

Breakfast: Greek Yogurt with Honey, Strawberries, and Shaved Almonds

### **Prep Tips:**

Use plain Greek yogurt for the best balance of protein and probiotics. If you prefer a little sweetness, vanilla-flavored Greek yogurt works well too.

Wash and hull strawberries the night before for convenience. Slice them into bite-sized pieces for a better mix with the yogurt.

Toast shaved almonds lightly in a pan for added crunch and flavor. Watch them closely as they can burn quickly.

### **Get Ahead (Future Meals):**

While prepping strawberries, wash and hull extra to use in Wednesday's snack.

Toast extra almonds for use in Tuesday's smoothie.

### **Quick Substitutions:**

If you're out of strawberries, raspberries or blueberries work just as well.

Almonds can be substituted with walnuts, pecans, or even granola.

### **Extra Thoughts:**

Greek yogurt is a great source of protein and calcium, combining it with fruits and nuts for a balanced breakfast.

For more interesting flavor, sprinkle some chia seeds or flaxseeds on top.

### **High-Level Order of Operations:**

1. Wash and hull the strawberries.
2. Slice strawberries.
3. Toast shaved almonds lightly.
4. Assemble yogurt, honey, strawberries, and almonds.
5. Serve or store for later.

Lunch: Quinoa Salad with Grilled Chicken, Roasted Peppers, and Onions

### **Prep Tips:**

Cook quinoa in advance (Sunday or Monday morning) to save time.

Slice peppers and onions into even strips, drizzle with olive oil, sprinkle with salt, roast at 400°F (200°C) for 20-25 minutes.

Grill the chicken over medium-high heat, seasoning with herbs.

### **Get Ahead (Future Meals):**

Cook extra quinoa for Tuesday's lunch.

Grill extra chicken for use in future meals.

### **Quick Substitutions:**

Vegetarian option: roasted chickpeas or tofu.

Replace quinoa with farro or couscous for different texture.

### **Extra Thoughts:**

Quinoa is rich in protein and fiber, ideal for a nutritious lunch.

Add arugula or spinach for extra greens, or sunflower seeds for crunch.

### **High-Level Order of Operations:**

1. Rinse and cook quinoa.
2. Roast peppers and onions.
3. Grill chicken.
4. Assemble salad.
5. Serve warm or chilled.

Dinner: Baked Salmon with Roasted Sweet Potatoes and Green Beans

### **Prep Tips:**

Preheat oven to 375°F (190°C). Season salmon with olive oil, salt, pepper, and lemon juice.

Roast sweet potatoes with olive oil, paprika, salt for 30-35 minutes.

Blanch green beans, then roast with olive oil, garlic, and lemon zest.

### **Get Ahead (Future Meals):**

Prepare extra sweet potatoes to use in a side dish later in the week.

### **Quick Substitutions:**

If salmon is unavailable, use cod or tilapia.

Green beans can be substituted with broccoli or asparagus.

### **Extra Thoughts:**

This is a great balanced meal, rich in omega-3 fatty acids from the salmon and fiber from the sweet potatoes and green beans.

### **High-Level Order of Operations:**

1. Preheat the oven and season salmon.
2. Roast sweet potatoes.
3. Prepare green beans.
4. Bake salmon for 12-15 minutes.
5. Serve everything together.

Snack: Apple Slices with Peanut Butter

**Prep Tips:**

Slice the apples just before serving to prevent browning.

Use natural peanut butter for a healthier option. Drizzle honey for extra sweetness.

**Get Ahead (Future Meals):**

Slice extra apples for Tuesday's snack or breakfast toppings.

**Quick Substitutions:**

Swap peanut butter with almond butter or sunflower seed butter.

**Extra Thoughts:**

This snack is a perfect balance of carbs, healthy fats, and protein. A great choice for a quick energy boost.

**High-Level Order of Operations:**

1. Slice apples.
2. Serve with peanut butter.
3. Add honey if desired.