cups of 1/2 cubes of sweet potatoes
- Chop 1/2 cup green onions (optional)

Chicken Tacos:

- Dice tomatoes, lettuce, onions, or any other toppings for tacos

Veggie Marinara & Pasta:

- Homemade Taco Seasoning
- Peel & shred carrots (1 cup)
- Chop any other veggies to add to marinara

Ground Beef Stir Fry:

- Slice 2 red bell peppers
- Rinse & trim green beans
- Mince 4 garlic cloves

Shrimp Jambalaya:

- Chop 1 green bell & 1 red bell peppers
- Dice 1/2 onion
- Mince 4 cloves of garlic
- Slice sausage links

Snacks:

- Wash, peel, & chop carrots for snacking (boil in water to soften for young kids)
- Chop any additional produce that can be prepped ahead of time for snacks.

Meal Prep

Pro Tip: Pull out all of your ingredients, open all of your recipes, and play some favorite music!

SETUP YOUR COOKING SUPPLIES

Oatmeal:

- Saucepan
- 1/2 cup

Broccoli Egg Cups:

- Silicone Muffin Liners
- Muffin tin
- 1/2 cup
- Large skillet
- Large bowl
- Whisk

Quinoa Bake:

- 9x13 Casserole Dish
- Colander (to drain & rinse beans)
- 1/2 teaspoon
- 1/2 cup

Chicken Tacos:

- Crockpot or Large Pot
- 1/2 teaspoon

Veggie Marinara & Pasta:

- Large Pot for pasta
- Colander
- Medium saucepan for sauce
- Large skillet (if cooking meat)

Ground Beef Stir Fry:

- Large Skillet
- Wooden spoon
- 1 cup or 1/2 cup
- 1 tablespoon
- 1/2 teaspoon

Shrimp Jambalaya:

- Large Pot
- 1/2 tablespoon
- 1/2 teaspoon
- 1 cup or 1/2 cup
- 1/8 tsp (optional for cayenne)

Roasted Veggies:

- Large baking sheet(s)
- Parchment paper

Click here for my meal prepping essentials!

Meal Prep

These instructions depend on your produce being prepped ahead of time.

SETUP YOUR COOKING SUPPLIES

CROCKPOT

Shredded Chicken

1. Place chicken in crockpot, cover with chicken broth and/or water, salt, pepper, & other seasonings of choice (garlic powder & onion powder are great!) Cook on high for 3-4 hours until cooked throughout & shreds easily.

Preheat oven to 375F

Quinoa Bake (1 hour):

Rinse quinoa

OVEN

Follow recipe and add all ingredients to a greased 9x13 casserole dish, cover with tin foil. Bake for 45 minutes. (after 45 minutes, remove foil and bake 15-20 minutes until most liquid is absorbed & potatoes are tender.

Broccoli Egg Cups (35 minutes):

In large skillet, cook chopped bacon, onions, and broccoli according to recipe

In large bowl, whisk eggs. Add together then portion into lined muffin tin.

Bake 20-25 minutes.

****Reminder: Did you check your Quinoa Bake at 45 minutes and remove the foil?**

Roasted Veggies (30 minutes):

Preheat oven to 400F

Toss veggies in oil (and balsamic vinegar for brussels sprouts) and desired seasonings

STOVETOP

Oatmeal (20 minutes):

Start oatmeal in a medium sized saucepan. After adding the oats to boiling water, I let it cook on medium for 10-20 minutes for a softer, creamier texture.

You want to let this cool prior to freezing as well.

Shrimp Jambalaya (45 minutes):

Slice chicken sausage links.

Start Jambalaya in large pot.

While this simmers for 25-35 minutes, start the Ground Beef Stir Fry:

Ground Beef Stir Fry (30 minutes):

Start Stir Fry in large skillet (use the same one from the bacon!)

****If serving steamed rice, you can start this now. Use the same pot as the Oatmeal!***

Veggie Marinara & Pasta (20 minutes)

*****I saved this for last because if you run out of time, it is easy to make at dinnertime***

Use large pot from Jambalaya and/or saucepan from oatmeal/rice