

# weekly menu

## Breakfast – PB Protein Overnight Oats

**Protein:** Protein Powder

**Carb:** Rolled Oats

**Topping:** PB2, Banana (optional)

## Lunch – Buffalo Chicken Dip

**Protein:** Chicken Breast, Greek Yogurt, Cottage Cheese

**Carb:** Almond Crackers (optional to dip)

**Veggie:** Celery (optional to dip)

**Topping:** Shredded Cheddar Cheese

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## Monday – BBQ Pulled Pork Bowl

Warm pulled pork and layer over roasted sweet potatoes and broccoli, finished with BBQ sauce and a Greek yogurt ranch drizzle.

**Protein:** Pork loin (shredded, tossed in BBQ sauce)

**Carb:** Roasted sweet potato

**Veggie:** Chopped roasted broccoli

**Sauce/Topping:** BBQ + Greek yogurt ranch drizzle + avocado

## Tuesday – Honey Garlic Chicken Thighs

Reheat honey garlic chicken thighs and serve over rice with sautéed green beans.

**Protein:** Chicken thighs

**Carb:** Rice

**Veggie:** Green beans

**Sauce:** Honey garlic + soy sauce

## Wednesday – Sliced Pork Loin Plate

Reheat sliced pork loin and plate with roasted sweet potatoes and broccoli.

**Protein:** Pork loin (sliced)

**Carb:** Roasted sweet potato

**Veggie:** Roasted broccoli

## Thursday – Chicken Thigh Tikka Masala

Warm chicken thighs in tikka masala sauce and serve over rice with sautéed green beans.

**Protein:** Chicken thighs

**Carb:** Rice

**Veggie:** Green beans

**Sauce:** Tikka masala sauce

# prep + cook

## PROTEIN PREP

- **2-2.5 lb pork loin** - Cook, shred half and slice the other.
- **2-3 lbs boneless, skinless chicken thighs** - Cook, cool and store in fridge.
- **3.5 lbs chicken breast** - Cook, shred and add to lunch.



If you do anything, just  
cook the protein!

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## CARB PREP

- **2.5 - 3 lbs sweet potatoes** - Cube, bake, cool and store in fridge.
- **2 cups of white rice** - Cook, cool and store in fridge or freeze.

## SAUCE PREP

- **Greek Yogurt Ranch** - Make and store in fridge.
  - *Inspired by : [Plating and Pairing](#)*

## BREAKFAST PREP

- **Peanut Butter Overnight Oats** - Make once, store in fridge.
  - *Inspired by : [The Almond Eater](#)*

## LUNCH PREP

- **Buffalo Chicken Dip** - Make once, store in fridge
  - *Inspired by : [Skinny Fitalicious](#)*

*Prep methods are intentionally flexible. Do what fits your time and energy—this plan is about structure, not strict recipes. Portions are designed for a family of four: Breakfast and lunch for two adults (5 days), and dinners for two adults and two toddlers. Adjust as needed.*

# ingredients

## Proteins

- 2-2.5 lbs pork loin
- 2 - 3 lbs boneless, skinless chicken thighs
- 3.5 lbs chicken breast

## Produce

- 2-3 heads broccoli (or 2 frozen bags)
- 1 large bag of green beans
- 2.5 - 3 lbs sweet potatoes
- Bananas for overnight oats (optional)

## Grains and Carbs

- 2 cups rice
- 5 cups rolled oats

## Dairy

- 1 cup low-fat cottage cheese
- 2 cups non-fat Greek Yogurt
- 1 cup shredded cheddar cheese

## Pantry

- Olive oil
- Honey
- Chili garlic sauce
- Garlic salt
- 1 jar tikka masala sauce
- Vanilla protein powder
- 10 tbsp PB Fit
- 10 cups unsweetened almond milk
- Crackers of choice for dip