

Healthy Lifestyle Meal Planning Guide Week-2

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Breakfast</i>	Protein Shake Homemade	236 Overnight Oats	Protein Shake Homemade	236 Overnight Oats	Protein Shake Homemade	236 Overnight Oats	2 Kodiak Cakes
	80 1 cup. Ripple Dairy Free Unsweetened Vanilla Pea Milk	30 10 grapes	80 1 cup. Ripple Dairy Free Unsweetened Vanilla Pea Milk	30 10 grapes	80 1 cup. Ripple Dairy Free Unsweetened Vanilla Pea Milk	30 10 grapes	260 Blueberry Chia Power Waffles w/Splash of Honey
	64 4 oz. frozen berries		64 4 oz. frozen berries		64 4 oz. frozen berries		30 1/2 c. blueberries
	150 1 TBSP Vega One All-In-One Plain Nutritional Shake Powder		150 1 TBSP Vega One All-In-One Plain Nutritional Shake Powder		150 1 TBSP Vega One All-In-One Plain Nutritional Shake Powder		
	10 1 cup spinach or kale		10 1 cup spinach or kale		10 1 cup spinach or kale		
	Total 304	Total 266	Total 304	Total 266	Total 304	Total 266	Total 290
<i>Lunch</i>	300 1.5 Cup Hearty Vegetarian Pumpkin Chili	420 H E B Meal Simple Carnitas Bowl	160 4 oz Baked Chicken Breast	450 Tessemae's Organic Chicken Avocado Ranch Salad Kit	310 H E B Meal Simple Roasted Spaghetti Squash with Chicken and Alfredo Sauce	340 Amy's Cheddar Cheese Burrito	242 Skinny Taste - 3 Buffalo Shrimp Lettuce Wraps
			246 1.5 C. SOUTHWESTERN BLACK BEAN, QUINOA AND MANGO SALAD		70 1 Med. apple	10 Siracha/ spicy sauce	95 1 Ultra Beer - Light! Or 3 oz. Red Wine *Optional
			Previous night leftovers for lunch			60 1 orange	
	Total 300	Total 420	Total 406	Total 450	Total 380	Total 410	Total 337
<i>Dinner</i>	Family Dinner	160 4 oz Baked Chicken Breast	330 H E B Meal Simple Basil Pesto Chicken with Spaghetti Squash	326 Skinny Taste - Sheet Pan Teriyaki Salmon and Vegetables	110 1/2 H E B Meal Simple Beef Flank Steak Stuffed with Spinach and Feta	Enjoy a night out for dinner	310 Chick Fil A Southwester Salad with GRILLED CHICKEN
	Cook or enjoy a healthy meal and share your choice with me at our next visit. Don't forget to take pictures.	246 1.5 C. SOUTHWESTERN BLACK BEAN, QUINOA AND MANGO SALAD			35 H E B 50/50 Spring Mix & Baby Spinach	DIVIDE YOUR PORTION INTO 4!	25 Light Italian Dressing
					40 4 oz. H E B Select Sweet Tomatoes	If you don't know the calories	
					100 2 tbs Balsamic Vinagrette		
	Total 300	Total 406	Total 330	Total 326	Total 285	Total 300	Total 335

Buffalo Shrimp Lettuce Wraps

PREP TIME:
5 mins

COOK TIME:
10 mins

TOTAL TIME:
15 mins

COURSE: Dinner, Lunch
CUISINE: American

*These easy, low-carb **Buffalo Shrimp Lettuce Wraps** are spicy, light and delicious topped with celery and blue cheese or ranch dressing.*

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 pound peeled and deveined large shrimp (chopped)
- 2 garlic cloves (minced)
- 1/3 cup hot sauce (such as Frank's)
- 1 head romaine or butter lettuce (leaves separated, for serving (12 leaves))
- 1/4 cup red onion (finely chopped)
- 1 rib celery (sliced thin)
- 1/2 cup light blue cheese or ranch dressing (homemade or jarred)
- chopped chives (optional garnish)



YIELD: 4 servings



4.59 from 31 votes

Instructions

1. In a large skillet over medium heat, heat oil. Add shrimp and garlic. Cook, flipping halfway, until pink and opaque on both sides, about 2 minutes per side. Turn off heat and add the hot sauce, tossing to coat.
2. Assemble wraps: Add scant 1/4 cup of shrimp to the center of a romaine leaf, then top with dressing, red onion and chives.

Notes

See my homemade blue cheese dressing recipe here.

Serving: 3wraps, Calories: 242kcal, Carbohydrates: 6.5g, Protein: 25g, Fat: 12g, Saturated Fat: 2g, Cholesterol: 177mg, Sodium: 1222mg, Fiber: 1g, Sugar: 3g

Blue Smart Points: **4** Green Smart Points: **5** Purple Smart Points: **4** Points +: **6**

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Hearty Vegetarian Pumpkin Chili

PREP TIME:
10 mins

COOK TIME:
1 hr

TOTAL TIME:
1 hr 10 mins

COURSE: Soup
CUISINE: American

Break out your soup pot, you'll want to make a batch of this delicious, hearty meatless vegetarian pumpkin chili today! Packed with vegetables, beans, pumpkin puree, beans and tons of flavor, then served with cheese, tortillas, avocado and all the yummy toppings.

Ingredients

- For seasoning mix:
- 1 tablespoon chili powder
- 1 teaspoon ground cinnamon
- 2 teaspoons kosher salt
- 1/8 teaspoons ground cloves
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon cayenne pepper
- For chili:
- 2 teaspoons olive oil
- 1 medium onion (diced)
- 2 large cloves garlic (minced)
- 2 tablespoons fresh ginger (finely minced)
- 1 jalapeno (seeds and membrane removed, minced)
- 2 medium carrots (diced into 1/2-inch cubes)
- 4 large Portobello mushrooms (stemmed, wiped clean and cubed)
- 2 cups frozen corn
- 1 28-ounce can fire roasted diced tomatoes
- 1 15-ounce can pureed pumpkin
- 1 15 ounce can black beans, drained and rinsed
- 2 cups unsalted vegetable stock
- For toppings:
- 1 extra-large or 2 small avocado (cubed)
- 5 green onions (sliced)
- 10 tablespoons reduced-fat shredded cheddar cheese
- 5 tablespoons light sour cream
- 2 ounces baked tortilla chips (crushed)
- chopped cilantro (for garnish)



YIELD: 10 servings



4.91 from 20 votes

you can add all ingredients to step 7 to crockpot on medium heat for 8 hours. While at work.

Instructions

1. In a small bowl, combine everything in the seasoning mix. Set aside.
2. Heat the olive oil in a large heavy pot or Dutch oven over medium-high heat.
3. Add the onion, garlic, ginger, and jalapeño and sauté until vegetables are soft, about 3-4 minutes.
4. Add the carrots and mushrooms and cook until carrots start to brown and mushrooms release some of their liquid, stirring occasionally, about 6 minutes.
5. Add the seasoning mix and stir to evenly coat.
6. Add the corn, tomatoes, pumpkin, beans and stock and mix well.
7. Cover, reduce heat to medium-low, and simmer for 45 to 50 minutes, stirring occasionally.
8. When carrots are fork tender, remove from heat, serve 1 cup of chili and top with desired toppings.

Serving: 1 cup plus toppings*, Calories: 232kcal, Carbohydrates: 35g, Protein: 7g, Fat: 7g, Cholesterol: 19mg, Sodium: 674mg, Fiber: 9g, Sugar: 8g

Blue Smart Points: **2** Green Smart Points: **4** Purple Smart Points: **1** Points +: **6**

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Overnight Oats

PREP TIME:
5 mins

COOK TIME:
0 mins

REFRIGERATE:
8 hrs

TOTAL TIME:
8 hrs 5 mins

COURSE: Breakfast, Brunch
CUISINE: American

Overnight oats in a mason jar (no cooking required)! A hearty healthy breakfast packed with fiber, vitamins, and nutrients.

Ingredients

- 1/4 cup quick oats (I prefer organic)
- 1/2 cup unsweetened Almond Breeze Original Almond Milk (or skim, soy)
- 1/4 medium banana (sliced (freeze the rest for smoothies!))
- 1/2 tbsp chia seeds
- 1/2 cup blueberries
- 4-5 drops NuNaturals liquid vanilla stevia (or your favorite sweetener)
- pinch cinnamon

for the topping:

- 1 tbsp chopped pecans (or any nut)

Instructions

1. Place all the ingredient in a jar, shake, cover and refrigerate overnight.
2. The next morning, add your favorite crunchy toppings such as nuts, granola, etc and enjoy!

Serving: 1jar, Calories: 236kcal, Carbohydrates: 34.5g, Protein: 6g, Fat: 10g, Saturated Fat: 0.5g, Sodium: 95mg, Fiber: 8.5g, Sugar: 11.5g

Blue Smart Points: **5** Green Smart Points: **5** Purple Smart Points: **3** Points +: **6**



YIELD: 1 serving

★★★★★
4.93 from 54 votes

Printed from Skinnytaste: <https://www.skinnytaste.com/skinny-overnight-oats-in-jar/>

Sheet Pan Teriyaki Salmon and Vegetables

PREP TIME:
15 mins

COOK TIME:
20 mins

TOTAL TIME:
35 mins

COURSE: Dinner
CUISINE: American

This easy, delicious Sheet Pan Teriyaki Salmon and Vegetables (I seriously devoured this, it was THAT good) is made all on one sheet pan and ready in 20 minutes!

Ingredients

For vegetables:

- 2 cups bite-size broccoli florets
- 10 mini sweet rainbow peppers (seeded and halved)
- ~~1~~ tablespoon sesame oil **.5 tsp**
- ¼ teaspoon kosher salt
- Freshly ground black pepper (to taste)

For salmon:

- 2 (~~4-ounce~~) wild salmon filets **3 oz. Portions**
- ~~1~~ teaspoon sesame oil **.5 tsp**
- 1 garlic clove (grated)
- ½ teaspoon grated ginger
- 2 tablespoons reduced sodium soy sauce (or gluten-free soy sauce)
- 1 teaspoon unseasoned rice vinegar
- 1 teaspoon brown sugar

For garnish:

- ½ teaspoon toasted sesame seeds
- 1 large scallion (chopped)

Instructions

1. Preheat oven to 400F degrees. Cover a large sheet pan with foil or parchment, lightly spray olive oil and set aside.
2. Meanwhile, combine sesame oil, garlic, ginger, soy sauce, vinegar and brown sugar in a small bowl and mix. Pour into a large ziplock bag and add salmon, marinate 10 minutes.
3. In a medium bowl, toss broccoli and peppers with 1 tablespoon sesame oil, ¼ teaspoon salt and pepper. Spread them evenly on prepared sheet pan and roast for 10 minutes.
4. Remove veggies from oven, toss, and move them over slightly to make room for the salmon. Place the salmon on the sheet pan, reserving the marinade and return to oven, roast an additional 7 to 8 minutes, or until salmon is just cooked through.
5. While salmon is cooking, heat a small skillet over low heat. Pour the remaining marinade and simmer stirring until the sauce has thickened slightly, about 1 to 1 1/2 minutes.
6. Brush sauce over salmon and sprinkle fillets with sesame seeds and scallions. Serve with veggies on the side.

Serving: 1 filet with 1 cup veggies, Calories: 326kcal, Carbohydrates: 17g, Protein: 27g, Fat: 17g, Saturated Fat: 2.5g, Cholesterol: 62mg, Sodium: 758mg, Fiber: 4g, Sugar: 4g

Blue Smart Points: **4** Green Smart Points: **7** Purple Smart Points: **4** Points +: **8**



YIELD: 2 Servings



4.96 from 48 votes

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Southwestern Black Bean, Quinoa and Mango Salad

PREP TIME:
15 mins

COOK TIME:
20 mins

TOTAL TIME:
35 mins

COURSE: Lunch, Salad, Side Dish
CUISINE: American

This healthy Southwestern Black Bean, Quinoa and Mango Salad is delicious, a great way to get more vegetables and plant-based foods to your diet.

Ingredients

- 15- ounce can black beans (no salt added, rinsed and drained)
- 1 cup cooked quinoa (red or tri-color) (according to package directions)
- 1 cup fresh or frozen corn
- 1 small red bell pepper (chopped)
- 1 cup chopped fresh mango
- 1/4 cup finely chopped red onion
- 1/2 cup chopped fresh cilantro
- 1 small jalapeño pepper (seeded and finely diced)
- juice from 1 medium lemon or lime
- 1 1/2 tbsp extra virgin olive oil
- 2 garlic cloves (minced)
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1/4 tsp ground turmeric



YIELD: 6 servings

★★★★★
4.87 from 38 votes

Instructions

1. Mix together the beans, quinoa, corn, bell pepper, mango, onion, cilantro, and jalapeño in a mixing bowl.
2. Whisk together the lemon juice, olive oil, garlic, cumin, chili powder, and turmeric in a small bowl.
3. Drizzle over the mixture and toss.
4. Refrigerate until ready to serve.

Notes

This recipe is from The Plant-Powered Diet by Sharon Palmer, RD

Serving: 1cup, Calories: 164kcal, Carbohydrates: 27g, Protein: 6g, Fat: 4g, Sodium: 93mg, Fiber: 7g, Sugar: 11.5g
Blue Smart Points: **2** Green Smart Points: **4** Purple Smart Points: **1** Points +: **4**

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