



Five days to a Healthier, Happier you!

Have you ever signed up for a meal plan and received a detailed list of five different breakfasts, five different lunches, five different snacks and five different dinners? Chances are that your head starts spinning, you're mentally calculating the grocery costs of a hundred different ingredients and feeling overwhelmed that five days of cleaned up eating is quite simply too difficult to manage AND feed to your family. In reality, we are creatures of habit so I've kept this meal plan simple. I've given you a few different breakfast and snack options that rotate throughout the week but if you find you prefer one breakfast over another, make that each day and call it good. For dinners, if you find that one of the dinner recipes requires more time in the kitchen than you have time for that night, switch it up with another or make double the night before so you have dinner ready to go. I keep lunches simple by using dinner leftovers and adding in veggies and greens to get that daily quota.

I'm also a big fan of taking some time once or twice a week to meal prep. It sounds daunting doesn't it? But in all reality that could be as simple as making five jars of overnight oats at a time so you can grab and go the rest of the week or boiling half a dozen eggs for quick and easy snacks. What I'm trying to do here is keep it simple so you can see how easy it is to eat well and feel good. I've also kept this meal plan to five days instead of seven days because I realize weekends are crazy and things don't always go according to plan. But if you think some of these meals might work for you on a Saturday or Sunday, I'm hopeful that you will incorporate these into your recipe repertoire.

So dive in to a week's worth of recipes that won't have you slaving away in the kitchen and that have earned a two thumbs up rating from both the adults and the kids in this house!



MONDAY

BREAKFAST

Cinnamon Maple Tahini Oatmeal

LUNCH

Simple Greens Salad with Chopped Chicken topped with Creamy Garlic Dressing (2 tbsp)

SNACK

Cucumbers, Carrots, and Snap Peas (1 cup) with Hummus

DINNER

Easy No Chop Chili topped with Green Onions, Cilantro, and Avocado

TUESDAY

BREAKFAST

Two Super Green Egg Cups

LUNCH

Leftover No Chop Chili topped with Green Onions, Cilantro, and Avocado

SNACK

Sliced Apple with Nut Butter (1 tbsp)

DINNER

Crockpot Salsa Verde Chicken
Serve as tacos, over greens, or with cauliflower rice

WEDNESDAY

BREAKFAST

Mint Chip Smoothie

LUNCH

Leftover Crockpot Salsa Verde Chicken
Serve as tacos, over greens, or with cauliflower rice

SNACK

Two hard-boiled eggs with ½ avocado sprinkled with Trader Joe's Everything But the Bagel Seasoning

DINNER

Family Friendly Salmon and Green Beans with Slivered Almonds

THURSDAY

BREAKFAST

Cinnamon Maple Tahini Oatmeal

LUNCH

Two slices of gluten or grain-free bread with ½ avocado and two fried eggs

SNACK

Sliced Apple with Nut Butter (1 tbsp)

DINNER

Shrimp with Tomatoes and Feta served with Brown Rice

FRIDAY

BREAKFAST

Two Super Green Egg Cups

LUNCH

Leftover Shrimp with Tomatoes and Feta served with Brown Rice

SNACK

Plain full fat yogurt (¾ cup) with Fruit and Honey (½ cup, 1 tsp)

DINNER

Easy Roasted Pork Tenderloin with Steamed or Roasted Broccoli

MAKE AHEADS:

Creamy Garlic Salad Dressing
Hard-Boil Eggs
Overnight Oats
Super Green Egg Cups

TIPS FOR SUCCESS:

Take some time at the beginning of the week and plan what you are going to eat. Make your shopping list and hit the store for everything you need. If shopping for the whole week is too daunting, shop for just the first half of the week. Make what you can ahead of time so you are ready to roll on Monday. You can do this!! Remember, good clean food doesn't have to be complicated to taste good!

SIMPLY Sarah

I am not a certified nutritionist. Please consult your doctor before starting a new fitness or nutrition plan.

www.SimplySarahRoss.com