

# 7-Day Family Meal Plan for Weight Loss & Menopause Support

## Meal Plan Overview

### Day 1

Breakfast: Greek yogurt bowls (Greek yogurt + berries + granola)

Lunch: Turkey and cheese wraps (with hidden spinach)

Dinner: Baked chicken tenders + sweet potato fries + hidden veggie mac & cheese

### Day 2

Breakfast: Scrambled eggs with cheese + toast

Lunch: Tuna salad sandwiches (mix tuna with Greek yogurt) + carrot sticks

Dinner: Beef tacos (ground beef + hidden grated carrots/zucchini)

### Day 3

Breakfast: Protein smoothies (banana + peanut butter + protein powder + milk)

Lunch: Chicken quesadillas + avocado

Dinner: Baked salmon + rice + steamed broccoli

### Day 4

Breakfast: Oatmeal with almond butter and banana

Lunch: Mini turkey meatballs + whole wheat pasta + hidden marinara sauce

Dinner: Turkey burger patties + oven fries + cucumber slices

### Day 5

Breakfast: Cottage cheese + pineapple + handful almonds

Lunch: Ham and cheese roll-ups + cherry tomatoes

Dinner: Sheet-pan chicken fajitas (chicken + bell peppers)

### Day 6

Breakfast: Egg muffins (eggs + cheese + hidden spinach)

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Lunch: Grilled cheese + tomato soup (hide puréed carrots)

Dinner: BBQ meatballs + mashed potatoes + green beans

## Day 7

Breakfast: Pancakes (protein mix) + strawberries

Lunch: Leftover fajitas wrap

Dinner: Roast chicken + quinoa + roasted carrots

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## Grocery List

### Proteins:

- Chicken breast (2.5 kg)
- Ground turkey (1 kg)
- Ground beef (700g)
- Salmon fillets (600g)
- Tuna (4 cans)
- Turkey ham/slices (400g)
- Eggs (2 dozen)
- Greek yogurt (2 tubs)
- Cottage cheese (500g)
- Protein powder
- Cheese (500g shredded + 500g sliced)

### Grains:

- Whole wheat tortillas (2 packs)
- Whole wheat bread (2 loaves)
- Whole wheat pasta (500g)
- Oats (1kg)
- Quinoa (500g)
- Brown rice (1kg)

### Fruits/Vegetables:

- Bananas (14)
- Strawberries (2 punnets)
- Blueberries (1 punnet)
- Pineapple (1)
- Avocados (4)
- Sweet potatoes (6)

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- Carrots (2kg)
- Zucchini (4)
- Spinach (300g)
- Bell peppers (6)
- Cherry tomatoes (1 punnet)
- Cucumber (2)
- Broccoli (2 heads)
- Green beans (500g)
- Onion (4)
- Garlic (1 bulb)

### Other:

- Almond butter
- Granola
- Tomato soup (2 cans)
- Tomato sauce (2 jars)
- BBQ sauce
- Olive oil
- Almonds (100g)

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## Basic Cooking Instructions

- Greek Yogurt Bowls: Top yogurt with berries and granola.
- Turkey Wraps: Layer turkey, cheese, spinach in tortilla, roll.
- Baked Chicken Tenders: Dip strips in egg and breadcrumbs, bake at 400°F for 20 min.
- Tuna Salad Sandwiches: Mix tuna with Greek yogurt, spread on bread.
- Beef Tacos: Cook beef, add grated carrots and zucchini.
- Protein Smoothies: Blend banana, peanut butter, milk, protein powder.
- Chicken Quesadillas: Fill tortillas with chicken and cheese, grill.
- Baked Salmon: Bake salmon with lemon at 400°F for 15 min.
- Turkey Meatballs: Mix turkey, breadcrumbs, seasoning; bake at 375°F for 20 min.
- Turkey Burgers: Shape patties, cook 6 min each side.
- Sheet Pan Fajitas: Roast chicken and peppers at 400°F for 20 min.
- Egg Muffins: Mix eggs, cheese, spinach, bake in muffin tins at 350°F for 20 min.
- Grilled Cheese: Grill cheese sandwiches until golden.
- Tomato Soup: Blend soup with cooked carrots.
- BBQ Meatballs: Coat meatballs with BBQ sauce, heat.
- Pancakes: Prepare with protein mix, serve with strawberries.
- Roast Chicken: Bake whole chicken at 400°F for ~1.5 hours.