



ONE *Balanced* LIFE

Quarantine friendly meal plan!



Share with me how you're
using this!

@onebalancedlife

MONDAY

**Stawberry Banana
Overnight Oats**

BREAKFAST

Tuna Melt

LUNCH

Simple Veggie Pasta

DINNER

TUESDAY

**Sweet & Savory Sweet
Potato Toast**

BREAKFAST

Fajita Quesadilla

LUNCH

White Chicken Chili

DINNER

WEDNESDAY

**Banana Almond Chia
Pudding**

BREAKFAST

**Chicken Salad
sandwich**

LUNCH

Simple Stir Fry

DINNER

THURSDAY

**English Muffin Toast +
Banana**

BREAKFAST

**Chicken Sausage,
potato & brussel
sprout bake**

LUNCH

**Copycat Chipotle
Burrito Bowls**

DINNER

FRIDAY

Fruit yogurt parfait

BREAKFAST

**Sweet potato, black
bean & spinach
quesadilla**

LUNCH

Pesto Pasta

DINNER

No recipe "fool proof" ideas for meals using pantry/freezer items

Pasta noodles + frozen vegetable + pasta sauce

Frozen cauliflower rice + frozen veggies + coconut
aminos

Quinoa + chickpeas + avocado

Rice + Sauteed veggies + chicken

Sweet potato/Potato + sauteed veggies/meat +
guacamole

Tuna + pasta noodles + light vinaigrette

Tuna + mayo + mustard + bread/wrap

Yogurt + frozen berries

Farro + chickpeas + veggies

Frozen zucchini noodles + marinara + ground turkey

Pasta noodles + pesto + sundried tomatoes

Bone Broth + Canned veggies + seasonings

Quinoa + Pesto + Chickpeas

Tortilla + Refried Beans + Cheese

Oats + Yogurt + Frozen Berries



Banana Almond Chia Pudding

one serving

- 1/4 cup chia seeds
- 1 cup almond milk
- 1/3 mashed banana (the riper the banana the better!)
- 1/2 tbsp maple syrup (option to add more here if you like it a little sweeter)
- 1/2 tbsp peanut butter
- Cinnamon
- Topping options: banana, slivered almonds, peanut butter & hemp seeds
- Make it a parfait and add 2-3 tbsp of creamy yogurt

Directions:

Add all ingredients into a mason jar or sealed bowl and place in fridge. (Leaving out yogurt if you make a parfait!) Stir together. Let the chia pudding thicken in the fridge for 1-2hrs or overnight. Top with desired toppings! I did more banana, slivered almonds, peanut butter & hemp seeds.

Subs you can make:

- Different fruits
- leave out maple syrup/add vanilla extract
- Alternative milk

Strawberry Banana Overnight Oats

serves two

- 1 cup rolled oats
- 1 cup unsweetened almond milk
- 1 tbsp maple syrup
- 1/4 mashed banana (the riper the banana the better!)
- 2 tbsp chia seeds
- 1 tbsp vanilla yogurt
- 2 diced strawberries
- Cinnamon
- Toppings (optional): additional banana, strawberries, hemp seeds and peanut butter

Directions:

Combine all ingredients in jar and mix together. Place top on jar and keep in fridge overnight. In the morning top with banana, strawberries, peanut butter, hemp seeds & drizzle of honey!

Subs you can make:

- Alternative milk
- Frozen fruit instead of banana





Sweet Potato, Black Bean & Spinach Quesadilla

- 2 tortillas
- 1/2 cooked sweet potato
- 1/4 cup mashed black beans
- Spinach
- Desired amount of mozzarella cheese

Directions

Cook sweet potato at 400 degrees until softened. Using one tortilla, layer sweet potato, black beans, spinach and cheese. Heat up stovetop and place tortilla on it with another tortilla on top.. Flip on both sides until cheesy gets melty.

Subs you can make:

- Use any kind of cheese
- Use any leafy green
- Use a wrap instead of a tortilla

White Chicken Chili

- 48 oz canned great northern beans
- 1 rotisserie chicken (shredded) or shredded crockpot chicken (2 chicken breasts) will work)
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 2 tsp. ground cumin
- 4 cup chicken broth
- 1 yellow onion
- 2 (4oz) cans green chiles
- 1 1/2 tsp. oregano
- 1/4 tsp. cayenne pepper
- sea salt

Directions:

Saute onion, garlic & olive oil in panCombine beans, broth, garlic & onion in large pot & boil for 15 minutesAdd remaining ingredients and then simmer for 1 hourMake a bowl & top it off with plain greek yogurt and use crackers for dipping!



Tips: save some and freeze the rest for another week if you wont be able to get through it all!



Chicken Salad

- 2 shredded chicken breasts
- 2 tbsp mayo
- 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!

Subs you can make:

- Use canned chicken
- Switch grapes for apples or raisins
- Use any kind of mayo
- Use greek yogurt instead of mayo
- Use walnuts instead of slivered almonds or omit

Sweet Potato, Chicken Sausage and Brussels Sheet pan

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

Directions:

Preheat the oven to 400 degrees. Chop sweet potatoes, Brussels sprouts, and chicken sausage. Place veggies and sausage on the baking dish and spray with avocado oil spray, top with sea salt and pepper. Bake for 40 minutes. Flipping half way through. **Keep an eye out on your chicken sausage as it may need to be removed earlier depending on the sausage!



Subs you can make

- Use regular potatoes instead of sweet potatoes



Pesto Pasta

- 1 package pasta
- Pesto
- Spinach
- Chicken sausage
- Broccoli
- Sundried tomatoes

Directions:

Cook pasta according to package. In separate pan, add in the broccoli and chicken sausage to saute. Remove from heat and add in cooked pasta, spinach and sundried tomatoes. Add the pesto in to mix throughout.

Subs you can make:

- Any green veggie
- Leave out spinach
- If you don't have pesto, use a little olive oil or butter instead



Simple Veggie Pasta

- 1 package pasta
- Marinara/Any pasta sauce
- Broccolini/Broccoli
- Parmesan Cheese
- Chicken Sausage

Directions:

Cook pasta according to package. In pan saute broccolini and chicken sausage together with a little sea salt & pepper. Remove from heat and add in marinara and cooked pasta. Stir until everything is mixed together.



Tuna Melt

- 1 can tuna
- 1 tbsp dijon mustard
- 1 tbsp mayo
- sea salt/pepper
- Mozzarella cheese
- Sweet potato toast/bread, /english muffin

Directions:

Prepare tuna by combining tuna, mayo, mustard and sea salt/pepper. Top on toast/bread and mozzarella cheese.

Place in the oven on broil for 1-2 minutes to get cheesy melty!

Subs you can make:

- Any kind of bread, , flatbread, or cracker!
- Any kind of cheese

Sweet and Savory Sweet Potato Toast

- 1 sweet potato
- Avocado Oil/olive oil
- Optional toppings: avocado, egg, peanut butter & banana, yogurt, berries

Directions:

Cut ends off sweet potato. Then cut potato in half. Slice pieces on each side of the sweet potato to get your 'toasts'. Bake at 400 degrees for 15-17 minutes on each side. Then top with desired toppings!

