

WEEK 1

STARTER MEAL PLAN

MONDAY

BREAKFAST

Oatmeal with
Almond Milk
and Fruit
(make extra)

LUNCH

Grilled Chicken
Broccoli and
Brown Rice
(make extra)

DINNER

Fruit
Smoothie
(make extra)

TUESDAY

BREAKFAST

Oatmeal with
Almond Milk
and Fruit

LUNCH

Grilled Chicken
Broccoli and
Brown Rice

DINNER

Fruit
Smoothie

WEDNESDAY

BREAKFAST

Veggie and
Fruit Smoothie
(make extra)

LUNCH

Grilled Shrimp
Red Potatoes
and Asparagus
(make extra)

DINNER

Nutritious
Salad
(make extra)

THURSDAY

BREAKFAST

Veggie and
Fruit Smoothie

LUNCH

Grilled Shrimp
Red Potatoes
and Asparagus

DINNER

Nutritious
Salad

FRIDAY

BREAKFAST

Boiled Eggs or
Yogurt and Granola
(make extra)

LUNCH

Ground Turkey
Pasta with Salad
(make extra)

DINNER

Chicken and
Veggie Soup,
Pho or Ramen
(make extra)

SATURDAY

BREAKFAST

Boiled Eggs or
Yogurt and Granola

LUNCH

Ground Turkey
Pasta with Salad

DINNER

Chicken and
Veggie Soup,
Pho or Ramen

SUNDAY

BREAKFAST

Build your own
nutritious meal

LUNCH

Build your own
nutritious meal

DINNER

Build you own
nutritious meal

A simple weekly meal
prep plan to support
healthy habits and
fitness regime.

WEEK 2

STARTER MEAL PLAN

MONDAY

BREAKFAST

Oatmeal with
Almond Milk
and Fruit
(make extra)

LUNCH

Salmon with
Broccoli and
Brown Rice
(make extra)

DINNER

Nutritious
Salad
(make extra)

TUESDAY

BREAKFAST

Oatmeal with
Almond Milk
and Fruit

LUNCH

Salmon with
Broccoli and
Brown Rice

DINNER

Nutritious
Salad

WEDNESDAY

BREAKFAST

Veggie and
Fruit Smoothie
(make extra)

LUNCH

Grilled
Chicken Salad
(make extra)

DINNER

Chicken and
Veggie Soup,
Pho or Ramen
(make extra)

THURSDAY

BREAKFAST

Veggie and
Fruit Smoothie

LUNCH

Grilled
Chicken Salad

DINNER

Chicken and
Veggie Soup,
Pho or Ramen

FRIDAY

BREAKFAST

Egg Whites and
Turkey Bacon

LUNCH

Cod with
Mixed Veggies and
Mashed Potatoes
(make extra)

DINNER

Fruit
Smoothie
(make extra)

SATURDAY

BREAKFAST

Egg Whites and
Turkey Bacon

LUNCH

Cod with
Mixed Veggies and
Mashed Potatoes

DINNER

Fruit
Smoothie

SUNDAY

BREAKFAST

Build your own
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LUNCH

Build your own
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DINNER

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WEEK 3

STARTER MEAL PLAN

MONDAY

BREAKFAST

Oatmeal with
Almond Milk
and Fruit
(make extra)

LUNCH

Grilled Chicken
Broccoli and
Brown Rice
(make extra)

DINNER

Fruit
Smoothie
(make extra)

TUESDAY

BREAKFAST

Oatmeal with
Almond Milk
and Fruit

LUNCH

Grilled Chicken
Broccoli and
Brown Rice

DINNER

Fruit
Smoothie

WEDNESDAY

BREAKFAST

Veggie and
Fruit Smoothie
(make extra)

LUNCH

Grilled Shrimp
Red Potatoes
and Asparagus
(make extra)

DINNER

Nutritious
Salad
(make extra)

THURSDAY

BREAKFAST

Veggie and
Fruit Smoothie

LUNCH

Grilled Shrimp
Red Potatoes
and Asparagus

DINNER

Nutritious
Salad

FRIDAY

BREAKFAST

Boiled Eggs or
Yogurt and Granola
(make extra)

LUNCH

Ground Turkey
Pasta with Salad
(make extra)

DINNER

Chicken and
Veggie Soup,
Pho or Ramen
(make extra)

SATURDAY

BREAKFAST

Boiled Eggs or
Yogurt and Granola

LUNCH

Ground Turkey
Pasta with Salad

DINNER

Chicken and
Veggie Soup,
Pho or Ramen

SUNDAY

BREAKFAST

Build your own
nutritious meal

LUNCH

Build your own
nutritious meal

DINNER

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WEEK 4

STARTER MEAL PLAN

MONDAY

BREAKFAST

Oatmeal with
Almond Milk
and Fruit
(make extra)

LUNCH

Salmon with
Broccoli and
Brown Rice
(make extra)

DINNER

Nutritious
Salad
(make extra)

TUESDAY

BREAKFAST

Oatmeal with
Almond Milk
and Fruit

LUNCH

Salmon with
Broccoli and
Brown Rice

DINNER

Nutritious
Salad

WEDNESDAY

BREAKFAST

Veggie and
Fruit Smoothie
(make extra)

LUNCH

Grilled
Chicken Salad
(make extra)

DINNER

Chicken and
Veggie Soup,
Pho or Ramen
(make extra)

THURSDAY

BREAKFAST

Veggie and
Fruit Smoothie

LUNCH

Grilled
Chicken Salad

DINNER

Chicken and
Veggie Soup,
Pho or Ramen

FRIDAY

BREAKFAST

Egg Whites and
Turkey Bacon

LUNCH

Cod with
Mixed Veggies and
Mashed Potatoes
(make extra)

DINNER

Fruit
Smoothie
(make extra)

SATURDAY

BREAKFAST

Egg Whites and
Turkey Bacon

LUNCH

Cod with
Mixed Veggies and
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DINNER

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