

Free Sample Menu Plan - 5 days

Created by Nutrition For You LLC



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Hello and Welcome,

Here's an example of a 5-day meal plan that includes the week in a handy chart, recipes, and a grocery list. Note: plans are also available via a web link for viewing on a smart phone, computer, and/or tablet.

Meal plans can be customized to your specific dietary needs, family size, travel, budget, etc. In addition, specific brands will be often be provided.

The meals in this plan are designed for 2 people; however, you can easily increase/decrease servings using the slider in the recipe. Be sure to adjust your grocery list too. If you are moderately or very active, you may need to include another snack in your day and/or increase the portion sizes.

Implementation Strategies:

- Print the daily menu chart and grocery list.
- The menu chart will have some cells that look gray/font is lighter. This means that this day/food/recipe is leftovers.
- Read through the chart and recipes. The recipes also have some variations included that you may prefer. Be sure to adjust your grocery list.
- You choose the day of the week to start. Do your grocery shopping and food preparation 1-2 days prior.
- Check the grocery list against what you already have in your pantry and refrigerator/freezer.
 - Many items in the grocery list are included in the amounts you will be using in the recipes to make it convenient for planning purchases, especially for items such as spices, nut butters, condiments, etc.

Money-Saving Strategies:

- Purchase herbs and spices in bulk. Save and bring your own jars to refill. Many markets, especially Cooperative markets, Whole Foods, Earth Fare (southeastern and Midwest states), and other smaller family-owned stores offer bulk items.

Product Quality:

- Choose organic as much as possible, especially produce items on the dirty dozen list. Visit the EWG for more information .
- Fish: choose low mercury, wild-caught over farmed.
- Pastured eggs and grass-fed meats instead of conventionally raised.

Meal planning saves money, time, reduces food waste, and leads to healthier food choices.

Reach out if you'd like more information about my menu planning services.

Eat well and be well,
Renee

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Free Sample Menu Plan - 5 days

5 days

	Day 1	Day 2	Day 3	Day 4	Day 5
Hydration	Cucumber & Lime Chia Fresca	Mint & Lime Iced Tea	Strawberry Mint Iced Tea	Hibiscus Iced Tea	Blueberry Orange Sparkling Water
Breakfast	Protein, Greens, & Fruit	Protein, Greens, & Fruit	Toast with Sunflower Seed Butter & Blueberries	Carrot Cake Overnight Oats	Yogurt Fruit Granola Cups
Lunch	Mango & Black Bean Quinoa Salad	Mango & Black Bean Quinoa Salad	Salad with Canned Salmon, Tuna, or Chicken	Salad with Canned Salmon, Tuna, or Chicken	Greek Pasta Salad with Feta
Snack 2	Clean Trail Mix	Clean Trail Mix	Chocolate Chia Pudding	Chocolate Chia Pudding	Hummus Dippers
Dinner	Slow Cooker Enchilada	Slow Cooker Enchilada	Sheet Pan Chicken, Green Beans & Carrots	Sheet Pan Chicken, Green Beans & Carrots	Everything Bagel Salmon & Veggies
			Steamed White Rice	Steamed White Rice	

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74 items

Fruits

- 3 Avocado
- 1 1/2 cups Blueberries
- 1 Clementines
- 2 Lemon
- 2 tsps Lemon Juice
- 1/3 cup Lime Juice
- 1 Mango
- 1 cup Raspberries
- 5 cups Strawberries

Breakfast

- 1 1/3 cups Earl Grey Tea
- 2/3 cup Granola
- 3 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Cayenne Pepper
- 1 1/16 cups Chia Seeds
- 1 tbsp Chili Powder
- 1/2 tsp Cinnamon
- 1 cup Clean Trail Mix
- 1 tsp Coriander
- 1 3/4 tsps Cumin
- 1/3 tsp Everything Bagel Seasoning
- 1/4 tsp Ground Ginger
- 1 1/3 tbsps Herbes De Provence
- 1/4 cup Italian Seasoning
- 1 tsp Oregano
- 0 Sea Salt & Black Pepper
- 2 tbsps Walnuts

Frozen

- 1/2 cup Frozen Corn
- 32 Ice Cubes

Vegetables

- 10 cups Baby Spinach
- 9 Carrot
- 2 stalks Celery
- 1 cup Cherry Tomatoes
- 2 Garlic
- 2 cups Green Beans
- 2 cups Mini Potatoes
- 2/3 cup Mint Leaves
- 8 cups Mixed Greens
- 1 bunch Cilantro
- 6 mini Cucumbers
- 3 Bell Peppers (red, Orange, And/or Yellow)
- 1 small Onion, Red
- 1 small Onion, Yellow

Boxed & Canned

- 6 ozs Brown Rice Pasta Shells
- 1 cup Diced Tomatoes
- 3/4 cup Enchilada Sauce
- 2 cups Black Beans, Cooked (canned)
- 1/2 cup Farro, Dry
- 1 cup Jasmine Rice, Dry
- 1 cup Pinto Beans, Cooked/canned
- 1/2 cup Quinoa, Dry

Baking

- 2 tsps Raw Honey
- 1 cup Oats, Rolled (not Quick Cooking)

Bread, Fish, Meat & Cheese

- 4 ozs Cheddar Cheese
- 2 lbs Extra Lean Ground Chicken
- 2 ozs Feta Cheese
- 12 ozs Salmon Fillet
- 4 slices Whole Grain Bread
- 2 lbs Chicken Thighs (boneless, Skinless)
- 4 cans Wild Planet Fish (salmon, Tuna, Sardines, And/or Mackerel)

Condiments & Oils

- 1/2 cup Asian Sesame Salad Dressing
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 2 tsps Red Wine Vinegar
- 1/4 cup Sunflower Seed Butter

Cold

- 2 cups Almond Milk Dark Chocolate
- 1 tbsp Butter
- 1/2 cup Hummus
- 2 cups Plain Cow's Yogurt, Whole Milk
- 1 1/3 cups Unsweetened Almond Milk
- 2 tbsps Unsweetened Coconut Yogurt
- 1 cup Kraut Or Kimchi

Other

- 1 tbsp Hibiscus Tea
- 1/16 oz Reishi Powder
- 3 cups Sparkling Water

Cucumber & Lime Chia Fresca

6 ingredients · 5 minutes · 2 servings



Directions

1. Blend the cucumber, water, lime juice, and maple syrup in a blender until smooth.
2. Pour the mixture into a pitcher. Optional: use a fine mesh strainer to strain the mixture. Stir in the chia seeds and allow them to sit for 10 minutes.
3. Add ice to glasses and pour the chia fresca over top. Enjoy!

Notes

Leftovers

Best served immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add chopped mint.

Ingredients

- 1/2 Cucumber (chopped)
- 3 cups Water
- 2 tbsps Lime Juice
- 1 tbsp Maple Syrup
- 1 tbsp Chia Seeds
- 8 Ice Cubes

Mint & Lime Iced Tea

5 ingredients · 25 minutes · 2 servings



Directions

1. Steep the mint leaves in the hot water for three to five minutes. Stir in the lime juice and honey, if using.
2. Let cool before serving with ice. Enjoy!

Notes

Leftovers

Refrigerate for up to three days.

No Honey

Use maple syrup, stevia, agave, or your sweetener of choice.

Additional Toppings

Add ginger slices.

Ingredients

- 2 cups Water (hot)
- 1/4 cup Mint Leaves (stems removed)
- 2 tps Lime Juice
- 2 tps Raw Honey (optional)
- 8 Ice Cubes

Strawberry Mint Iced Tea

5 ingredients · 10 minutes · 2 servings



Directions

1. Muddle the strawberries and mint in a glass. Add the lemon juice and stir well.
2. Top with brewed tea and ice cubes.

Notes

Leftovers

Refrigerate in an airtight jar or pitcher for up to two days. Stir before serving.

More Flavor

Add vanilla.

Like it Sweet?

Add 1/2-1 tsp of honey or maple syrup or a pinch of stevia or monk fruit extract.

Ingredients

1 cup Strawberries

2 tbsps Mint Leaves (plus extra for optional garnish)

1 1/3 cups Earl Grey Tea (decaf or caffeinated brewed, cold)

2 tsps Lemon Juice (optional)

10 Ice Cubes

Hibiscus Iced Tea

4 ingredients · 30 minutes · 2 servings



Directions

1. Bring the water to a boil and steep the hibiscus tea for about 10 minutes.
2. Mix in the reishi powder, if using, and stir vigorously to combine. Add the tea to a pitcher and refrigerate until cold.
3. Divide the ice cubes between glasses and pour the chilled tea overtop. Garnish with mint, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Likes it Sweet

Add sweetener of choice to taste.

Additional Toppings

Add crushed or smashed raspberries.

Ingredients

3 cups Water

1 tbsp Hibiscus Tea (loose leaf)

1/16 oz Reishi Powder (optional)

1/4 cup Mint Leaves (optional)

Blueberry Orange Sparkling Water

4 ingredients · 5 minutes · 2 servings



Directions

1. Divide blueberries and clementines into mason jars or glasses then use a spoon to gently crush the fruit. Add ice, then pour sparkling water over top. Enjoy!

Notes

No Sparkling Water

Use flat water instead.

Switch it Up

Swap out the blueberries for blackberries, strawberries or raspberries.

Ingredients

1/2 cup Blueberries

1 Clementines (peeled and sectioned)

6 Ice Cubes

3 cups Sparkling Water

Protein, Greens, & Fruit

8 ingredients · 10 minutes · 4 servings



Directions

1. Warm a skillet over medium heat, add oil and chicken.
2. Break up chicken with a spatula and cook until no longer pink.
3. Add spinach and herbs. Cook until wilted.
4. Transfer to a plate and top with avocado, salt, and sauerkraut.

Notes

Variations

Replace ground chicken with turkey, bison, beef, lamb, pork, or venison. Vegetarian replacements: tofu, tempeh, Pumfu (pumpkin seed "tofu"). Replace kraut/kimchi with salsa.

Ingredients

- 1 lb Extra Lean Ground Chicken
- 8 cups Baby Spinach (Measure spinach raw and packed into measuring cup)
- 1 1/3 tbsps Extra Virgin Olive Oil (variation: use ghee)
- 1 1/3 tbsps Herbes De Provence (or other herbs of choice)
- 1 cup Sauerkraut
- 1/4 tsp Sea Salt (pinch of salt)
- 2 Avocado
- 4 cups Strawberries (whole pieces)

Toast with Sunflower Seed Butter & Blueberries

3 ingredients · 5 minutes · 2 servings



Directions

1. Spread the sunflower seed butter on top of the toasted bread. Top each piece of toast with the blueberries. Enjoy!

Notes

Gluten-Free

Choose a whole grain GF bread such as Simple Kneads, Canyon Bakehouse, or Happy Campers.

Whole Grain Bread

Such as Food for Life Ezekiel, Dave's Killer Breads, or locally purchased whole grain bakery bread.

Ingredients

- 1/4 cup Sunflower Seed Butter (unsweetened)
- 4 slices Whole Grain Bread (toasted, see notes)
- 1 cup Blueberries

Carrot Cake Overnight Oats

9 ingredients · 8 hours · 2 servings



Directions

1. Add the oats, grated carrot, chia seeds, cinnamon, ground ginger, almond milk and maple syrup to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with yogurt and walnuts. Enjoy!

Notes

No Coconut Yogurt

Omit, or use another type of yogurt instead.

Nut-Free

Omit, or use pumpkin seeds.

Sugar-Free

Omit the maple syrup, or use a sugar-free sweetener of your choice.

No Almond Milk

Use any other type of milk instead.

Grated Carrot

Half a medium carrot is equal to about 1/2 cup of grated carrot.

Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave.

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 1 cup Oats (rolled)
- 1/2 Carrot (medium, grated)
- 2 tbsps Chia Seeds
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Ginger
- 1 1/3 cups Unsweetened Almond Milk
- 2 tpsps Maple Syrup
- 2 tbsps Unsweetened Coconut Yogurt
- 2 tbsps Walnuts (roughly chopped)

Yogurt Fruit Granola Cups

3 ingredients · 5 minutes · 2 servings



Directions

1. Place yogurt in a glass or bowl. Top with raspberries and granola. Enjoy!

Ingredients

- 2 cups** Plain Cow's Yogurt, Whole Milk (or low-fat or dairy-free substitute)
- 1 cup** Raspberries (or other berries of choice)
- 2/3 cup** Granola (such as Purely Elizabeth's)

Mango & Black Bean Quinoa Salad

10 ingredients · 23 minutes · 4 servings



Directions

1. Cook the quinoa according to package directions. Set aside to cool.
2. Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 cups Black Beans (cooked)
- 1/2 cup Red Onion (diced)
- 1 Mango (peeled, diced)
- 2 cups Baby Spinach (chopped)
- 1/4 cup Cilantro (chopped)
- 2 tbsps Lime Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Cumin
- Sea Salt & Black Pepper (to taste)

Salad with Canned Salmon, Tuna, or Chicken

6 ingredients · 10 minutes · 2 servings



Directions

1. Mix all ingredients in a large bowl. Serve with your choice of dressing.

Notes

Protein - Meat/Fish

Wild Planet canned salmon, sardines, mackerel, tuna, chicken; or, leftover cooked protein from an evening meal.

Protein - Vegetarian/Vegan

Hard-boiled eggs, Pumfu, tofu, edamame, tempeh, lentils/legumes.

Additional Toppings

Avocado, carrot, celery, tomato, olives, etc. and herbs of choice such as basil, oregano, parsley.

Salad Dressing

Simple: lemon/lime with olive oil and herbs of choice; Store-bought: Primal Salad Dressing/Marinade.

Ingredients

4 cups Mixed Greens

2 Cucumber (sliced)

2 Carrot (shredded)

1 Red Bell Pepper (sliced)

2 servings Wild Planet Tuna Albacore (or other protein of choice, see notes)

1/4 cup Asian Sesame Salad Dressing (or other dressing of choice, see notes)

Greek Pasta Salad with Feta

9 ingredients · 15 minutes · 2 servings



Directions

1. Cook the pasta according to package directions. Drain, rinse well and set aside to cool.
2. In a small bowl, add the oil, red wine vinegar, oregano, salt, and pepper. Mix well to combine.
3. In a large bowl, add the pasta, and the dressing and mix well. Add the tomatoes, cucumber, feta, and olives and toss to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Feta Substitute

Non-dairy cheese, crumbled tofu, or a tablespoon of nutritional yeast.

Ingredients

- 6 ozs** Brown Rice Pasta Shells (dry)
- 2 tbsps** Extra Virgin Olive Oil
- 2 tsps** Red Wine Vinegar
- 1 tsp** Oregano (dried)
- Sea Salt & Black Pepper (to taste)
- 1 cup** Cherry Tomatoes
- 2** Cucumber (mini, sliced)
- 1/4 cup** Pitted Kalamata Olives
- 2 ozs** Feta Cheese (see notes)

Clean Trail Mix

1 ingredient · 2 minutes · 4 servings



Directions

1. This is meant to be a quick and easy snack (serving size: 1/4 cup). Find a clean trail mix in any health food store or in the healthy food or bulk section of your grocery store. Read the ingredients to make sure there are no additives such as canola/peanut oils, artificial colors and flavors, etc. We recommend checking out brands such as Nuts.com, Power Up Premium Trail Mix (mega omega), Second Nature.
2. OR, make your own trail mix by purchasing raw nuts and/or salted roasted nuts (with no added oils), seeds (pumpkin, sunflower), organic unsweetened raisins, mini dark chocolate chips.

Ingredients

1 cup Clean Trail Mix

Chocolate Chia Pudding

3 ingredients · 5 minutes · 4 servings



Directions

1. In a large bowl, combine the chia seeds with the almond milk. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Makes 6 servings. Divide into 6 individual containers.

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Likes it Thicker

Use full fat coconut milk instead.

Additional Toppings

Add granola or cacao nibs on top for crunch.

Ingredients

3/4 cup Chia Seeds

2 cups Almond Milk Dark Chocolate
(unsweetened, from the carton)

2 tbsps Maple Syrup

Hummus Dippers

4 ingredients · 15 minutes · 2 servings



Directions

1. Slice your pepper, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Mix it Up

Substitute in different veggies like cucumber or zucchini.

Ingredients

1/2 Yellow Bell Pepper

1/2 Carrot

2 stalks Celery

1/2 cup Hummus

Slow Cooker Enchilada

18 ingredients · 2 hours · 4 servings



Directions

1. Heat oil in medium skillet over medium-high heat. Add onion and cook 3-4 minutes. Add garlic and cook 1-2 minutes. Add meat and cook until browned and no longer pink.
2. Turn heat to low, add spices, and cook stirring constantly for 1 minute.
3. Add meat mixture, farro, black beans, corn, tomatoes, enchilada sauce, and water to the slow cooker. Stir until combined.
4. Cook on high 3-4 hours, or on low for 5-6 hours. Stir after 2 hours and add more water if needed.
5. Divide into bowls and top with cilantro, avocado, and cheese. Enjoy!
6. Variation: choose black, kidney, or other bean instead of pinto.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Stir in a few tablespoons of cream cheese. Use fire roasted diced tomatoes.

Additional Toppings

Top with chopped cilantro, avocado, tortilla chips, sour cream, or sliced jalapeno.

Make it Vegan

Use vegan cheese instead of mozzarella cheese, or omit completely.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/2 **Yellow Onion** (chopped)
- 2 **Garlic** (cloves, minced)
- 1 **lb** Extra Lean Ground Chicken (or turkey, lean ground beef, or pork)
- 1/2 **cup** Farro (dry, rinsed)
- 1 **cup** Pinto Beans (15 oz can drained, rinsed)
- 1/2 **cup** Frozen Corn (or fresh)
- 1 **cup** Diced Tomatoes (fire roasted, low/no salt)
- 3/4 **cup** Enchilada Sauce (10 oz jar or pouch such as Frontera)
- 1/2 **cup** Water
- 1/2 **tsp** Sea Salt
- 1 **tbsp** Chili Powder
- 1 **tsp** Coriander (ground)
- 1 1/2 **tsps** Cumin (ground)
- 1/2 **tsp** Cayenne Pepper (optional, adjust to taste)
- 4 **ozs** Cheddar Cheese (shredded)
- 1/2 **cup** Cilantro (chopped)
- 1 **Avocado** (chopped)

Sheet Pan Chicken, Green Beans & Carrots

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a shallow bowl, combine the chicken thighs, half of the oil, lemon juice, and Italian seasoning.
3. Add the beans and carrots to the baking sheet. Toss with the remaining oil, salt, and pepper to coat. Spread the beans and carrots into an even layer.
4. Place the chicken thighs on the baking sheet, making room around the beans and carrots. Bake for 25 to 30 minutes or until the chicken is cooked through and the vegetables are browned and tender.
5. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two chicken thighs and one cup of vegetables.

More Flavor

Add minced garlic and other dried herbs.

Additional Toppings

Top with feta cheese and fresh herbs like parsley or dill.

Ingredients

- 2 lbs** Chicken Thighs (boneless, skinless)
- 1/4 cup** Extra Virgin Olive Oil (divided)
- 2** Lemon (juiced)
- 1/4 cup** Italian Seasoning
- 2 cups** Green Beans (trimmed)
- 4** Carrot (medium, peeled, cut into sticks)
- Sea Salt & Black Pepper (to taste)

Steamed White Rice

2 ingredients · 20 minutes · 4 servings



Directions

1. Bring water to a boil in a medium saucepan.
2. Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
3. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to six days, or freeze for up to three months.

Serving Size

Each serving equals approximately one cup of cooked rice.

More Flavor

Add your choice of herbs or spices, or use broth instead of water.

Ingredients

2 cups Water

1 cup Jasmine Rice (dry, rinsed)

Everything Bagel Salmon & Veggies

6 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the potatoes with half the melted butter and half the salt and mix well. Transfer to the baking sheet and bake for 10 minutes.
3. Meanwhile, drizzle the remaining melted butter and salt amongst the salmon and the broccolini. Coat the salmon with the everything bagel seasoning.
4. Transfer the broccolini and salmon to the baking sheet with the potatoes and place in the oven for 13 to 16 minutes, until the salmon is cooked through. Divide between plates and enjoy!

Ingredients

- 2 cups Mini Potatoes (halved)
- 1 tbsp Butter (melted, divided)
- 1/2 tsp Sea Salt (divided)
- 12 ozs Salmon Fillet
- 8 ozs Broccolini (trimmed)
- 1/3 tsp Everything Bagel Seasoning

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Salmon

Use another fish, like trout, instead.

More Flavor

Serve with lemon wedges.

No Broccolini

Use broccoli instead.