



SIMPLE & HEALTHY

# MEAL PLAN

One quick shopping trip. Three easy, tasty meals.

## 1 LUNCH

AVOCADO TURKEY RANCH WRAP

## 2 DINNERS

SHEET PAN

SWEET POTATO NACHOS

SHEET PAN

BRUSCHETTA CHICKEN



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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

- ☐ 2 large sweet potatoes
- ☐ 1 package/pound of baby red potatoes
- ☐ 5 garlic cloves
- ☐ 2 1/2 cup cherry tomatoes
- ☐ 1 red onion, diced
- ☐ 2 avocados
- ☐ 2 large pieces romaine lettuce
- ☐ 1 small Roma tomato, sliced thin
- ☐ 1 (15 oz.) can kernel corn, fresh or frozen
- ☐ Optional: 2 Tbsps. cilantro
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### FRUIT

- ☐ 1 Tbsp. lime juice
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### PROTEIN

- ☐ 4 boneless, skinless chicken breasts
- ☐ 3-4 slices of deli turkey meat
- ☐ 1 (15 oz.) can of low sodium black beans, rinsed and drained
- ☐ Optional: 2 strips hardwood smoked bacon
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### WHOLE GRAINS

- ☐ 1 large whole wheat tortilla
- ☐ \_\_\_\_\_

### MISC.

- ☐ 5 Tbsps. olive oil
- ☐ 1 tsp. thyme
- ☐ 1/4 cup basil leaves, chopped
- ☐ 1 Tbsp. balsamic vinegar
- ☐ 1/2 tsp. oregano
- ☐ 1/2 tsp. garlic powder
- ☐ 1 Tbsp. low fat ranch
- ☐ 1/4 tsp. salt
- ☐ Pepper, to taste
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### DAIRY

- ☐ 2 Tbsps. reduced fat sour cream
- ☐ 4 oz. low fat mozzarella cheese
- ☐ 1 slice low fat cheddar cheese
- ☐ 1/2 cup shredded low fat cheddar cheese
- ☐ \_\_\_\_\_

### ABBREVIATIONS

oz. — ounce  
Tbsp. — Tablespoon  
tsp. — teaspoon

### OPTIONAL HEALTHY SNACKS

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

## LUNCH

# AVOCADO TURKEY RANCH WRAP

### INGREDIENTS

- 1 large whole wheat tortilla
- 1 Tbsp. low fat ranch
- 3-4 slices of deli turkey meat
- 1 slice low fat cheddar cheese
- 2 large pieces romaine lettuce
- 1 small Roma tomato, sliced thin
- 1 large avocado, sliced thin
- Optional: 2 strips hardwood smoked bacon
- Optional: Pinch of salt and pepper



### INSTRUCTIONS

1. If you're using bacon, start with that. Cook the bacon to desired doneness (about 3-4 minutes each side for crispy). Dab off extra grease.
2. Set out your tortilla and spread the low fat ranch around and down the middle.
3. Next, layer all of the other ingredients, then roll it up!
4. These wraps are great to make for lunch for the whole week! Just prepare how many you want and store in the fridge for up to 3 days. (Wait to add avocado until right before eating.)

Makes

1

Prep & Cook  
Time

15 min.

Difficulty



### QUICK TIP

Can't make it to the grocery store often?  
Buy your whole wheat tortillas in bulk and  
freeze them!





## DINNER

# SHEET PAN SWEET POTATO NACHOS

## INGREDIENTS

- 2 large sweet potatoes cut into rounds about 1/4-inch thick
- 1/4 tsp. salt
- 2 Tbsps. reduced fat sour cream
- 1 Tbsp. lime juice
- 1 (15 oz.) can kernel corn, fresh or frozen
- 1/2 cup shredded low fat cheddar cheese
- 1 (15 oz.) can of low sodium black beans, rinsed and drained
- 1/2 cup cherry tomatoes, halved, or quartered if large
- 1 red onion, diced
- 1 avocado, sliced
- 1 Tbsp. olive oil
- Optional: 2 Tbsps. chopped cilantro



Makes

3-4

Prep & Cook  
Time

35 min

Difficulty



## INSTRUCTIONS

1. Preheat oven to 425°F.
2. Line a large sheet pan with foil, then spread 1 Tbsp. of olive oil on it.
3. Add sweet potatoes and sprinkle with 1/4 tsp. salt. Bake for about 15-20 minutes or until you see them browning.
4. Meanwhile, combine sour cream and lime juice in a small bowl.
5. Top the sweet potatoes with corn, cheese, and beans. Continue baking until the cheese is melted, about 5 minutes. Top with tomatoes, red onion and avocado. Drizzle with the sour cream mixture. Serve topped with cilantro (if using).
6. Top with tomatoes.

## DINNER

# SHEET PAN BRUSCHETTA CHICKEN

## INGREDIENTS

- 4 boneless, skinless chicken breasts
- Salt and pepper, to taste
- 1 package/pound of baby red potatoes, halved
- 2 Tbsps. olive oil
- 3 garlic cloves, minced
- 1 tsp. thyme
- 1/2 tsp. oregano
- 1/2 tsp. garlic powder
- 4 oz. low fat mozzarella cheese

### FOR THE BRUSCHETTA:

- 2 cups cherry tomatoes, halved
- 2 Tbsps. olive oil
- 1 Tbsp. balsamic vinegar
- 2 garlic cloves, minced
- 1/4 cup basil leaves, chopped
- Salt and pepper, to taste



Makes

4

Prep & Cook  
Time

35 min

Difficulty



## INSTRUCTIONS

1. Preheat oven to 400°F. Lightly oil a sheet pan or coat with nonstick spray.
2. To make the bruschetta, combine tomatoes, olive oil, vinegar, garlic and basil in a medium bowl. Season with salt and pepper, to taste. Set aside.
3. Season chicken with salt and pepper, to taste. Place chicken in a single layer on one side of the prepared baking sheet.
4. In a medium bowl, toss potatoes with olive oil, garlic, thyme, oregano, and basil. Season with salt and pepper, to taste. Then, place the potatoes on the opposite side of the baking sheet.
5. Place in the oven and bake until the chicken is cooked through and the potatoes are golden-brown and crisp about 20-25 minutes. Top chicken with mozzarella during the last 10 minutes of cooking time.
6. Serve immediately and top the chicken with the bruschetta.



# 5 WORKOUTS

## TO DO WITH YOUR KIDS

Children need 60 minutes of physical activity every day. Help your kids fall in love with fitness by doing these exercises with them. Want to go in order? Or mix-and-match? Find your path to family fun!

### DAY 1

*Get every leg muscle moving!*



**MOUNTAIN CLIMBERS**  
3 sets of 20



**SQUATS**  
3 sets of 10



**CALF RAISES**  
3 sets of 10 on each side

### DAY 2

*An outstanding way to get on your feet.*



**LUNGES**  
3 sets of 10 on each side



**ARM CIRCLES**  
5 sets, 20 sec. each



**JOG IN PLACE**  
4 sets, 60 sec.

### DAY 3

*These exercises can be done inside.*



**RUSSIAN TWISTS**  
3 sets of 30



**BICYCLE CRUNCHES**  
3 sets, 30 sec.



**ARM FLUTTER**  
3 sets, 30 sec.

### DAY 4

*Jump (and kick) into healthy living.*



**QUAD KICKS**  
3 sets of 30



**JUMP ROPE**  
3 sets, 60 sec.



**LEG RAISES**  
3 sets of 10 on each side

### DAY 5

*Break a sweat... and maybe some records, too.*



**KICK A BALL**  
3 sets of 30



**HIGH KNEES**  
3 sets, 30 sec.



**PUSH-UPS**  
3 sets of 10

Remember, while kids need 60 minutes of exercise, adults need 30 minutes every day, too. Try this plan, or make your own with exercises from [ShapeYourFutureOK.com](http://ShapeYourFutureOK.com).