

Week 1

8-Week Healthy Reboot

BREAKFASTS: Mexican Scramble /// Mom's Oatmeal

LUNCHES: Protein Packed Lunch Bowl /// Pre-prepared PB & J

SNACKS: Fruit /// Smoothie

DINNERS: Chicken Sheet Pan /// Beef Casserole /// Chicken Sheet Pan /// Turkey Pasta



FRUITS

- Cuties (easy peel oranges)
- Apples
- Grapes
- Bananas
- Lemons



MEAT

- Ground beef (3 lbs.)
- Bacon
- Chicken thighs (3 packages)
- Ground turkey (2 lbs.)
- Canned chicken



DAIRY

- Heavy whipping cream
- Cream cheese (3 packages)
- Mozzarella cheese
- Cheddar cheese
- Cojita cheese
- Butter
- Yogurts
- Almond milk



VEGGIES

- Sweet potatoes (4-6)
- Red onion
- Avocados



SEAFOOD

- Salmon (½ lb. per person)



PANTRY

- Honey
- Lemon juice
- Green beans (4 cans)
- Beef broth
- Low carb tomato sauce
- High protein pasta (Barilla)
- Lily's chocolate chips
- Peanut butter (or any nut butter)
- Whey protein powder
- Bread
- Veggie straws
- Eggs
- Black beans
- Oatmeal
- Tessamae dressing (your choice)
- 5 hard boiled eggs (*or you can boil them yourself)
- Foil pan



HERBS SPICES

- Garlic powder
- Grated ginger
- Vanilla extract
- Cilantro



FROZEN

- Green beans
- Asparagus (pre-cut up)
- Broccoli
- Berries
- Chopped spinach
- Corn
- Veggie of choice