



## 5-Week Healthy Meal Plan

It's the New Year and we've got just the thing to keep you on track with your health goals! We've always had healthy recipes in our [Meal Plans](#) on TBFS and now we've compiled our favorite healthy and most delicious recipes into a 5-week Healthy Meal Plan just for you! Included recipes are all less than 500 calories per serving, high in protein, and low fat while still being the absolutely delicious foods you love!

### What's Included:

- 5 weeks of healthy recipes
- All recipes are under 500 calories per serving
- Printable grocery shopping lists for each week

*Did you know, your positive comments help keep me in business? If there is a recipe you loved, I would love to [hear about it!](#)*

# Healthy Meal Plan Week #1



## Monday

[Thai Chicken Lettuce Wraps](#)

## Tuesday

[One Pan Chicken Fajita Pasta](#)

## Wednesday

[Taco Soup](#)

## Thursday

[Chow Mein](#)

## Friday

[Skinny Asian Chicken Stir-Fry](#)

### Nutritional Information:

Serves: 4

*Per Serving:*

- 180 calories
- 15 grams of Protein
- 2 grams Fiber
- 1 gram saturated fat

Serves: 4

*Per Serving:*

- 428 calories
- 24 grams Protein
- 6 grams Fiber
- Loaded with veggies
- 2 grams saturated Fat

Serves: 8

*Per Serving:*

- 135 calories (before toppings)
- 14 gram Protein
- 1 gram fat

Serves: 5

*Per Serving:*

- 454 calories
- 20 grams Protein
- 5 grams Fiber
- Loaded with Veggies

Serves: 5

*Per Serving:*

- 490 calories
- 19 grams Protein
- 3 grams Fiber
- 1 gram Saturated Fat

# Grocery Shopping List Week #1

	<u>Produce</u>	<u>Bread/Grains</u>	<u>Meat</u>
Monday: <a href="#">Thai Chicken Lettuce Wraps</a>	Garlic (14 cloves) Yellow Onion (1 ½ ) Carrot (4) Cabbage (1)	Whole Wheat Penne (8 oz.) Long Grain Brown Rice (1 ½ cups)	Chicken Breasts (2.5 Lbs.) Lean Ground Beef (1 Lb.)
Tuesday: <a href="#">One Pan Chicken Fajita Pasta</a>	Green Onions (10) Ginger (1 root) Cilantro (1/4 cup) Boston Bib Lettuce (1 head) Lemon Juice (3 Tbs.)	<u>Refrigerated</u> Milk (1/2 cup) Sour Cream (optional topping for pasta) Yaki-Soba Noodles (1 Lb. refrigerated)	<u>Spices</u> Salt and Pepper Crushed Red Pepper Flake Cumin Garlic Powder Onion Powder Chili Powder Oregano Paprika Sea Salts
Wednesday: <a href="#">Taco Soup</a>	Green Bell Pepper (2) Red Bell Pepper (2) Celery (2 ribs) Bean Sprouts (1 cup)	<u>Other</u> Sweet Chili Sauce (1/3 cup) Sesame Oil (1 ½ tsp.) Oyster Sauce (1 Tbs.) Hoisin Sauce (2 Tbs.) Sriracha Hot Sauce (3 tsp.) Cashews (1 cup) Salsa (optional topping for pasta)	<u>Canned Goods</u> Chicken Broth (4 ½ cups) Diced Tomatoes (14.5 oz. can) Crushed Tomatoes (28 oz. can) Diced Green Chills (4 oz. can) Kidney Beans (15 oz. can) Black Beans (15 oz. can) Corn (17 oz. can) Beef Broth (2 cups)
Thursday: <a href="#">Chow Mein</a>	<u>Pantry Staples</u> Olive Oil Oil (vegetable or canola) Peanut Butter (1 Tbs.) Soy Sauce (1/3 cup) Brown Sugar Cornstarch Honey	Toppings for taco soup: tortilla chips, sour cream, cheese, avocado, etc.	
Friday: <a href="#">Skinny Asian Chicken Stir-Fry</a>			

# Healthy Meal Plan Week #2



## Monday

[Spinach Chicken Bowtie Pasta Salad](#)

## Tuesday

[Tomato Basil Soup](#)

## Wednesday

[Skinny Chicken Divan](#)

## Thursday

[Black Bean Burger](#)

## Friday

[BBQ Chicken Tacos](#)

### Nutritional Information:

Serves: 5

*Per Serving:*

- 416 calories
- 31 grams Protein
- 10 grams Fiber
- 2 grams saturated fat

Serves: 8

*Per Serving:*

- 264 calories
- 7 grams Protein
- Made with pureed veggies including tomatoes, carrots, onions, and celery!

Serves: 8

*Per Serving:*

- 362 calories
- 15 grams Protein
- Only 2 grams saturated fat!

Serves: 5

*Per Serving:*

- 306 calories served without bun in lettuce wrap
- 545 calories with bun
- 11 grams Protein

Serves: 4

*Per Serving:*

- 329 calories
- 28 grams Protein
- Only 1-gram saturated fat!

# Grocery Shopping List Week #2

Monday: <a href="#">Spinach Chicken</a> <a href="#">Bowtie Pasta</a>	<p><b>Produce</b></p> <p>Baby Spinach Leaves (1 Lb.) Sweet Onion (2) Carrot (2) Celery Ribs (3) Basil (¼ cup) Broccoli Florets (2 cups) Lemon Juice (2 tsp.) Green Bell Pepper (1/2) Garlic Cloves (2) Lime Juice (2 Tbs.) Cherry Tomatoes (1 cup) Red Onion (1/3 cup) Avocado (1) Cilantro (1 bunch)</p> <p><b>Pantry Staples</b></p> <p>Oil (½ cup) Olive Oil Rice Wine Vinegar (1/4 cup) Flour (½ cup)</p> <p><b>Meat</b></p> <p>Chicken Breasts (3 Lb.)</p>	<p><b>Bread/Grains</b></p> <p>Farfalle Pasta (16 oz.) White or Brown rice (2 cups) Whole Wheat Bread Crumbs (2/3 cup) Hamburger Buns Corn Tortillas (12-15)</p>	<p><b>Spices</b></p> <p>Salt and Pepper Oregano Basil Curry Powder Chili Powder Cumin</p>
Tuesday: <a href="#">Tomato Basil Soup</a>			<p><b>Canned Goods</b></p> <p>Water Chestnuts (1 small can) Mandarin Oranges (11 oz. can) Diced Tomatoes (2, 14.5 oz. cans) Tomato Paste (2 Tbs.) Chicken Broth (4 cups) Cream of Mushroom Soup (2 cans) or <a href="#">HOMEMADE</a> Black Beans (2, 15 oz. cans) Chipotle Peppers in Adobo Sauce (1 can) Corn (1, 15 oz. can)</p>
Wednesday: <a href="#">Skinny Chicken Divan</a>		<p><b>Other</b></p> <p>Peanuts (1/2 cup dry roasted) Dried Cranberries (½ cup) Teriyaki Sauce (½ cup) Barbecue Sauce (2/3 cup) or <a href="#">Homemade</a> Desired Burger Toppings</p>	
Thursday: <a href="#">Black Bean Burgers</a>			
Friday: <a href="#">BBQ Chicken Tacos</a>			

# Healthy Meal Plan Week #3



## Monday

[Sheet Pan Chicken Fajitas](#)

## Tuesday

[Skinny Asian Chicken Stir Fry](#)

## Wednesday

[Crispy Southwest Wrap](#)

## Thursday

[Butternut Squash and Sweet Potato Soup](#)

## Friday

[Apple Pecan Salad](#)

### Nutritional Information:

Serves: 5

*Per Serving:*

- 424 calories
- 34 grams Protein
- 4 grams Fiber
- 2 grams saturated fat

Serves: 5

*Per Serving:*

- 490 calories
- 19 grams Protein
- 3 grams Fiber
- 3 grams saturated fat

Serves: 8

*Per Serving when Lightly pan fried with Pam or olive oil:*

- 419 calories
- 21 grams Protein
- 4 grams Fiber

Serves: 6

*Per Serving:*

- 385 calories
- 15 grams Protein
- 4 grams Fiber

Serves: 4

*Per Serving without dressing:*

- 475 calories
- 38 grams Protein
- 6 grams Fiber

# Grocery Shopping List Week #3

<p>Monday:  <a href="#">Sheet Pan Chicken Fajitas</a></p>	<p style="text-align: center;"><u>Produce</u></p> <p>Bell Pepper (4-5 any color)          Onion (2 yellow)          Garlic (5 cloves)          Lime (1)          Cilantro (¼ cup)          Green Onions (4)          Red Bell Pepper (½)          Butternut Squash (1 small)          Sweet Potato (2 small)          Heads Lettuce (2 possible mix of red leaf, spring, and spinach)          Fuji Apples (1-2)</p>	<p style="text-align: center;"><u>Bread/Grains</u></p> <p>Flour Tortillas (8-10 small <b>and</b> 6-8 large)          Long Grain Brown Rice (2 ½ cups)</p>	<p style="text-align: center;"><u>Meat</u></p> <p>Chicken Breasts (3 ½ lbs.)          Ground Beef (1 Lb.)          Ground Italian Sausage (1 lb.)          Bacon (5 slices)</p>
<p>Tuesday:  <a href="#">Skinny Asian Chicken Stir Fry</a></p>		<p style="text-align: center;"><u>Refrigerated</u></p> <p>Frozen Corn (1 cup)          Shredded Cheddar Cheese (1 ½ cups)          Sour Cream (½ cup)</p>	<p style="text-align: center;"><u>Spices</u></p> <p>Chili Powder          Paprika          Cumin          Onion Powder          Garlic Powder          Oregano Leaves          Cayenne Pepper          Salt and Pepper          Sea Salts          Crushed Red Pepper Flakes          Whole Fennel Seeds          Whole Cumin Seeds</p>
<p>Wednesday:  <a href="#">Crispy Southwest Wrap</a></p>		<p style="text-align: center;"><u>Other</u></p> <p>Hoisin Sauce (2 Tbs.)          White Wine Vinegar (2 Tbs.)          Cashews (1 cup)          Pecans (1/2 cup chopped)          Dijon Mustard (1 Tbs.)          Balsamic Vinegar (1 Tbs.)          Sriracha Sauce (2-3 tsp.)          Fajita Toppings: sour cream, avocado, Pico de Gallo, cheese, etc.</p>	
<p>Thursday:  <a href="#">Butternut Squash Soup</a></p>		<p style="text-align: center;"><u>Canned Goods</u></p> <p>Chicken Broth (8 ½ cups)          Black Beans (15 oz. can)          Diced Tomatoes (14.5 oz. can)          Tomato Paste (2 Tbs.)          Garbanzo Beans (15 oz. can)</p>	<p style="text-align: center;"><u>Pantry Staples</u></p> <p>Oil (3 Tbs. Veg. or Canola)          Olive Oil (¾ cup)          Cornstarch (2 Tbs.)          Honey (2 Tbs.)</p>
<p>Friday:  <a href="#">Apple Pecan Salad</a></p>			

# Healthy Meal Plan Week #4



**Monday**  
[Creamy Spinach Tortellini Soup](#)

**Tuesday**  
[One Pan Skinny Chicken Alfredo](#)

**Wednesday**  
[Italian Meatball Subs](#)

**Thursday**  
[Cashew Chicken Lettuce Wrap](#)

**Friday**  
[Chicken Gyro](#)

## Nutritional Information:

Serves: 4

*Per Serving:*

- 467 calories
- 17 grams Protein
- 4 grams Fiber

Serves: 4

*Per Serving:*

- 462 calories
- 33 grams Protein
- 5 grams saturated fat

Serves: 5

*Per Serving:*

- 469 calories
- 32 grams Protein
- 6 grams Fiber
- 3 grams saturated fat

Serves: 4

*Per Serving:*

- 400 calories
- 44 grams Protein
- 2 grams Fiber
- 2 grams saturated fat

Serves: 6

*Per Serving:*

- 402 calories
- 41 grams Protein
- 1 grams saturated fat

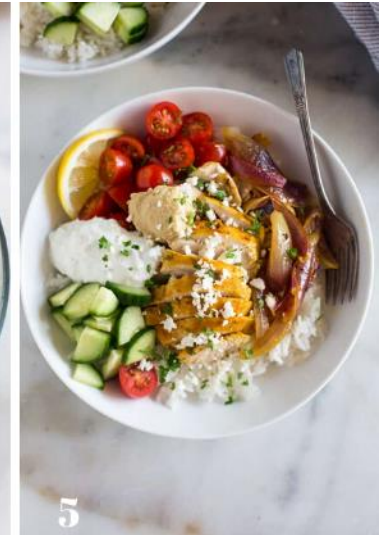
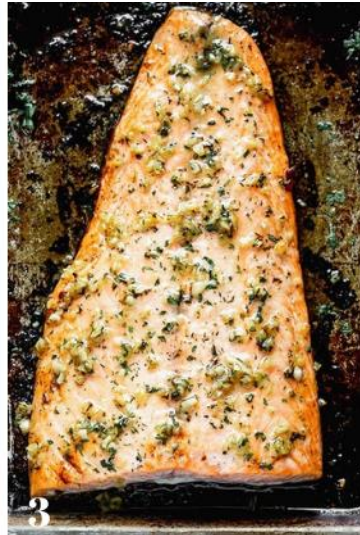
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# Grocery Shopping List Week #4

<p>Monday:  <a href="#">Creamy Spinach Tortellini Soup</a></p>	<p><b>Produce</b></p> <p>Onion (1)          Garlic (10 cloves)          Spinach Leaves (1 ½ cups)          Fresh Basil Leaves (¼ cup)          Ginger (½ tsp. freshly grated)          Green Leafy Lettuce (1 head)          Green Onions (5)          Lemon Juice (2 ½ Tbs.)          Toppings for Gyro: Red Onion, Iceberg Lettuce, Cherry Tomato, and Cucumber</p>	<p><b>Canned Goods</b></p> <p>Vegetable Broth (3 cups)          Diced Tomatoes (14.5 oz. can)          Tomato Sauce (8 Oz.)          Chicken Broth (2 ¾ cups)          Beef Broth (¼ cup)          Crushed Tomatoes (28 oz. can)</p>	<p><b>Spices</b></p> <p>Crushed Red Pepper Flakes          Dried Basil          Italian Seasonings          Salt and Pepper          Onion Powder          Dried Parsley Flakes          Oregano          Garlic Powder          Smoked Paprika          Cumin          Turmeric          Coriander          Kosher Salt          Cinnamon</p>
<p>Tuesday:  <a href="#">One Pan Skinny Chicken Alfredo</a></p>	<p><b>Pantry Staples</b></p> <p>Olive Oil          Flour (1 ¼ cups)          Sugar (1 tsp.)          Cornstarch (2 Tbs.)</p>	<p><b>Refrigerated</b></p> <p>Butter (1 Tbs.)          Cheese Tortellini (8 oz.)          Grated Parmesan (1 ½ cup)          Cream or half and half (½ cup)          Fat Free Milk (1 ¾ cups)          Egg (1 large)          Provolone Cheese (10 slices)          Plain Greek Yogurt (1 cup)</p>	<p><b>Bread/Grains</b></p> <p>Farfalle or Bite Sized Pasta (6 oz.)          Saltine Crackers (½ cup)          Hoagies or Sub Rolls (5)          Pita or Flatbread (6)</p>
<p>Wednesday:  <a href="#">Italian Meatball Subs</a></p>	<p><b>Meat</b></p> <p>Chicken Breast (4 ½ pound)          Lean Ground Beef or ground turkey (1 Lb.)</p>	<p><b>Other</b></p> <p>Soy Sauce (2 Tbs.)          Hoisin Sauce (¼ cup)          Rice Vinegar (1 Tbs.)          Sesame Oil (2 tsp.)          Sriracha Hot Sauce (2 tsp.)          Cashews (¾ cup unsalted)</p>	
<p>Thursday:  <a href="#">Cashew Chicken Lettuce Wrap</a></p>			
<p>Friday:  <a href="#">Chicken Gyro</a></p>			

# Healthy Meal Plan Week #5



Monday  
[One Pan Lemon Basil Chicken and Rice](#)

Tuesday  
[Chicken Caesar Wraps](#)

Wednesday  
[Baked Salmon](#)

Thursday  
[Healthy Chicken Pasta Salad](#)

Friday  
[Chicken Shawarma Bowl](#)

## Nutritional Information:

Serves: 5

*Per Serving:*

- 275 calories
- 19 grams Protein
- 2 gram saturated fat

Serves: 5

*Per Serving:*

- 384 calories
- 19 grams Protein
- 5 grams saturated fat

Serves: 6

*Per Serving without sauce:*

- 161 calories
- 22 grams Protein
- Only 1-gram saturated fat

Serves: 4

*Per Serving:*

- 370 calories
- 31 grams Protein
- 7 grams Fiber
- 3 grams saturated fat

Serves: 6

*Per Serving:*

- 544 calories
- 29 grams Protein
- 4 grams Fiber
- 4 grams saturated fat

# Grocery Shopping List Week #5

<p>Monday:  <a href="#">One Pan Lemon Basil Chicken and Rice</a></p>	<p><u>Produce</u></p> <p>Lemon (4)            Basil Leaves (¼ cup chopped)            Romaine Lettuce (3 cups)            Cherry Tomatoes (1 2/3 cup)            Baby Spinach Leaves (4 oz.)            Green Onions (2)            Orange (1)            Garlic Cloves (6)            Red Onion (1)            English Cucumber (1)            Lemon Juice (3 tsp.)            Parsley Leaves (garnish)</p>	<p><u>Bread/Grains</u></p> <p>Long Grain White Rice (1 cup)            Flour Tortillas (5 large)            Farfalle Pasta, white or wheat (8 oz.)            Jasmine Rice (1 ½ cups)</p>	<p><u>Refrigerated</u></p> <p>Butter (1 Tbs.)            Grated Parmesan (¾ cup)            Plain Greek Yogurt (1 ¼ cups)            Feta Cheese (topping optional)</p>	
<p>Tuesday:  <a href="#">Chicken Caesar Wraps</a></p>				<p><u>Meat</u></p> <p>Chicken Breast (3 ½ Lbs.)            Salmon Fillet (2 lbs.)            Chicken Thighs (5)</p>
<p>Wednesday:  <a href="#">Baked Salmon</a></p>		<p><u>Other</u></p> <p>Croutons (½ cup)            Caesar Salad Dressing (½ cup)            Dried Cranberries (½ cup)            Slivered Almonds (1/3 cup)            Dijon Mustard (2 tsp.)            Hummus (½ cup)            Optional Sauces for Salmon (check recipe for ingredients)</p>		
<p>Thursday:  <a href="#">Healthy Chicken Pasta Salad</a></p>			<p><u>Canned Goods</u></p> <p>Chicken Broth (2 ¼ cups)            Mandarin Oranges (11 oz. can)</p>	
<p>Friday:  <a href="#">Chicken Shawarma Bowl</a></p>			<p><u>Pantry Staples</u></p> <p>Olive Oil            Honey (3 Tbs.)</p>	