



INDIVIDUAL MEAL PLANNING GUIDE

Stay on track, eat seasonally, and save time with
this dinner guide.





INTRODUCTION

One tough part about healthy eating is having to cook...especially just for yourself. After a long day at work, you might find it tempting to meet your girlfriends for a quick dinner out or pick up takeout on your way home. When cooking alone, it seems underwhelming to spend time cooking a delicious meal with no one to share it with. However, eating out every day is undeniably unhealthy and expensive.

You might also lack imagination when it comes to the kitchen and end up cooking the same pasta or throwing together a simple salad that you've had many times before. That's why it's so important to plan out your meals. Meal planning is crucial when it comes to eating healthy, and it also makes cooking at home a little bit easier! At the start of each week, I plan out most of my meals for each day, then hit the store with an ingredients list. What's even better? Many dinners can be revamped as a delicious lunch for the next day.

DAY 1



BREAKFAST

Breakfast Scramble Salad



LUNCH

Pesto Tomato Arugula Panini



DINNER

Chicken Lettuce Wraps



SNACKS

Energy Bites

DAY 2



BREAKFAST

Refrigerator Oatmeal



LUNCH

Mediterranean Arugula Salad



DINNER

Pasta Fagioli



SNACKS

Light Avocado Dip + veggies

DAY 3



BREAKFAST

Open-Faced Egg Sandwich



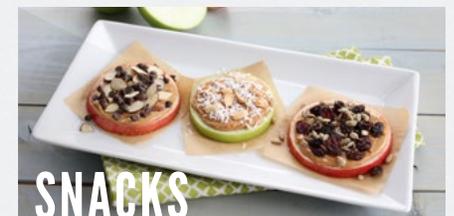
LUNCH

Berry Kale Salad



DINNER

Southwest Chicken Veggie Pitas



SNACKS

Apple Pizzas

GROCERY LIST

Fresh Produce

- Apple
- Arugula (5 cups)
- Avocado (2¼)
- Basil, fresh (3 cups)
- Berries (½ cup)
- Blueberries (½ cups)
- Carrots (2 cups, chopped)
- Celery (2 cups, chopped)
- Fresh cilantro (½ cup)
- Fresh ginger
- Garlic (1 clove)
- Grapes (½ cup)
- Green onions (1 large bunch)
- Iceberg lettuce
- Kale (4 cups)
- Lemon
- Leafy greens (2 cups)
- Limes (2)

- Red bell peppers (3)
- Romaine lettuce (5 cups)
- Spinach (2 cups)
- Sweet potato (¼)
- Tomato (2½)
- White onions (2)
- Zucchini (3)

Canned Goods

- Black beans, low sodium (15 ounces)
- Cannellini beans (15 ounces)
- Chicken broth (1 cup)
- Corn (15 ounces)
- Garbanzo beans, unsalted (15 ounces)
- Kalamata olives
- Tomatoes, diced, no salt added (30 ounces)

Grains

- Couscous (¼ cup)
- Pita pockets (4–8)

- Quinoa (¼ cup)
- Whole wheat bread (3 slices)
- Whole wheat pasta (1 cup)

Dairy

- Eggs (3)
- Greek yogurt, plain, nonfat (½ cup)
- Greek yogurt, flavor of your choice, nonfat (½ cup)
- Havarti cheese (1 ounce)
- Milk of choice (½ cup)
- Parmesan cheese, grated (¾ cup)

Meat, Poultry, and Fish

- Ground chicken or chicken breast (1 pound)
- Italian sausage (1 pound)

Baking, Bulk, and Snack

- Balsamic vinegar (1¼ Tablespoons)
- Chia seeds (3½ Tablespoons)

Baking, Bulk, and Snack continued

Baking, Bulk, and Snack *(continued)*

- Chopped peanuts (optional topping)
- Coconut, unsweetened ($\frac{2}{3}$ cup)
- Dijon mustard (1 tablespoon)
- Flaxseeds, ground ($\frac{1}{2}$ cup)
- Honey ($\frac{1}{2}$ cup)
- Mini chocolate chips ($\frac{1}{2}$ cup)
- Nut butter, recommend peanut (1 cup)
- Old-fashioned oats ($\frac{1}{3}$ cup)
- Olive oil (1 cup)
- Pinenuts ($\frac{1}{4}$ cup)
- Pistachios ($\frac{1}{2}$ ounce)
- Quick oats (1 cup)
- Raisins (optional topping)
- Red wine vinegar (3 Tablespoons)
- Sugar (1 teaspoon)
- Vanilla extract (1 teaspoon)
- Sesame oil (2 teaspoons)
- Soy sauce, low sodium (3 Tablespoons)
- Sriracha (1 teaspoon)

Spices and Seasonings

- Cayenne pepper ($\frac{3}{4}$ teaspoon)
- Crushed red pepper ($\frac{1}{2}$ teaspoon)
- Cumin ($2\frac{1}{4}$ teaspoons)
- Garlic powder (8 teaspoons)
- Italian seasoning (2 teaspoons)
- Oregano (1 teaspoon)
- Pepper
- Salt

Staple Foods and Condiments

- Hoisin sauce (2 Tablespoons)
- Rice vinegar (2 Tablespoons)
- Salsa (optional)





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Breakfast Scramble Salad

🔥 240 🍗 16g 🍞 15g 💧 14g

Salad isn't just for lunch and dinner anymore! Sweet potatoes give this dish a boost of vitamin A, while the bell peppers and onions provide flavor, volume, and fiber to fill you up. As you cook your eggs, keep the yolks soft, so they can drip over your salad like a dressing. It'll taste just like a classic breakfast scramble. You can also top this dish with a little bit of salsa to spice it up!

Ingredients

- *¼ medium sweet potato, peeled and chopped*
- *¼ large red bell pepper, chopped*
- *2 medium green onions, diced*
- *⅛ teaspoon salt*
- *¼ teaspoon fresh black pepper*
- *1½ cups leafy greens*
- *2 fried eggs (recommended soft, so yolks act like a dressing)*
- *2 Tablespoons salsa (optional)*

PREP TIME: 5 minutes | COOK TIME: 10 minutes

MAKES: 1 servings

Directions

1. Heat garlic and one tablespoon of olive oil in a pan. Sear the chicken for about 2 minutes each side. Set aside.
2. Heat the remaining tablespoon of oil in the pan, then add the asparagus and mushrooms. Sauté until tender—about 8 minutes.
3. Add the chicken back into the pan. Pour in the almond milk, lemon zest, and lemon juice. Season with salt and paprika.
4. After the ingredients come to a boil, continue to simmer until the internal temperature of the chicken reaches 165°F.
5. Serve alone or over rice, pasta, or mashed potatoes.

ICON KEY

- 🔥 Calories per serving
- 🍗 Protein per serving
- 🍞 Carbohydrates per serving
- 💧 Total fat per serving



Pesto Tomato Arugula Panini

🔥 430 ⚖️ 17g 🍞 37g 💧 24g

This is a delicious, quick panini perfect for a light lunch. Want more protein? Try adding sliced turkey. Packing lunch to go? Skip the press and enjoy this tasty sandwich cold.

PREP TIME: 10 minutes | **COOK TIME:** 5 minutes

MAKES: 1 servings | **SERVING SIZE:** 1 panini

Ingredients

- *2 Tablespoons Homemade Pesto*
- *2 slices high-fiber, whole wheat bread*
- *1-ounce slice Havarti cheese*
- *¾ cup arugula*
- *1 Roma tomato, sliced*
- *½ teaspoon salt*
- *½ teaspoon black pepper*
- *¼ teaspoon balsamic vinegar*

Directions

1. Place all the ingredients into the instant pot.
2. Turn it on high pressure, then cook for 20 minutes.
3. After 20 minutes, turn the vent and quickly release the pressure.
4. Serve over rice or with naan and enjoy!





Chicken Lettuce Wraps

🔥 470 🥄 38g 🍗 26g 💧 26g

Ingredients

- 1 Tablespoon fresh ginger, grated
- 1 Tablespoon garlic powder
- 2 teaspoons sesame oil
- 3 Tablespoons low-sodium soy sauce (gluten-free, if needed)
- 2 Tablespoons hoisin sauce (gluten-free, if needed)
- 2 Tablespoons rice vinegar
- 1 teaspoon Sriracha
- 2 Tablespoons olive oil
- 1 pound chicken breast, minced (similar to ground chicken)
- 1 white onion, minced
- 2 zucchinis, minced
- 1 red pepper, minced
- 1 head iceberg lettuce
- ¾ cup green onions, minced
- ¾ cup unsalted, chopped peanuts (optional)

These delicious wraps are a light, flavor-packed version of an old restaurant favorite. This recipe makes more than one serving, plus the filling is great re-heated so you can make it only once but enjoy it two or three times.

PREP TIME: 10 minutes | **COOK TIME:** 15 minutes

MAKES: 12 wraps | **SERVING SIZE:** 3 wraps

Directions

1. Mix ginger, garlic powder, sesame oil, soy sauce, hoisin sauce, vinegar, and Sriracha in a small bowl until well combined. Set aside.
2. Heat olive oil in a large skillet. Add chicken and cook for 2–3 minutes. Add sauce and cook another 5 minutes on medium-high heat.
3. Add onion, zucchinis and red pepper. Cook until tender.
4. Place ½ cup of chicken and veggies in lettuce leaf. Top with 1 tablespoon green onions, and 1 tablespoon peanuts.
5. Enjoy!

Energy Bites

🔥 200 ⚖️ 5g 🥄 19g 💧 12g

This is a perfect afternoon snack that's packed full of nutrients. Be aware that these energy bites are calorie dense, so treat them like a treat when it comes to serving size. They also refrigerate or freeze well, so you can make them now and enjoy them later.

PREP TIME: 40 minutes | **COOK TIME:** 0 minutes

MAKES: 15 servings | **SERVING SIZE:** 1 ball

Ingredients

- *1 cup quick oats (gluten-free, if needed)*
- *½ cup ground flaxseed*
- *⅔ cup unsweetened coconut*
- *⅓ cup mini chocolate chips*
- *1½ Tablespoons chia seeds*
- *⅔ cup peanut butter*
- *⅓ cup honey*
- *1 teaspoon vanilla extract*

Directions

1. Mix all ingredients in a large bowl until well combined. This may take a few minutes.
2. Chill for 30 minutes, then roll into small balls (about the size of a golf ball).
3. Store in fridge or freezer.





DAY 2 RECIPES

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Refrigerator Oatmeal

🔥 460 🥄 27g 🍲 54g 💧 18g

This is a high-fiber breakfast that is great for when you're on the go. No cooking required!

Ingredients

- ½ cup milk (1%)*
- ½ cup nonfat Greek yogurt*
- ⅓ cup old-fashioned oats (gluten-free, if needed)*
- 2 Tablespoons chia seeds*
- ½ cup fresh or frozen fruit*
- Splash of vanilla*

Mix-ins

Choose 1 tablespoon total from the following:

- Sunflower seeds*
- Flax seeds*
- Unsweetened coconut*
- Dark chocolate*
- Chopped nuts*
- Lemon or orange zest*

PREP TIME: 5 minutes | **COOK TIME:** 0 minutes

MAKES: 1 servings

Directions

- Mix together all ingredients, plus the mix-in ingredient of your choice.
- Pour into a sealed container and refrigerate for six or more hours.
- Enjoy your delicious refrigerator oatmeal!





Mediterranean Arugula Salad

🔥 410 ⚖️ 14g 🍲 52g 💧 18g

This is an easy, light salad that can be prepped the night before and assembled at work.

PREP TIME: 5 minutes **COOK TIME:** 0 minutes

MAKES: 1 servings **SERVING SIZE:** 1 salad

Ingredients

- *1 large tomato, diced*
- *½ cup low-sodium garbanzo beans*
- *4 Kalamata olives, sliced*
- *1 green onion, diced*
- *½ Tablespoon olive oil*
- *1 Tablespoon balsamic vinegar*
- *¼ teaspoon garlic powder*
- *4 cups arugula*
- *½ cup cooked couscous*

Directions

1. Mix tomato, beans, Kalamata olives, green onion, olive oil, balsamic vinegar, and garlic powder together. Note: This dressing can be used immediately or marinated overnight.
2. When ready to eat, top arugula with couscous, tomato mixture, and dressing.



Pasta Fagioli

🕒 360 ⚖️ 16g 🍲 30g 💧 20g

Ingredients

- *1 pound ground Italian sausage*
- *1 onion, chopped*
- *2 cups celery, chopped*
- *2 cups carrots, chopped*
- *2 teaspoons garlic powder*
- *2 teaspoons Italian seasoning*
- *½ teaspoon crushed red pepper*
- *2 (15-ounce) cans no-salt-added, diced tomatoes*
- *1 cup chicken broth*
- *1 (15-ounce) can cannellini beans, drained and rinsed*
- *1 cup whole wheat pasta (shape of choice)*
- *1 cup water*
- *1 cup zucchini, chopped*
- *1 cup spinach, chopped*
- *½ cup grated Parmesan cheese*

This soup is one of my favorites. It's hearty, loaded with veggies, and a little spicy. It also makes great leftovers, so make a big batch and freeze the leftovers! I like to freeze it in small mason jars for grab-and-go work lunches.

PREP TIME: 5 minutes

COOK TIME: 40 minutes

MAKES: 8 servings

SERVING SIZE: 2 cups

Directions

1. Brown sausage in a large soup pot.
2. Add onions, celery, and carrots and cook until onions are translucent.
3. Add garlic powder, Italian seasoning, red pepper, tomatoes, and broth. Simmer for 25 minutes.
4. Stir in beans, pasta, and extra water. Cook until pasta is tender.
5. Stir in zucchini and spinach and heat until spinach is wilted.
6. Serve hot and top with 1 tablespoon Parmesan cheese.

Light Avocado Dip

🔥 90

♂️ 3g

🍲 6g

💧 7g

This dip is similar to guacamole, but with a light, fresh taste, and 3 grams of protein per serving. This recipe is a great topping option for veggies, pita chips, or on a sandwich. To prevent browning, store leftovers in the fridge with plastic wrap in contact with the spread to avoid any air contact.

PREP TIME: 10 minutes

COOK TIME: 0 minutes

MAKES: 6 servings

SERVING SIZE: ¼ cup

Ingredients

- *2 avocados*
- *½ cup nonfat, plain Greek yogurt*
- *1 teaspoon powdered garlic*
- *¼ cup fresh cilantro*
- *2 Tablespoons freshly squeezed lime juice*
- *¼ teaspoon cumin*
- *⅛ teaspoon salt*
- *⅛ teaspoon black pepper*

Directions

1. Cut avocados in half, remove pits, then scoop out the middle with a large spoon.
2. Place all ingredients in a food processor and pulse on low (to prevent splashing) until ingredients start to combine, then process for about 1–2 minutes on high until smooth.
3. Serve with veggies, pita bread, or chips, or spread on a sandwich.





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Open-Faced Breakfast Egg Sandwich

🔥 260 🥄 12g 🍞 25g 💧 13g

Start your morning off right with protein, veggies, and whole grains. It only takes five minutes to throw together this filling breakfast that will keep you satisfied until lunch!

PREP TIME: 5 minutes | **COOK TIME:** 5 minutes

MAKES: 1 servings | **SERVING SIZE:** 1 sandwich

Ingredients

- 1 egg
- Pinch salt
- Pinch pepper
- 1 slice whole wheat bread
- ¼ avocado, mashed
- ½ large Roma tomato, sliced
- ½ cup arugula or leafy greens, loosely packed
- Pinch chili powder (optional)

Directions

1. Cook egg to your liking over medium heat in a small frying pan with salt and pepper to taste.
2. Toast the bread, then spread mashed avocado over slice.
3. Top with arugula and slices of Roma tomato.
4. Place egg over slice of bread.
5. Sprinkle with seasonings as desired and serve immediately.





Berry Kale Salad

🔥 400 🍗 11g 🍲 76g 💧 9g

This is a nutrient-packed salad with a little bit of sweetness and a lot of crunch. If you want to add some more protein or fat, top this delicious salad with grilled chicken or avocado.

PREP TIME: 10 minutes **COOK TIME:** 0 minutes

MAKES: 1 servings **SERVING SIZE:** 5 cups

Ingredients

- *1 tablespoon honey (agave for vegan)*
- *1 tablespoon Dijon mustard*
- *2 tablespoons freshly squeezed lemon juice*
- *4 cups shredded kale, loosely packed*
- *½ cup tri-color quinoa, cooked*
- *½ cup blueberries*
- *½ cup grapes, halved*
- *½ ounce dry-roasted, unsalted pistachios, shelled*

Directions

1. In a small bowl, mix honey, mustard, and lemon juice until combined.
2. In a large bowl, toss kale, quinoa, and dressing together.
3. Top with remaining ingredients and enjoy!



Southwest Chicken Veggie Pitas

🔥 300 ⚖️ 23g 🍗 35g 💧 8g

This recipe is an easy meal that's full of flavor and crunch. These delicious pitas can be eaten cold or hot. I like to make a batch for dinner and leave the chicken, lettuce, and dressing separate to throw together another pita or two for the next day, or skip the pita and eat it as a salad for lunch.

PREP TIME: 15 minutes **COOK TIME:** 10 minutes

MAKES: 8 servings **SERVING SIZE:** 1 pita + 1/8th filling

Ingredients

- 2 Tablespoons olive oil
- 1 pound boneless chicken breasts, chopped
- 1/2 teaspoon cayenne pepper
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 5 cups romaine lettuce
- 1 red bell pepper, chopped

- 1 (15 ounce) can low-sodium black beans, drained and rinsed
- 1 1/2 cups corn
- 1/2 cup chopped cilantro
- 8 pita pockets

Dressing

- 3 Tablespoons olive oil
- 3 Tablespoons red wine vinegar
- 2 Tablespoons lime juice
- 1 teaspoon sugar
- 1/2 teaspoon garlic powder
- 1 teaspoon cumin
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt

Directions

1. Heat olive oil in a large skillet. Add chicken, cayenne pepper, cumin, garlic, and oregano.
2. Cook until chicken internal temperature reaches 165°F. Cool for at least 5 minutes.
3. In a large bowl, toss lettuce, red bell pepper, beans, corn, and cilantro.
4. In a small bowl, mix together dressing. Toss the dressing with the salad, then add the chicken. Stuff the pitas and enjoy!

Apple Pizzas

🔥 190 🥄 4g 🍴 28g 💧 9g

Make these apple slices your own by adding your unique combination of toppings! To avoid any messiness, be sure to core the middle or cut into slices and top one side. This healthy snack is a great way to satisfy an afternoon sweet tooth.

PREP TIME: 5 minutes | **COOK TIME:** 0 minutes

MAKES: 2 servings | **SERVING SIZE:** 2 pizzas

Ingredients

- *1 large apple*
- *2 Tablespoons nut or seed butter*

Dressing

- *1 teaspoon cinnamon*
- *1 Tablespoon honey*
- *2 Tablespoons raisins*
- *2 Tablespoons mini chocolate chips*
- *2 Tablespoons pumpkin seeds*

Directions

1. Slice the apples into circles about ¼ inch thick.
2. Core out the center of the apple slices and spread the nut or seed butter evenly across all apple slices.
3. Sprinkle with your favorite toppings and enjoy!

