

weekly menu

Breakfast – Egg Bites

Protein: Eggs, Cottage Cheese, Egg Whites

Carb: Toast (on the side)

Veggie: Peppers

Topping: Sriracha

Lunch – Greek Chicken Quinoa Salad

Protein: Grilled Chicken

Carb: Quinoa

Veggie: Cucumbers, Tomatoes, Red Onion

Topping: Feta Cheese, Dressing

Monday – Shrimp Stir Fry

Heat bell peppers, onions, rice and shrimp in a skillet with soy sauce, ginger (powder or minced), garlic (fresh or powder) and honey to taste. Top with chopped green onions.

Protein: Shrimp

Carb: Rice

Veggie: Peppers, Onion

Topping: Korean Style All-Purpose Sauce, Green Onions

Tuesday – Ground Turkey Quesadillas

Heat ground turkey, onions and peppers. Add to tortilla with cheese and cook on skillet until cheese is melted and tortilla is browned.

Protein: Ground turkey

Carb: Tortillas

Veggie: Peppers, Onions

Topping: Cheese, Avocado, Greek Yogurt, Salsa

Wednesday – Shrimp Tacos

Add heated shrimp to warm tortillas. Top with cheese, tomato, avocado, greek yogurt and salsa.

Protein: Shrimp

Carb: Tortillas

Topping: Guacamole, Cheese, Salsa, Cilantro

Thursday – Korean Ground Turkey Bowls

Add heated ground turkey and sauce over a bowl of warmed rice. Top with cucumbers, green onions, and carrots.

Protein: Ground turkey

Carb: Rice

Veggie: Carrots, Cucumbers

Topping: Korean Style All-Purpose Sauce, Green Onions, Sriracha

prep + cook

PROTEIN PREP

- **2.5 lbs lean ground turkey** - Cook, drain, cool and store in fridge.
- **2 lbs shrimp** - Cook, cool and store in fridge.
- **3.5 lbs chicken breast** - Cook and store in fridge.



If you do anything, just
cook the protein!

CARB PREP

- **1 cup of quinoa** - Cook, cool and use in Quinoa Salad
- **2 cups of white rice** - Cook, cool and store in fridge or freeze.

VEGGIE PREP

- **5 red bell peppers** - Slice and sauté **4 peppers**, store in fridge. Chop **1 pepper**, set aside for Egg Bites.
- **2 yellow onions** - Slice and sauté, store in fridge.
- **1/2 red onion** - Chop + use in Greek Chicken Quinoa Salad
- **1 green onion stalk** - Chop + store in fridge
- **3 cups cherry tomatoes** - Chop + store **1 cup** in fridge, use the other **2 cups** for the Quinoa Salad.
- **3 cucumbers** - Chop **2 cucumbers**, use in Quinoa Salad. Slice and store **1 cucumber** in the fridge.

SAUCE PREP

- **Korean Style All-Purpose Sauce** - Make and store in fridge.
 - *Inspired by: [Korean Beef Bowl Sauce](#) and [All Purpose Stir Fry Sauce](#)*

BREAKFAST PREP

- **Egg Bites** - Make once, store in fridge
 - *Inspired by: [Egg Bites](#)*

LUNCH PREP

- **Greek Chicken Quinoa Salad** - Make once, store in fridge
 - *Inspired by: [Lemon Chicken Quinoa 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

- 2 lbs shrimp
- 3.5 lbs chicken breast
- 2 lbs lean ground turkey
- 8 eggs

Produce

- 5 red bell peppers
- 2 yellow onions
- 1 red onion
- 1 green onion stalk
- 3 cucumbers
- 2 avocados
- 1 small bag of shredded carrots
- Cilantro
- 3 cups cherry tomatoes

Grains and Carbs

- Tortillas
- 2 cups rice
- 1 cup quinoa

Dairy

- 2 cups low-fat cottage cheese
- Greek Yogurt
- 2-3 cups shredded cheddar cheese
- 6 oz crumbled feta cheese

Pantry

- Soy sauce
- Salsa (or fresh!)
- Olive oil
- Italian spices
- Red wine vinegar
- Honey
- Ground or fresh ginger
- Sesame oil
- Garlic salt