

ONE *Balanced* LIFE

Simple 5 day meal plan + Grocery list

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MONDAY

**Sweet Potato Hash
with Eggs**
BREAKFAST

Burrito Bowl
LUNCH

**Greek Turkey Burgers
with Japanese Buns**
DINNER

TUESDAY

**Banana Almond Chia
Pudding**
BREAKFAST

**Tuna Salad Sweet P
toast melt**
LUNCH

Taco Salad
DINNER

WEDNESDAY

**Sweet Potato Hash
with Eggs**
BREAKFAST

**Greek Turkey Burgers
on greens & veggies**
LUNCH

Simple Stir Fry
DINNER

THURSDAY

**Overnight Oats with
berries & nut butter**
BREAKFAST

**Sweet & Savory Sweet
Potato Toast**
LUNCH

**Maple Salmon &
Roasted Veggies**
DINNER

FRIDAY

**Scrambled Eggs,
Avocado & Berries**
BREAKFAST

**Sweet Potato & Black
Bean & Spinach
Quesadilla**
LUNCH

Naan Pizza Night
DINNER

Grocery List:

Produce:

- Lemon
- Japanese Sweet Potatoes (1-2)
- Sweet Potatoes (4)
- 1 head of broccoli
- Brussels sprouts (1 bag)
- Romaine Lettuce/Mixed Greens/Spinach (2)
- Bell Peppers (2)
- Red Onion (2)
- Avocado (1-2)
- Broccolini/Asparagus
- Cauliflower Rice
- Fresh dill
- Cucumber

Protein:

- Ground Turkey (2)
- Chicken Sausage (optional)
- Eggs
- Salmon

Dairy/non-dairy:

- Almond Milk
- Feta Cheese (optional)
- Mozzarella Cheese
- 1 container yogurt

Miscellaneous:

- Slivered almonds
- Mayo made with avocado oil
- Coconut aminos
- Kalamata olives
- Banana Peppers
- Can of tuna
- Chia seeds
- Olive Oil
- Artichokes
- Almond Flour
- Peanut Butter
- Black Beans

Fruit:

- Bananas
- Blueberries

Grains:

- Rolled oats
- Naan bread

Spices:

- Garlic powder
- Sea salt/Pepper
- Cumin
- Onion powder
- Cinnamon
- Red pepper flakes