

Meal Plan Guide

This is your Meal Plan Guide. These days may change depending on what your week looks like. As an example, I am using a workweek of M - F where you would plan during the weekend to have food for those days throughout the week. This is your plan so make any changes to the days that fit your schedule best.

SATURDAY

@mrsmontgomeryfitlife

1. Spend some time thinking about what you want to eat next week. Google recipes that sound good or use Pinterest and social media for ideas. Thinking of meals will get easier as you go.
2. Write your plan for the week and the groceries you need in the template provided.
3. Time to go shopping! Do a pick-up order to make things even easier.

SUNDAY

Today is your meal prep day. Look over your plan and start to prep.

1. Wash and cut your veggies and fruit. If eating alone as a snack, add them to containers and store them away.
2. Cook your meats in the crockpot, grill, oven, or air fryer.
3. If eating rice, grains, or beans, cook them in a pot on the stove.
4. Cook your veggies in the oven or air fryer.
5. Make any homemade dressings or condiments. Add them to small containers.
6. Assemble your meals and add them to containers.

NIGHT BEFORE

1. Pack anything that won't spoil in your cooler the night before. (i.e., supplements, powders, bars, etc.)
2. Make your protein shake and store it in the fridge for the next day.
3. Prep your coffee - add to an auto timer if you have one.

HELPFUL ITEMS

Meal Prep Containers

Reusable Supplement Packets

Glass Cups with Lid & Straw

Sample Grocery List



PROTEINS

- Grass-fed Beef
- Organic Pasture-Raised Chicken
- Organic Pasture-Raised Eggs
- Grass-Fed Protein Powder
- Collagen Peptides
- Wild Caught Seafood
- Safe Catch Tuna

FRUITS & VEGGIES

In-season organic, when possible. Refer to the dirty dozen list when shopping non-organic.

- Green Beans
- Brussel Sprouts
- Broccoli
- Sweet Potato
- Potato
- Squash/Zucchini
- Leafy greens
- Carrots
- Asparagus
- Shallots
- Apples
- Berries
- Banana
- Lemon/Lime
- Beets
- Acai
- Dates

DRINKS

- Low Sugar Kombucha
- San Pellegrino Mineral Water
- Organic Coffee
- Teas
- Matcha

PASTA & GRAINS

- Jovial Organic Pasta
- Heart of Palm Pasta
- Sprouted Steel Cut Oats or Rolled Oats
- Organic Quinoa
- Organic White Rice
- Organic Lentils

DAIRY

- Organic Plain Greek Yogurt
- Organic Grass-Fed Milk
- Organic Plant Based Almond / Coconut Milk - without seed oils or additives
- Organic Cheeses

COOKING ESSENTIALS

- Apple Cider Vinegar
- Local Honey
- Almond, Cassava, and/or Wheat Flour
- Organic Cold-Pressed Olive Oil
- Organic Avocado Oil
- Coconut Oil
- Ghee
- Coconut Sugar
- Liquid Aminos
- Pure Maple Syrup
- Organic Bone Broth

HERBS, SPICES, CONDIMENTS

- Garlic Powder
- Onion Powder
- Paprika
- Mustard Powder
- Dijon Mustard
- Salt/Pepper
- Turmeric
- Primal Kitchen Avocado Mayo
- Siete Botana Sauce

NUTS/SEEDS

- Organic Almond/Peanut Butter
- Walnuts/Almonds/Pecans/Pistachios
- Chia Seeds
- Ground Flaxseed
- Sprouted Pumpkin Seeds

SNACKS/OTHER

- Organic Thrive buttery coconut oil
- Non-GMO Organic Popcorn Kernels
- IQ Bars
- Siete, Jackson's, or Boulder Canyon chips



EXAMPLE MEAL PLAN

FROM: / / TO: / /

This is just an example. Adjust based on your specific macros/goals. Make this plan your own.

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	PROTEIN OATS OATS + PROTEIN POWDER + CHIA SEEDS + BERRIES + MILK	CHICKEN QUIONA BOWL + ROASTED BROCCOLI + CARROTS	SALMON + SWEET POTATO + ASPARAGUS (OLIVE OIL, LEMON)	APPLE + NUT BUTTER GREEK YOGURT + HONEY + WALNUTS
TUE	EGGS + SPINICH + POTATOES (GHEE)	TUNA SALAD (AVOCADO MAYO, DIJON, LEMON) OVER GREENS	CHICKEN STIR-FRY (ZUCCHINI, SQUASH, LIQUID AMINOS) + WHITE RICE	IQ BAR BANANA + NUT BUTTER
WED	SMOOTHIE PROTEIN + COLLAGEN + BANANA + BERRIES + MILK	LENTIL VEGGIE BOWL (OLIVE OIL + SPICES)	GRASS-FED BEEF + ROASTED BRUSSELS SPROUTS + POTATOES	POPCORN + SEA SALT + COCONUT OIL GREEK YOGURT + MAPLE SYRUP + CHIA SEEDS
THU	OVERNIGHT OATS + BERRIES +HONEY	CHICKEN SALAD (AVOCADO MAYO) + APPLES + WALNUTS	SALMON QUIONA BOWL + ASPARAGUS + LEMON + OLIVE OIL	BANANA + NUT BUTTER DATES + PEANUT BUTTER
FRI	EGGS + SWEET POTATO HASH + GREENS	GRASS-FED BEEF + RICE + ROASTED VEGGIES	CHICKEN + HEART OF PALM PASTA+ GARLIC OLIVE OIL + BROCCOLI	GREEK YOGURT + BERRIES ACAI BOWL (ACAI + BANANA + MILK + NUTS/SEEDS)
SAT	PROTEIN PANCAKES FLOUR + EGGS + PROTEIN POWDER + MAPLE SYRUP	TUNA LETTUCE WRAPS + CHIPS	SALAMON + ZUCCHINI + SQUASH + WHITE RICE	APPLE + WALNUTS GREEK YOGURT + HONEY
SUN	SMOOTHIE BOWL PROTEIN + BERRIES + BANANA + CHIA	CHICKEN QUIONA GREENS BOWL	GRASS-FED BEEF + ROASTED ASPARAGUS + POTATOES	IQ BAR OR POPCORN BANANA "ICE CREAM" (BANANA + NUT BUTTER)

GROCERY SHOPPING LIST

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● _____	● _____	● _____
● _____	● _____	● _____
● _____	● _____	● _____
● _____	● _____	● _____

