



ONE BALANCED LIFE

5 day simple eating meal plan  
plus all Whole30 meals!

Share what you make!  
@onebalancedlife

## MONDAY

**Meal Prep Egg Bowls**  
BREAKFAST

**Chicken Salad lettuce cups**  
LUNCH

**Sheet Pan Meal**  
DINNER

## TUESDAY

**Egg Muffins**  
BREAKFAST

**Mediterranean Tuna Salad wth Veggies**  
LUNCH

**Buffalo Turkey Burger Sweet Potato Sliders**  
DINNER

## WEDNESDAY

**Meal Prep Egg Bowls**  
BREAKFAST

**Chicken Salad on greens and avocado**  
LUNCH

**Spring Roll in a Bowl**  
DINNER

## THURSDAY

**Egg Muffins**  
BREAKFAST

**Mediterranean Tuna Salad on japanese sweet potato toast**  
LUNCH

**Cauliflower Rice Burrito Bowls**  
DINNER

## FRIDAY

**End of week Veggie Hash**  
BREAKFAST

**Sweet Potato Toast with Avocado & HB egg + PB banana**  
LUNCH

**Chicken nuggets & french fries**  
DINNER

### **Sweet potato toast:**

Preheat oven to 400 degrees. Cut sweet potato in half and then cut 1/4 slices on each side of the sweet potato. You should be able to get 2-4 slices depending on the size of the sweet potato. Lay on baking sheet and spray with avocado oil spray or drizzle with olive oil. Bake in the oven for 15-20 minutes on each side.

**Tip:** look for a sweet potato that is round for even, thick slices.

### **Hard-boiled eggs**

Fill up pan with water and get to a boil. Gently place eggs in boiling water. Set times for 12 minutes. Fill up another bowl with water and ice cubes. Place eggs into bowl and let sit for 1 minute or so. Store in the fridge for the week or assemble into meal prep egg bowls!

### **Creamy Cashew Cilantro Dressing**

This sauce is perfect to prep ahead of time to use all week! It's delicious with the sheet pan meal but also great to drizzle on salads, use on sandwiches, etc. I love having sauces like this around to use to switch up meals throughout the week

### **End of week Veggie Hash**

This is what I like to call the "clean out the fridge" meal. I generally will take any veggies that I have and saute them on the stove in a little olive oil, sea salt, pepper & garlic powder. Tip: if you're using sweet potato here, place it in the microwave for a minute before trying to saute.

### **Pantry staples for a week of cooking:**

*Avocado Oil Spray/Olive oil spray:* I love the sprays for sheet pan meals, sweet potato toast, etc!

*Storage containers:* some of my favorite are Pyrex or OXO to keep everything sealed and fresh

*Mayo made with avocado oil:* I use this for some of my pre-made salads and to make dips!

*Homemade sauce or healthy dressing:* I love to have either a sauce prepped for the week to throw on top of bowls or a healthy dressing. Some of my favorites are from Primal Kitchen Foods.

*Sea salt/pepper/Red pepper flakes/Garlic Powder:* I use these spices daily around here!

*Cilantro:* I love putting a fresh herb on meals!



## Meal Prep Egg Bowls

These are super easy to prep ahead of time and can easily be switched around based off what you like!

### Ingredients:

Hardboiled eggs  
Avocado  
Mixed greens  
Berries  
Kraut

### Directions:

Hardboil eggs by bringing a pot of water to boil. Add in eggs and set timer for 12 minutes. Place in a bowl of ice water for one minute before peeling. Add in greens, avocado, berries and kraut.

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## Egg Muffins

### Ingredients:

10 eggs  
1/2 cup orange bell pepper  
1/2 cup red bell pepper  
2 1/2 chicken & apple sausage  
1/4 cup chopped greens  
1/4 cup chopped onion  
sea salt & pepper

### Directions:

Mix all the eggs in one bowl. Add in equal amount of bell pepper, onion, greens & cooked chicken sausage in each muffin tin. Pour equal amount of egg mixture in each. Bake at 350 for 18-20 minutes. Serve with avocado, salsa.







## One Pan Meal with Creamy Cashew Cilantro Dressing

### Ingredients:

4 1/2 cups brussel sprouts, chopped  
2 medium sweet potatoes  
3 chicken sausages  
Avocado Oil Spray  
Sea salt/pepper

For the creamy cilantro sauce: 1 cup cilantro (Stems & all) 1 garlic clove +1/2 cup organic coconut milk + 1 tbsp +1/2 lemon+1/3 cup raw cashews (soaked for 4+ hrs)+1 tbsp extra virgin olive oil +1/2 tsp sea salt

### Directions:

Preheat the oven to 400 degrees. Chop sweet potatoes, Brussels sprouts, and chicken sausage. Place veggies on the baking dish and spray with avocado oil spray, top with sea salt and pepper. Bake for 40 minutes. Flipping half way through. To prepare the sauce, add all the ingredients in the food processor and blend. Keep sauce stored in the fridge to mix in sheet pan meal or drizzle on top!

## Mediterranean Tuna Salad

### Ingredients:

3 cans tuna  
1 tbsp red wine vinegar  
1/4 cup mayo made with avocado oil (I use Primal Kitchen)  
1/3 cup onion  
1/4 cup chopped banana peppers  
1/3 cup chopped olives  
1/4 cup feta cheese (optional)  
1/2 chopped cucumber  
1/2 cup chopped artichokes  
1/2 tsp red pepper flakes (more for garnish)  
1/4 tsp thyme  
1/4 tsp oregano  
1 tsp garlic powder  
1 lemon  
2 tbsp chopped cilantro  
Sea salt, pepper to taste

### Directions:

Combine all ingredients into a bowl and mix. Store in fridge for the week!





## Buffalo Turkey Burger Sweet Potato Sliders

### Ingredients:

1 lb ground turkey  
1 egg  
2 tbsp buffalo sauce  
1/4 cup yellow onion  
2 tbsp almond flour  
2 tbsp green onion  
1/2 tsp garlic powder  
1/4 tsp sea salt & pepper  
Avocado Oil spray

### Directions:

Preheat the oven to 400 degrees. Cut the sweet potato round by creating thick slices down the middle of the sweet potato. Spray with avocado oil spray, sea salt & pepper. Bake for 15-20 minutes and flip to bake for 15-20 more. Combine all of the ingredients in a bowl. Heat up a pan with a little avocado oil (olive oil works too). Form into small patties if you plan to use for the sweet potato rounds. Saute for 6-7 minutes on each side or until completely cooked through.. Set aside. Assemble the sweet potato sliders by adding a sweet potato "bun", romaine lettuce, buffalo turkey burger, creamy buffalo sauce & additional sweet potato as a top "bun". Topping with avocado is good too!



## Chicken Nuggets & Sweet Potato Fries

### Ingredients:

1 c. Almond Flour  
1lb. Organic chicken tenders (I bought the already sliced tenders and then cut them into nuggets.)  
2 eggs  
1 tsp garlic powder  
1 tsp onion powder  
sea salt/pepper  
1 sweet potato  
Avocado oil spray  
Sea salt/pepper

### Directions:

Create a bowl with the flour, garlic powder, onion powder and salt/pepper and a bowl with two eggs. Coat chicken nugget in egg and then roll into flour. Place on baking sheet (coat baking sheet with avocado oil spray before) Do repeatedly for each chicken nugget. Set oven to 400 degrees and bake for 30 minutes (flipping half way through). Time may vary depending on size of chicken nuggets. Cut sweet potato into fries and place in the air fryer (toss in avocado oil spray & sea salt/pepper) on 400 for 15 minutes (flip around half way through)





## Chicken Salad

### Ingredients:

- 2 shredded chicken breasts (rotisserie chicken works too)
- 2 tbsp mayo made with avocado oil (I use Primal Kitchen)
- 1 1/2 tbsp dijon mustard
- 1/2 tsp garlic powder
- 1/4 cup chopped celery
- 1/2 cup halved grapes
- 1/4 cup slivered almonds
- Optional: add 1/2 lemon juice & fresh dill

### Directions:

To make the chicken prior, combine chicken breasts in the crockpot with a little chicken broth. Cook on high for 4 hrs or low for 6 hrs. Combine all of the ingredients into a bowl. Store in fridge for the week. Serve however you like!

## Spring Roll in a Bowl

### Ingredients:

- 1/4 cup yellow onion
- 2 garlic cloves
- 1 lb grass-fed beef
- 1 package 8oz shredded cabbage
- 1/2 cup shredded carrots
- 1/4 cup green onion + more for garnish
- 2 1/2 tbsp coconut aminos (could also sub soy sauce)
- 1 tsp ginger
- 1/2 tsp garlic powder
- Sea salt & pepper
- 1 tbsp olive oil

### Directions:

In pan, add onion & minced garlic cloves to pan with olive oil and saute. Then add in beef & continue to sauté until beef is browned. Heat should be at medium. Add in ginger, garlic powder, sea salt & pepper. Turn heat down to medium/low & add in package of cabbage and allow to cook in the dish. Then add in carrots, green onion & coconut aminos. Continue to stir. Top off with more green onion for garnish & red pepper flakes! You may want to add more coconut aminos as you serve it!

