

# Weekly Meal Plan

Here's a comprehensive grocery list based on the meal plan provided:

Produce:

- Spinach
- Mixed berries (strawberries, blueberries, raspberries)
- Bananas
- Avocado
- Tomatoes
- Cucumbers
- Bell peppers (assorted colors)
- Lemons
- Asparagus
- Broccoli
- Sweet potatoes
- Kale
- Mushrooms
- Onions
- Peaches
- Basil
- Brussels sprouts

- Mandarins
- Lettuce (mixed greens)
- Garlic
- Green beans
- Black beans
- Corn
- Squash (spaghetti squash, zucchini)
- Bell peppers (for stuffing)
- Cabbage
- Carrots

#### Dairy & Eggs:

- Eggs
- Greek yogurt
- Feta cheese
- Mozzarella cheese
- Parmesan cheese
- Cottage cheese
- Milk or almond milk
- Butter

#### Meat & Protein:

- Chicken breast

- Salmon filets
- Shrimp
- Ground beef or turkey
- Tofu
- Deli turkey slices
- Bacon

#### Grains & Bread:

- Whole grain bread
- Whole grain tortillas
- Quinoa
- Brown rice
- Whole wheat pasta
- Naan bread
- Pancake mix
- Granola
- Whole grain waffles
- Noodles

#### Pantry Staples:

- Olive oil
- Balsamic vinegar
- Soy sauce

- Honey
- Maple syrup
- Tahini
- Dijon mustard
- Salsa
- Marinara sauce
- Canned diced tomatoes
- Canned black beans
- Canned chickpeas
- Lentils
- Curry paste or powder
- Chia seeds
- Almonds
- Sesame seeds
- Black bean soup mix
- Chicken or vegetable broth

#### Spices & Seasonings:

- Salt
- Pepper
- Cinnamon
- Paprika

- Cumin
- Garlic powder
- Onion powder
- Italian seasoning
- Red pepper flakes
- Bay leaves

Frozen:

- Mixed vegetables
- Frozen fruit (for smoothies)

Miscellaneous:

- Honey mustard dressing
- Sesame dressing
- Balsamic glaze
- Lime juice
- Tomato basil soup mix

This list should cover all the ingredients you'll need for the weekly meal plan. Adjust quantities based on your family size and personal preferences.

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Monday

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### Breakfast:

- Option 1: Scrambled eggs with spinach and whole grain toast
- Option 2: Greek yogurt with honey and mixed berries

### Lunch:

- Option 1: Grilled chicken salad with mixed greens, tomatoes, cucumbers, and balsamic vinaigrette
- Option 2: Quinoa salad with roasted vegetables and feta cheese

### Dinner:

- Option 1: Baked salmon with roasted sweet potatoes and steamed broccoli
- Option 2: Lentil soup with a side of whole grain bread

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## Tuesday

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### Breakfast:

- Option 1: Oatmeal topped with sliced bananas, almonds, and a drizzle of maple syrup
- Option 2: Smoothie with spinach, banana, almond milk, and protein powder

### Lunch:

- Option 1: Turkey and avocado wrap with whole wheat tortilla
- Option 2: Chickpea salad with diced tomatoes, cucumbers, and lemon-tahini dressing

### Dinner:

- Option 1: Grilled shrimp with quinoa and roasted asparagus
- Option 2: Vegetable stir-fry with tofu served over brown rice

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## Wednesday

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### Breakfast:

- Option 1: Whole grain toast with avocado slices and a poached egg
- Option 2: Cottage cheese with sliced peaches and a sprinkle of cinnamon

### Lunch:

- Option 1: Caprese salad with sliced tomatoes, fresh mozzarella, basil, and balsamic glaze
- Option 2: Spinach and feta stuffed bell peppers

### Dinner:

- Option 1: Beef stir-fry with bell peppers, mushrooms, and broccoli served over noodles
- Option 2: Baked chicken breast with quinoa and steamed green beans

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## Thursday

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### Breakfast:

- Option 1: Overnight oats with chia seeds, almond milk, and mixed berries
- Option 2: Whole grain waffles topped with Greek yogurt and sliced strawberries

### Lunch:

- Option 1: Mediterranean quinoa salad with cucumber, cherry tomatoes, olives, and feta cheese
- Option 2: Black bean and corn salad with avocado and lime dressing

Dinner:

- Option 1: Grilled tofu with roasted sweet potatoes and sautéed kale
- Option 2: Spaghetti squash with marinara sauce and turkey meatballs

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## Friday

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Breakfast:

- Option 1: Veggie omelet with mushrooms, bell peppers, and onions
- Option 2: Breakfast burrito with scrambled eggs, black beans, and salsa

Lunch:

- Option 1: Asian chicken salad with cabbage, carrots, mandarin oranges, and sesame dressing
- Option 2: Quinoa and black bean stuffed bell peppers

Dinner:

- Option 1: Grilled salmon with roasted Brussels sprouts and wild rice
- Option 2: Lentil and vegetable curry served with naan bread

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## Saturday

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Breakfast:

- Option 1: Pancakes topped with fresh fruit and a drizzle of honey
- Option 2: Breakfast bowl with Greek yogurt, granola, and mixed berries

Lunch:

- Option 1: Turkey and avocado sandwich on whole grain bread with a side salad
- Option 2: Tomato basil soup with a grilled cheese sandwich



Dinner:

- Option 1: Baked cod with quinoa pilaf and steamed asparagus
- Option 2: Vegetable and tofu stir-fry with brown rice

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## Sunday

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Breakfast:

- Option 1: Breakfast quesadilla with scrambled eggs, black beans, and cheese
- Option 2: Chia seed pudding with almond milk and sliced almonds

Lunch:

- Option 1: Cobb salad with grilled chicken, avocado, bacon, hard-boiled eggs, and blue cheese dressing
- Option 2: Veggie-packed minestrone soup with a side of crusty bread

Dinner:

- Option 1: Grilled steak with roasted potatoes and green beans
- Option 2: Baked stuffed peppers with ground turkey, quinoa, and diced vegetables

Feel free to adjust the options based on your dietary preferences and nutritional needs. Also, remember to include snacks throughout the day to keep your energy levels up!