

Meals maker



7-DAY QUICK AND HEALTHY 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.



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DAY 1

Breakfast:

SCRAMBLED EGGS

Lunch:

CAPRESE INSPIRED PESTO
PASTA

Dinner:

MEATBALLS IN TOMATO
BROTH

DAY 2

Breakfast:

CHERRY BOWL

Lunch:

BURRITO BOWL

Dinner:

SALMON WITH PASTA

DAY 3

Breakfast:

SPINACH OMELET

Lunch:

TOFU WITH SALSA

Dinner:

CHICKEN BACON SALAD

DAY 4

Breakfast:

DEVILED EGGS SALAD

Lunch:

GARLIC SALMON AND
CARROTS

Dinner:

LEMON TOFU AND
SPINACH

DAY 5

Breakfast:

CHERRY AND
STRAWBERRY OATMEAL

Lunch:

STIR FRY WITH TOFU AND
SPINACH

Dinner:

GROUND BEEF TACO
BOWL

DAY 6

Breakfast:

CREAMY CHERRY
SMOOTHIE

Lunch:

TOFU SHRIMP SOUP

Dinner:

GINGER SALMON AND
SALAD

DAY 7

Breakfast:

POTATO SCRAMBLE

Lunch:

SHRIMP SOUP

Dinner:

BAKED ZUCCHINI, BELL
PEPPERS AND TOFU

WEEKLY *Notes*



SCRAMBLED EGGS

Prep Time: 15 min.

Cook Time: 5 min.

Total Time: 20 min.

Ingredients:

4 eggs
¼ cup milk of choice
½ teaspoon salt
1 teaspoon pepper
olive oil
¼ cup shredded cheddar cheese
1 avocado, cubed
2 tablespoons cilantro, garnish
½ tablespoon hot sauce, optional

Instructions:

1. Crack the eggs into a small bowl; add milk, salt and pepper and whisk to combine until frothy.
2. Over medium heat, grease a large skillet with olive oil. Pour in the egg mixture, scramble as the eggs cook for about 5 minutes.
3. Transfer to a serving plate and top with cheese and avocado.
4. Garnish with cilantro and drizzle with hot sauce. Serve.





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21 MEAL RECIPES**



WEEK 1

NECESSARY STAPLES



Day 1 Breakfast:
olive oil
¼ teaspoon salt
1 teaspoon pepper
¼ tablespoon hot sauce

Day 1 Lunch:
olive oil
1 teaspoon salt
1 tablespoon pepper

Day 1 Dinner:
olive oil
1 teaspoon hot sauce of sauce
2 teaspoons salt
¼ tablespoon pepper
2 tablespoons garlic powder
nonstick spray

Day 2 Breakfast:
none needed

Day 2 Lunch:
1 teaspoon salt
2 teaspoons hot sauce

Day 2 Dinner:
olive oil
1 teaspoon salt
1 tablespoon pepper
1 tablespoon paprika powder
1 tablespoon dried oregano

Day 3 Breakfast:
olive oil
1 teaspoon salt
1 teaspoon garlic powder
1 teaspoon hot sauce

Day 3 Lunch:
olive oil
¼ tablespoon cumin powder
¼ tablespoon dried oregano
¼ tablespoon onion powder
¼ tablespoon paprika powder
¼ tablespoon chili powder

Day 3 Dinner:
1 teaspoon salt
2 teaspoons pepper

Day 4 Breakfast:
olive oil
1 teaspoon salt
¼ tablespoon pepper
¼ tablespoon chili powder

Day 4 Lunch:
olive oil
1 teaspoon salt
1 teaspoon pepper
1 tablespoon dried oregano

Day 4 Dinner:
olive oil
1 teaspoon salt
2 teaspoons cumin powder
¼ tablespoon pepper

Day 5 Breakfast:
olive oil
1 teaspoon salt
1 teaspoon hot sauce
¼ tablespoon pepper

Day 5 Lunch:
olive oil
1 teaspoon salt
1 teaspoon hot sauce
¼ tablespoon pepper

Day 5 Dinner:
olive oil
1 teaspoon salt
¼ tablespoon pepper

Day 6 Breakfast:
olive oil
1 teaspoon salt
1 tablespoon garlic powder
2 bay leaves

Day 6 Breakfast:
none needed

Day 6 Lunch:
olive oil
1 teaspoon salt
¼ tablespoon paprika powder
¼ tablespoon hot sauce

Day 6 Dinner:
olive oil
1 teaspoon salt
¼ tablespoon pepper
¼ tablespoon garlic powder

Day 7 Breakfast:
olive oil
¼ teaspoon salt
1 tablespoon dried rosemary
1 teaspoon hot sauce

Day 7 Lunch:
olive oil
¼ teaspoon salt
¼ tablespoon pepper
¼ tablespoon paprika powder
¼ tablespoon hot sauce

Day 7 Dinner:
olive oil
1 teaspoon salt
1 tablespoon dried oregano



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GROCERY LIST



Produce:

- 1 yellow onion
- 1 small piece of ginger
- 1 small red onion
- 1 large garlic clove
- 2 avocados
- 3 lemons
- 2 large potatoes
- 2 zucchinis
- 3 bananas
- 3 limes
- 3 onions
- 3 bell peppers
- 6 tomatoes
- 6 carrots
- 1 small head of lettuce
- 1 bundle of celery
- 1 bundle of cilantro
- 1 small container of parsley leaves
- 1 small container of strawberries
- 1 large container of cherries
- 2 bags of spinach

Refrigerated:

- 16 eggs
- 5 slices of bacon
- 3 (1 pound) blocks of tofu
- 1 (16 ounce) bag of shredded cheddar cheese
- 1 (8 ounce) container of sour cream
- 1 (8 ounce) container of cream cheese
- 1 (12 ounce) container of ricotta cheese
- 1 (12 ounce) jar of mayonnaise
- 1 gallon of milk of choice

Seafood:

- 1 pound shrimp, peeled and washed
- 1 ½ pounds of salmon fillet

Meat & Poultry:

- ½ pound of chicken breast, skinless and boneless
- 1 pound of ground beef

Canned & Packaged:

- 1 (12 ounce) container of whole grain rotini pasta, or similar whole grain pasta of choice
- 1 (12 ounce) container of whole grain penne pasta, or similar whole grain pasta of choice
- 1 (8 ounce) jar of pitted olives
- 1 (12 ounce) jar of pesto sauce
- 1 (12 ounce) bag of chia seeds
- 1 (16 ounce) bottle of honey
- 1 (12 ounce) bag of brown rice

- 1 (24 ounce) bag of rolled oats
- 1 (8 ounce) can of corn kernels
- 1 (8 ounce) can of black beans
- 1 (8 ounce) can of chickpeas
- 1 (12 ounce) bottle of hot sauce

Miscellaneous:

- spatula
- tongs
- large skillet
- saucepan
- cutting sheet
- salad bowl
- serbian bowls
- foil



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