



7-Day Meal Plan for One

Simple • Healthy • No Waste

Weekly Prep Checklist

- ✓ Batch cook grains
- ✓ Prep proteins and produce
- ✓ Mix and match components

Easy Swaps:

Quinoa ↔ Rice

Chicken ↔ Tuna

DAY	BREAKFAST	LUNCH/DINNER	SNACK
Monday	Overnight Oats + Berries	Chicken Quinoa Bowl	Greek Yougurt
Tuesday	Scrambled Eggs + Toast	Tuna Chickpea Salad	Apple + Almond Butter
WED	Green Smoothie	Mediterranean Couscous Cottage Cheese	Foxnuts
THUR	Yogurt Parfait	Turkey Lettuce Wraps	Edadame
FRI	Granola + Milk	Lentil Stew	Egg + Crackers
SAT	Avocado Toast	Veggie Stir-fry Wrap	Trail Mix
SUN	Smoothie Bowl	Pasta Primavera	Mixed Fruit + Nuts