

WEEKLY MEAL PLANNER



| | BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|-----------|----------------------------------|--|--|---|--|
| SUNDAY | Berry Supershake | Make-Ahead Steel Cut Oatmeal | Chicken Soft Tacos | Carrots & Hummus | Thin Crust Texas Pizza |
| MONDAY | Garden Omelet | Strawberry Coconut Pudding | Prawn Cakes + Cauliflower Mash | Lemon Tart + Plain Yogurt | Thin Crust Texas Pizza |
| TUESDAY | Garden Omelet | Strawberry Coconut Pudding | Prawn Cakes + Cauliflower Mash | Lemon Tart + Plain Yogurt | Salmon with Miso Glaze + Cucumber Dill Salad |
| WEDNESDAY | Garden Omelet | Apple + Almond Butter | Salmon with Miso Glaze + Cucumber Dill Salad | Lemon Tart + Plain Yogurt | Spaghetti Squash Spaghetti |
| THURSDAY | Garden Omelet | Apple + Almond Butter | Parchment Baked Chicken + Asian Kale Salad | Lemon Tart + Plain Yogurt | Spaghetti Squash Spaghetti |
| FRIDAY | Garden Omelet | Carrots & Hummus | Parchment Baked Chicken + Asian Kale Salad | Lemon Tart + Plain Yogurt | Steak + Broccoli & Feta Salad |
| SATURDAY | Berry Supershake | Make-Ahead Steel Cut Oatmeal | Steak + Broccoli & Feta Salad | Carrots & Hummus | Chicken Soft Tacos |

Grocery List

| Ingredient | Quantity | Section | <input checked="" type="checkbox"/> |
|--------------------------|-------------|---------------------|-------------------------------------|
| Corn Tortilla | 12 | Bakery | <input type="checkbox"/> |
| Whole Wheat Tortilla | 1 package | Bakery | <input type="checkbox"/> |
| Cinnamon | 1 packet | Baking Good | <input type="checkbox"/> |
| Coconut Milk | 1 can | Baking Good | <input type="checkbox"/> |
| Pepper | 1 package | Baking Good | <input type="checkbox"/> |
| Sea Salt | 1 package | Baking Good | <input type="checkbox"/> |
| Raisins | 2 tbsp | Baking Good | <input type="checkbox"/> |
| Salt | 1 package | Baking Good | <input type="checkbox"/> |
| Sesame Seeds | 1 pkg | Baking Good | <input type="checkbox"/> |
| Sliced Almonds | 1 pkg | Baking Good | <input type="checkbox"/> |
| Stevia | 1 box | Baking Good | <input type="checkbox"/> |
| Vanilla Extract | 1 bottle | Baking Good | <input type="checkbox"/> |
| Cashews | .5 cup | Bulk | <input type="checkbox"/> |
| Flax | 1 tbsp | Bulk | <input type="checkbox"/> |
| Chia Seeds | 1 tbsp | Bulk | <input type="checkbox"/> |
| Pine Nuts | 2 tbsp | Bulk | <input type="checkbox"/> |
| BBQ Sauce | 1 bottle | Condiment | <input type="checkbox"/> |
| Hot Sauce | drops | Condiment | <input type="checkbox"/> |
| Mayo | 1 jar | Condiment | <input type="checkbox"/> |
| Olive Oil | 1 bottle | Condiment | <input type="checkbox"/> |
| Soy Sauce | 1 bottle | Condiment | <input type="checkbox"/> |
| White Wine Vinegar | 1 bottle | Condiment | <input type="checkbox"/> |
| Butter | 1 lb | Dairy | <input type="checkbox"/> |
| Eggs | 2 dozen | Dairy | <input type="checkbox"/> |
| Plain Yogurt | 500ml | Dairy | <input type="checkbox"/> |
| Feta Cheese | 1 package | Deli | <input type="checkbox"/> |
| Hummus | 1 pkg | Deli | <input type="checkbox"/> |
| Parmesan Cheese | .5 cup | Deli | <input type="checkbox"/> |
| Blueberries, Frozen | 1 bag | Frozen | <input type="checkbox"/> |
| Cauliflower, Frozen | 1 bag | Frozen | <input type="checkbox"/> |
| Edamame, Frozen | 1 bag | Frozen | <input type="checkbox"/> |
| Strawberries, Frozen | 1 bag | Frozen | <input type="checkbox"/> |
| Parchment Paper | 1 roll | General Merchandise | <input type="checkbox"/> |
| Tomato Sauce | 2 cups | Grocery | <input type="checkbox"/> |
| Pineapple | 1 can | Grocery | <input type="checkbox"/> |
| Mirin | 1 bottle | International Foods | <input type="checkbox"/> |
| Chicken Breasts | 6 | Meat | <input type="checkbox"/> |
| Extra Lean Ground Beef | 1.5 lb | Meat | <input type="checkbox"/> |
| Rib Eye Steak | 1lb | Meat | <input type="checkbox"/> |
| Almond Butter | 1 jar | Organic | <input type="checkbox"/> |
| Almond Milk, Unsweetened | 1 container | Organic | <input type="checkbox"/> |

| | | | |
|--------------------------|-----------------|------------|--------------------------|
| Coconut Flour | 1 cup | Organic | <input type="checkbox"/> |
| Coconut Oil | 1 container | Organic | <input type="checkbox"/> |
| Sweet White Miso Past | 1 pkg | Organic | <input type="checkbox"/> |
| Apple | 2 | Produce | <input type="checkbox"/> |
| Avocado | 6 | Produce | <input type="checkbox"/> |
| Baby Carrots | 1 bag | Produce | <input type="checkbox"/> |
| Bananas | 8 | Produce | <input type="checkbox"/> |
| Broccoli | 1 bunch | Produce | <input type="checkbox"/> |
| Cilantro | 1 bunch | Produce | <input type="checkbox"/> |
| Cremini Mushrooms | 2 large | Produce | <input type="checkbox"/> |
| Cucumbers | 3 | Produce | <input type="checkbox"/> |
| Fresh Dill | 1 bunch | Produce | <input type="checkbox"/> |
| Garlic | 1 | Produce | <input type="checkbox"/> |
| Grape Tomatoes | 1 large package | Produce | <input type="checkbox"/> |
| Green Onion | 1 bunch | Produce | <input type="checkbox"/> |
| Jalapeno Pepper | 1 | Produce | <input type="checkbox"/> |
| Lemon | 5 | Produce | <input type="checkbox"/> |
| Lime | 3 | Produce | <input type="checkbox"/> |
| Red Bell Pepper | 1 | Produce | <input type="checkbox"/> |
| Red Cabbage | 1 | Produce | <input type="checkbox"/> |
| Red Onion | 1 | Produce | <input type="checkbox"/> |
| White Onion | 2 | Produce | <input type="checkbox"/> |
| Yellow Bell Pepper | 1 | Produce | <input type="checkbox"/> |
| Zucchini | 4 | Produce | <input type="checkbox"/> |
| Salmon Filet, Centre Cut | 1.25 lbs | Seafood | <input type="checkbox"/> |
| Raw, Wild-Caught Shrimp | 1lb | Seafood | <input type="checkbox"/> |
| BCAA supplement | 1 Tub | Supplement | <input type="checkbox"/> |
| Magnesium Citrate | 1 bottle | Supplement | <input type="checkbox"/> |
| Protein Powder | 1 Tub | Supplement | <input type="checkbox"/> |
| Dextrose | 1 Bag | Supplement | <input type="checkbox"/> |
| Vitamin D3 | 1 Bottle | Supplement | <input type="checkbox"/> |
| Fish Oil | 1 Bottle | Supplement | <input type="checkbox"/> |
| Creatine | 1 Tub | Supplement | <input type="checkbox"/> |
| Black Tea | 1 package | Tea | <input type="checkbox"/> |
| Green Tea | 1 package | Tea | <input type="checkbox"/> |
| Chamomile Tea | 1 package | Tea | <input type="checkbox"/> |