

Meals maker



7-DAY FLEXITARIAN MEAL PLAN

WEEK 1

THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



Meals maker

DAY 1

Breakfast:

**STRAWBERRY AND
CRUSHED AVOCADO**

Lunch:

**SPICED QUINOA,
CHICKPEAS AND SHRIMP**

Dinner:

**PASTA WITH BRUSSELS
SPROUTS**

DAY 2

Breakfast:

TURMERIC OATMEAL

Lunch:

**BEEF, CARROTS, AND
LENTILS**

Dinner:

**CAULIFLOWER RICE AND
CAJUN SHRIMP**

DAY 3

Breakfast:

**SMOKED SALMON AND
EGG WHITE SANDWICH**

Lunch:

**SHREDDED CHICKEN
BOWL**

Dinner:

**SALMON, QUINOA AND
GREENS**

DAY 4

Breakfast:

**TOFU AND EGG WHITE
SANDWICH**

Lunch:

SALMON CARPACCIO

Dinner:

VEGGIE SALAD

DAY 5

Breakfast:

**EGGPLANT, CHEESE, AND
BEANS BOWL**

Lunch:

**SWEET POTATO BLACK
BEAN BOWLS**

Dinner:

**CHICKEN WITH BRUSSELS
SPROUTS**

DAY 6

Breakfast:

**EGG WHITES, CHEESE,
AND VEGGIE MUFFINS**

Lunch:

**CHEESY TOFU,
CAULIFLOWER, AND
POTATOES**

Dinner:

**SPICED QUINOA AND
SALMON**

DAY 7

Breakfast:

**POTATO AND BELL
PEPPER SKILLET**

Lunch:

**TOMATO AND ARTICHOKE
SANDWICH**

Dinner:

**CHEESY TUNA STUFFED
BELL PEPPERS**

WEEKLY Notes



STRAWBERRY BASIL SMASHED AVOCADO TOASTED

Prep Time: 15 min.

Cook Time: 0 min.

Total Time: 15 min.

Ingredients:

- 1 cup strawberries, stemmed and sliced
- 1 tablespoon balsamic vinegar
- 1 avocado
- 1 lemon
- 1 teaspoon pepper
- 4 slices whole grain bread, toasted or according to preference
- 2 tablespoons parsley
- 1 teaspoon dried oregano, garnish

Instructions:

1. Place the strawberries in a small bowl and toss with balsamic vinegar. Let sit and marinate for about 5 minutes.
2. Using the back of a spoon crush the avocados inside a small bowl. Then squeeze in the lemon; season with pepper and mix.
3. Spread the smashed avocado on the slices of bread, then layer on the strawberries.
4. Top with the parsley leaves and dried oregano, serve.



DAY 1 *Lunch*



SPICED QUINOA, CHICKPEAS AND SHRIMP



**SUBSCRIBE TO VIEW ALL
21 MEAL RECIPES**



WEEK 1

NECESSARY STAPLES



Day 1 Breakfast:

- 1 tablespoon balsamic vinegar
- 1 teaspoon pepper
- 1 teaspoon dried oregano

Day 1 Lunch:

- olive oil
- ¼ tablespoon salt
- ¼ tablespoon paprika powder
- ¼ tablespoon garlic powder
- ¼ tablespoon dried oregano
- ¼ tablespoon onion powder

Day 1 Dinner:

- olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- ¼ tablespoon red pepper flakes

Day 2 Breakfast:

- 3 teaspoons turmeric
- 1 tablespoon honey
- 2 tablespoons coconut shavings

Day 2 Lunch:

- olive oil
- 1 tablespoon salt

Day 2 Dinner:

- olive oil
- 1 tablespoon salt
- ¼ tablespoon pepper
- 1 tablespoon Cajun powder

Day 3 Breakfast:

- olive oil
- 1 ¼ teaspoons salt
- ¼ teaspoon pepper
- 1 teaspoon dried oregano

Day 3 Lunch:

- ¼ tablespoon salt
- ¼ tablespoon pepper

Day 3 Dinner:

- olive oil
- ¼ tablespoon salt
- ¼ tablespoon pepper
- 1 teaspoon dried oregano
- ¼ tablespoon garlic powder

Day 4 Breakfast:

- olive oil
- 1 teaspoon pepper
- 1 teaspoon salt
- ¼ tablespoon turmeric powder
- ¼ tablespoon garlic powder

Day 4 Lunch:

- olive oil
- 3 teaspoons salt
- 3 teaspoons pepper

Day 4 Dinner:

- olive oil
- ¼ tablespoon salt
- 1 tablespoon dried oregano
- 2 tablespoons balsamic vinegar

Day 5 Breakfast:

- olive oil
- 2 teaspoons salt

Day 5 Lunch:

- olive oil
- 2 teaspoons salt

Day 5 Dinner:

- olive oil
- 2 teaspoons salt

Day 6 Breakfast:

- olive oil or cooking spray
- ¼ tablespoon salt
- ¼ tablespoon pepper

Day 6 Lunch:

- olive oil
- ¼ tablespoon salt
- ¼ tablespoon pepper
- ¼ tablespoon dried oregano

Day 6 Dinner:

- olive oil
- ¼ tablespoon salt
- ¼ tablespoon pepper
- ¼ tablespoon dried oregano

Day 6 Dinner:

- olive oil
- ¼ tablespoon salt
- ¼ tablespoon pepper
- ¼ tablespoon dried oregano

Day 7 Breakfast:

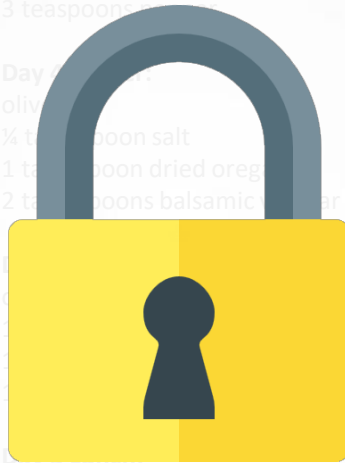
- olive oil
- 3 teaspoons salt
- 3 teaspoons pepper
- ¼ tablespoon hot sauce

Day 7 Lunch:

- ¼ tablespoon olive oil
- ¼ tablespoon salt

Day 7 Dinner:

- 1 teaspoon salt
- 1 tablespoon pepper
- 1 tablespoon hot sauce
- nonstick cooking spray



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21 MEAL RECIPES**



Produce:

- 1 jalapeño pepper
- 1 head of garlic
- 1 lime
- 1 eggplant
- 1 large sweet potato
- 2 potatoes
- 3 red onions
- 2 onions
- 2 red beets
- 3 avocados
- 4 tomatoes
- 7 lemons
- 6 bell peppers
- 4 carrots
- 1 bag of Brussels sprouts
- 1 bag of kale
- 1 small bag of cauliflower florets
- 1 container of parsley
- 1 container of arugula
- 1 container of cherry tomatoes
- 1 container of strawberries
- 1 container of cilantro
- 1 banana
- 1 cucumber

- 1 (16 ounce) bottle of honey
- 1 (14 ounce) bag/container of coconut shavings
- 1 (4 ounce) jar of capers
- 1 (12 ounce) bottle of hot sauce, of choice
- 1 (6 ounce) jar of black olives, pitted if possible

Miscellaneous:

- spatula
- tongs
- large skillet
- saucepan
- cutting sheet
- mixing bowl
- seamless plates
- seamless bowls
- non-stick cooking spray
- foil



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21 MEAL RECIPES**

Refrigerated:

- 1 (32 ounce) carton of eggs
- 1 (pound) package of tofu
- ¼ pound block of Feta cheese
- 1 carton of milk, of choice
- 1 jar of basil spread

Seafood:

- 1 (1 pound) package of smoked salmon
- 1 pound of shrimp, washed and peeled
- 1 pound of salmon

Meat & Poultry:

- 1 pound of a chicken breast, skinless and boneless

Canned & Packaged:

- 1 loaf of whole grain bread
- 1 (24 ounce) bag of rolled oats
- 1 (24 ounce) bag of quinoa
- 1 (16 ounce) bag of lentils
- 1 (32 ounce) box of whole grain elbow shaped pasta
- 1 (12 ounce) jar of roasted jarred artichoke hearts
- 2 (4 ounce) cans of tuna
- 1 (16 ounce) can of refried beans
- 1 (16 ounce) can of black beans
- 2 (16 ounce) cans of chickpeas

