

weekly menu

Breakfast – Protein Oats

Protein: Egg whites

Carb: Quick Oats

Topping (Optional) : Strawberries, Blueberries, etc

Lunch – Buffalo Chicken Cauliflower Bake

Protein: Chicken Breast, Greek Yogurt

Veggie: Cauliflower Rice

Optional: Celery or crackers to dip

Monday – Ground Beef Sweet Potato Bowl

Reheat the ground beef, sweet potatoes, and veggies. Assemble into a bowl and top with avocado, cottage cheese, and honey.

Protein: Ground Beef, Cottage Cheese

Carb: Sweet Potato

Veggie: Brussel sprouts or broccoli (veggie of choice)

Topping: Avocado, Cottage Cheese, Honey

Tuesday – Queso Chicken with Cilantro Lime Rice

Reheat the chicken (in sauce) and rice. Top with avocado, tomato, or veggies of your choice.

Protein: Chicken Breast

Carb: Rice

Topping: Avocado, tomatoes (any veggie of choice)

Sauce: High-Protein Queso

Wednesday – Maple Chicken Sweet Potato Bowl

Reheat the chicken, sweet potatoes, and veggies.

Protein: Chicken Breast

Carb: Sweet Potato

Veggie: Broccoli or brussel sprouts (or veggie of choice)

Sauce: Maple Sauce

Thursday – Ground Beef and Broccoli

Reheat the ground beef, rice, and broccoli in a saute pan. Add toppings like sriracha or avocado, then mix and serve.

Protein: Ground Beef

Carb: Rice

Veggie: Broccoli

Topping: Sriracha, avocado, etc (optional)

prep + cook

PROTEIN PREP

- **2-2.5 lbs lean ground beef** – Cook and store in fridge.
- **2-4 lbs chicken breast** – Cook and store in fridge.



If you do anything, just
cook the protein!

CARB PREP

- **2.5 – 3 lbs sweet potatoes** – Chop sweet potatoes into small chunks and roast. Cool and store in fridge.
- **2-3 cups of rice** – Cook, cool and store in fridge or make throughout the week.

BREAKFAST PREP

- **Egg white oats** – Make once, store in fridge. Top with banana, berries, peanut butter, etc. Inspired by: Egg White Oats, [*Diet Culture Rebel*](#)

LUNCH PREP

- **Buffalo Chicken Cauliflower Bake:** 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 buffalo sauce and greek yogurt. Mix with the chicken and cooked cauliflower rice. Top with shredded cheese if desired. *Inspired by: Buffalo Chicken Casserole, [*Erin Lives Whole*](#)*

DINNER PREP

- **Queso Chicken:** In a blender, combine cottage cheese, taco seasoning, and a small handful of shredded cheese. Blend until smooth and creamy. Pour the queso over warm shredded chicken in a skillet or bowl and stir until everything is evenly coated and heated through. *Inspired by: Maple Glazed Chicken, [*The Cooking Jar*](#)*
- **Maple Chicken:** In a small bowl, whisk together maple syrup, a splash of soy sauce, garlic powder, and a pinch of salt. Add the sauce to a skillet with chicken and heat over medium until cooked through. Let it simmer for a few minutes so the sauce thickens slightly and coats the chicken. *Inspired by: High Protein Cottage Cheese Queso, [*Nourished By Nic*](#)*

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 beef
- 2-4 lbs chicken breast
- 2.5 cups egg whites

Produce

- 2.5 - 3 lbs sweet potatoes
- 1 bunch fresh cilantro
- 2 limes
- 1-2 avocados
- 1 tomato (optional)
- 2 bags frozen cauliflower rice
- 1-2 bags of brussel sprouts
- 2 bags frozen broccoli

Grains and Carbs

- 2-3 cups rice
- 2.5 cups rolled oats

Dairy

- Around 1 cup non-fat greek yogurt
- 1 cup cottage cheese of choice
- 1 cup shredded cheese of choice

Pantry

- Maple syrup
- Soy Sauce
- Taco seasoning
- Garlic salt
- Olive oil
- Buffalo sauce
- Honey
- Cornstarch
- Sriracha (optional)
- Garlic powder
- Onion powder