



# MEAL PLAN

## HELPFUL TIPS



**WEEKS 1,3**

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| <p><u>Bulk Prep</u></p> <ul style="list-style-type: none"> <li>• Rice</li> <li>• Ground beef</li> <li>• Potatoes</li> <li>• Wash fruits and veggies</li> <li>• Chop onions/bell peppers</li> </ul> | <p><u>Meal Prep</u></p> <ul style="list-style-type: none"> <li>• Chili</li> <li>• Overnight oats</li> <li>• Chia seed</li> <li>• Burrito</li> <li>• Any lunches you can</li> </ul> |
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**WEEKS 2,4**

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| <p><u>Bulk Prep</u></p> <ul style="list-style-type: none"> <li>• Quinoa/rice</li> <li>• Ground beef</li> <li>• Bake Potatoes</li> <li>• Wash fruits and veggies</li> <li>• Chop onions/bell peppers</li> </ul> | <p><u>Meal Prep</u></p> <ul style="list-style-type: none"> <li>• Black bean burgers</li> <li>• Overnight oats</li> <li>• Chia seed</li> <li>• Any lunches you can</li> </ul> |
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**WEEKS 1,3 IDEAS**

Bento Bowls: Roasted potatoes, tortilla, crackers, beans (whole and refried), cucumber, spinach mix, celery, broccoli, peanut butter, hummus, spaghetti, berries, banana, orange, apple, dried fruit. Don't forget to use spices!

Oatmeal: Cinnamon Toppings: Berries, banana, cinnamon, peanut butter, dried fruit.

**WEEKS 2,4 IDEAS**

Smoothie Ideas: Nut milk, scoop of greens, frozen fruit medley, add ground flaxseed, chia, DF yogurt or frozen bananas. Cocoa powder and peanut butter can be nice too!

Taco Bowl: Experiment with different spices to give some variety (i.e. taco seasoning, Italian seasoning, Greek seasoning). Change up toppings like hummus, guac, pico, sun-dried tomatoes, tzatziki, cilantro, peppers etc.)