



Meal Planning

Recipe Inspiration

By Ann Lukey



Hello and Welcome!

When it comes to meal planning and learning how to count and track macros, one of the first questions I will get is "Where can I find recipes?"

Now, you can easily plan your meals using recipes you already know and love, but I get it, you also love trying new recipes and perhaps you're not sure where to start looking.

I follow a number of great pages, and so this document is a compilation of some ideas that you can try that are also great options for meal planning. It includes a section with 2 options for you to plan your week based on planning the month at a glance, or each week including all meals and snacks.

Keep in mind these recipes may just act as inspiration...add what you like, exclude what you don't, substitute with what you have on hand. You may find you create your next favorite recipe!



Breakfast



Whether you enjoy breakfast when you first get up, or a little bit later, here are some great options you can enjoy.

[Bacon Potato Egg Casserole](#) (make ahead)

[Banana Cinnamon Baked Oatmeal](#) (make ahead)

[ZPO Bars](#) (make ahead)

[Egg wrap](#) (I eat this 6-7 days a week)

[Protein shake with fruit](#) (use your favorite protein powder & frozen fruit)

[Protein Pancake](#) (super easy to make in the morning)

[Cottage Cheese Pancakes](#)

[Vanilla Protein Smoothie Bowl](#)

"The Felicia" - I'm giving this its own line because there are many variations of this, so I'm including a couple of links to inspire your own Felicia :)

1. [Youtube link](#)

2. [Instagram link](#)

Tip: if you feel you "don't have enough time" to eat breakfast at home, take your breakfast to go, or create a new morning routine where you get up 10 minutes earlier.

Lunch



My preference for lunch is to make plenty of leftovers to eat the next day. However, here are some great options that come together quickly or can be prepared in advance to make quick lunches during the week.

[Shrimp Taco Bowl](#)

[Instant Pot/Crockpot Pulled Chicken](#) (make ahead for sandwiches)

[Fried Cauliflower "rice"](#) (use your choice of leftover protein)

[Tuna Taco Melt](#)

[Asian Edamame Salad](#) (serve with your choice of protein)

[Tuna Dill Salad](#)

Tip: a quick and easy protein source to have on hand is a pre-cooked deli chicken from your grocery store. Simply deconstruct it and keep in the fridge for up to 4-5 days in a sealed tupperware for use in your lunches.

Dinner



Dinner is typically the only meal I plan each week. I start by deciding on my protein source and then round it out with a starch and vegetables. Rice and potatoes are a staple in our house as are salads, broccoli and even frozen peas! The simpler you keep your meal planning, the easier it becomes.

[Crockpot Chicken Tacos](#)

[Teriyaki Glazed Salmon](#)

[Teriyaki Ground Beef Bowls](#)

[Crispy Parmesan Brussel Sprouts](#)

[Chicken Pesto](#)

[Greek Chicken Bowls](#)

[Spinach Feta Turkey Burgers](#)

[Honey Sriracha Ground Chicken & Broccoli](#)

[Hidden Vegetable Butter Chicken](#)

[Baked Sweet Potatoes](#)

Tip: if you are trying a new recipe for your protein, keep the starch and vegetable sides simple so you just focus on one new dish to learn.

Planning ahead not only saves you money on groceries and creates less waste, but it saves you time so you are not constantly thinking about what to make for meals! Here are a few meal planning tips.

- ✓ Plan your dinners first based on what your week ahead looks like. There is no sense trying out a new recipe that takes over 40 minutes to prepare if you need to be out the door for events or activities that evening or you will be getting home late.

- ✓ Prepare more than you need for a dinner meal so you have leftovers the next day whether that be for lunches or for a busy evening when you won't have as much time to prepare dinner.
- ✓ Don't forget about your current go-to meals (for me this is a ground beef tomato sauce that we pair with rice or pasta and a salad, steamed broccoli or even frozen peas) This is nutritious, your family already knows and loves it, and you don't have to follow a recipe to make it. Simply put it on the meal plan and ensure you have the ingredients on hand or your grocery list.

Keep your planning simple



- ✓ The more often you eat similar foods, the easier the planning becomes, and if you are tracking your macros or calories, it is less to input each time
 - ✓ Once you have created a meal plan for a week or month, use it again and just swap around your dinner plans based on your schedule.
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Weekly Meal Planning

	BREAKFAST	LUNCH	DINNER	SNACK
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				