

weekly menu

Breakfast – Breakfast Burritos

Protein: Eggs, egg whites, cottage cheese

Carb: Tortilla

Veggie: Bell Peppers, Onions

Topping: Shredded Cheese

Lunch – Spicy Tuna Bowl

Protein: Canned Tuna, Greek Yogurt

Carb: Rice

Veggie: Cucumber, Shredded Carrots, Edamame

Topping: Soy Sauce, Sriracha

Monday – Philly Cheesesteak Skillet

Warm ground beef and sautéed peppers, onions, and mushrooms in a skillet. Add warmed potatoes to a bowl, top with ground beef mixture and shredded cheese and let it melt before serving.

Protein: Ground Beef

Carb: Gold Potatoes

Veggie: Bell peppers, onions, mushrooms

Sauce: Shredded cheese

Tuesday – Chicken Fajitas

Reheat taco-seasoned chicken with the sautéed peppers, onions, and mushrooms. Serve in warm tortillas and finish with avocado and hot sauce.

Protein: Chicken Breast

Carb: Tortillas

Veggie: Bell peppers, onions, mushrooms

Sauce: Avocado, hot sauce

Wednesday – Ground Beef and Broccoli

Heat ground beef and broccoli in a skillet or microwave. Serve over rice and drizzle with soy sauce.

Protein: Ground Beef

Carb: Rice

Veggie: Broccoli

Sauce: Soy Sauce

Thursday – Honey Mustard Chicken

Warm garlic-seasoned chicken and roasted gold potatoes. Serve with broccoli and finish with honey mustard sauce over the top.

Protein: Chicken Breast

Carb: Gold Potatoes

Veggie: Broccoli

Sauce: Honey Mustard

prep + cook

PROTEIN PREP

- **1.5-2 lbs lean ground beef** - Cook and store in fridge.
- **1.5-2 lbs chicken breast** - Cook and store in fridge.



If you do anything, just
cook the protein!

CARB PREP

- **2.5 - 3 lbs gold potatoes** - Cube/dice, roast, cool and store in fridge.
- **2-3 cups rice** - Cook, cool and store in fridge.

VEGGIE PREP

- **Sauté Veggies:** Sauté the sliced bell peppers, onions, and mushrooms in a skillet over medium heat with a little oil, simply season with salt and pepper, and cook until softened and lightly caramelized. Cool and store in fridge for **Philly Cheesesteak Skillet** and **Chicken Fajitas**.

BREAKFAST PREP

- **Breakfast Burritos** - Make once, store in fridge. Reheat with air fryer or microwave when ready to eat.
 - *Inspired by: [Joy to the Food](#), Sheet Pan Breakfast Burritos*

LUNCH PREP

- **Spicy Tuna Bowl:** Mix the tuna with the dressing, then add rice and toppings as desired, and enjoy.
 - *Inspired by: [Show Me the Yummy](#), Spicy Tuna Roll Bowl*

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

- 1.5 - 2 lbs lean ground beef
- 1.5 - 2 lbs chicken breast
- 7-8 cans of tuna
- 12 eggs
- 1.5 cup egg whites

Produce

- 2.5 - 3 lbs gold potatoes
- 4 bell peppers
- 2-3 yellow onions
- 16 oz mushrooms
- 2 bags of frozen broccoli or fresh

Grains and Carbs

- Tortillas (enough for fajitas and breakfast burritos)
- 2-3 cups rice of choice

Dairy

- 1.5 cup 2% cottage cheese
- 1 cup shredded cheddar cheese
- Mayonaise

Pantry

- Soy sauce
- Dijon mustard
- Honey
- Taco seasoning
- Garlic salt