

A WEEK'S WORTH OF HEALTHY

# MEAL IDEAS



KIMCHI  
QUESADILLAS



MUSHROOMS  
& DUMPLINGS



BEET  
BURGERS



MISO GLAZED  
SALMON



TIKKI MASALA

*Bringing Back Dinner*

# WEEKLY MEAL GUIDE

WHAT'S INCLUDED IN THIS GUIDE:

- LIST OF MEALS, SOME WITH LINKS TO RECIPES, OTHERS LISTED FURTHER DOWN IN THE GUIDE, AND SOME SO SIMPLE THEY'RE SELF-EXPLANATORY.
- RECIPES FOR MEALS & SNACKS WITHOUT LINKS
- SAMPLE MEAL PLAN
- BLANK TEMPLATE FOR CUSTOMIZED MEAL PLAN, GROCERY LIST AND PREP LIST
- RESOURCES

YOU MAY USE THE SAMPLE MEAL PLAN AS IS OR USE THE BLANK TEMPLATES TO CREATE AND CUSTOMIZE A MORE SPECIFIC MEAL PLAN. YOU CAN ARRANGE THE LUNCHESES AND DINNERS AND SNACKS HOWEVER YOU WOULD LIKE.

MAKE SURE TO ACCOUNT FOR THE NUMBER OF SERVINGS AND MEALS YOU WILL NEED FOR YOUR FAMILY AND ADJUST THE MEAL PLAN AND GROCERY LIST APPROPRIATELY.

THIS IS INTENDED AS A GUIDE TO TRY NEW RECIPES AS PART OF A BALANCED PLAN WITH A VARIETY OF FOOD GROUPS. *\*THIS IS NOT A PRESCRIBED MEAL PLAN TO TREAT OR CURE ANY ILLNESS OR DISEASE, NOR IS IT GUARANTEEING ANY SPECIFIC RESULT. ALWAYS CONSULT WITH A NUTRITIONAL OR MEDICAL PROFESSIONAL BEFORE MAKING DRASTIC DIET CHANGES.* ADJUST SERVINGS AND AMOUNTS FOR YOUR SPECIFIC NEEDS. IF YOU ARE PREGNANT OR BREASTFEEDING, MAKE SURE YOU ARE CONSUMING THE ADDITIONAL CALORIES YOUR BODY NEEDS.

# WEEKLY MEALS LIST

## BREAKFAST

CHEESY SALSA EGG MUFFINS ✨

BERRY GREEN SHAKE

CHOCOLATE COVERED STRAWBERRY SHAKE



## LUNCH & DINNER

HEALTHY CHICKEN SALAD ✨

HONEY SRIRACHA GLAZED MEATBALLS ✨

KIMCHI QUESADILLAS ✨

BEET BURGERS ✨

TIKKI MASALA ✨

MUSHROOMS & DUMPLIN'S ✨

MISO GLAZED SALMON ✨

SIDE SALAD W/ RANCH DRESSING ✨



## SNACKS & SWEETS

CARROT FRIES HOT HONEY KETCHUP

PROTEIN PACKED PINA COLADA SHAKE

CHOCOLATE ALMONDBUTTER BARS ✨



# WEEKLY RECIPES

## BERRY GREEN SHAKE

1 CUP MILK BEVERAGE OF CHOICE  
2 SCOOPS LIFE SHAKE  
1 CUP FROZEN MIXED BERRIES  
½ CUP SPINACH OR 1 SCOOP ORGANIC GREENS BOOSTER

## CHOCOLATE COVERED STRAWBERRY SHAKE

1 CUP MILK BEVERAGE OF CHOICE  
1 CUP ICE  
1 CUP FRESH OR FROZEN SLICED STRAWBERRIES  
2 SCOOPS PROTEIN/LIFE SHAKE

## PROTEIN PACKED PINA COLADA

1 CUP UNSWEETENED COCONUT MILK  
1 CUP ICE  
½ CUP FRESH OR FROZEN PINEAPPLE  
¼ CUP UNSWEETENED/100% PURE PINEAPPLE JUICE  
1 SERVINGS VANILLA LIFE SHAKE/PROTEIN POWDER

## APPLE CINNAMON OVERNIGHT OATS

¼ CUP DRY ROLLED OATS  
1 TBSP CHIA SEEDS  
½ CUP UNSWEETENED ALMOND MILK OR MILK OF CHOICE  
½ CUP UNSWEETENED GREEK YOGURT  
1 TSP RAW HONEY OR MAPLE SYRUP  
½ APPLE, CHOPPED  
2 TBSP CRUSHED WALNUTS OR 4 WALNUT HALVES  
GROUND CINNAMON

## CARROT FRIES

2-3 MEDIUM CARROTS  
2 TSP OLIVE OIL, 2 TBSP HONEY, 1 TSP HOT SAUCE  
SALT, PEPPER & ZA'ATAR SEASONING

1. PEEL & CUT CARROTS INTO STRIPS (LIKE FRIES)
2. MIX OLIVE OIL WITH SEASONINGS, HONEY & HOT SAUCE
3. TOSS CARROTS MIXTURE UNTIL COATED
4. SPREAD ON A PAN & COOK AT 425 DEGREES FOR 20 MINUTES
5. FLIP/STIR & COOK ANOTHER 10 MINUTES OR UNTIL GOLDEN
6. OR - 10-15 MINUTES IN THE AIR FRYER UNTIL STARTING TO BROWN.  
STIR A 1TBSP HONEY INTO 3 TBSP KETCHUP ADD 4 DASHES HOT SAUCE, OR TO TASTE.

# WEEKLY *MEAL PLAN*

**BREAKFAST**

**LUNCH**

**DINNER**

**SNACKS**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**





# BRINGING BACK DINNER

## *RESOURCES*

### JOIN MY FACEBOOK GROUP

Every month we have a different theme to help you stay on track and reach your wellness goals. Packed with trackers, workbooks, recipes, tips and more.

### CHALLENGE YOURSELF

Every month we have a new challenge. Each challenge is 5-7 days and filled with education, tips, and daily challenges.

Go back and try older challenges:

<https://www.bringingbackdinner.com/challenges>

### MONTHLY TOOLS

Every month we have a different theme to help you stay on track and reach your wellness goals. Visit the monthly tools page to download tools to help you this month.

### HEALTH COACHING

Need help reaching your goals, defining your goals, or finding the motivation to stay on track? Schedule a coaching session.

VISIT THE WEBSITE BLOG & RECIPES FOR  
MORE RECIPES AND IDEAS!

[bringingbackdinner.com](https://www.bringingbackdinner.com)