

BREAKFAST	LUNCH	DINNERS
PB Baked Oatmeal	Cheesy Broccoli Chicken Bake	Picadillo / Kielbasa Skillet

Grocery List

PRODUCE

- 2 bananas
- Cilantro
- 1 bag shredded cabbage
- 8 cloves garlic
- ½ onion
- 1 bell pepper
- 2 lb potatoes

MEAT/DAIRY

- 16 oz sliced sausage, bratwurst, or kielbasa
- 1-1.5 lb ground beef
- 1 lb chicken breast
- 2 ¼ cup almond milk
- 2 oz cream cheese
- 2 oz cheddar cheese
- 2 eggs

PANTRY

- 1 cup uncooked rice
- 8 oz tomato sauce
- 1 cup chicken broth
- 1 cup beef broth
- ¼ cup sliced olives (optional)
- 2 tbsp honey
- 1 tsp white vinegar
- 1 tbsp mustard
- 2 cups oats
- 1 tsp baking powder
- 1/4 cup peanut butter
- 1 tsp vanilla extract
- 2 scoops collagen powder (optional)

SPICES/STAPLES

- 1.5 tsp cumin
- 3/4 tsp paprika
- ¼ tsp mustard powder
- Salt & pepper
- Oil

FROZEN

- 3-4 cups frozen broccoli
- 1 bag frozen cauliflower rice

SUN	MON	TUES	WED	THURS	FRI	SAT
				30	1	2
				Meal planning day		Grocery shop in AM
3	4	5	6	7	8	9
Meal prep!	Breakfast: Protein Pancakes	Breakfast: Protein Pancakes	Breakfast: Protein Pancakes	Breakfast: Protein Pancakes	Breakfast: Protein Pancakes	
Cook: Protein Pancakes / Creamy Taco Soup	Lunch: Creamy Taco Soup	Lunch: Creamy Taco Soup	Lunch: Creamy Taco Soup	Lunch: Creamy Taco Soup	Lunch: Steak and Potatoes Skillet	
	Cook Dinner: Air Fryer Sesame Chicken	Dinner: Air Fryer Sesame Chicken	Dinner: healthy takeout	Cook Dinner: Steak and Potatoes Skillet		

How To Use This Meal Plan

Each of these recipes makes about 3-5 servings, so following this meal plan would be best for 1 person with some leftovers for the weekend.

If you are cooking for two, you can:

- double one of the dinner recipes and have leftovers for some lunches
- double the lunch recipe
- add another recipe and have leftovers for some lunches

PB Baked Oatmeal

Servings: 5

Estimated time: 20 min

Ingredients:

- 2 bananas
- 2 cups oats
- 1 tsp baking powder
- 1/4 cup peanut butter
- 1 tsp vanilla extract
- 2 eggs
- 2 tbsp honey
- 1 cup almond milk
- 2 scoops collagen powder (optional)

Instructions:

1. Preheat the oven to 350. Grease your meal prep containers or baking pan.
2. Mash the bananas. Add the remaining ingredients and stir to combine.
3. Add the batter to the baking pan or meal prep containers. Bake until set, about 20 minutes.
4. When cooled, add a drizzle of peanut butter on top if desired.



334cal / 11g fat / 44g carbs
5g fiber / 18g protein

Notes:

- You can use any nut butter you want in this recipe.
- You can use individual glass meal prep containers or a 9x13 baking pan.
- You can freeze this baked oatmeal! I would make it in muffin tins, then freeze them on a plate for about an hour. Then add to a ziploc bag.

Cheesy Broccoli Chicken Bake

Servings: 4

Estimated time: 40 min

Ingredients:

1 lb chicken breast
2 cloves garlic, minced
½ tsp salt
¼ tsp mustard powder
¼ tsp paprika
Pepper
1 cup rice
1 cup chicken broth
1 ¼ cup almond milk
2 oz cream cheese
2 oz cheddar cheese
3-4 cups frozen broccoli



440cal / 12g fat / 40g carbs
2g fiber / 43g protein

Instructions:

1. Preheat the oven to 400. Lightly grease the baking dish.
2. Cube the chicken breast. Season with the minced garlic, salt, mustard powder, paprika, and pepper. Stir to evenly coat. Add to the baking dish.
3. Add the rice, chicken broth, almond milk, cream cheese, cheddar cheese, and broccoli.
4. No need to stir, but make sure the rice is fully submerged.
5. Bake for 15 minutes, then remove from the oven and stir. Add back to the oven and cook for about 10 more minutes, until golden brown on the top.

Notes:

- Add a tablespoon of water over the top. Reheat for 1-2 minutes.
- Sub for broccoli: cauliflower, green beans
- Sub for almond milk: regular milk, coconut milk, oat milk
- Sub for broth: water
- Can omit the mustard powder

Picadillo

Servings: 4

Estimated time: 40 min

Ingredients:

1-1.5 lb ground beef
½ onion
1 bell pepper
1 lb potatoes
4 cloves garlic, minced
1.5 tsp cumin
½ tsp paprika
1 tsp salt
8 oz tomato sauce
1 cup beef broth
¼ cup sliced olives (optional)

1 bag frozen cauliflower rice
Cilantro

Instructions:

1. Chop the onion and bell pepper.
2. Add the ground beef to a large skillet on medium heat. Cook until almost cooked through.
3. While it's cooking, cube the potatoes.
4. Add the onion, bell pepper, potatoes, 4 cloves minced garlic, 1.5 tsp cumin, ½ tsp paprika, 1 tsp salt, 8 oz tomato sauce, 1 cup beef broth. Stir to combine and cover.
5. Let cook until potatoes are fork tender, about 20 minutes.
6. While it's cooking, make the cauliflower rice on another skillet on medium heat.
7. Add the sliced olives to the picadillo and cook for one more minute.
8. Top with cilantro.



341cal / 9g fat / 28g carbs
5g fiber / 37g protein

*I used 1.25 lb ground beef 96% lean

Notes:

- You can serve this with regular rice or tortillas on the side.
- This recipe is Whole30 (as long as you serve with cauliflower rice).
- This recipe freezes well! Just add to a Ziploc bag or Souper Cubes and store in the freezer.

Kielbasa Skillet

Servings: 4

Estimated time: 40 min

Ingredients:

16 oz sliced sausage, bratwurst, or kielbasa
1 lb potatoes
1 bag shredded cabbage
1 tsp salt
1 tsp white vinegar
2 cloves garlic, minced
1 tbsp mustard

Instructions:

1. Add the sausage to a large skillet and cook on medium heat until browned. While it's cooking, wash and chop the potatoes.
2. Remove sausage from the pan and add the potatoes. Cover the pan and stir occasionally.
3. When the potatoes have started to brown but are still somewhat firm, add the cabbage, salt, vinegar, garlic, and mustard. Stir and cover for about 3 minutes.
4. Add in the sausage and cook uncovered for a few minutes, until potatoes are fully cooked and cabbage is caramelized.



390cal / 22g fat / 26g carbs
4g fiber / 22g protein

Notes: