



SIMPLE & HEALTHY 3-DAY MEAL PLAN

One quick shopping trip. Three easy, tasty meals.

3 DINNERS

CHICKEN TORTILLA SOUP

SAUSAGE SPINACH RICE BOWL

SHEET PAN HONEY MUSTARD
CHICKEN WITH VEGGIES



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A Program of
 TSET

GROCERY LIST

FOR THE WEEK

Check your pantry and mark the items you already have off the list. Add any additional items you'll need for the week.

VEGETABLES

- ☐ 1 (6-oz.) package fresh baby spinach
- ☐ 5 garlic cloves, thinly sliced
- ☐ 1 cup onion, chopped
- ☐ 2 (14 1/2 oz.) cans diced tomatoes (no salt added)
- ☐ 1 cup frozen corn
- ☐ 1/2 cup green bell pepper, chopped
- ☐ 1 (4 oz.) can chopped chilies
- ☐ 1 pound of small red potatoes, washed and cut
- ☐ 2 cups of broccoli florets, washed and cut
- ☐ Optional: 1 bunch of cilantro
- ☐ _____
- ☐ _____

FRUIT

- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN

- ☐ 6 oz. hot turkey Italian sausage
- ☐ 6-7 boneless chicken breasts
- ☐ _____
- ☐ _____

WHOLE GRAINS

- ☐ 1 (8.8-oz.) pouch precooked brown rice (such as Uncle Ben's)
- ☐ 6 corn tortillas, cut in 1-inch Strips
- ☐ _____
- ☐ _____

MISC.

- ☐ 2 1/2 Tbsp. olive oil
- ☐ 1/8 tsp. crushed red pepper
- ☐ 1 tsp. oregano
- ☐ 1 tsp. cumin
- ☐ 1 (14 oz.) can low sodium chicken broth
- ☐ 1/2 tsp. ground black pepper
- ☐ 1 tsp. sea salt
- ☐ 1 tsp. garlic powder
- ☐ 2 Tbsp. honey
- ☐ 1 Tbsp. Dijon mustard
- ☐ _____
- ☐ _____

DAIRY

- ☐ 3/4 cup Parmesan cheese, shaved
- ☐ _____
- ☐ _____

ABBREVIATIONS

oz. — ounce

Tbsp. — Tablespoon

tsp. — teaspoon

OPTIONAL HEALTHY SNACKS

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

CHICKEN TORTILLA SOUP

INGREDIENTS

- ☐ 3 cups boneless chicken breasts, cut in 1-inch pieces
- ☐ 1 cup onion, chopped
- ☐ 2 (14 1/2 oz.) cans diced tomatoes (no salt added)
- ☐ 1 (14 oz.) can low sodium chicken broth
- ☐ 1 (4 oz.) can chopped green chilies
- ☐ 1 tsp. oregano
- ☐ 1 tsp. cumin
- ☐ 1 cup frozen corn
- ☐ 1/2 cup green bell pepper, chopped
- ☐ 6 corn tortillas, cut in 1-inch strips
- ☐ Optional: Cilantro



INSTRUCTIONS

1. Mix first 7 ingredients in slow cooker. Cover and cook on low 7-8 hours.
2. Turn to high and stir in corn and green peppers. Cook 30 minutes until vegetables are tender.
3. Heat oven to 450°F. Place tortilla strips on cookie sheets sprayed with nonstick vegetable oil spray. Bake until crisp, but not brown, about 6 minutes.
4. Spoon soup into bowls, top with tortilla strips. Sprinkle with cilantro if desired.

Makes

6

Prep & Cook
Time

8 hr.

Difficulty



QUICK TIP

Think it needs a little pizzazz? Make it top-notch with toppings. For a creamy texture and tangy flavor, add Greek yogurt. For melt-in-your-mouth gooeyness, top with low fat shredded cheese. And to turn up the heat, add crushed red pepper.



SAUSAGE SPINACH RICE BOWL

INGREDIENTS

- 1 (8.8-oz.) pouch precooked brown rice (such as Uncle Ben's)
- 1 Tbsp. olive oil
- 6 oz. hot turkey Italian sausage, skin removed
- 1/8 tsp. crushed red pepper
- 5 garlic cloves, thinly sliced
- 1 (6-oz.) package fresh baby spinach
- 1 oz. Parmesan cheese, shaved (about 1/4 cup)



INSTRUCTIONS

1. Heat rice according to directions.
2. Heat a large skillet over medium-high heat.
3. Add oil to pan; swirl to coat.
4. Add sausage and pepper; cook for 4 minutes or until sausage is browned, stirring to crumble.
5. Add garlic; cook 30 seconds, stirring constantly.
6. Add spinach; cook 30 seconds or until spinach begins to wilt, tossing constantly.
7. Stir in rice; cook 1 minute or until heated.
8. Sprinkle with cheese.

Makes

2-3

Prep & Cook
Time

25 min

Difficulty



QUICK TIP

Hectic schedule? Double the recipe and freeze half to eat on an upcoming busy weeknight.



DINNER

SHEET PAN HONEY MUSTARD CHICKEN WITH VEGGIES

INGREDIENTS

- 3-4 boneless chicken breasts
- 1 1/2 Tbsp. olive oil
- 1 pound of small red potatoes, washed and cut
- 2 cups of broccoli florets, washed and cut
- 1/2 tsp. ground black pepper
- 1 tsp. sea salt
- 1 tsp. garlic powder
- 2 Tbsp. honey
- 1 Tbsp. Dijon mustard
- Optional: 1/2 cup shredded Parmesan cheese



Makes

4

Prep & Cook
Time

40 min

Difficulty



INSTRUCTIONS

1. Preheat oven to 425°F.
2. Line a large sheet pan with foil, and add 1 Tbsp. of olive oil.
3. Arrange chicken pieces and potatoes in a single layer on the pan.
4. Season with sea salt, pepper, and garlic powder.
5. Brush honey and mustard over chicken and bake for 25 minutes, or until juices run clear and chicken is slightly browning on the ends.
6. Add broccoli to pan and drizzle with remaining olive oil.
7. Cook for an additional 5-7 minutes, or until broccoli is slightly soft.
8. Sprinkle with shredded cheese (if desired) and serve immediately.

5 WORKOUTS FOR THE WEEK

Busy week? Check out this workout plan for simple exercises that fit any schedule.

1 YOGA WORKOUT

Build your balance and kick-start your core.



AIRPLANE POSE
3 sets, 30 sec. each



TREE POSE
3 sets, 30 sec. each



PLANK
3 sets, 20 sec. each

2 OFFICE PARTY WORKOUT

Break up your work day with these muscle-building moves.



SUMO SQUAT
5 sets, 20 sec. each



LUNGES
3 sets of 10



CALF RAISES
5 sets, 30 sec. each

3 HOME SWEET HOME WORKOUT

Work up a sweat... in the comfort of your home.



MOUNTAIN CLIMBERS
5 sets, 20 sec. each



ANCHORED V HOLD
3 sets, 20 sec. each



BIRD DOG POSE
5 sets, 30 sec. each

4 BACK TO BASICS WORKOUT

Feel the burn with these simple exercises.



ARM CIRCLES
3 sets, 30 sec. each



HEEL TOUCHES
3 sets of 20



SIDE PLANK
3 sets, 30 sec. each

5 GET CREATIVE WORKOUT

No equipment? No problem! Make your own and get moving.



LATERAL JUMPS
3 sets of 10



BICEP CURLS
3 sets of 10



LEG EXTENSIONS
2 sets, 30 sec. each

Try this plan, or make your own with exercises from ShapeYourFutureOK.com.
Just plan on moving for 30 minutes every day (kids need 60)!

DAILY MEAL PLANNER

SHOP HEALTHY. EAT HEALTHY. LIVE HEALTHY.

SUN

MON

TUE

WED

THU

FRI

SAT



SNACK IDEAS:



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TSET

GROCERY LIST

SHOP HEALTHY. EAT HEALTHY. LIVE HEALTHY.

FRUITS

WHOLE GRAINS

(Breads, Pastas, Rice, Cereal)

PROTEINS

(Meat, Seafood, Beans and Peas, Nuts, Eggs)

VEGGIES

LOW FAT DAIRY

(Yogurt, Milk, Cheese)

OTHER

(Toiletries, Household Items, Baking Goods, etc.)



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TSET