The Super Duper Meal Planning Cheat Sheet

Instructions: pick 3 meals and 1-2 snacks per day, depending on your hunger and calorie requirements.

Breakfasts

1. Eggs on everything.

Scrambled, fried in nonstick spray, or poached. I eat eggs in some form nearly every day. I often put a runny egg on salad greens, sprinkle on some cherry tomatoes, and drizzle sherry vinegar over the top. But some days it’s a mix of scrambled eggs, egg whites, and a piece of fruit. That’s not even a recipe. But it’s fast and filling.
Sweet Potato Breakfast Hash with Eggs

Get the recipe from *Clean Eating*

**Make it faster:** use veggies that you cut on the weekend and pre-cooked chicken or turkey sausage or even a little bacon to boost flavor.

High Protein Cinnabon Oatmeal

Get the recipe [here](#).
Blueberry nectarine overnight oats.

Get the recipe [here](#).

Overnight oats are the ultimate custom breakfast. Just tinker with the base recipe and you’ll have insta-breakfast.

**Banana Blueberry Protein Pancakes**
Get my recipe here.

Protein pancakes are so easy to play with. I usually advise people to use sugar free syrup to shave down overall calories unless it's a special occasion. In that case, hit up a little maple syrup.

A high protein green smoothie.

Get the recipe from The Brewer and the Baker.

Yogurt Parfait

No recipe needed: just plain Greek yogurt -I like 2% because it’s more satisfying. Add your favorite fruit and a sprinkle of healthy fat like chia seeds or a small portion of nuts. My kids like cereal or oats sprinkled on theirs.
Lunches

Also one of our favorite dinners.

90% of my lunches are leftovers. I usually repurpose meat from dinner and toss it into a big salad. “Chipotle bowls” are another way I squeeze in extra greens, along with a small serving of beans, meat, salsa, and avocado.

Just dumping a jar of salsa and chicken breasts into your slow cooker or an oven will yield meat that's fairly flavor neutral, which makes it perfect for repurposing during the week.

Not a meat lover? Try doing the same thing with pots of chickpeas or lentils. And keep tempeh and tofu on hand for your protein source. They'll both keep for some time in the fridge.

Here are a few more simple solutions if your leftovers left the building.
Mediterranean Chicken Skewers from Costco

They’re precooked. Heat them up if you like. Put them into a lower-carb wrap (I like Flatout) with veggies and some guacamole or another small serving of dressing. Or create an easy salad with greens and whatever other toppings you like. I like to add a bit of feta and sunflower seeds to mine.

Morningstar Chipotle Black Bean Burger

*photo credit: Iowa Girl Eats*

Try using these on a salad some time too. They work well. I like to saute them in a pan but you can microwave them too.
Baked sweet potato +.

Get the recipe for a vegetarian loaded sweet potato from Skinnytaste.

Nuke a sweet potato. Or a regular potato (they’re good for you too). Top with reheated pre-cooked meat or other lean protein that you like, along with salsa, black beans, and a dollop of Greek yogurt.

Lower-Fat Tuna Salad.

Get a recipe from Organize Yourself Skinny.
Make a bigger batch of this ahead of time for a few extra meals. I mix tuna with only a bit of mayo or avocado for flavor and then round it out with Greek yogurt, a squeeze of lemon juice, and add celery and onion for crunch. Wrap it up with salad greens and a low-carb tortilla. Throw in a piece of fruit and you’re lunch is done.

**Dinners**

I use websites like Cooking Light and SkinnyTaste for inspiration on the daily. But here are a few super easy staples that my kids barely complain about.

**Chicken sausages and fire roasted peppers.**

Get the details from @green_kale on [Instagram](https://www.instagram.com)

Two ingredients. That’s it. The peppers work well for easy breakfast veggies too.

**Slow Cooker Mu Shu Chicken Wraps**
Get the recipe from Better Homes and Gardens.

Save time by slow cooking your chicken with bottled stir fry sauce. Just save a bit for the end, stir in broccoli slaw, and fold it into a lower calorie tortilla.

**P.F. Chang style lettuce and chicken wraps.**

Get the recipe from Iowa Girl Eats.
I use ground turkey or ground chicken for these. They take very little time to prepare – make extra meat mix to stick in your freezer.

**Weight Watchers Taco Soup**

Get the recipe from *Kitchme*.

I make double batches to freeze. I choose lower-sodium canned goods, because there’s quite a bit of them in here. But it’s lightning fast, low calorie, and my family loves it. I often add zucchini or chopped bell peppers to this soup too. The serving size is 1 cup. Try it with lean ground beef or turkey.

**Mango Peanut Tempeh Tacos**
Get the recipe from *Love and Lemons.*

If you're craving a plant-based meal, you've got to try the mango peanut tempeh tacos. I pick up tempeh at the grocery store and keep it in the fridge. If I'm out of meat or just so over eating other protein sources, I like to mix it up by going meatless for a meal. These tacos are fairly fast to throw together and are completely delicious.

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**Curried Tuna Burgers**

Get the recipe [here](#).

I call my version cakes, because I’m fancy and serve them on greens. But use a sandwich thin if you’ve got a craving for a burger. These come together really fast and the protein to calorie ratio is good.
Chicken Zucchini Noodle Caprese

Get the recipe from [Skinnytaste](https://www.skinnytaste.com).

Zucchini noodles or “zoodles” make a good stand-in for pasta and increase your veggie intake. No, they don’t taste like pasta. I’d never sell you that lie. But they’re tasty. You can now buy them pre-packaged at the supermarket if you don’t own your own spiralizer. Or just chop some zucchini and ditch the zoodles. Warning: if you buy one, you may become obsessed with creating spiral veggies of all sorts. This can lead to excessive Instagram photography. #instayum.

Snacky Snacks

Still hungry? I always keep a few healthy go-to snacks in my fridge or pantry. Check out these ideas.

- Plain Greek yogurt + half a banana or half cup berries.
- String cheese + apple
➤ Turkey jerky + clementine.
➤ Boomchickapop lightly sweet popcorn (for crunchy needs).
➤ Roasted veggies with a sprinkle of Parmesan cheese and sea salt.
➤ Apple slices + a serving of cheddar cheese.
➤ A smaller protein shake.
➤ Lean turkey or ham with dijon mustard wrapped in romaine lettuce leaves.
➤ Greek yogurt cream cheese and deli ham wrapped around a dill pickle. (Midwest sushi, am I right?)
➤ Cottage cheese + fruit.
➤ “Proyo” – plain Greek yogurt, 1 TBSP of PB2, 1 teaspoon of chocolate chips or low sugar jam. Freeze for 15 minutes.
➤ Halo Top ice cream.
➤ Egg white crepe – egg whites whisked with stevia, a splash of vanilla and cinnamon. Cooked in a pan. Top with berries.
➤ Guacamole + salsa + celery or mini peppers to dip.

Have more questions? I’m happy to answer them. Just shoot me an email at fit@amydix.com and I’ll get back to you within 48 hours. Thanks for reading!

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