

# JUNE

## WEEKLY MEAL PLAN

· 2 Adults · ~1,200–1,500 cal/day per person · Budget ~\$150 · ≤30-Min Weeknight Dinners

	MONDAY	TUESDAY <i>Meatless</i>	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY <i>Family Night</i>
BREAKFAST	<b>Avocado Toast &amp; Soft-Boiled Eggs</b> <i>Whole grain toast, smashed avocado, 2 eggs, everything bagel seasoning</i> <b>~390 cal</b>	<b>Tropical Smoothie Bowl</b> <i>Protein powder, frozen mango, coconut milk, granola &amp; banana topping</i> <b>~380 cal</b>	<b>Savory Cottage Cheese Bowl</b> <i>Cottage cheese, cherry tomatoes, cucumber, fresh dill, olive oil + 2 rice cakes</i> <b>~310 cal</b>	<b>Berry Almond Smoothie + Egg</b> <i>Protein powder, mixed berries, coconut milk, almond butter + 1 hard-boiled egg</i> <b>~420 cal</b>	<b>Coconut Berry Smoothie</b> <i>Protein powder, frozen berries, coconut milk + 2 almond butter rice cakes</i> <b>~430 cal</b>	<b>Tropical Smoothie Bowl</b> <i>Protein powder, mango, banana, coconut milk, granola &amp; strawberry topping</i> <b>~380 cal</b>
LUNCH	<b>Rotisserie Chicken Power Bowl</b> <i>Pulled chicken, romaine, carrots, cucumbers, cherry tomatoes, lemon-tahini</i> <b>~410 cal</b>	<b>Greek Egg Salad Lettuce Wraps</b> <i>4 hard-boiled eggs, Greek yogurt, cucumber, kalamata olives, dill in lettuce cups</i> <b>~320 cal</b>	<b>Chicken Apple Salad Wrap</b> <i>Rotisserie chicken, shredded carrots, apple slices, honey-dijon in whole wheat wrap</i> <b>~430 cal</b>	<b>Smashed Chickpea Avocado Toast</b> <i>Whole grain toast, seasoned chickpeas, avocado, cherry tomatoes, chili flakes</i> <b>~390 cal</b>	<b>Egg &amp; Avocado Salad Bowl</b> <i>2 boiled eggs, avocado, mixed greens, cucumber, tomatoes, ACV dressing</i> <b>~360 cal</b>	<b>Chicken Apple Walnut Salad</b> <i>Pulled chicken, mixed greens, apple, candied walnuts, feta, ACV vinaigrette</i> <b>~420 cal</b>
DINNER	<b>Lemon-Herb Salmon + Green Beans &amp; Quinoa</b> <i>6 oz salmon, one pan with roasted green beans, quinoa cooked in broth</i> <b>~590 cal</b>	<b>Loaded Veggie Frittata + Sourdough</b> <i>6 eggs, spinach, roasted red pepper, caramelized onion, feta — 375° for 12 min</i> <b>~530 cal</b>	<b>Grilled Chicken Power Salad</b> <i>Mixed greens, grilled chicken, radishes, snap peas, sunflower seeds, warm quinoa</i> <b>~530 cal</b>	<b>Garlic-Butter Salmon + Broccoli &amp; Brown Rice</b> <i>6 oz salmon, herb butter, broccoli and brown rice on same pan. ~20 min active</i> <b>~610 cal</b>	<b>Caramelized Onion Flatbread Pizza + Arugula Salad</b> <i>Flatbread, marinara, mozzarella, caramelized onion, spinach; arugula + lemon oil</i> <b>~590 cal</b>	<b>BBQ Chicken Thighs + Grilled Corn &amp; Coleslaw</b> <i>Bone-in thighs, smoky BBQ; corn on cob; Greek yogurt coleslaw. Make extra for Mon Wk 2!</i> <b>~560 cal</b>
DAILY TOTAL	~1,390 cal	~1,230 cal	~1,270 cal	~1,420 cal	~1,380 cal	~1,360 cal

**Prep Tip:** Marinate Saturday's chicken Friday night & set aside 2 unsauced thighs per person for Monday Week 2. Batch-cook quinoa mid-week — it reheats perfectly for Wed + Thu.

# GROCERY LIST

Estimated total: ~\$150 · Pantry staples (salt, pepper, olive oil) not included

PRODUCE		
<input type="checkbox"/>	6	Honeycrisp or Gala apples
<input type="checkbox"/>	1 pint	Cherry tomatoes
<input type="checkbox"/>	1 pint	Fresh strawberries
<input type="checkbox"/>	3 large	Cucumbers
<input type="checkbox"/>	1 bag	Shredded carrots
<input type="checkbox"/>	2 heads	Romaine lettuce
<input type="checkbox"/>	5 oz bag	Mixed greens
<input type="checkbox"/>	5 oz bag	Baby arugula
<input type="checkbox"/>	10 oz bag	Baby spinach
<input type="checkbox"/>	1 head	Butter lettuce
<input type="checkbox"/>	1 bunch	Radishes
<input type="checkbox"/>	8 oz bag	Sugar snap peas
<input type="checkbox"/>	2 medium	Yellow onions
<input type="checkbox"/>	1 large	Red bell pepper
<input type="checkbox"/>	1 lb bag	Fresh green beans
<input type="checkbox"/>	2 crowns	Broccoli
<input type="checkbox"/>	4 ears	Fresh corn on the cob
<input type="checkbox"/>	14 oz bag	Coleslaw mix
<input type="checkbox"/>	2	Ripe avocados
<input type="checkbox"/>	1 head	Garlic
<input type="checkbox"/>	3	Lemons
<input type="checkbox"/>	2 medium	Bananas
<input type="checkbox"/>	16 oz bag	Frozen mixed berries
<input type="checkbox"/>	16 oz bag	Frozen mango chunks
<input type="checkbox"/>	1 small pkg	Fresh dill
MEAT & SEAFOOD		
<input type="checkbox"/>	1 whole	Rotisserie chicken
<input type="checkbox"/>	2 breasts	Boneless skinless chicken breast
<input type="checkbox"/>	4 × 6 oz	Salmon fillets
<input type="checkbox"/>	3 lbs	Bone-in chicken thighs (Sat + Mon Wk 2)

DAIRY & REFRIGERATED		
<input type="checkbox"/>	18-count	Eggs
<input type="checkbox"/>	16 oz	Cottage cheese
<input type="checkbox"/>	1 container	Plain Greek yogurt
<input type="checkbox"/>	8 oz bag	Shredded mozzarella
<input type="checkbox"/>	4 oz	Feta crumbles
<input type="checkbox"/>	2 cans 13 oz	Full-fat coconut milk
<input type="checkbox"/>	1	Premade flatbread or pizza dough
<input type="checkbox"/>	1 loaf	Sourdough bread
PANTRY & DRY GOODS		
<input type="checkbox"/>	1 loaf	Whole grain bread
<input type="checkbox"/>	1 pkg	Whole wheat wraps
<input type="checkbox"/>	1 bag 8 ct	Rice cakes (plain)
<input type="checkbox"/>	1 small bag	Granola
<input type="checkbox"/>	1 bag	Quinoa
<input type="checkbox"/>	1 bag	Brown rice
<input type="checkbox"/>	1 can 15 oz	Chickpeas
<input type="checkbox"/>	1 can 15 oz	Kalamata olives
<input type="checkbox"/>	1 tub	Vanilla protein powder
<input type="checkbox"/>	1 jar	Marinara sauce
<input type="checkbox"/>	1 bottle	Smoky BBQ sauce
<input type="checkbox"/>	1 bottle	Honey
<input type="checkbox"/>	1 bottle	Apple cider vinegar
<input type="checkbox"/>	1 bottle	Dijon mustard
<input type="checkbox"/>	1 jar	Almond butter
<input type="checkbox"/>	1 jar	Tahini
<input type="checkbox"/>	1 bag	Sunflower seeds
<input type="checkbox"/>	1 small bag	Candied walnuts
<input type="checkbox"/>	1 small jar	Everything bagel seasoning
<input type="checkbox"/>	1 small jar	Smoked paprika
<input type="checkbox"/>	1 small jar	Red pepper / chili flakes
<input type="checkbox"/>	1 small jar	Celery seed

**Flexible swaps:** Any dinner can be swapped for a simple rotisserie chicken bowl on busy nights. Smoothie bowls can be blended thinner for a grab-and-go option. Marinate Saturday's chicken Friday night for best flavor.