



QUICK & EASY

# 1-WEEK MEAL PLAN

## 3 DINNERS

SOUTHWEST RICE BOWL

CHIPOTLE CHICKEN FAJITAS

EASY ONE POT LASAGNA

## 1 BREAKFAST

BLUEBERRY BAKED OATMEAL MUFFINS

With just one shopping trip, you can make a week's worth of fast and fresh meals. Healthy eating is at your fingertips!

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# GROCERY LIST

## FOR THE WEEK

Check your pantry and see what you already have. Mark those items off the list and add any other items you'll need this week.

### FRUIT

- ☐ 1 pint fresh blueberries
- ☐ 1 lime
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### VEGETABLES

- ☐ 1 zucchini
- ☐ 1 pint cherry tomatoes
- ☐ 1 red bell pepper
- ☐ 1 onion
- ☐ 1 package sliced mushrooms
- ☐ 1 head of garlic
- ☐ 1 bunch fresh cilantro
- ☐ 1 can of diced tomatoes (28 oz.)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### PROTEIN

- ☐ Boneless, skinless chicken breast (1 lb.)
- ☐ 1 roll or package of ground turkey or turkey sausage
- ☐ 1 dozen eggs
- ☐ 1 can low sodium black beans (14.5 oz.)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### WHOLE GRAINS

- ☐ Old fashioned oats
- ☐ Whole wheat bowties or similar pasta
- ☐ Brown rice
- ☐ Corn tortillas
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### MISC.

- ☐ Olive oil or cooking spray
- ☐ 1 - 32 ounce carton of low sodium chicken broth
- ☐ Salt
- ☐ Pepper
- ☐ Ground cumin
- ☐ Chili powder
- ☐ Chopped chipotle peppers in adobo
- ☐ Italian seasoning
- ☐ Brown sugar
- ☐ Baking powder
- ☐ Vanilla extract
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### DAIRY

- ☐ Skim milk
- ☐ Nonfat blueberry yogurt (1 Serving)
- ☐ Shredded low fat mozzarella cheese
- ☐ Grated parmesan cheese
- ☐ Grated low fat cheddar cheese
- ☐ Skim or low fat ricotta cheese
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### OPTIONAL HEALTHY SNACKS

- ☐ Apples
- ☐ Bananas
- ☐ Carrots
- ☐ Celery
- ☐ Hummus
- ☐ Nuts

# SOUTHWEST RICE BOWL

Get bowled over... with flavor! This Southwest Rice Bowl mixes unique textures and flavors to make a satisfying supper.

## INGREDIENTS

- 1 zucchini, cut into bite-sized pieces
- Handful of cherry tomatoes (cut in half)
- 1 can (14.5 ounces) low sodium black beans, rinsed and drained
- 2 cups cooked brown rice
- 1 teaspoon olive oil
- 1/2 cup chicken or vegetable broth
- 4 eggs
- Salt to taste
- Pepper to taste
- OPTIONAL: 1/4 cup of shredded cheese



## INSTRUCTIONS

1. Sauté zucchini, tomatoes, beans, and cooked rice in olive oil in a large frying pan. Season with salt and pepper to taste.
2. When rice begins to stick, add broth and cook for about 5 to 7 minutes or until zucchini begins to brown.
3. Meanwhile, prepare eggs in a separate non-stick pan to desired preparation (scrambled, sunny side up, or poached work well).
4. Served rice mixture in bowls, and top with eggs, cheese, and some freshly ground pepper.

Makes

4

Prep & Cook  
Time

25 min

Difficulty



## QUICK TIP

Think it needs a little something? Add some toppings! Top with Greek yogurt for a touch of tanginess. Need some spice? Add fresh peppers or crushed red pepper! Plus, you can swap out the egg for shredded chicken or turkey for a different taste and the same health benefits.



# CHIPOTLE CHICKEN FAJITAS

Spice up your dinner! Try these easy-to-make Chipotle Chicken Fajitas, and customize them with the toppings of your choosing.

## INGREDIENTS

- ☐ 1 pound boneless, skinless chicken breasts, cut into thin strips
- ☐ 1 teaspoon ground cumin
- ☐ 1 red bell pepper, sliced
- ☐ 1 teaspoon chili powder
- ☐ 1 small onion, sliced
- ☐ 1 cup sliced mushrooms
- ☐ 3 garlic cloves, chopped
- ☐ 1 tablespoon chopped chipotles in adobo
- ☐ 1 1/2 tablespoon fresh lime juice
- ☐ 8 warm corn tortillas
- ☐ Salt, to taste
- ☐ Black pepper, ground, to taste
- ☐ Grated low fat cheddar cheese, for serving
- ☐ Lime wedges, for serving
- ☐ Cilantro, for serving

**Makes****8****Prep & Cook  
Time****20 min****Difficulty**

## INSTRUCTIONS

1. Season chicken with cumin, chili powder, and salt and pepper. Heat oil in a 12-inch skillet over medium-high heat. Add chicken and cook, stirring occasionally, for 5 to 7 minutes or until cooked through. Remove to a plate; reserve skillet.
2. Add peppers, onions, mushrooms, and garlic to skillet and cook, stirring occasionally, for 4 to 6 minutes or until soft. Stir in chipotles, lime juice, and chicken. Cook and stir until warm. Season with salt and pepper.
3. Serve chicken and vegetables with tortillas and topping.



# EASY ONE POT LASAGNA

Fix up an old staple... that's simpler than ever! Grab your favorite pot and try out this recipe for Easy One Pot Lasagna.

## INGREDIENTS

- 1 tablespoon olive oil
- 1 roll or package of ground turkey or turkey sausage
- 28 ounce can crushed or diced tomatoes (or try Shape Your Future 5-minute tomato sauce)
- 1-2 teaspoons Italian seasoning
- 8 ounces whole wheat bowtie or similar type of pasta
- 1 cup shredded low fat mozzarella cheese
- 1/4 cup freshly grated parmesan
- 1 cup skim or low fat ricotta cheese
- Salt to taste
- Black pepper, ground, to taste
- 2 cups water
- **OPTIONAL:** Add additional veggies like mushrooms, onions or zucchini.



Makes

4

Prep & Cook  
Time

35 min

Difficulty



## INSTRUCTIONS

1. Heat olive oil in a large pot over medium-high heat. Add Italian sausage and cook for about 3 to 5 minutes or until browned, make sure to crumble the sausage as it cooks; drain excess fat.
2. In the same pan, stir in the can of tomatoes and Italian seasoning.
3. Bring the mixture to a simmer, then stir in pasta and 2 cups of water. Bring to a boil; cover, reduce heat and let simmer for about 13-15 minutes or until pasta is cooked through.
4. Remove from heat. Stir in mozzarella and parmesan until well combined. Using a spoon, top with dollops of ricotta and cover for about 2-4 minutes or until heated through.
5. Serve immediately.

# BREAKFAST

## BLUEBERRY BAKED OATMEAL MUFFINS

The key to a great day? A healthy breakfast! Check out these Blueberry Baked Oatmeal Muffins and get your day started right!

### INGREDIENTS

- ☐ 2 cups old fashioned oats
- ☐ 1/3 cup packed brown sugar
- ☐ 1 1/2 teaspoons baking powder
- ☐ 1/4 teaspoon salt
- ☐ 1 egg white
- ☐ 1 egg
- ☐ 3/4 cup skim milk
- ☐ 1 single serving nonfat blueberry yogurt
- ☐ 1 tsp. of vanilla extract
- ☐ 1 cup fresh blueberries
- ☐ Cooking spray



### INSTRUCTIONS

1. Preheat oven to 350° F. Lightly mist 12 cups in a muffin tin with cooking spray.
2. Combine the oats, brown sugar, baking powder and salt in a large bowl. Stir until mixed well.
3. In a separate bowl, whisk together the egg white, egg, yogurt, milk and vanilla. Add the wet ingredients to the dry ingredients and stir until blended together. Stir in the blueberries.
4. Spoon the mixture evenly between the prepared muffin cups. Bake uncovered for 22-25 minutes or until oatmeal is lightly browned and a toothpick inserted in the middle comes out clean.

Makes

12

Prep & Cook  
Time

30 min

Difficulty



### QUICK TIP

One berry not enough? Add raspberries or cranberries to your mix and make it your own. Plus, keep the party going all week by sealing your muffins in a plastic bag or freezing for a quick breakfast when you're short on time.

