

Healthy Lifestyle Meal Planning Guide Week-5

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<i>Breakfast</i>	Jimmy Dean Delights 150 Turkey Sausage Breakfast cup 70 1 Med Apple Total 220	236 Overnight Oats 30 10 gapes Total 266	Protein Shake Homemade 80 1 cup. Ripple Dairy Free Unsweetened Vanilla Pea Milk 64 4 oz. frozen berries 1 TBSP Vega One All-In- 150 One Plain Nutritional Shake Powder 10 1 cup spinach or kale Total 304	236 Overnight Oats 30 10 gapes Total 266	Protein Shake Homemade 80 1 cup. Ripple Dairy Free Unsweetened Vanilla Pea Milk 64 4 oz. frozen berries 1 TBSP Vega One All-In- 150 One Plain Nutritional Shake Powder 10 1 cup spinach or kale Total 304	236 Overnight Oats 30 10 gapes Total 266	295 Breakfast BLT Salad *Replace regular bacon w/ turkey bacon Total 295		
	<i>Lunch</i>	372 Heather's Buddha Bowl Time to Meal Prep for the week Total 372	MEAL PREP 345 Food Cart-Style Chicken Salad with White Sauce **"White sauce" can be made with greek or plant based yogurt Total 345	MEAL PREP 345 Food Cart-Style Chicken Salad with White Sauce **"White sauce" can be made with greek or plant based yogurt Total 345	MEAL PREP 345 Food Cart-Style Chicken Salad with White Sauce **"White sauce" can be made with greek or plant based yogurt Total 345	MEAL PREP 345 Food Cart-Style Chicken Salad with White Sauce **"White sauce" can be made with greek or plant based yogurt Total 345	320 H E B Meal Simple Mediterranean Style Seasoned Chicken Breast 180 4 oz H E B Mi Tienda Boneless Skinless Seasoned Chicken Leg Meat for Fajitas 80 1/3 c. Brown Rice 30 Mixed fajita vegetables (bellpeppers, onion) 10 Salsa/ limes Total 320	Burrito Bowl Total 300	
		<i>Dinner</i>	Family Dinner Cook or enjoy a healthy meal and share your choice with me at our next visit. Don't forget to take pictures. Total 300	167 4 Oz. Pork tenderloin 35 H E B 50/50 Spring Mix & Baby Spinach 40 4 oz. H E B Select Sweet Tomatoes 20 Fresh Premium Matchstix French-Cut Cooking Carrots 100 2 tbs Balsamic Vinagrette Total 362	160 4 oz Baked Chicken Breast 260 2 Cup H E B Select Ingredients Sweet Thai Chopped Salad Kit Total 420	220 4 oz H E B Wild Caught Sockeye Salmon Fillet 20 Adams Reserve Sweet & Spicy Seafood Salmon Rub 20 Zucchini & Squash, slices 40 1 Tsp Olive Oil Total 300	330 H E B Meal Simple Basil Pesto Chicken with Spaghetti Squash Total 330	Enjoy a night out for dinner DIVIDE YOUR PORTION INTO 4! If you don't know the calories Total 300	Total 300

Breakfast BLT Salad

TOTAL TIME:
15 mins

COURSE: Breakfast, Brunch, Lunch, Salad
CUISINE: American

Salad for breakfast? Yes!! This Breakfast BLT Salad can be eaten anytime of the day really, but eggs and bacon served over this simple massaged kale salad with avocado and tomatoes is a delicious, savory, healthy breakfast idea.

Ingredients

- 3 cups shredded Lacinto kale (no stems)
- 1 teaspoon red wine vinegar
- 2 teaspoons extra virgin olive oil
- kosher salt
- black pepper (to taste)
- 2 large egg whites
- 4 strips cooked ~~center cut bacon (chopped)~~ **Turkey Bacon**
- 2 ounces sliced avocado
- 10 grape tomatoes (halved)

Instructions

1. In a bowl combine the kale, olive oil, vinegar and 1/4 teaspoon salt. Massage with your hands for about 3 minutes, until the kale softens.
2. Cook eggs to desired likeness, I prefer them soft boiled. [How to Make Perfect Eggs in the Instant Pot.](#)
3. Divide the kale between two bowls, top with bacon, tomatoes, avocado and egg.
4. Finish with pinch of salt and pepper.

Serving: 1salad, Calories: 240kcal, Carbohydrates: 18g, Protein: 17.5g, Fat: 12g, Saturated Fat: 4.5g, Cholesterol: 191mg, Sodium: 335.5mg, Fiber: 7g, Sugar: 3g

Blue Smart Points: 4 Green Smart Points: 6 Purple Smart Points: 4 Points +: 8



YIELD: 2 servings
★★★★★
4.95 from 19 votes

Food Cart-Style Chicken Salad with White Sauce

PREP TIME:
15 mins

COOK TIME:
25 mins

TOTAL TIME:
40 mins

COURSE: Dinner, Lunch
CUISINE: Arabic

Halal Food Cart inspired chicken served over a big salad of lettuce and tomatoes drizzled with a yummy white sauce.

Ingredients

For the chicken:

- 24 ounces about 4 large boneless, skinless chicken breasts, fat trimmed
- Juice of 1/2 lemon
- 2 garlic cloves (minced)
- 1 1/4 teaspoons ground cumin
- 1 teaspoon olive oil
- 1 teaspoon kosher salt
- 1 teaspoon oregano
- 3/4 teaspoon sweet paprika
- 1/2 teaspoon turmeric

White Yogurt Sauce (makes 1 1/4 cups):

- 1 cup Stonyfield Whole Milk Yogurt with Probiotics
- 2 tablespoons ~~mayonnaise~~ **light mayo**
- 1 tablespoon apple cider vinegar
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/8 teaspoon black pepper

For the Salad:

- 6 cups chopped iceberg or romaine lettuce
- 2 medium tomatoes (quartered)
- 1/2 small red onion (sliced)
- prepared mild harissa (optional for drizzling)

Instructions

1. Season the chicken with lemon juice, garlic, cumin, oil, salt and spices. Set aside at least 15 minutes, or as long as overnight.
2. Combine the ingredients for the white yogurt sauce and refrigerate.
3. When ready to cook, heat a large nonstick griddle or skillet over medium high heat. When hot, add the chicken and leave until the bottom is completely browned, about 5 minutes before flipping.
4. Cook on the other side for another 4 to 5 minutes, until browned.
5. Reduce the heat to low and let the chicken continue cooking, about 10 minutes, until just about cooked through in the thickest parts (no worries if it's not completely cooked).
6. Set aside on a cutting board and chop the chicken into thin strips and add back to the pan to brown and finish cooking, 8 to 10 minutes over medium heat.
7. Assemble the salad by dividing the lettuce, tomato and red onion.
8. Top with chicken and drizzle with yogurt sauce (this is your dressing) and harissa, if desired.

Serving: 1 salad, Calories: 345kcal, Carbohydrates: 13g, Protein: 37.5g, Fat: 16g, Saturated Fat: 4g, Cholesterol: 13mg, Sodium: 666mg, Fiber: 2.5g, Sugar: 7g

Blue Smart Points: **8** Green Smart Points: **8** Purple Smart Points: **8** Points +: **9**



YIELD: 4 servings



4.94 from 156 votes

Heather's Buddha Bowl

PREP TIME:
15 mins

COOK TIME:
20 mins

TOTAL TIME:
35 mins

COURSE: Dinner, Lunch
CUISINE: American

This easy Buddha Bowl is made with roasted broccoli, butternut squash, and onions piled on top of whole grain rice and topped with sliced avocado, a sunny-side fried egg, and crunchy pecans.

Ingredients

- 4 cups broccoli florets
- 2 cups cubed butternut squash
- 1 small onion (sliced into ½ moons)
- 1 tablespoon olive oil
- 1 small (4-ounce Hass avocado, sliced)
- Olive oil spray
- 4 large eggs
- Kosher salt
- Freshly ground black pepper
- 2 cups cooked brown rice
- ¼ cup chopped pecans

Instructions

1. Preheat oven to 400 degrees F.
2. On a large sheet pan, toss broccoli, squash and onions with olive oil, salt and pepper, to taste.
3. Spread veggies out in an even layer and roast for 20-25 minutes, or until crisp tender.
4. Meanwhile, heat a medium skillet over medium-low heat and lightly spray with oil.
5. Add eggs, one at a time, leaving space between them. Season each with a pinch of salt and pepper, cover and cook until whites are just set and yolk is still runny.

To assemble bowls:

1. Divide rice and roasted veggies evenly among 4 bowls.
2. Top each with 1 ounce avocado and 1 egg and 1 tablespoon pecans.
3. Serve immediately.

Serving: 1 bowl, Calories: 372kcal, Carbohydrates: 43g, Protein: 13g, Fat: 18.5g, Saturated Fat: 3.5g, Cholesterol: 186mg, Sodium: 458mg, Fiber: 8g, Sugar: 4g

Blue Smart Points: **7** Green Smart Points: **10** Purple Smart Points: **4** Points +: **10**



YIELD: 4 servings



4.94 from 32 votes

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

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