



MEAL PREP GUIDE

✓ HealthCheck360

MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Overnight oats	Smoothie	Ezekiel muffin with half avocado	Overnight oats	Eggs and veggies	Banana pancakes	Eggs, veggies
AM SNACK	Almonds	Celery and PB	Hardboiled egg	Carrots	Popcorn	Berries and coconut yogurt	Banana
LUNCH	Chickpea salad	Tuna wrap	Chickpea salad	Taco salad	Turkey burger	Buffalo chicken salad	Sushi
PM SNACK	Carrots	Almonds	Cucumbers and hummus	Mixed nuts	Apple and peanut butter	Dark chocolate	Popcorn
DINNER	Chicken breast, sweet potato, broccoli	Chicken salad	Taco salad	Buffalo chicken wrap	Salmon, Brussel sprouts, quinoa	Turkey burger	Roasted veggie bowl (quinoa, mixed roasted veggies, tahini sauce)

GROCERY LIST



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BREAKFAST	Banana pancakes	Overnight oats	Smoothie	Ezekiel muffin and half avocado	Eggs and veggies	Smoothie bowl	Overnight oats
AM SNACK	Chia seed pudding	Apple	Almonds	Carrots	Chia seed pudding	Hardboiled egg	Pistachios
LUNCH	Spinach Salad	Stir fry	Lentil pasta with turkey meatballs	Roasted cauliflower turmeric soup	Spinach salad	Turkey burger	Chicken curry
PM SNACK	Sugar snap peas and guacamole	Berries and coconut yogurt	Bell pepper strips and guacamole	Popcorn	Dark chocolate	Popcorn	Hardboiled egg
DINNER	Spaghetti squash with turkey meatballs	Roasted cauliflower turmeric soup	Shrimp salad	Stir fry	Mahi mahi, green beans, salad	Chicken curry	Veggie avocado quesadilla

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