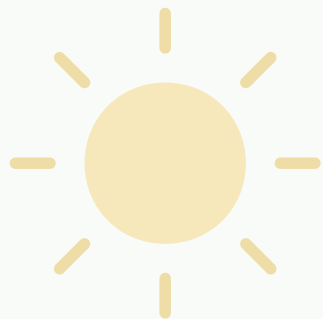




AUGUST SEASONAL MENU

2 Adults · ~1,300–1,450 cal/day · Peak NY Summer Produce · Extra Simple for Busy August · Budget ~\$140

	MONDAY	TUESDAY	WEDNESDAY MEATLESS	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Watermelon & Cottage Cheese Bowl Cubed watermelon, cottage cheese, mint, honey drizzle. No cook. ~320 cal	PB Banana Overnight Oats Oats, milk, banana, peanut butter, chia — prep the night before. ~380 cal	Tomato Basil Egg Scramble 3 eggs, cherry tomatoes, fresh basil, feta. ~360 cal	Blackberry Yogurt Parfait Greek yogurt, fresh blackberries, granola, honey. No cook. ~350 cal	Cantaloupe & Egg Plate Sliced cantaloupe, 2 hard-boiled eggs, everything bagel seasoning. No cook. ~340 cal	Peach Protein Smoothie Protein powder, fresh peach, banana, coconut milk. ~390 cal
LUNCH	Rotisserie Chicken Corn Salad Rotisserie chicken, fresh corn, cherry tomato, cucumber, lime dressing. ~420 cal	Caprese Sandwich Fresh mozzarella, heirloom tomato, basil, balsamic on ciabatta. No cook. ~410 cal	Greek Chickpea Salad Chickpeas, cucumber, feta, olives, tomato, lemon. No cook. ~390 cal	Turkey Hummus Wrap Turkey, spinach, hummus in a wheat wrap, side of cantaloupe. No cook. ~400 cal	Leftover Dinner Reheat Thursday's dinner — always an easy win. ~400 cal	Corn & Black Bean Bowl Grilled corn, black beans, avocado, lime, cilantro. No cook. ~410 cal
DINNER	Grilled Chicken, Corn & Zucchini One pan or one grill — chicken, corn, zucchini, herb butter. ~20 min. ~560 cal	Sheet Pan Sausage & Peppers Chicken sausage, bell peppers, zucchini, one pan, ~25 min. ~540 cal	Caprese Zucchini Noodles Zucchini noodles, cherry tomato, mozzarella, basil, olive oil. Light saute. ~480 cal	BBQ Shrimp Skewers + Corn Grilled BBQ shrimp, corn on the cob, watermelon feta salad. ~510 cal	Tomato Flatbread Pizza + Salad Flatbread, marinara, mozzarella, heirloom tomato, basil; arugula side. ~580 cal	Grilled Salmon + Green Beans 6oz salmon, green beans, cantaloupe & cucumber salad. ~560 cal
SNACK	Watermelon cubes ~90 cal	Plum + string cheese ~130 cal	Cucumber + hummus ~110 cal	Blackberries + almonds ~140 cal	Cantaloupe wedge + cottage cheese ~120 cal	Cherry tomatoes + feta ~100 cal
DAILY TOTAL	~1,390 cal	~1,460 cal	~1,340 cal	~1,400 cal	~1,440 cal	~1,460 cal

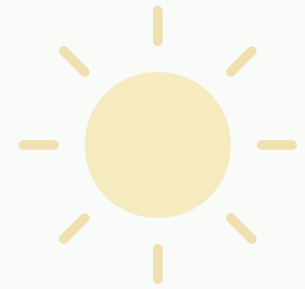


★ THIS IS A SAMPLE MEAL PLAN ★

Feel free to swap any meal with one of your personal favorites — this plan is a starting point, not a rulebook!

Prep Tip: August gets busy fast. Lean on no-cook meals on travel days, and let Friday's leftovers cover Thursday lunch if your week runs long.





GROCERY LIST

August Seasonal Menu · 2 Adults · Estimated ~\$140 · Pantry staples (salt, pepper, olive oil) not included

PRODUCE	MEAT & SEAFOOD / DAIRY & EGGS	BAKERY & BREAD	PANTRY & DRY GOODS
Watermelon 1 small Cantaloupe 2 medium Fresh peaches 2 medium Fresh blackberries 2 pints Bananas 3 medium Plums 4 Heirloom tomatoes 3 medium Cherry tomatoes 2 pints Fresh corn 8 ears Zucchini 5 medium Bell peppers (mixed) 3 medium Cucumbers 3 large Avocados 2 ripe Arugula 5 oz bag Spinach 5 oz bag Fresh basil 1 large bunch Fresh cilantro 1 small bunch Fresh mint 1 small bunch Lemons & limes 4 total Garlic 1 head	Rotisserie chicken 1 whole Boneless chicken breast 2 breasts Chicken sausage links 1 pkg Salmon fillets 2 × 6 oz Shrimp (peeled) 1 lb Eggs 12-count Cottage cheese 16 oz Plain Greek yogurt 16 oz Fresh mozzarella 8 oz Feta crumbles 4 oz String cheese 2-pack Butter 1 stick	Ciabatta rolls 2 Whole wheat wraps 1 pkg (8 ct) Flatbread or pizza dough 1 pkg	Vanilla protein powder 1 tub Rolled oats 1 bag Chia seeds 1 small bag Granola 1 small bag Almonds 1 bag Hummus 1 tub Chickpeas (canned) 1 can Black beans (canned) 1 can Kalamata olives 1 can Marinara sauce 1 jar BBQ sauce or seasoning 1 bottle Honey 1 bottle Peanut butter 1 jar Coconut milk (full fat) 1 can Everything bagel seasoning 1 jar



★ This is a sample grocery list. Adjust quantities based on your household size and any meal swaps you make.