WEEKLY MEAL PLANNING

Menu planning can seem daunting and difficult. However with a few quick ideas for breakfast, lunch, dinner and snacks, and an organized way of developing a grocery list: you're ready to go for the week!

Hope you find this menu planning guide helpful and useful!



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	BREAKFAST	LUNCH	DINNER	SNACKS
NOT	ES / GOALS / GROCERY	'LIST	Wellness COACHIN	JG & NUTRITION THERAPY
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	BREAKFAST	LUNCH	DINNER	SNACKS

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ORGANIZED GROCERY LIST



Meat, Dairy, Seafood	Fruits & Veggies	Snacks
Pantry Items	Frozen/Ready Made	Other
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RECIPE IDEAS
Bagel
Muffins
Waffles
Pancakes
French Toast
English Muffin
Toast
Cereal
Oatmeal
Yogurt
Crepes
Biscuits



SPREAD ADD ONS: PROTEIN SIDE ITEMS:

Peanut Butter
Nutella
Honey
Syrup
Butter G
Jelly Gr
Cream Cheese Che

Sausage Ham Eggs Glass of Milk Greek Yogurt Cheese on Top

Bacon

FRUIT TO ADD:

Banana Apple Strawberries Blueberries Raspberries Orange Juice

ADD-ONS:

Cinnamon
Granola
Sliced Almonds
Walnuts
Dried fruit
Chocolate Chips
Brown Sugar

OTHER RECIPE IDEAS		
Banana Bread	Breakfast Sandwich	
French Toast Casserole	Sweet Potato + Black Bean	
Breakfast Casserole	Breakfast Tacos	
Sweet Potato Breakfast Bowl	Egg + Mushroom Strata	
Frozen Breakfast Burrito	Veggie Omelet	
Protein Smoothie	Shakshuka	
Egg + Veg + Cheese Muffins	Breakfast Pizza	
Frittata	Breakfast Quiche	
Boiled Eggs + Potatoes		
Breakfast Skillet Hash		

FUN IDEAS!

Dinner or leftovers for breakfast

Breakfast at a coffee shop

Pick up donuts or pastries

Brunch with a friend





WHAT SHOULD I EAT?

1 MAIN DISH + 2 SIDES

AIM FOR 4 DIFFERENT FOOD GROUPS

ex. Grain + Protein + Fruit/Veg + Fat

SOUP IDEAS
Loaded Potato
Broccoli + Cheese
Chicken Tortilla
Chicken Noodle
Lobster & Crab
Chili
Lentil + Vegetables

TEX-MEX IDEAS
Tacos
Quesadillas
Loaded Nachos
Enchiladas
Fajitas
Burrito

SANDWICH IDEAS		
Turkey		
Ham		
PB & J		
Grilled Cheese		
BLT		
Panini		
Hotdog		
Burger		
Oatmeal		
Chicken Salad		
Cuban		
Breakfast		

BRUNCH IDEAS
Bagel
Pancakes
Waffles
Omelete
Breakfast Casserole

BOWLS
Chickpea Buddah Bowl
Burrito Bowl
Poke Bowl
Asian Noodle Bowl
Pasta Bowl

SIDE SALAD IDEAS
Caesar Salad
Kale Salad
Texas Caviar
Taco Salad
Mediterranean Salad

SIDE IDEAS:

Chips Yogurt
Fruit Pretzels/Crackers
Cheese Cubes Fries
Dessert Salad
Roasted Veggies Roll/Bread
Raw Veggies + Dip Trail Mix/ Nuts

FUN IDEAS!

Lunch with a Order In to
friend Work
— — —
Leftovers Brunch

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WHAT SHOULD I EAT?

1 MAIN DISH + 2 SIDES

AIM FOR 4 DIFFERENT FOOD GROUPS

ex. Grain + Protein + Fruit/Veg + Fat

WEEKLY THEMES:
Italian Night
Tex-Mex Night
Soup Night
New- Recipe Night
Ethnic Night
Crock pot Night
Casserole Night
Burger Night
Breakfast for Dinner
Kids Pick Night
Seafood Night
Left Over Night

Plan for fun foods & desserts too!

Eat Out Night

Italian Night

Chicken Alfredo Shrimp Alfredo Spaghetti & Meatballs Chicken Parmesan Lasagna Homemade Pizza Chicken Scampi Ravioli

Kids Favorite Night

Chicken Tenders Hamburgers Fish nuggets Mac and Cheese **Grilled Cheese** Corndog Hotdog

Seafood Night Lobster & Shrimp Fish & Chips Lobster Bisque Grilled Fish Shrimp your way Shrimp Pasta Fish Tacos Shrimp Tacos

Grill Night

Steak Night Pork chops Chicken Hamburgers Fish Shrimp Vegetables Fruit: Pineapple

Taco Night

Tacos Quesadillas Nachos Enchiladas Fajitas **Burrito Bowls** Taco Salad Burritos

Breakfast for Dinner

Pancakes Waffles **Omelets** Breakfast casserole Breakfast tacos Egg scramble

Soup Night

Loaded Potato Vegetable + Lentils Broccoli & Cheese Chicken Tortilla Chicken Noodle Soup Lobster & Crab Bisque Tomato Basil

Ethnic Night

Chicken Curry Chicken Fried Rice Shrimp Fried Rice Homemade sushi Orange Chicken Mongolian Beef Sesame Chicken Chicken Chili

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WHAT SHOULD I EAT?

Snacks can be any foods!

COMBINE 2 DIFFERENT FOOD GROUPS

ex. Protein + Carb, Dairy + Fruit, Fat + Veg

HERE ARE SOME EXAMPLES!

Banana + Peanut Butter

Beef Jerky + Fruit

Bean Salad

Carrots + Hummus

Cereal + Milk

Cheese Slices + Crackers

Cheese-Its + Nuts

Chips + Fruit

Chips + Guac

Chips + Queso

Chips + Salsa

Chocolate Covered Almonds/nuts

Cookie + Milk

Cottage Cheese + Fruit

Dried Fruit Slices + Cashews/Almonds

Edamame + Pretzels

Egg Muffins

Energy Bites (Mix oats, peanut butter,

chocolate, seeds ect)

Hard Boiled Egg + Toast

Kiwi Slices + Nuts/seeds

Muffin

Nutella + Crackers

Nutella + Toast

Oatmeal + Berries

Orange Slices + Cheese Cubes

Peanut Butter + Apples

Peanut Butter + Jelly Sandwich

Peanut Butter Ritz crackers

Pistachios + Chocolate

Pita Chips + Hummus

Pop-tarts

Popcorn + Chocolate

Protein Shake with fruit

Protein or Granola Bar

Rice Cakes + Cream cheese

Roasted Pumpkin Seeds + Fruit

Roasted Chickpeas + Salsa

String cheese + Berries

Shredded Chicken + Avocado

Mixed Nuts + Dried fruit

Tuna Salad + Crackers

Turkey + Cheese Rollup

Turkey Tortilla Rollup

Veggies + Bean Dip

Yogurt + Granola+ Chocolate

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TOP 5 TIPS FOR MEAL PLANNING!

Check your Fridge, Freezer & Pantry!

- Before you go to the grocery store or write down meal ideas, do a quick check in your kitchen for what food items you already have.
 - Ex. If you have ground turkey that needs to be used, maybe
 Spaghetti + Meatballs is one meal you can prep for the week!
- This can help you to plan meals using food you already have, which means less to buy at the store, and less food waste!

The Rule of 4!

- Planning for the entire week can be overwhelming! Start by planning out 4 days at a time. 2 home-cooked meals, 1 left-over day, and 1 out to eat day!
- Breaking up the week into smaller chunks can be less overwhelming. This can be used for planning any meal of the day!
 - Ex. Monday you cook dinner, and save the leftovers for Dinner Tuesday. Wednesday you go out to eat, and Thursday Cook dinner again (bonus if you have leftovers for Friday!)

Set a Weekly Schedule!

- Routine is helpful when meal planning, but it's also important to practice diversity and variety in meals! Instead of planning the same thing for dinner every Monday, maybe use a theme or cooking method. Ex. Tex-Mex Tuesday (Can plan fajitas, burritos, tacos, Loaded Nachos etc.)
- Or choose a cooking Method! Ex. Mondays are oven-baked meals, Wednesdays are Insta Pot Meals, and Saturdays are for grilling!







TOP 5 TIPS FOR MEAL PLANNING!

Plan For Balance!

- Meals should be a balance of all the food groups! When planning your meals, keep in mind your individual meal plans, and plan for a balance of meat and dairy, fruits and vegetables, grains, and fun foods like dessert!
- When writing your grocery list, make a category for each food group to help plan your balanced meals and help organize your food list for the grocery store!
- And, don't forget to plan for balanced snacks!

Have a Plan B!

- Weeks can get busy, or unexpected things can happen during the day. That is a normal part of life! Having a plan B in case you can't follow the plan you made helps with the flexibility of meal plans to adjust throughout the week.
- Ex. Keep some easy Frozen meals in the Freezer, and have some stable pantry/fridge items for quick meals:
 - Ex. Eggs+frozen veggies for an omelet
 - Ex. Pasta, rice, canned beans, oatmeal, in case you need to put together quick meals!
- Buy Snacks in Bulk so they are always available! Ex. Granola bars, chips, cheese sticks, peanut butter, etc.
- Keep a running list of staple pantry items. When you run out, add it to the list so you can always stay stocked in the house!



