

May Menu

Real Food Simple Prep

DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Strawberry Balsamic Toast: Whole-grain toast, ricotta, sliced strawberries, and a drizzle of balsamic glaze.	Lemon-Garlic Shrimp Salad: Mixed greens, cucumbers, and chilled shrimp with lemon vinaigrette.	Sheet Pan Chicken & Asparagus: Chicken breast strips and asparagus spears roasted with olive oil and herbs.
TUESDAY	Green Power Smoothie: Spinach, frozen pineapple, protein powder, and coconut water.	Leftover Chicken & Asparagus Wrap: Use leftovers from Day 1 in a high-fiber tortilla with Greek yogurt spread.	Zucchini Noodle Pesto Pasta: Zoodles tossed with basil pesto, cherry tomatoes, and white beans (cannellini).
WEDNESDAY	Overnight Oats: Rolled oats, chia seeds, almond milk, and fresh blueberries (prep the night before).	Spring Pea & Mint Salad: Arugula, fresh peas, radishes, and feta cheese with a light citrus dressing.	Baked Salmon with Radish Salsa: Salmon fillet topped with a crunchy radish and cucumber salsa; side of steamed broccoli.
THURSDAY	Greek Yogurt Parfait: Plain Greek yogurt, a handful of walnuts, and sliced strawberries.	Tuna Salad Lettuce Cups: Canned tuna (in water), celery, and mustard served in large romaine leaves.	Ground Turkey & Snap Pea Stir-fry: Lean ground turkey, sugar snap peas, and ginger served over cauliflower rice.
FRIDAY	Scrambled Eggs with Chives: Two eggs scrambled with fresh seasonal chives and a side of sliced tomato.	Leftover Turkey Stir-fry: Reheat from Thursday for a quick, high-protein lunch.	Spring Green Pizza: whole grain crust topped with pesto, light mozzarella, asparagus, peas, and fresh arugula.
SATURDAY	Avocado Toast with Radish: Smashed avocado on sprouted grain bread topped with thin radish slices and sea salt.	Chickpea Salad: Chickpeas, cucumbers, tomatoes, and parsley with a splash of red wine vinegar.	Turkey Burgers (No Bun): Lean turkey patties served over a massive bed of spring greens with grilled onions.

May Shopping List



Produce (Fresh Fruits & Veggies)

- Asparagus: 2 large bunches (for Day 1 and Friday's Pizza).
- Radishes: 1 bunch.
- Sugar Snap Peas: 1 bag.
- English Cucumbers: 2.
- Cherry Tomatoes: 1 pint.
- Mixed Greens / Romaine: 2-3 bags (for lunches and burger bases).
- Arugula: 1 bag (specifically for the pizza topping).
- Strawberries: 1 pint.
- Blueberries: 1 small container.
- Lemons: 2.
- Avocados: 2.
- Zucchini: 3 medium (or 2 packs of pre-spiraled zoodles).
- Fresh Herbs: 1 bunch each of Chives, Mint, and Parsley.

Pantry & Grains

- Bread: 1 loaf Whole Grain or Sprouted bread.
- Tortillas: 1 pack High-Fiber/Low-Carb.
- Oats: Rolled oats (not instant).
- Canned Goods: 1 can Tuna (in water), 1 can Chickpeas, 1 can White (Cannellini) Beans.
- Nuts/Seeds: Chia seeds, Walnut halves.
- Basics: Basil Pesto, Balsamic Vinegar, Protein Powder (Vanilla), Olive Oil, Mustard.

Meat & Seafood

- Chicken Breast: 2 lb.
- Lean Ground Turkey: 3 lbs (for stir-fry and burgers).
- Salmon Fillet: 2 large or 4 small.
- Pre-cooked Shrimp: 1 lb (frozen or fresh).

Dairy & Refrigerated

- Eggs: 2 dozen.
- Plain Greek Yogurt: 2 large tubs.
- Ricotta Cheese: 1 small container.
- Feta Cheese: 1 small container/crumbled.
- Light Mozzarella: 1 bag (shredded or fresh for pizza).
- Pizza Crust: 1 Cauliflower or High-Fiber thin crust.

Frozen Aisle

- Frozen Pineapple: 1 bag (for smoothies).
- Cauliflower Rice: 1-2 bags.
- White Fish (Cod/Halibut): 2 fillets (if not buying fresh).