

# weekly menu

## Breakfast – Chia Oat Pudding

**Protein:** Chia + yogurt to top

**Carb:** Oats

**Topping (Optional) :** Strawberries, Blueberries, etc

## Lunch – Dill Pickle Chicken Salad

**Protein:** Chicken Breast, Greek Yogurt

**Carb:** Crackers (optional)

**Veggie:** Red Onion, Pickles, Celery

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## Monday – Creamy Spinach Pasta with Ground Turkey

Reheat the pasta and ground turkey, then stir in the creamy spinach sauce until everything is warmed through and evenly coated.

**Protein:** Ground Turkey, Protein Pasta

**Carb:** Protein Pasta

**Veggie:** Spinach

**Sauce:** Creamy Spinach Marinara

## Tuesday – Mexican Stuffed Sweet Potatoes

Reheat the sweet potatoes and ground turkey, then split open the potatoes, fill with the turkey, and add your favorite toppings.

**Protein:** Ground Turkey

**Carb:** Sweet Potatoes

**Topping:** Avocado, Greek Yogurt, Salsa

## Wednesday – Lightened-Up Pesto Chicken Pasta

Reheat the pasta and chicken, then toss with pesto sauce until everything is warmed through and coated evenly.

**Protein:** Chicken Thighs

**Carb:** Protein Pasta

**Veggie:** Spinach

**Sauce:** Lightened-Up Pesto

## Thursday – Burger Bowl with Sweet Potato Fries

Chop the romaine, add your toppings, then top with warmed ground turkey and drizzle with burger sauce.

**Protein:** Ground Turkey

**Carb:** Sweet Potato

**Veggie:** Lettuce, Tomato, Onion

**Topping:** Burger Sauce

# prep + cook

## PROTEIN PREP

- **2-2.5 lbs lean ground turkey** – Cook and store in fridge.
- **1.5-2 lbs chicken thighs** – Cook and store in fridge.
- **1.5-2 lbs chicken breast** – Cook, shred and store in fridge.



If you do anything, just cook the protein!

## CARB PREP

- **2.5 – 3 lbs sweet potatoes** – Use about 4 sweet potatoes whole to roast, then slice the remaining into fries, roast everything, let cool, and store in the fridge.
- **1-2 boxes of protein pasta of choice** – Cook, cool and store in fridge.

## BREAKFAST PREP

- **Chia Oat Pudding** – Make once, store in fridge. Top with high-protein yogurt and fruit of choice. Inspired by: Overnight Chia Oats, [Alexandra's Kitchen](#)

## LUNCH PREP

- **Dill Pickle Chicken Salad:** Cook chicken using your preferred method (Instant Pot, slow cooker) until fully cooked and tender. Shred the chicken using two forks or a mixer until it reaches your desired texture. Add mix-ins and sauce and mix until well coated. Store in the fridge. *Inspired by: Dill Pickle Chicken Salad, [Two Peas and Their Pod](#)*

## DINNER PREP

- **Creamy Spinach Marinara Sauce:** Heat your favorite marinara sauce in a skillet over medium heat. Stir in a few handfuls of fresh spinach and cook until wilted. Reduce heat to low and mix in about ¼ cup nonfat Greek yogurt.. Stir in shredded parmesan cheese to taste. Let cool, then store. *Inspired by: Creamy Tomato and Spinach Pasta, [The Honour System](#)*
- **Lightened-Up Pesto:** Add fresh basil, spinach, olive oil, parmesan cheese, minced garlic, salt, lemon juice, and cottage cheese to a blender or food processor. Blend until smooth and creamy. Adjust olive oil or lemon juice as needed for consistency and flavor. Store in the fridge. *Inspired by: Pesto Cottage Cheese Pasta, [Lindsay Pleskot](#)*
- **Burger Sauce:** Mix diced onions, ketchup, mustard, Greek yogurt, relish, honey or maple syrup, and season with salt and garlic powder. Add a splash of vinegar if desired. Stir until combined and adjust to taste. Store in the fridge. *Inspired by: Healthy Big Mac Sauce, [Mallory The Dietician](#)*

*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 one adult (5 days), and dinners for two adults and two toddlers. Adjust as needed.*

# ingredients

## Proteins

- 2 - 2.5 lbs lean ground turkey
- 1.5 - 2 lbs chicken breast
- 1.5 - 2 lbs chicken skinless thighs

## Produce

- 3 - 3.5 lbs sweet potatoes
- 2 cups dill pickles (or more for taste)
- 1/2 yellow onion
- 3-4 stalks celery
- 1/2 red onion
- Green beans (if desired)
- 1 cup fresh basil
- 4-5 cups fresh spinach (or more if desired)
- 1-2 romaine hearts
- 1 cup grape tomatoes
- 1 lemon
- 1 cucumber
- 1-2 avocados
- Minced garlic
- Berries of choice for yogurt bowls

## Grains and Carbs

- 1-2 12oz boxes of protein pasta of choice
- 1 1/4 cups rolled oats

## Dairy

- 5 oz shredded Parmesan cheese
- Around 3 cups non-fat greek yogurt
- (Non-dairy) but 2-3 cups unsweetened almond milk
- 1 cup cottage cheese of choice
- Yogurt of choice for yogurt bowls

## Pantry

- 2 cups dill pickles (or more for taste)
- Honey or maple syrup
- Dried or fresh dill
- Taco seasoning
- Garlic salt
- Italian seasoning
- Olive oil
- 1 jar of salsa of choice
- 1 jar of marinara of choice
- Chia seeds