

July Seasonal Menu

Fresh New York summer produce in simple, no-fuss meals.

2 adults

~1,390–1,510 cal/day

Budget ~\$150

Fresh summer produce

Prep tip: Marinate Saturday's chicken Friday night for maximum flavor. Saturday's leftovers make an easy Monday dinner!

	BREAKFAST	LUNCH	DINNER	SNACK	DAILY TOTAL
Monday	Peach & Berry Smoothie Bowl Protein powder, frozen peach, fresh blueberries, coconut milk, granola topping. ~390 cal	Heirloom Tomato Chicken Bowl Rotisserie chicken, heirloom tomatoes, cucumber, corn, fresh basil, lemon dressing. ~430 cal	Lemon Salmon + Corn & Zucchini 6 oz salmon, corn cut off the cob, zucchini, garlic butter. <i>One pan, about 25 min.</i> ~570 cal	Peach Slices + Cottage Cheese ~120 cal	~1,510
Tuesday MEATLESS	Zucchini Egg Scramble 3 eggs, diced zucchini, cherry tomatoes, fresh basil, shredded mozzarella. ~360 cal	Corn & Black Bean Wrap Grilled corn, black beans, cherry tomatoes, avocado, cilantro in a wheat wrap. ~410 cal	Summer Veggie Frittata + Sourdough 6 eggs, zucchini, heirloom tomato, fresh basil, feta. <i>375°F for 12 min, one pan.</i> ~510 cal	Blueberries + Rice Cakes ~110 cal	~1,390
Wednesday	Avocado Toast & Soft-Boiled Eggs Whole grain toast, smashed avocado, 2 eggs, chili flakes, everything bagel seasoning. ~390 cal	Chicken Salad Stuffed Peppers Pulled chicken, mayo, celery, dill stuffed into sweet bell pepper halves. ~390 cal	Grilled Chicken Power Salad Mixed greens, grilled chicken, corn, tomatoes, cucumber, sunflower seeds, quinoa. ~530 cal	Avocado + Cucumber Slices ~130 cal	~1,440
Thursday	Blueberry Protein Smoothie Protein powder, fresh NY blueberries, banana, coconut milk + 1 hard-boiled egg. ~420 cal	Zucchini Ribbon Summer Salad Shaved zucchini, cherry tomatoes, chickpeas, feta, basil, lemon vinaigrette. ~380 cal	Garlic-Butter Salmon + Ratatouille 6 oz salmon, herb butter; zucchini, eggplant, tomato and bell pepper roasted. ~590 cal	Raspberries + Hard-Boiled Egg ~120 cal	~1,510
Friday	Cottage Cheese Peach Bowl Cottage cheese, sliced fresh peaches, blueberries, honey drizzle + 2 rice cakes. ~380 cal	Greek Egg & Tomato Wrap 2 hard-boiled eggs, heirloom tomato, cucumber, feta, olives in a wheat wrap. ~370 cal	Tomato Flatbread Pizza + Salad Flatbread, marinara, mozzarella, heirloom tomato, fresh basil; arugula side salad. ~580 cal	Peach + Candied Walnuts ~140 cal	~1,470
Saturday	Raspberry Smoothie Bowl Protein powder, raspberries, frozen mango, coconut milk, granola & peach topping. ~390 cal	Peach Arugula Chicken Salad Grilled chicken, fresh NY peaches, arugula, candied walnuts, honey-dijon. ~440 cal	BBQ Chicken Thighs + Corn & Slaw Bone-in thighs, smoky BBQ; corn on the cob; Greek yogurt coleslaw. <i>Great for leftovers.</i> ~560 cal	Cherry Tomatoes + Feta ~100 cal	~1,490

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.

Grocery List

July Seasonal Menu · 2 adults · estimated ~\$150 · pantry staples (salt, pepper, olive oil) not included

PRODUCE

- ☐ Fresh blueberries 2 pints
- ☐ Fresh raspberries 1 pint
- ☐ Fresh peaches 9 medium
- ☐ Heirloom tomatoes 5 medium
- ☐ Cherry tomatoes 3 pints
- ☐ Zucchini 4 medium
- ☐ Fresh corn 8 ears
- ☐ Bell peppers (mixed) 3 medium
- ☐ Eggplant 1 medium
- ☐ Cucumbers 3 large
- ☐ Avocados 3 ripe
- ☐ Arugula 2 (5 oz) bags
- ☐ Mixed greens 5 oz bag
- ☐ Celery 3–4 stalks
- ☐ Fresh basil 1 large bunch
- ☐ Fresh dill 1 small bunch
- ☐ Fresh cilantro 1 small bunch
- ☐ Bananas 2 medium
- ☐ Lemons 4
- ☐ Garlic 1 head
- ☐ Coleslaw mix 14 oz bag

DAIRY & EGGS

- ☐ Eggs 24-count
- ☐ Cottage cheese 24 oz
- ☐ Plain Greek yogurt 16 oz
- ☐ Shredded mozzarella 8 oz bag
- ☐ Feta crumbles 8 oz
- ☐ Butter 1 stick
- ☐ Coconut milk (full fat) 2 cans (13 oz)

MEAT & SEAFOOD

- ☐ Rotisserie chicken 1 whole
- ☐ Boneless chicken breast 4 breasts
- ☐ Bone-in chicken thighs 2 lbs
- ☐ Salmon fillets 4 × 6 oz

BAKERY & BREAD

- ☐ Whole grain bread 1 loaf
- ☐ Sourdough bread 1 loaf
- ☐ Whole wheat wraps 1 pkg (8 ct)
- ☐ Flatbread or pizza dough 1 pkg

PANTRY & DRY GOODS

- ☐ Vanilla protein powder 1 tub
- ☐ Granola 1 small bag
- ☐ Rice cakes (plain) 1 bag (8 ct)
- ☐ Quinoa 1 bag
- ☐ Chickpeas (canned) 1 can (15 oz)
- ☐ Black beans (canned) 1 can (15 oz)
- ☐ Kalamata olives 1 can (15 oz)
- ☐ Marinara sauce 1 jar
- ☐ Smoky BBQ sauce 1 bottle
- ☐ Honey 1 bottle
- ☐ Dijon mustard 1 bottle
- ☐ Mayonnaise 1 small jar
- ☐ Sunflower seeds 1 bag
- ☐ Candied walnuts 1 small bag
- ☐ Everything bagel seasoning 1 jar
- ☐ Chili flakes 1 jar
- ☐ Frozen mango chunks 16 oz bag
- ☐ Frozen peach slices 16 oz bag

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

Portion Guide

How to measure each meal to hit the calories listed on your July menu

Why this matters: the calorie estimates are based on standard portion sizes. Use this guide alongside the menu to measure out each meal. These are estimates, so exact ingredient brands can shift numbers slightly. Use your own judgment and adjust as needed. Meat and fish weights are raw unless marked cooked.

Monday			~1,510 cal
BREAKFAST	Peach & Berry Smoothie Bowl: 1 scoop vanilla protein powder, 1/2 cup frozen peach slices, 1/2 cup blueberries, 1/4 cup full-fat coconut milk, 3 tbsp granola topping.		~390
LUNCH	Heirloom Tomato Chicken Bowl: 4 oz rotisserie chicken, skin removed, 1 medium heirloom tomato, 1/2 cucumber, sliced, 1/2 cup corn kernels, fresh basil, lemon dressing (1 tbsp olive oil, juice of 1/2 lemon).		~430
DINNER	Lemon Salmon + Corn & Zucchini: 6 oz salmon, kernels from 1 ear of corn, 1/2 medium zucchini, 1 tbsp garlic butter, lemon. <i>One pan, about 25 min.</i>		~570
SNACK	Peach Slices + Cottage Cheese: 1 medium peach, sliced, 1/3 cup cottage cheese.		~120
Tuesday MEATLESS			~1,390 cal
BREAKFAST	Zucchini Egg Scramble: 3 eggs, 1/2 cup diced zucchini, 1/4 cup cherry tomatoes, fresh basil, 1/4 cup shredded mozzarella, 1 tsp olive oil.		~360
LUNCH	Corn & Black Bean Wrap: 1 whole wheat wrap, 1/2 cup grilled corn, 1/2 cup black beans, 1/4 cup cherry tomatoes, 1/4 avocado, cilantro.		~410
DINNER	Summer Veggie Frittata + Sourdough: Half of a 6-egg frittata (3 eggs, 1/2 cup zucchini, 1/2 heirloom tomato, fresh basil, 1 oz feta crumbles, 1 tsp olive oil), plus 1 thick slice sourdough. <i>375°F for 12 min, one pan.</i>		~510
SNACK	Blueberries + Rice Cakes: 1/2 cup blueberries, 2 plain rice cakes.		~110
Wednesday			~1,440 cal
BREAKFAST	Avocado Toast & Soft-Boiled Eggs: 1 thick slice whole grain toast, 1/2 avocado, smashed, 2 soft-boiled eggs, chili flakes, 1/2 tsp everything bagel seasoning.		~390
LUNCH	Chicken Salad Stuffed Peppers: 5 oz pulled cooked chicken, 1 tbsp mayonnaise, 1 celery stalk, chopped, fresh dill, 1 sweet bell pepper, halved.		~390
DINNER	Grilled Chicken Power Salad: 2 cups mixed greens, 5 oz grilled chicken breast (cooked), 1/4 cup corn, 1/2 cup cherry tomatoes, 1/4 cucumber, sliced, 2 tbsp sunflower seeds, 1/2 cup cooked quinoa, 1 tsp olive oil, squeeze of lemon.		~530
SNACK	Avocado + Cucumber Slices: 1/2 avocado, 1/2 cucumber, sliced.		~130
Thursday			~1,510 cal
BREAKFAST	Blueberry Protein Smoothie: 1 scoop vanilla protein powder, 1/2 cup blueberries, 1 banana, 3 tbsp full-fat coconut milk, 1 hard-boiled egg.		~420
LUNCH	Zucchini Ribbon Summer Salad: 1/2 medium zucchini, shaved into ribbons, 1/2 cup cherry tomatoes, 1/2 cup chickpeas, 1 oz feta crumbles, fresh basil, lemon vinaigrette (1 tbsp olive oil, lemon juice).		~380
DINNER	Garlic-Butter Salmon + Ratatouille: 6 oz salmon, 2 tsp herb butter, 1/4 medium zucchini, 1 cup cubed eggplant, 1/2 medium tomato, 1/2 bell pepper, 2 tsp olive oil.		~590
SNACK	Raspberries + Hard-Boiled Egg: 3/4 cup raspberries, 1 hard-boiled egg.		~120
Friday			~1,470 cal
BREAKFAST	Cottage Cheese Peach Bowl: 1 cup cottage cheese, 1 medium peach, sliced, 1/4 cup blueberries, 2 tsp honey, 2 plain rice cakes.		~380
LUNCH	Greek Egg & Tomato Wrap: 1 whole wheat wrap, 2 hard-boiled eggs, 1/2 heirloom tomato, 1/4 cucumber, sliced, 1/2 oz feta crumbles, 6 kalamata olives.		~370
DINNER	Tomato Flatbread Pizza + Salad: 1 flatbread (about 3.5 oz), 1/4 cup marinara, 1/2 cup shredded mozzarella, 1/2 heirloom tomato, fresh basil, 2 cups arugula, 2 tsp olive oil and lemon.		~580
SNACK	Peach + Candied Walnuts: 1 medium peach, 2 tbsp candied walnuts.		~140
Saturday			~1,490 cal
BREAKFAST	Raspberry Smoothie Bowl: 1 scoop vanilla protein powder, 1/2 cup raspberries, 1/2 cup frozen mango, 1/4 cup full-fat coconut milk, 2 tbsp granola, 1/2 peach, sliced.		~390
LUNCH	Peach Arugula Chicken Salad: 4 oz grilled chicken breast (cooked), 1 medium peach, 2 cups arugula, 2 tbsp candied walnuts, honey-dijon dressing (1 tbsp honey, 1 tsp Dijon, 1 tsp olive oil).		~440
DINNER	BBQ Chicken Thighs + Corn & Slaw: 2 bone-in chicken thighs, skin removed, 2 tbsp smoky BBQ sauce, 1 ear corn on the cob, 1 cup Greek yogurt coleslaw (coleslaw mix and 2 tbsp Greek yogurt). <i>Great for leftovers.</i>		~560
SNACK	Cherry Tomatoes + Feta: 1 cup cherry tomatoes, 1 oz feta crumbles.		~100

A free app like MyFitnessPal or Cronometer can fine-tune any of these numbers, and you can log meals right in the Vitality Transformations App. Saturday's BBQ chicken makes great leftovers for Monday's dinner.