

EVERYTHING YOU NEED
TO EAT BETTER, PLAN
SMARTER & FEEL GREAT.

- 62** 62 SIMPLE & DELICIOUS RECIPES
Breakfasts, lunches, dinners, snacks, sauces & more.
- 30-DAY MEAL PLAN**
A complete plan to keep you on track day by day.
- WEEKLY SHOPPING LISTS**
Save time, money & reduce decision fatigue.
- MEAL PREP ROUTINES**
Simple prep strategies for busy weeks.
- TRACKERS & CHECKLISTS**
Stay consistent, track your progress & build habits.

REAL FOOD.
REAL LIFE.
REAL RESULTS.

OVERNIGHT BERRY OATS

INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup almond milk
- 1/2 cup Greek yogurt
- 2 tbsp chia seeds
- 1 tsp honey
- 1/2 cup mixed berries
- 1 tbsp sliced almonds

DIRECTIONS

1. Add oats, almond milk, yogurt, chia seeds and honey to a jar.
2. Stir well and refrigerate overnight.
3. Top with berries and almonds before serving.

SERVES 1 PREP TIME 5 MIN CALORIES 360

WEEK 1 MEAL PLAN

DAY	BREAKFAST	LUNCH	DINNER	SNACK
MON	Overnight Berry Oats	Chicken Salad Power Bowl	Grilled Lemon Chicken	Apple & Almonds
TUE	Greek Yogurt Parfait	Turkey Avocado Wrap	Salmon & Veggies	Cantaloupe & Hummus
WED	Egg & Spinach Wrap	Quinoa Veggie Bowl	Turkey Chili	Greek Yogurt & Berries
THU	Protein Smoothie	Tuna Salad Lettuce Cups	Chicken Stir Fry	Cottage Cheese & Pineapple
FRI	Chia Pudding	Hummus Veggie Pitas	Baked Cod & Asparagus	Mixed Nuts
SAT	Avocado Toast	Leek Soup & Salad	Shrimp & Veggies	Protein Balls
SUN	Protein Smoothie	Leffers or Salad	Roasted Veggie Tray	Fruit Salad

GROCERY LIST

- | | | |
|---|---------------------------------------|--|
| PROTEIN | VEGETABLES | PANTRY |
| <input type="checkbox"/> Chicken breast | <input type="checkbox"/> Spinach | <input type="checkbox"/> Rolled oats |
| <input type="checkbox"/> Turkey breast | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Farmed fillets | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Brown rice |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Olive oil |
| <input type="checkbox"/> Greek yogurt | <input type="checkbox"/> Carrots | <input type="checkbox"/> Chia seeds |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Honey |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Almonds |
| <input type="checkbox"/> Cottage cheese | <input type="checkbox"/> Red onion | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Lentils | <input type="checkbox"/> Garlic | <input type="checkbox"/> Peanut butter |
| <input type="checkbox"/> Black beans | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Hummus |
| | <input type="checkbox"/> Asparagus | |
| FRUITS | | |
| <input type="checkbox"/> Berries | | |
| <input type="checkbox"/> Bananas | | |
| <input type="checkbox"/> Apples | | |
| <input type="checkbox"/> Lemons | | |
| <input type="checkbox"/> Avocado | | |
| <input type="checkbox"/> Pineapple | | |

Premium Paper-Style Edition

62 recipes • 30-day plan • shopping lists • meal-prep routines

Before You Begin

This upgraded version uses warmer paper tones, denser recipe cards, recipe-matched visuals, and practical planning pages so the guide feels more comfortable to read and less like a plain white PDF.

Important: This ebook is for general educational and informational purposes only. It is not medical advice and does not diagnose, treat, cure, or prevent any disease. Results vary from person to person.



Repeatable

Meals simple enough for normal weeks, not just perfect days.

Flexible

Swap ingredients based on taste, budget, allergies, or guidance.

Structured

The 30-day plan reduces daily decisions while still leaving room for real life.

The Simple Slim Method

A realistic framework for meals, portions, shopping, and weekly prep.

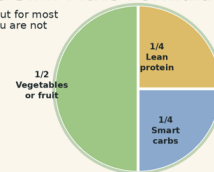
The Plate Formula

Build most meals like this: 1/2 plate vegetables or fruit + 1/4 lean protein + 1/4 smart carbs + a small amount of healthy fat.

- Vegetables or fruit: salad greens, broccoli, peppers, cucumber, tomato, zucchini, carrots, berries, apples.
- Lean protein: chicken, turkey, eggs, fish, tuna, Greek yogurt, cottage cheese, tofu, beans, lentils.
- Smart carbs: oats, brown rice, quinoa, potatoes, sweet potatoes, wraps, beans.
- Healthy fats: avocado, olive oil, nuts, seeds, hummus, peanut butter.

The Simple Slim Plate Formula

Use this visual shortcut for most meals, even when you are not following a recipe.



Protein

Chicken, turkey, eggs, fish, Greek yogurt, tofu, beans

Smart carbs

Oats, rice, quinoa, potatoes, whole-grain wraps, beans

Healthy fats

Avocado, olive oil, nuts, seeds, hummus

Kitchen Setup

Build a simple food environment that makes better choices easier on busy days.

PREP

- Protein
- Veg
- Sauce
- Snacks

The Weekly Prep Rhythm

- Choose 2 breakfasts, 2 lunches, and 3 dinners for the week.
 - Cook one protein base and one smart carb.
 - Wash or chop at least two vegetables.
 - Prepare one sauce or dressing.
 - Portion two snack options and keep them visible.
- Shortcut: if you only have 30 minutes, prep protein and snacks first.

30-Day Meal Plan

Use this as a starting point. Swap meals based on taste, schedule, budget, and dietary needs.

Week 1 - Quick Start

Day	Breakfast	Lunch	Dinner / Snack
1	Berry Overnight Oats	Chicken Salad Power Bowl	Lemon Herb Chicken Tray Bake / Greek Yogurt Berry Cup
2	Egg & Spinach Wrap	Chickpea Greek Bowl	Lean Turkey Chili / Apple Peanut Butter Bites
3	Cottage Cheese Fruit Bowl	Tuna Cucumber Rice Bowl	Salmon & Green Beans Tray Dinner / Hummus Crunch Plate
4	Green Protein Smoothie Bowl	Easy Lentil Vegetable Soup	Shrimp Zucchini Skillet / Boiled Egg Fruit Box
5	Veggie Omelet Cups	Turkey Avocado Lettuce Wraps	Beef & Broccoli Stir-Fry / Cottage Cheese Cinnamon Bowl
6	Apple Cinnamon Yogurt Parfait	Mediterranean Chicken Pita	Bean & Vegetable Burrito Bowl / Dark Chocolate Strawberries
7	Breakfast Taco Plate	White Bean Tomato Soup	Greek Chicken Pita Plate / Turkey Cucumber Roll-Ups

Week 2 - Craving Control

Day	Breakfast	Lunch	Dinner / Snack
8	Peanut Butter Banana Oat Cup	Egg Salad Crunch Plate	Turkey Meatball Marinara Bowl / Mini Protein Smoothie
9	Savory Turkey Breakfast Bowl	Salsa Chicken Burrito Bowl	Chicken Fajita Skillet / Roasted Chickpea Crunch
10	High-Protein Chia Pudding	Crisp Apple Chicken Salad	Stuffed Bell Pepper Bowls / Cucumber Tuna Boats
11	Smoked Salmon Cucumber Toast	Shrimp Avocado Salad	Cod With Tomato Olive Relish / Greek Yogurt Berry Cup
12	Warm Berry Quinoa Bowl	Cottage Cheese Lunch Box	Chicken Vegetable Curry Light / Hummus Crunch Plate
13	Egg & Spinach Wrap	Turkey Chili Leftover Bowl	Turkey Burger Salad Plate / Apple Peanut Butter Bites
14	Berry Overnight Oats	Hummus Veggie Wrap	Egg Roll In A Bowl / Dark Chocolate Strawberries

Week 3 - Simple Repeats

Day	Breakfast	Lunch	Dinner / Snack
15	Cottage Cheese Fruit Bowl	Chicken Salad Power Bowl	Chicken Broccoli Potato Plate / Boiled Egg Fruit Box
16	Green Protein Smoothie Bowl	Chickpea Greek Bowl	Tofu Vegetable Stir-Fry / Cottage Cheese Cinnamon Bowl
17	Veggie Omelet Cups	Tuna Cucumber Rice Bowl	Turkey Taco Salad / Greek Yogurt Berry Cup
18	Apple Cinnamon Yogurt Parfait	Easy Lentil Vegetable Soup	Garlic Chicken Pasta Light / Hummus Crunch Plate
19	Breakfast Taco Plate	Turkey Avocado Lettuce Wraps	Lean Turkey Chili / Mini Protein Smoothie
20	High-Protein Chia Pudding	White Bean Tomato Soup	Salmon & Green Beans Tray Dinner / Roasted Chickpea Crunch
21	Warm Berry Quinoa Bowl	Salsa Chicken Burrito Bowl	Chicken Fajita Skillet / Dark Chocolate Strawberries

Week 4 - Real-Life Flexibility

Day	Breakfast	Lunch	Dinner / Snack
22	Egg & Spinach Wrap	Mediterranean Chicken Pita	Bean & Vegetable Burrito Bowl / Apple Peanut Butter Bites
23	Berry Overnight Oats	Egg Salad Crunch Plate	Beef & Broccoli Stir-Fry / Cucumber Tuna Boats
24	Cottage Cheese Fruit Bowl	Crisp Apple Chicken Salad	Shrimp Zucchini Skillet / Greek Yogurt Berry Cup
25	Peanut Butter Banana Oat Cup	Shrimp Avocado Salad	Turkey Meatball Marinara Bowl / Boiled Egg Fruit Box
26	Savory Turkey Breakfast Bowl	Cottage Cheese Lunch Box	Cod With Tomato Olive Relish / Hummus Crunch Plate
27	High-Protein Chia Pudding	Turkey Chili Leftover Bowl	Egg Roll In A Bowl / Dark Chocolate Strawberries
28	Smoked Salmon Cucumber Toast	Hummus Veggie Wrap	Chicken Vegetable Curry Light / Mini Protein Smoothie
29	Green Protein Smoothie Bowl	Chickpea Greek Bowl	Turkey Taco Salad / Apple Peanut Butter Bites
30	Veggie Omelet Cups	Chicken Salad Power Bowl	Greek Chicken Pita Plate / Roasted Chickpea Crunch

Recipe Collection

Breakfasts, lunches, dinners, snacks, sauces, and meal-prep basics.



Recipe 1

Berry Overnight Oats

Breakfast | Serves: 1 | Time: 5 min + overnight

Prep-ahead oats make breakfast automatic, which helps busy mornings feel less chaotic.

Ingredients

- 1/2 cup rolled oats
- 1/2 cup Greek yogurt
- 1/2 cup milk or unsweetened almond milk
- 1/2 cup berries
- 1 tsp chia seeds
- Cinnamon

Steps

1. Stir oats, yogurt, milk, chia, and cinnamon in a jar.
2. Refrigerate overnight.
3. Top with berries before eating.

Smart swap: Use chopped apple or frozen berries when fresh berries are expensive.



Recipe 2

Egg & Spinach Breakfast Wrap

Breakfast | Serves: 1 | Time: 10 min

Protein and vegetables early in the day can make the first meal feel more satisfying.

Ingredients

- 2 eggs or 1 egg + 2 egg whites
- 1 whole-grain wrap
- 1 cup spinach
- 2 tbsp salsa
- Optional: 1 tbsp feta

Steps

1. Scramble eggs with spinach in a nonstick pan.
2. Place in the wrap.
3. Add salsa, roll, and serve.

Smart swap: Use tofu scramble for a plant-based option.



Recipe 3

Cottage Cheese Fruit Bowl

Breakfast | Serves: 1 | Time: 5 min

A no-cook bowl with protein, fruit, and crunch for mornings when cooking is not realistic.

Ingredients

- 3/4 cup cottage cheese
- 1 cup sliced fruit
- 1 tbsp chopped nuts or seeds
- Cinnamon or vanilla

Steps

1. Add cottage cheese to a bowl.
2. Top with fruit, nuts, and cinnamon.
3. Eat slowly and drink water alongside it.

Smart swap: Use Greek yogurt if cottage cheese is not available.



Recipe 4

Green Protein Smoothie Bowl

Breakfast | Serves: 1 | Time: 7 min

Useful when someone wants something sweet while still keeping breakfast structured.

Ingredients

- 1 scoop protein powder or 3/4 cup Greek yogurt
- 1 small banana
- 1 cup spinach
- 1/2 cup frozen berries
- 1/2 cup milk or water
- 1 tbsp oats or chia

Steps

1. Blend all ingredients until thick.
2. Pour into a bowl.
3. Top with a few berries or oats.

Smart swap: Use less liquid for a thicker bowl.



Recipe 5

Veggie Omelet Cups

Breakfast | Serves: 6 cups | Time: 25 min

Meal-prep cups make it easier to avoid skipping breakfast or grabbing pastries.

Ingredients

- 6 eggs
- 1 cup chopped peppers
- 1 cup spinach
- 1/2 cup chopped onion
- Pepper and herbs

Steps

1. Heat oven to 350°F / 175°C.
2. Whisk eggs and mix with vegetables.
3. Bake in a greased muffin tin for 18-22 minutes.

Smart swap: Add mushrooms, zucchini, turkey pieces, or tofu.



Recipe 6

Apple Cinnamon Yogurt Parfait

Breakfast | Serves: 1 | Time: 6 min

A sweet-tasting breakfast that still includes protein and fiber-friendly ingredients.

Ingredients

- 3/4 cup Greek yogurt
- 1 chopped apple
- 1 tbsp oats
- 1 tsp chia or flax
- Cinnamon

Steps

1. Layer yogurt and apple in a glass or bowl.
2. Add oats, chia, and cinnamon.
3. Let sit 5 minutes if you prefer softer oats.

Smart swap: Use pear or berries instead of apple.



Recipe 7

Savory Turkey Breakfast Bowl

Breakfast | Serves: 1 | Time: 12 min

A warm breakfast for people who do not enjoy sweet meals in the morning.

Ingredients

- 3 oz cooked turkey
- 1 egg
- 1 cup spinach
- 1/2 cup diced sweet potato, cooked
- Salsa

Steps

1. Warm turkey and sweet potato in a pan.
2. Add spinach until wilted.
3. Top with egg and salsa.

Smart swap: Use beans instead of turkey for a meatless version.



Recipe 8

Peanut Butter Banana Oat Cup

Breakfast | Serves: 1 | Time: 7 min

A controlled sweet breakfast option for people who crave bakery-style foods.

Ingredients

- 1/2 cup oats
- 1/2 banana mashed
- 1 tsp peanut butter
- 1/2 cup milk
- Cinnamon

Steps

1. Mix all ingredients in a microwave-safe mug.
2. Microwave 90 seconds to 2 minutes.
3. Let cool before eating.

Smart swap: Use powdered peanut butter for a lighter flavor boost.



Recipe 9

Smoked Salmon Cucumber Toast

Breakfast | Serves: 1 | Time: 8 min

A fresh, savory breakfast that feels elevated without being complicated.

Ingredients

- 1 slice whole-grain toast
- 2 oz smoked salmon
- 2 tbsp Greek yogurt or light cream cheese
- Cucumber slices
- Lemon and dill

Steps

1. Toast bread.
2. Spread yogurt or light cream cheese.
3. Top with salmon, cucumber, lemon, and dill.

Smart swap: Use turkey, egg, or tofu slices if salmon is not preferred.



Recipe 10

High-Protein Chia Pudding

Breakfast | Serves: 2 | Time: 5 min + chill

Chia pudding gives a prep-ahead option for people who rush mornings.

Ingredients

- 3 tbsp chia seeds
- 1 cup milk or fortified soy milk
- 1/2 cup Greek yogurt
- Vanilla
- 1/2 cup berries

Steps

1. Mix chia, milk, yogurt, and vanilla.
2. Chill at least 2 hours.
3. Top with berries.

Smart swap: Add cocoa powder for a dessert-style version.



Recipe 11

Breakfast Taco Plate

Breakfast | Serves: 1 | Time: 12 min

Small tortillas can make breakfast feel satisfying while keeping portions easy to see.

Ingredients

- 2 small corn tortillas
- 2 eggs
- 1/2 cup peppers and onions
- Salsa
- Cilantro

Steps

1. Cook peppers and onions.
2. Scramble eggs.
3. Fill tortillas and top with salsa.

Smart swap: Use black beans instead of eggs for a plant-based plate.



Recipe 12

Warm Berry Quinoa Bowl

Breakfast | Serves: 1 | Time: 12 min

A warm alternative to oatmeal with a slightly different texture.

Ingredients

- 3/4 cup cooked quinoa
- 1/2 cup berries
- 1/3 cup milk
- Cinnamon
- 1 tbsp chopped nuts

Steps

1. Warm quinoa, milk, and berries in a small pot.
2. Add cinnamon.
3. Top with nuts.

Smart swap: Use oats or brown rice if quinoa is not available.



Recipe 13

Chicken Salad Power Bowl

Lunch | Serves: 1 | Time: 12 min

High-volume vegetables with lean protein can make lunch feel bigger and more satisfying.

Ingredients

- 2 cups salad greens
- 4-5 oz cooked chicken
- 1/2 cup cucumber and tomato
- 1/4 avocado
- 1 tbsp olive oil + lemon
- Optional: 1/2 cup quinoa

Steps

1. Add greens, cucumber, tomato, and chicken to a bowl.
2. Top with avocado.
3. Dress with olive oil, lemon, pepper, and herbs.

Smart swap: Use tuna, turkey, tofu, or beans instead of chicken.



Recipe 14

Turkey Avocado Lettuce Wraps

Lunch | Serves: 1 | Time: 10 min

Crunchy wraps help people who want a lighter lunch without feeling restricted.

Ingredients

- 3-4 large romaine leaves
- 4 oz turkey slices or cooked turkey
- 1/4 avocado
- Sliced cucumber
- Tomato slices
- Mustard or yogurt sauce

Steps

1. Lay lettuce leaves flat.
2. Add turkey, avocado, cucumber, and tomato.
3. Roll and serve with fruit or vegetables.

Smart swap: Use a whole-grain wrap if more energy is needed.



Recipe 15

Chickpea Greek Bowl

Lunch | Serves: 1 | Time: 10 min

A simple plant-based lunch with fiber, crunch, and fresh flavor.

Ingredients

- 3/4 cup chickpeas
- 1 cup cucumber and tomato
- 2 cups greens
- 2 tbsp tzatziki or yogurt lemon sauce
- 1 tbsp feta, optional
- Parsley

Steps

1. Rinse chickpeas.
2. Add greens, cucumber, tomato, and chickpeas to a bowl.
3. Top with sauce and parsley.

Smart swap: Add grilled chicken if extra protein is needed.



Recipe 16

Tuna Cucumber Rice Bowl

Lunch | Serves: 1 | Time: 10 min

A quick pantry lunch that feels like a real meal without complicated cooking.

Ingredients

- 1 can tuna in water, drained
- 1/2 cup cooked brown rice
- 1 cup cucumber
- 1 cup greens
- 1 tbsp Greek yogurt or light mayo
- Lemon and pepper

Steps

1. Mix tuna with yogurt or light mayo, lemon, and pepper.
2. Add rice and greens to a bowl.
3. Top with tuna and cucumber.

Smart swap: Use salmon pouch, chicken, or tofu cubes.



Recipe 17

Easy Lentil Vegetable Soup

Lunch | Serves: 4 | Time: 35 min

Warm, filling, budget-friendly, and easy to batch cook.

Ingredients

- 1 cup dry lentils, rinsed
- 1 chopped onion
- 2 carrots
- 2 celery stalks
- 4 cups low-sodium broth
- 1 can diced tomatoes

Steps

1. Saute onion, carrots, celery, and garlic.
2. Add lentils, broth, tomatoes, and spices.
3. Simmer 25-30 minutes.

Smart swap: Freeze portions for low-motivation days.



Recipe 18

Mediterranean Chicken Pita

Lunch | Serves: 1 | Time: 12 min

A balanced lunch that feels like a cafe meal but can be prepared quickly.

Ingredients

- 1 whole-grain pita
- 4 oz cooked chicken
- 1 cup lettuce
- Cucumber and tomato
- 2 tbsp tzatziki
- Lemon

Steps

1. Warm pita and chicken.
2. Fill pita with chicken and vegetables.
3. Add tzatziki and lemon.

Smart swap: Make it a bowl by skipping pita and adding chickpeas.



Recipe 19

Turkey Chili Leftover Bowl

Lunch | Serves: 1 | Time: 5 min

Using leftovers reduces decision fatigue and makes lunch easier to repeat.

Ingredients

- 1 serving turkey chili
- 2 cups greens
- 1 tbsp Greek yogurt
- Salsa
- Optional: 1/4 avocado

Steps

1. Warm chili.
2. Place greens in a bowl.
3. Top with chili, salsa, yogurt, and avocado.

Smart swap: Use lentil chili for a plant-based bowl.



Recipe 20

Egg Salad Crunch Plate

Lunch | Serves: 1 | Time: 12 min

A lighter egg salad served with crunch instead of heavy bread.

Ingredients

- 2 boiled eggs
- 1 tbsp Greek yogurt
- 1 tsp mustard
- Celery and cucumber sticks
- Whole-grain crackers, optional
- Paprika

Steps

1. Chop eggs and mix with yogurt, mustard, and paprika.
2. Serve with vegetables.
3. Add crackers if needed.

Smart swap: Use tuna or chickpeas instead of eggs.



Recipe 21

Salsa Chicken Burrito Bowl

Lunch | Serves: 1 | Time: 10 min

A satisfying bowl that uses salsa for flavor without complicated sauces.

Ingredients

- 4 oz cooked chicken
- 1/2 cup beans
- 1/2 cup cooked rice or cauliflower rice
- 2 cups lettuce
- Salsa
- 1 tbsp cheese, optional

Steps

1. Warm chicken, beans, and rice.
2. Add lettuce to a bowl.
3. Top with warm mix, salsa, and cheese.

Smart swap: Use tofu or turkey instead of chicken.



Recipe 22

Crisp Apple Chicken Salad

Lunch | Serves: 1 | Time: 10 min

Sweet crunch helps lunch feel satisfying without relying on heavy dressing.

Ingredients

- 4 oz cooked chicken
- 2 cups greens
- 1 small apple
- 1 tbsp chopped walnuts
- 1 tbsp yogurt dressing
- Celery

Steps

1. Slice apple and celery.
2. Add greens and chicken.
3. Top with walnuts and dressing.

Smart swap: Use pear, grapes, or turkey.



Recipe 23

Hummus Veggie Wrap

Lunch | Serves: 1 | Time: 8 min

A no-cook lunch for busy workdays or travel days.

Ingredients

- 1 whole-grain wrap
- 3 tbsp hummus
- 1 cup spinach
- Cucumber strips
- Shredded carrot
- Bell pepper

Steps

1. Spread hummus on wrap.
2. Layer vegetables.
3. Roll tightly and cut in half.

Smart swap: Add turkey, tofu, or beans for more protein.



Recipe 24

Shrimp Avocado Salad

Lunch | Serves: 1 | Time: 12 min

Fast protein with fresh vegetables and a small portion of healthy fat.

Ingredients

- 6-8 oz cooked shrimp
- 2 cups greens
- 1/4 avocado
- Cucumber and tomato
- Lime juice
- Cilantro

Steps

1. Combine greens, cucumber, and tomato.
2. Add shrimp and avocado.
3. Finish with lime and cilantro.

Smart swap: Use chicken or chickpeas if shrimp is not preferred.



Recipe 25

White Bean Tomato Soup

Lunch | Serves: 4 | Time: 25 min

Creamy-feeling soup without needing cream.

Ingredients

- 2 cans white beans, rinsed
- 1 can crushed tomatoes
- 1 onion
- 3 cups low-sodium broth
- Garlic
- Italian herbs

Steps

1. Saute onion and garlic.
2. Add beans, tomatoes, broth, and herbs.
3. Simmer 15 minutes and lightly mash some beans.

Smart swap: Add spinach at the end for more volume.



Recipe 26

Cottage Cheese Lunch Box

Lunch | Serves: 1 | Time: 7 min

A simple box-style meal for days when there is no time to cook.

Ingredients

- 3/4 cup cottage cheese
- 1 cup cherry tomatoes
- 1 cucumber
- 1 boiled egg
- Fruit
- Pepper

Steps

1. Pack cottage cheese in a container.
2. Add vegetables, egg, and fruit.
3. Season with pepper before eating.

Smart swap: Use Greek yogurt or hummus for the protein base.



Recipe 27

Lemon Herb Chicken Tray Bake

Dinner | Serves: 2-3 | Time: 35 min

One-pan meals reduce cleanup and help people stay consistent.

Ingredients

- 2 chicken breasts
- 3 cups mixed vegetables
- 1 small sweet potato, cubed
- 1 tbsp olive oil
- Lemon juice, garlic, rosemary, pepper

Steps

1. Heat oven to 400°F / 200°C.
2. Place chicken, vegetables, and sweet potato on a tray.
3. Add oil, lemon, herbs, and bake 25-30 minutes.

Smart swap: Swap chicken for turkey cutlets or tofu.



Recipe 28

Lean Turkey Chili

Dinner | Serves: 4 | Time: 35 min

Comfort-food style meal with protein, beans, and vegetables.

Ingredients

- 1 lb lean ground turkey
- 1 can beans, rinsed
- 1 can diced tomatoes
- 1 chopped onion
- 1 bell pepper
- Chili powder, cumin, garlic

Steps

1. Cook turkey with onion and pepper.
2. Add beans, tomatoes, and spices.
3. Simmer 20-25 minutes.

Smart swap: Make it vegetarian with extra beans and lentils.



Recipe 29

Salmon & Green Beans Tray Dinner

Dinner | Serves: 2 | Time: 25 min

Simple, protein-rich, and easy to pair with vegetables.

Ingredients

- 2 salmon fillets
- 3 cups green beans
- 1 small potato or 1/2 cup cooked rice
- 1 tsp olive oil
- Lemon, dill, garlic, pepper

Steps

1. Place salmon and green beans on a tray.
2. Season with lemon, dill, garlic, pepper, and olive oil.
3. Bake at 400°F / 200°C for 12-15 minutes.

Smart swap: Use white fish, shrimp, or chicken if salmon is not preferred.



Recipe 30

Beef & Broccoli Stir-Fry

Dinner | Serves: 2 | Time: 20 min

A lighter version of a takeout-style meal that still feels satisfying.

Ingredients

- 8 oz lean beef strips
- 3 cups broccoli
- 1/2 cup cooked brown rice per serving
- 1 tbsp low-sodium soy sauce
- Garlic, ginger
- 1 tsp olive or sesame oil

Steps

1. Cook beef quickly in a hot pan.
2. Add broccoli, garlic, ginger, soy sauce, and a splash of water.
3. Serve over brown rice.

Smart swap: Use chicken, shrimp, tofu, or mushrooms.



Recipe 31

Shrimp Zucchini Skillet

Dinner | Serves: 2 | Time: 15 min

Fast dinner for nights when cravings hit and cooking motivation is low.

Ingredients

- 10 oz shrimp
- 2 zucchini, sliced
- 1 cup cherry tomatoes
- 1 tsp olive oil
- Garlic, lemon, chili flakes

Steps

1. Cook shrimp with garlic and olive oil.
2. Add zucchini and tomatoes.
3. Finish with lemon and herbs.

Smart swap: Add a small portion of rice or pasta if more energy is needed.



Recipe 32

Bean & Vegetable Burrito Bowl

Dinner | Serves: 2 | Time: 20 min

A flexible bowl that can be adjusted for appetite and budget.

Ingredients

- 1 cup beans
- 1 cup cooked brown rice or cauliflower rice
- 2 cups lettuce
- 1 cup peppers and onions
- Salsa
- 1/4 avocado

Steps

1. Warm beans, rice, peppers, and onions.
2. Add lettuce to a bowl.
3. Top with warm mixture, salsa, and avocado.

Smart swap: Use extra vegetables and less rice for a lighter bowl.



Recipe 33

Greek Chicken Pita Plate

Dinner | Serves: 2 | Time: 20 min

Good for people who want fresh flavor without a restrictive feel.

Ingredients

- 8 oz cooked chicken
- 1 whole-grain pita, split
- 2 cups salad vegetables
- 2 tbsp tzatziki
- Lemon, parsley, pepper

Steps

1. Warm chicken and pita.
2. Serve with salad vegetables and tzatziki.
3. Add lemon and parsley.

Smart swap: Make it a bowl with chickpeas instead of pita.



Recipe 34

Turkey Meatball Marinara Bowl

Dinner | Serves: 4 | Time: 35 min

A pasta-night style meal with a lighter base and clear portions.

Ingredients

- 1 lb lean ground turkey
- 1 egg
- 1/4 cup oats or breadcrumbs
- 2 cups marinara
- Zucchini noodles or whole-grain pasta
- Italian herbs

Steps

1. Mix turkey, egg, oats, and herbs.
2. Form meatballs and bake or pan-cook.
3. Simmer in marinara and serve over vegetables or pasta.

Smart swap: Use lentil balls or chicken meatballs.



Recipe 35

Chicken Fajita Skillet

Dinner | Serves: 3 | Time: 25 min

Colorful vegetables and seasoning make a simple dinner feel more exciting.

Ingredients

- 1 lb chicken strips
- 3 bell peppers
- 1 onion
- Fajita seasoning
- 1 tsp olive oil
- Lime

Steps

1. Cook chicken in a skillet.
2. Add peppers, onion, and seasoning.
3. Serve with lettuce, salsa, and small tortillas if desired.

Smart swap: Use shrimp, tofu, or mushrooms.



Recipe 36

Stuffed Bell Pepper Bowls

Dinner | Serves: 4 | Time: 30 min

A deconstructed stuffed pepper saves time but keeps the same comfort-food flavor.

Ingredients

- 1 lb lean turkey or beans
- 3 chopped bell peppers
- 1 cup cooked rice
- 1 can diced tomatoes
- Garlic, paprika, Italian herbs

Steps

1. Cook protein with peppers and garlic.
2. Add tomatoes and rice.
3. Simmer until hot and seasoned.

Smart swap: Use cauliflower rice for a lighter bowl.



Recipe 37

Cod With Tomato Olive Relish

Dinner | Serves: 2 | Time: 20 min

A bright fish dinner with lots of flavor from vegetables and herbs.

Ingredients

- 2 cod fillets
- 1 cup chopped tomatoes
- 1 tbsp olives
- 1 tsp olive oil
- Lemon
- Parsley

Steps

1. Bake or pan-cook cod until flaky.
2. Mix tomatoes, olives, oil, lemon, and parsley.
3. Spoon relish over fish.

Smart swap: Use chicken or tofu if fish is not available.



Recipe 38

Chicken Vegetable Curry Light

Dinner | Serves: 4 | Time: 30 min

Warm spices make vegetables more appealing without relying on heavy sauces.

Ingredients

- 1 lb chicken
- 3 cups mixed vegetables
- 1 cup light coconut milk
- Curry powder
- Garlic, ginger
- Optional: 1/2 cup rice per serving

Steps

1. Cook chicken with garlic and ginger.
2. Add vegetables, curry powder, and coconut milk.
3. Simmer until cooked through.

Smart swap: Use chickpeas for a plant-based curry.



Recipe 39

Turkey Burger Salad Plate

Dinner | Serves: 2 | Time: 20 min

Burger flavor with a plate structure that still feels light and satisfying.

Ingredients

- 8 oz lean ground turkey
- 2 cups lettuce
- Tomato and pickles
- 1 small potato or whole-grain bun
- Mustard
- Garlic powder

Steps

1. Form turkey patties and cook thoroughly.
2. Build salad with lettuce, tomato, and pickles.
3. Serve burger patty over salad with mustard.

Smart swap: Use beef, chicken, or veggie patties.



Recipe 40

Egg Roll In A Bowl

Dinner | Serves: 3 | Time: 18 min

Takeout-inspired flavor with cabbage, protein, and quick cooking.

Ingredients

- 1 lb ground turkey or tofu
- 1 bag coleslaw mix
- 1 tbsp low-sodium soy sauce
- Garlic, ginger
- Green onion

Steps

1. Cook turkey or tofu.
2. Add coleslaw mix, soy sauce, garlic, and ginger.
3. Cook until cabbage softens.

Smart swap: Add rice if you need a more filling dinner.



Recipe 41

Chicken Broccoli Potato Plate

Dinner | Serves: 2 | Time: 30 min

A simple balanced plate that works well for families.

Ingredients

- 2 chicken breasts
- 2 cups broccoli
- 2 small potatoes
- 1 tsp olive oil
- Garlic, pepper, herbs

Steps

1. Bake or grill chicken.
2. Steam broccoli.
3. Roast or microwave potatoes and season.

Smart swap: Use sweet potato or rice instead of potato.



Recipe 42

Tofu Vegetable Stir-Fry

Dinner | Serves: 2 | Time: 20 min

A plant-based dinner with protein and high-volume vegetables.

Ingredients

- 10 oz firm tofu
- 3 cups stir-fry vegetables
- 1 tbsp low-sodium soy sauce
- Garlic, ginger
- 1 tsp sesame oil
- Optional: rice

Steps

1. Press and cube tofu.
2. Cook tofu until lightly browned.
3. Add vegetables and sauce, then serve.

Smart swap: Use tempeh, shrimp, or chicken.



Recipe 43

Turkey Taco Salad

Dinner | Serves: 3 | Time: 20 min

A familiar flavor profile that can be customized easily.

Ingredients

- 1 lb lean ground turkey
- Taco seasoning
- 3 cups lettuce
- Tomato, onion, salsa
- 1/2 cup beans
- Optional: crushed tortilla chips

Steps

1. Cook turkey with seasoning.
2. Add lettuce and vegetables to bowls.
3. Top with turkey, beans, salsa, and a few chips if desired.

Smart swap: Use beans or lentils instead of turkey.



Recipe 44

Garlic Chicken Pasta Light

Dinner | Serves: 2 | Time: 20 min

Pasta can fit when portions are clear and vegetables are included.

Ingredients

- 4 oz dry whole-grain pasta
- 8 oz chicken
- 2 cups spinach
- 1 cup tomatoes
- Garlic
- 1 tsp olive oil

Steps

1. Cook pasta.
2. Cook chicken with garlic.
3. Add spinach and tomatoes, then toss with pasta.

Smart swap: Use zucchini noodles for half the pasta volume.



Recipe 45

Greek Yogurt Berry Cup

Snack | Serves: 1 | Time: 3 min

A planned sweet snack that feels like dessert but is simple and controlled.

Ingredients

- 3/4 cup Greek yogurt
- 1/2 cup berries
- Cinnamon
- Optional: 1 tsp honey

Steps

1. Add yogurt to a bowl.
2. Top with berries and cinnamon.
3. Use honey only if needed.

Smart swap: Add cocoa powder for a chocolate flavor.



Recipe 46

Apple Peanut Butter Bites

Snack | Serves: 1 | Time: 5 min

A crunchy sweet snack that helps prevent all-or-nothing cravings.

Ingredients

- 1 apple
- 1 tbsp peanut butter
- Cinnamon

Steps

1. Slice apple.
2. Spread peanut butter lightly.
3. Sprinkle cinnamon.

Smart swap: Use almond butter or yogurt dip.



Recipe 47

Hummus Crunch Plate

Snack | Serves: 1 | Time: 5 min

Savory crunch for afternoon cravings.

Ingredients

- 3 tbsp hummus
- Cucumber
- Carrots
- Bell pepper strips

Steps

1. Wash and slice vegetables.
2. Portion hummus into a small bowl.
3. Eat slowly.

Smart swap: Use Greek yogurt ranch dip.



Recipe 48

Boiled Egg Fruit Box

Snack | Serves: 1 | Time: 10 min prep

Useful when hunger is real and a sweet snack alone will not last.

Ingredients

- 1-2 boiled eggs
- 1 piece of fruit
- Pepper or paprika

Steps

1. Boil eggs ahead of time.
2. Pack with fruit.
3. Season eggs before eating.

Smart swap: Use cottage cheese instead of eggs.



Recipe 49

Cottage Cheese Cinnamon Bowl

Snack | Serves: 1 | Time: 3 min

Creamy and no-cook for evening snack routines.

Ingredients

- 1/2 cup cottage cheese
- Cinnamon
- 1/2 cup berries or chopped apple

Steps

1. Add cottage cheese to a bowl.
2. Top with fruit and cinnamon.

Smart swap: Use lactose-free cottage cheese or Greek yogurt.



Recipe 50

Dark Chocolate Strawberries

Snack | Serves: 1 | Time: 5 min

A planned sweet option can reduce the feeling of restriction.

Ingredients

- 1 cup strawberries
- 1 small square dark chocolate

Steps

1. Wash strawberries.
2. Serve with a small square of chocolate.

Smart swap: Use orange slices or raspberries.



Recipe 51

Turkey Cucumber Roll-Ups

Snack | Serves: 1 | Time: 5 min

A savory protein snack that is easy to prepare.

Ingredients

- 3 turkey slices
- Cucumber sticks
- Mustard

Steps

1. Place cucumber on turkey slices.
2. Add a little mustard.
3. Roll and serve.

Smart swap: Use hummus and lettuce for a meatless version.



Recipe 52

Mini Protein Smoothie

Snack | Serves: 1 | Time: 5 min

A small smoothie for days when sweet cravings hit between meals.

Ingredients

- 1/2 cup Greek yogurt
- 1/2 cup frozen berries
- 1/2 cup water or milk
- Ice

Steps

1. Blend all ingredients.
2. Keep it small and drink slowly.

Smart swap: Add spinach if desired.



Recipe 53

Roasted Chickpea Crunch

Snack | Serves: 3 | Time: 35 min

Crunchy pantry snack with a savory feel.

Ingredients

- 1 can chickpeas
- 1 tsp olive oil
- Paprika
- Garlic powder
- Pepper

Steps

1. Drain and dry chickpeas.
2. Toss with oil and seasoning.
3. Bake at 400°F / 200°C until crisp.

Smart swap: Use air fryer if available.



Recipe 54

Cucumber Tuna Boats

Snack | Serves: 1 | Time: 7 min

A small, high-protein savory snack for real hunger.

Ingredients

- 1 cucumber
- 1/2 can tuna
- 1 tbsp Greek yogurt
- Lemon and pepper

Steps

1. Slice cucumber lengthwise.
2. Mix tuna with yogurt, lemon, and pepper.
3. Spoon into cucumber boats.

Smart swap: Use chicken or chickpeas.



Recipe 55

Greek Yogurt Lemon Sauce

Sauce | Serves: 4 servings | Time: 5 min

Adds flavor to bowls, wraps, chicken, fish, and vegetables.

Ingredients

- 1/2 cup Greek yogurt
- 1 tbsp lemon juice
- 1 tsp olive oil
- Garlic powder
- Parsley or dill
- Pepper

Steps

1. Mix all ingredients.
2. Add water one teaspoon at a time to thin it.
3. Store up to 3 days.

Smart swap: Use lactose-free yogurt if needed.



Recipe 56

Salsa Avocado Cream

Sauce | Serves: 4 servings | Time: 5 min

A creamy topping that makes salads and burrito bowls more satisfying.

Ingredients

- 1/2 avocado
- 1/2 cup salsa
- 2 tbsp Greek yogurt
- Lime juice
- Cilantro, optional

Steps

1. Mash avocado.
2. Mix with salsa, yogurt, and lime.
3. Use as a topping.

Smart swap: Use mashed beans instead of avocado for a lower-fat option.



Recipe 57

Honey Mustard Light Dressing

Sauce | Serves: 6 servings | Time: 5 min

A flavorful salad dressing without turning the meal heavy.

Ingredients

- 2 tbsp Dijon mustard
- 1 tbsp honey
- 3 tbsp Greek yogurt
- 1 tbsp apple cider vinegar
- Pepper

Steps

1. Whisk everything together.
2. Taste and adjust vinegar or water.
3. Store in the fridge 3-4 days.

Smart swap: Use less honey for a tangier version.



Recipe 58

Cilantro Lime Yogurt Sauce

Sauce | Serves: 4 servings | Time: 5 min

Great for tacos, burrito bowls, chicken, fish, and vegetables.

Ingredients

- 1/2 cup Greek yogurt
- Juice of 1 lime
- Cilantro
- Garlic powder
- Pinch of salt, optional

Steps

1. Blend or stir ingredients.
2. Thin with water if needed.
3. Store chilled.

Smart swap: Use parsley if cilantro is not preferred.



Recipe 59

Basic Meal Prep Chicken

Meal Prep | Serves: 4 servings | Time: 25 min

A versatile protein base for salads, wraps, bowls, and dinners.

Ingredients

- 1 lb chicken breast or thighs
- 1 tbsp olive oil
- Garlic powder
- Paprika
- Pepper
- Lemon juice

Steps

1. Season chicken.
2. Cook in a pan or oven until fully cooked.
3. Rest 5 minutes, slice, and store.

Smart swap: Use turkey, tofu, tempeh, or beans.



Recipe 60

Simple Batch Rice Or Quinoa

Meal Prep | Serves: 4 servings | Time: 25 min

Having a smart carb ready reduces impulsive takeout decisions.

Ingredients

- 1 cup brown rice or quinoa
- 2 cups water or broth
- Pepper
- Optional herbs

Steps

1. Rinse grain if needed.
2. Cook according to package directions.
3. Cool and portion into containers.

Smart swap: Use cauliflower rice for a lighter base.



Recipe 61

Roasted Vegetable Tray

Meal Prep | Serves: 4 servings | Time: 30 min

Vegetables are easier to eat when they are already cooked and seasoned.

Ingredients

- 4 cups chopped vegetables
- 1 tbsp olive oil
- Garlic powder
- Paprika
- Pepper

Steps

1. Heat oven to 400°F / 200°C.
2. Toss vegetables with oil and seasoning.
3. Roast 20-25 minutes.

Smart swap: Use frozen vegetables to save time.



Recipe 62

Sunday Snack Boxes

Meal Prep | Serves: 5 boxes | Time: 20 min

Pre-portioned snacks reduce last-minute decisions.

Ingredients

- Fruit
- Vegetable sticks
- Greek yogurt cups
- Boiled eggs
- Hummus
- Cook one protein: chicken, turkey chili, tofu, or lentil soup.

Steps

1. Choose two snack combinations.
2. Portion into containers.
3. Store visible in the fridge.

Smart swap: Rotate snacks every week to avoid boredom.

Shopping Lists, Prep & Trackers

Use these pages to make the plan practical and repeatable.

Protein	Produce	Pantry
Chicken breast Turkey Eggs Greek yogurt Tuna Salmon Tofu	Spinach Broccoli Zucchini Peppers Cucumber Berries Apples Avocado	Oats Brown rice Quinoa Beans Chia seeds Olive oil Hummus Wraps

7-Day Consistency Tracker

Day	Breakfast	Lunch	Dinner	Snack	Water	Notes
1						
2						
3						
4						
5						
6						
7						

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