

This Week's Meal Plan

☿	Breakfast	Lunch	Dinner
Day 1	Peanut Butter Banana Overnight Oats ⌚ Prep 10 min ☿ Cook 30 min	Avocado Chicken Salad Bowl with Rice & Apple ⌚ Prep 5-10 min	Maple-Dijon Sheet-Pan Salmon with Sweet Potatoes & Broccoli ⌚ Prep 10 min ☿ Cook 25-30 min
Day 2	Chicken Sausage, Sweet Potato, Apple & Kale Hash ⌚ Prep 5 min ☿ Cook 10-12 min	📦 LEFTOVER <i>Maple-Dijon Salmon</i>	Avocado Salmon Rice Bowls ⌚ Prep 10 min ☿ Cook 30 min
Day 3	Peanut Butter Banana Overnight Oats ⌚ Prep 10 min ☿ Cook 30 min	📦 LEFTOVER <i>Avocado Salmon Rice Bowls</i>	Taco Chicken Avocado Rice Bowls ⌚ Prep 10 min ☿ Cook 15-20 min
Day 4	Chicken Sausage, Sweet Potato, Apple & Kale Hash ⌚ Prep 5 min ☿ Cook 10-12 min	📦 LEFTOVER <i>Taco Chicken Bowls</i>	Lemon Chicken with Rice & Broccoli ⌚ Prep 10 min ☿ Cook 20-25 min
Day 5	Peanut Butter Banana Overnight Oats ⌚ Prep 10 min ☿ Cook 30 min	📦 LEFTOVER <i>Lemon Chicken</i>	Beef & Bean Chili with Sweet Potato & Avocado ⌚ Prep 10 min ☿ Cook 20-30 min
Day 6	Optional overnight oats, if any remain ⌚ Prep 5 min	📦 LEFTOVER <i>Beef & Bean Chili</i>	Cook's choice — or rest the kitchen

● Freshly cooked
 📦 Reheated leftovers

Peanut Butter Banana Overnight Oats

Adapted from Beaming Baker

🍴 6 servings

🕒 PREP 10 min

🍴 COOK 30 min



Ingredients

Gluten-free rolled oats	3 cups
Oat milk	4½–5 cups
Peanut butter	12 tbsp
Hemp hearts	12 tbsp
Bananas	3
Cinnamon	1–2 tsp
Salt	pinch per jar

Directions

- 1 Set out 6 jars or sealable containers on the counter.
- 2 Into each jar add about ½ cup oats, ¾ cup oat milk, 2 tbsp hemp hearts, a pinch of cinnamon, and a tiny pinch of salt.
- 3 Stir each jar well with a spoon so the oats are fully covered by the liquid, then put the lids on.
- 4 Refrigerate at least 6 hours or overnight — the oats soften as they sit.
- 5 In the morning, slice ½ a banana into a jar and mash it lightly with a fork, then swirl in 2 tbsp peanut butter and eat cold (or microwave 30–45 seconds if you prefer it warm).

📌 *ZEGO oats should be prepared according to the package or ZEGO overnight-oat guidance.*

Chicken Sausage, Sweet Potato, Apple & Kale Hash

Adapted from *The Harvest Skillet*

🍴 4 servings

🕒 PREP 5 min

🍴 COOK 10-12 min



Ingredients

Chicken apple sausage	2 packs
Sweet potatoes	2 medium
Apple	1 large / 2 small
Kale	1 bunch or bag, chopped
Avocados	2, on the side
Olive oil	pantry
Salt & pepper	pantry

Directions

- 1 Peel the sweet potatoes and cut them into small ½-inch cubes (the smaller they are, the faster they cook). Core and chop the apple into bite-size pieces.
- 2 Heat 1 tbsp olive oil in a large skillet over medium-high. Slice the sausage into coins, add it, and cook 3–4 minutes until browned, stirring now and then. Scoop the sausage onto a plate.
- 3 Add another 1 tbsp oil and the sweet potato cubes to the same pan. Cook 8–10 minutes, stirring every couple of minutes, until you can pierce them easily with a fork.
- 4 Add the chopped apple and a big handful of kale. Cook 2–3 more minutes until the kale wilts down and turns bright green.
- 5 Return the sausage to the pan, sprinkle with salt and pepper, and toss everything together for 1 minute to reheat.
- 6 Spoon onto plates and serve with sliced avocado on the side.

Avocado Chicken Salad Bowl with Rice & Apple

Adapted from *The Harvest Skillet*



Ingredients

Applegate shredded chicken	8 oz
Cooked white rice	2 cups
Avocado	1
Lime juice	½ lime
Tomato	1
Onion	small amount
Cilantro	small handful
Garlic powder	pantry
Salt	pantry
Apple	2 servings, on the side

Directions

- 1 Warm 2 cups already-cooked rice — microwave it in a bowl for about 1 minute, or reheat in a pan with a splash of water.
- 2 In a medium bowl, scoop the flesh of 1 avocado and mash it lightly with a fork. Squeeze in the juice of ½ a lime, then stir in the diced tomato, a little finely chopped onion, a small handful of chopped cilantro, a pinch of garlic powder, and salt to taste.
- 3 Add the shredded chicken to the bowl and gently fold everything together until the chicken is coated.
- 4 Divide the warm rice between 2 bowls and spoon the avocado chicken salad on top.
- 5 Slice an apple and serve it on the side.

Maple-Dijon Sheet-Pan Salmon

Adapted from *The Seasoned Mom*

🍴 4 servings

🕒 PREP 10 min

🍴 COOK 25-30 min



Ingredients

Salmon	16 oz
Sweet potatoes	2 medium
Broccoli	12 oz
Maple syrup	¼ cup
Dijon mustard	2 tbsp
Olive oil	pantry
Salt & pepper	pantry

Directions

- 1 Heat the oven to 425°F and line a large sheet pan with parchment. Peel and cut the sweet potatoes into ½-inch cubes, toss with 1 tbsp olive oil, salt, and pepper, spread on the pan, and roast 15 minutes.
- 2 Meanwhile, cut the broccoli into bite-size florets and toss with a little oil, salt, and pepper. Take the pan out, push the sweet potatoes to one side, and add the broccoli.
- 3 In a small bowl, stir together ¼ cup maple syrup and 2 tbsp Dijon mustard until smooth.
- 4 Pat the salmon dry, set it skin-side down on the pan, season with salt and pepper, and brush the maple-Dijon glaze generously over the top.
- 5 Roast 12-15 more minutes, until the salmon flakes easily when you press it with a fork and the vegetables are tender.
- 6 Set aside half the salmon and vegetables in a container — that's tomorrow's lunch.

🍴 *With sweet potatoes & broccoli.*

Avocado Salmon Rice Bowls

Adapted from *Will Cook For Smiles*

🍴 4 servings

🕒 PREP 10 min

🍴 COOK 30 min



Ingredients

Salmon	16 oz
White rice	1½ cups dry
Avocados	2
Lime	½-1
Honey	2 tbsp
Garlic	2 cloves
Cilantro	small handful
Cucumber	1
Carrot chips	16 oz
Olive oil	pantry
Salt & pepper	pantry

Directions

- 1 Cook 1½ cups dry white rice: rinse it, add to a pot with 3 cups water and a pinch of salt, bring to a boil, then cover and simmer on low 15-18 minutes until the water is absorbed. Turn off the heat and let it sit, covered.
- 2 Heat the oven to 400°F. In a small bowl whisk together the juice of ½-1 lime, 2 tbsp honey, 2 minced garlic cloves, 1 tbsp olive oil, and a pinch of salt and pepper.
- 3 Pat the salmon dry, place it skin-side down on a parchment-lined pan, and brush the honey-lime sauce all over the top.
- 4 Bake 12-15 minutes (or air-fry at 400°F for about 8 minutes) until the salmon flakes easily with a fork.
- 5 Spoon rice into bowls and top each with salmon, sliced avocado, sliced cucumber, a few carrot chips, and a sprinkle of chopped cilantro.
- 6 Pack half of everything into containers for tomorrow's lunch.

Taco Chicken Avocado Rice Bowls

Adapted from Frontera Skillet Sauce

🍴 4 servings

🕒 PREP 10 min

🍴 COOK 15-20 min



Ingredients

Raw chicken breast or thighs	2 lb
Frontera taco skillet sauce	2 pouches
Yellow onion	1
White rice	1½ cups dry
Avocados	2
Cilantro	small handful
Cucumber	some, reserved
Carrot chips	some, reserved
Lime	optional
Olive oil	pantry

Directions

- 1 Cook 1½ cups dry white rice: add it to a pot with 3 cups water and a pinch of salt, bring to a boil, then cover and simmer on low 15–18 minutes until tender. Set aside, covered.
- 2 Cut the chicken into bite-size 1-inch pieces and thinly slice the onion.
- 3 Heat 1 tbsp olive oil in a large skillet over medium-high. Add the onion and cook 3–4 minutes until softened, stirring occasionally.
- 4 Add the chicken pieces and cook 6–8 minutes, turning them so all sides brown and no pink remains in the center.
- 5 Pour in both pouches of Frontera taco sauce, stir to coat, and simmer 3–4 minutes until the sauce thickens and the chicken is fully cooked.
- 6 Spoon rice into bowls, top with the taco chicken, sliced avocado, and a sprinkle of cilantro, with cucumber and carrot chips on the side.
- 7 Pack half into containers for tomorrow's lunch.

📌 *With a cucumber-carrot side.*

Lemon Chicken with Rice & Broccoli

Adapted from *Whole Kitchen Sink*

🍴 4 servings

🕒 PREP 10 min

🍴 COOK 20-25 min



Ingredients

Raw chicken breast	2 lb
Broccoli	1 lb
Chicken broth	1 cup
Lemon juice	¼ cup (1-2 lemons)
Garlic	2-3 cloves
Onion powder	½-1 tsp
Chili powder	½ tsp
White rice	1½ cups dry
Olive oil	pantry
Salt & pepper	pantry

Directions

- 1 Cook 1½ cups dry white rice: add to a pot with 3 cups water and a pinch of salt, boil, then cover and simmer on low 15-18 minutes until tender. Set aside, covered.
- 2 Cut the chicken into bite-size 1-inch pieces and season with salt, pepper, the onion powder, and chili powder.
- 3 Heat 1 tbsp olive oil in a large skillet over medium-high. Add the chicken and cook 5-6 minutes, turning the pieces until golden on the outside (it doesn't need to be cooked through yet).
- 4 Add 2-3 minced garlic cloves and stir 30 seconds until fragrant, then pour in 1 cup chicken broth and ¼ cup lemon juice, scraping up any browned bits.
- 5 Cut the broccoli into florets and add them to the pan. Cover and simmer 8-10 minutes, until the chicken is cooked through (no pink inside) and the broccoli is tender.
- 6 Spoon the chicken, broccoli, and pan sauce over the rice.
- 7 Pack half into containers for tomorrow's lunch.

Beef & Bean Chili with Sweet Potato

Adapted from *Just What We Eat*

🍴 4-6 servings

🕒 PREP 10 min

🍴 COOK 20-30 min



Ingredients

Ground beef	1½ lb
Black beans	1 can
Kidney beans	1 can
Crushed tomatoes	1 can (28 oz)
Garlic	2 cloves
Onion	½-1
Water or broth	1 cup
Chili powder	2 tbsp
Ground cumin	1 tsp
Dried oregano	1 tsp
Sweet potatoes	2-3 medium
Avocado	1
Salt	pantry

Directions

- 1 In a large pot over medium-high heat, cook the ground beef, breaking it up with a spoon, 6-8 minutes until no pink remains. If there's a lot of grease, spoon most of it off.
- 2 Chop the onion and mince the garlic. Add them to the pot and cook 3-4 minutes until the onion softens and turns translucent.
- 3 Drain and rinse the black beans and kidney beans, then add them along with the crushed tomatoes, 1 cup water or broth, 2 tbsp chili powder, 1 tsp cumin, 1 tsp oregano, and a good pinch of salt. Stir well.
- 4 Bring to a gentle bubble, then lower the heat and simmer uncovered 20-30 minutes, stirring occasionally, until it thickens to a stew-like consistency.
- 5 While it simmers, peel and cube the sweet potatoes and either microwave them 5-6 minutes or roast at 425°F for 20 minutes until tender; stir them in or serve alongside.
- 6 Ladle into bowls and top with sliced avocado. Save the rest in containers for Day 6 lunch.

🍴 Served with avocado.

EVERYTHING YOU'LL NEED

The Grocery List

Organised by aisle, with the amount to buy and what it's for. Tick the boxes as you shop or build your cart.

Protein

7 ITEMS

<input type="checkbox"/>	365 Atlantic salmon fillet	32 oz	16 oz maple salmon · 16 oz salmon bowls
<input type="checkbox"/>	Raw chicken breast or thighs	4 lb	2 lb taco chicken · 2 lb lemon chicken
<input type="checkbox"/>	Applegate roasted shredded chicken	8 oz	Day 1 lunch shortcut
<input type="checkbox"/>	Chicken apple sausage	2 packs	4 hearty breakfast servings
<input type="checkbox"/>	Ground beef, 85/15	1½ lb	Beef & bean chili
<input type="checkbox"/>	Black beans	1 can	Beef & bean chili
<input type="checkbox"/>	Kidney beans	1 can	Beef & bean chili

Grains & Breakfast

6 ITEMS

<input type="checkbox"/>	ZEGO gluten-free rolled oats	14 oz bag	6 planned oat servings
<input type="checkbox"/>	Oat milk	48 oz	Overnight oats
<input type="checkbox"/>	Peanut butter	16 oz	Overnight oats
<input type="checkbox"/>	Hemp hearts	4 oz	Overnight oats
<input type="checkbox"/>	White rice	80 oz bag	Rice bowls & chicken dinners
<input type="checkbox"/>	Bananas	3	Overnight oats

Sauces & Pantry

Sauces, Canned & Broth

6 ITEMS

<input type="checkbox"/>	Maple syrup	1 bottle	Maple-Dijon salmon
<input type="checkbox"/>	Dijon mustard	1 jar	Maple-Dijon salmon
<input type="checkbox"/>	Honey	1 bottle	Avocado salmon bowls
<input type="checkbox"/>	Frontera chicken taco skillet sauce	2 pouches	Taco chicken
<input type="checkbox"/>	Crushed tomatoes with basil	1 can (28 oz)	Beef chili
<input type="checkbox"/>	Gluten-free chicken broth	1 carton (32 oz)	Lemon chicken & optional chili

Pantry Check

11 ITEMS

<input type="checkbox"/>	Olive oil	Most cooked meals	<input type="checkbox"/>	Salt	All recipes
<input type="checkbox"/>	Black pepper	Most recipes	<input type="checkbox"/>	Cinnamon	Overnight oats
<input type="checkbox"/>	Garlic powder	Avocado chicken salad	<input type="checkbox"/>	Onion powder	Lemon chicken
<input type="checkbox"/>	Chili powder	Lemon chicken & chili	<input type="checkbox"/>	Ground cumin	Chili
<input type="checkbox"/>	Dried oregano	Chili	<input type="checkbox"/>	Food storage containers	Leftovers
<input type="checkbox"/>	Jars or containers	Overnight oats			