

Weekly Meal Plan + Shopping List

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5-day plan, ~30–40 minutes per dinner. Pantry-friendly with minimal overlap to reduce waste. Breakfast prep + snack staples included.

Dinners

Miso-Ginger Sheet-Pan Chicken + Broccoli + Rice

Chickpea Coconut Curry + Rice + Quick Pickled Veg

Lemon-Herb Baked Cod + Roasted Potatoes + Green Beans

Brown Butter Chocolate Chip Blondies (dessert night) + Simple Salad

Roasted Red Pepper Sausage Pasta + Side Caesar

Breakfasts

Overnight oats (berries + chia) x3

Greek yogurt + granola + fruit x2

Snacks

Apples/bananas, mixed nuts, hummus + carrots/cukes

Shopping List (condensed)

Protein: chicken thighs (2 lb), cod (~1.5 lb), sausage (12 oz)

Pantry: rice, coconut milk (2), chickpeas (2), miso, soy sauce, honey, pasta, tomato paste, roasted red peppers

Veg: broccoli, potatoes, green beans, mixed greens, carrots, cucumber, garlic, ginger, lemons

Dairy: Greek yogurt, butter, Parmesan

Baking: flour, sugar, brown sugar, chocolate chips

Prep Map (Sunday, ~75 minutes)

Cook 3 cups rice; portion.

Marinate chicken; chop broccoli.

Pre-chop curry aromatics (ginger/garlic/onion); measure curry spices.

Wash/chop salad greens; prep Caesar dressing.

Mix blondie dry ingredients; brown butter (cool, then store).

Fit/Skip Notes

Fit: weeknights, minimal dishes, family-friendly.

Skip/Swap: swap cod for tofu or chicken; use GF pasta if needed.

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