**Organize Your Week**

**Step 1:** Choose Your Breakfast Meals

*To simplify you can either choose easy recipes that require little to no-prep and are about a 5-minute assembly (cereals, sandwiches, eggs), or you can choose things to make ahead of time (overnight oats, egg white muffins etc.) Stick to 2-3 options and repeat those options for the week.*

This Weeks Breakfasts – Choose a 300 Calorie Recipe

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 2:** Choose Your Main Meals

*There is a balance here of convenience, quickness, & how many days you can stand eating the same things in a row. You must figure out a system that works for you and your schedule & lifestyle. For some people that means cooking daily. For others, it may mean doing large batch meal prep. I recommend doing a mix between the two. You’ll need 14 servings of main meals for the week. Since most recipes typically make 4 servings – think of this as just choosing 4 recipes for the week. If you’re cooking for 2 – you’ll have to double batch of a few recipes or choose 4 recipes that serve 6 instead.*

This Weeks Mains – Choose a 400-500 Calorie Recipe

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 3:** Choose Your Snacks

*Keep this simple. Choose just 2-3 options and repeat every other day.*

This Weeks Snacks – 100-300 Calories

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WRITE OUT YOUR WEEKLY PLAN – REMEMBER YOU CAN BE FLEXIBLE**

*Print this off and begin to create a collection of weekly meal plans that are personalized & specific to you. Be sure to keep all your recipes in one place – toss out, or un-bookmark recipes that don’t do it for you and stick to recipes & snacks that you enjoy.*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
| B |  |  |  |  |  |  |  |
| S1 |  |  |  |  |  |  |  |
| L |  |  |  |  |  |  |  |
| S2 |  |  |  |  |  |  |  |
| D |  |  |  |  |  |  |  |
| S3 |  |  |  |  |  |  |  |

**Example**

**Step 1:** Choose Your Breakfast Meals – Write Out Notes Of When To Prep!

This Weeks Breakfasts – 400-500 Calories

1. Nutella Overnight Oats x 4
2. Overnight Strawberry Weetabix x3

**Step 2:** Choose Your Main Meals- Write Out Notes of When To Prep!

This Weeks Mains – 400-500 Calories

1. Chicken & Spinach Gnocchi x 5
2. Spicy Soba Noodle Chicken Salad x 5
3. Turkey Lasagna x 4

**Step 3:** Choose Your Snacks

This Weeks Snacks – 100-300 Calories

1. Post Workout Smoothie – 2 Scoops Protein
2. 1 Orange + 25 Almonds x 3
3. Banana Muffins x 4 Muffins
4. Tuna & Rye Crackers x 4
5. White Chocolate Mug Cake x3

**Example Week –** *In this example you’ll notice I’m only cooking 3x and advance prepping 2x*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
| B | Overnight Oats  *\* Prep Sunday Night* | Overnight Oats | Overnight Weetabix  \*Prep Tuesday Night | Overnight Weetabix | Overnight Oats | Overnight Oats | Overnight Weetabix |
| S1 | Orange + 25 Almonds | Banana Muffins  *\* Prep Sunday Night* | Orange + 25 Almonds | Banana Muffins | Orange + 25 Almonds | Banana Muffins | Banana Muffins |
| L | Chicken & Spinach Gnocchi  *\* Prep Sunday Night* | Chicken & Spinach Gnocchi | Chicken & Spinach Gnocchi | Spicy Soba Noodle Chicken Salad | Chicken & Spinach Gnocchi | Spicy Soba Noodle Chicken Salad | Spicy Soba Noodle Chicken Salad |
| S2 | 2 Scoops Protein | 2 Scoops Protein | 2 Scoops Protein | 2 Scoops Protein | 2 Scoops Protein | 2 Scoops Protein | 2 Scoops Protein |
| D | Spicy Soba Noodle Chicken Salad  *\*Cook tonight* | Turkey Lasagna  *\*Cook tonight* | Spicy Soba Noodle Chicken Salad | Chicken & Spinach Gnocchi | Turkey Lasagna | Turkey Lasagna | Turkey Lasagna |
| S3 | Tuna & Rye Crackers | White Chocolate Mug Cake | Tuna & Rye Crackers | White Chocolate Mug Cake | Tuna & Rye Crackers | White Chocolate Mug Cake | Tuna & Rye Crackers |

**Make Your Grocery List**

Make your grocery list based on the recipes you have chosen. This will make grocery shopping a breeze!

You can edit & print off this check list, or if you have google home or Alexa, just dictate your list!

Seasoning & Sauces

🞏 balsamic vinegar

🞏 lemon juice

🞏 mayonnaise

🞏 mustard

🞏 olive oil

🞏 pepper

🞏 salt

🞏 soup mix

🞏 spices

🞏 salad dressing

🞏 salsa

🞏 soy sauce

🞏 teriyaki

🞏 vegetable oil

🞏 vinegar

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Pasta, Rice & Grains

🞏 couscous

🞏 whole grain pasta

🞏 brown rice

🞏 oatmeal

🞏 quinoa

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Others

🞏 batteries

🞏 light bulbs

🞏 insect repellent

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Cleaning

🞏 bleach

🞏 dish cloths

🞏 dish soap

🞏 dishwasher soap

🞏 fabric softener

🞏 floor cleaner

🞏 glass spray

🞏 gloves

🞏 laundry soap

🞏 sponges

🞏 toilet cleaner

🞏 \_\_\_\_\_\_\_\_\_\_

Drinks

🞏 club soda

🞏 coffee

🞏 juice

🞏 diet soft drinks

🞏 tea

🞏 wine

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Paper Products

🞏 aluminum foil

🞏 baking paper

🞏 cups

🞏 garbage bags

🞏 muffin cups

🞏 napkins

🞏 paper plates

🞏 paper towels

🞏 plastic bags

🞏 plastic cutlery

🞏 plastic wrap

🞏 straws

🞏 tissues

🞏 toilet paper

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Baking

🞏 baking powder

🞏 baking soda

🞏 sugar free cocoa

🞏 cornstarch

🞏 cooking spray

🞏 whole wheat flour

🞏 gelatin

🞏 brown sugar

🞏 sugar substitute

🞏 vanilla extract

🞏 yeast

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Canned & Bottles

🞏 apple sauce

🞏 baked beans

🞏 bouillon cubes

🞏 crushed tomatoes

🞏 chickpeas

🞏 jelly (jam)

🞏 honey

🞏 maple syrup

🞏 natural almond butter

🞏 natural peanut butter

🞏 olives

🞏 pasta sauce

🞏 pickles

🞏 soup

🞏 sweet corn

🞏 tuna fish

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Frozen

🞏 ice

🞏 sugar free & low fat ice cream

🞏 sugar free juice

🞏 unsweetened berries

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Bakery

🞏 whole grain bread

🞏 whole grain pita bread

🞏 whole grain rolls

🞏 whole grain tortillas

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Cereal & Snacks

🞏 whole grain crackers

🞏 dried fruit

🞏 fruit snacks

🞏 granola bars

🞏 nuts

🞏 popcorn

🞏 whole grain cereal

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Refrigerated

🞏 butter

🞏 low fat cheese

🞏 low fat cream cheese

🞏 cottage cheese

🞏 eggs

🞏 feta cheese

🞏 greek yogurt

🞏 low fat milk

🞏 low fat sour cream

🞏 fruit juice

🞏 low fat yogurt

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Meat

🞏 chicken breast

🞏 lean beef

🞏 steak

🞏 ground turkey

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Fish

🞏 catfish

🞏 cod

🞏 halibut

🞏 salmon

🞏 shrimp

🞏 tilapia

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Personal Care

🞏 conditioner

🞏 cotton balls

🞏 cotton swabs

🞏 dental floss

🞏 deodorant

🞏 hand soap

🞏 mouthwash

🞏 razors/blades  
🞏 shampoo

🞏 shaving cream

🞏 soap

🞏 sunscreen

🞏 tissues

🞏 toothbrush

🞏 toothpaste

🞏 vitamins

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Fruits

🞏 apples

🞏 bananas

🞏 berries

🞏 grapes

🞏 pineapples

🞏 lemons

🞏 melons

🞏 oranges

🞏 peaches

🞏 pears

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Vegetables

🞏 broccoli

🞏 bell peppers

🞏 cabbage

🞏 cauliflower

🞏 carrots

🞏 celery

🞏 cherry tomatoes

🞏 corn

🞏 cucumbers

🞏 fresh herbs

🞏 garlic

🞏 green beans

🞏 kale

🞏 lettuce

🞏 mushrooms

🞏 onions

🞏 peppers

🞏 potatoes

🞏 salad greens

🞏 pumpkin

🞏 sprouts

🞏 sweet potatoes

🞏 tomatoes

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_