

7 day

MEAL PLAN
+
GROCERY
LIST



day 1

MEAL PLAN



DAY 1 MEAL PLAN

BREAKFAST

Egg whites with sautéed spinach & mushrooms, and 1 slice of high-fiber toast

SNACK 1

6 oz yogurt + 1 cup cantaloupe

LUNCH

Tuna sandwich
(on sandwich thin) with pepper strips & cauliflower florets

SNACK 2

String cheese
+ 1 pear

DINNER

Turkey burger in a pita with lettuce, tomato & cucumber



day 2

MEAL PLAN

DAY 2 MEAL PLAN

BREAKFAST

Cottage cheese with oats
and sliced banana

SNACK 1

Hummus + Greek
yogurt dip with celery & carrot sticks

LUNCH

Grilled chicken with brown rice
and a 3-veggie salad

SNACK 2

Small skim milk latte
+ 1 apple

DINNER

Lean pork and mashed potatoes
with a 3-veggie salad



day **3**
MEAL PLAN



DAY 3 MEAL PLAN

BREAKFAST

Yogurt, granola, and diced apple
with cinnamon

SNACK 1

Boiled egg and grapes

LUNCH

Lunch meat on high-fiber bread
with lettuce, tomato & cucumber

SNACK 2

Peanut butter (2 tsp) with celery
& cucumber slices

DINNER

Baked salmon, baked potato,
and steamed broccoli & asparagus



day 4

MEAL PLAN

DAY 4 MEAL PLAN

BREAKFAST

Egg whites and sautéed onions & peppers in a tortilla

SNACK 1

String cheese and ½ grapefruit

LUNCH

Salmon with a sweet potato and a 3-veggie salad

SNACK 2

Scoop of whey protein + 1 peach

DINNER

Ground turkey and homemade chili with a 3-veggie salad

day 5
MEAL PLAN



DAY 5 MEAL PLAN

BREAKFAST

Whey protein, oats, and frozen cherries

SNACK 1

Cottage cheese +
strawberries & pineapple

LUNCH

Boiled egg whites (x3) and
sugar snap peas with broccoli

SNACK 2

Roasted chickpeas
with strawberries & kiwi

DINNER

Grilled shrimp with brown rice
and greens & shredded carrots



day **6**
MEAL PLAN



DAY 6 MEAL PLAN

BREAKFAST

Skim milk with high-fiber cereal
and frozen blueberries

SNACK 1

Hummus & Greek yogurt dip
+ red pepper/ mushrooms

LUNCH

Ground turkey with beans and
a 3-veggie salad

SNACK 2

Yogurt and frozen
blueberries

DINNER

Turkey loaf, sweet potato, and
steamed green beans & carrots

day 7

MEAL PLAN

DAY 7 MEAL PLAN

BREAKFAST

Egg or egg white wrap with orange slices

SNACK 1

Yogurt and frozen raspberries

LUNCH

Chicken and veggie broth with 2 cups veggies and $\frac{1}{2}$ cup pasta

SNACK 2

String cheese w/ celery & carrots

DINNER

Grilled chicken in wheat roll with lettuce, tomato & sautéed veggies

7 DAY MEAL PLAN TABLE

DAY	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Day 1	Egg whites with sautéed spinach & mushrooms, and 1 slice of high-fiber toast	6 oz yogurt + 1 cup cantaloupe	Tuna sandwich (on sandwich thin) with pepper strips & cauliflower florets	String cheese + 1 pear	Turkey burger in a pita with lettuce, tomato & cucumber
Day 2	Cottage cheese with oats and sliced banana	Hummus + Greek yogurt dip with celery & carrot sticks	Grilled chicken with brown rice and a 3-veggie salad	Small skim milk latte + 1 apple	Lean pork and mashed potatoes with a 3-veggie salad
Day 3	Yogurt, granola, and diced apple with cinnamon	Boiled egg and grapes	Lunch meat on high-fiber bread with lettuce, tomato & cucumber	Peanut butter (2 tsp) with celery & cucumber slices	Baked salmon, baked potato, and steamed broccoli & asparagus
Day 4	Egg whites and sautéed onions & peppers in a tortilla	String cheese and ½ grapefruit	Salmon with a sweet potato and a 3-veggie salad	Scoop of whey protein + 1 peach	Ground turkey and homemade chili with a 3-veggie salad
Day 5	Whey protein, oats, and frozen cherries	Cottage cheese + strawberries & pineapple	Boiled egg whites (x3) and sugar snap peas with broccoli	Roasted chickpeas with strawberries & kiwi	Grilled shrimp with brown rice and greens & shredded carrots
Day 6	Skim milk with high-fiber cereal and frozen blueberries	Hummus & Greek yogurt dip + red pepper/ mushrooms	Ground turkey with beans and a 3-veggie salad	Yogurt and frozen blueberries	Turkey loaf, sweet potato, and steamed green beans & carrots
Day 7	Egg or egg white wrap with orange slices	Yogurt and frozen raspberries	Chicken and veggie broth with 2 cups veggies and ½ cup pasta	String cheese w/ celery & carrots	Grilled chicken in wheat roll with lettuce, tomato & sautéed veggies

WEEKLY GROCERY LIST



PROTEIN

Eggs	Tuna	Shrimp
Egg whites	Deli turkey (lunch meat)	Whey protein
Cottage cheese	Ground turkey	Peanut butter
Plain Greek yogurt	Lean pork	Roasted chickpeas (store-bought or homemade)
String cheese	Chicken breast	Milk/milk alternative for latte
Shredded cheese	Salmon fillets	



VEGETABLES

Spinach	Cucumber	Sugar snap peas
Mushrooms	Lettuce or mixed greens	Asparagus
Onions	Tomatoes	Green beans
Bell peppers	Sweet potatoes	Shredded carrots
Celery	Broccoli	Red pepper
Carrots	Cauliflower florets	Zucchini



FRUITS

Cantaloupe	Grapes	Pineapple chunks
Apple	Strawberries	Kiwi
Pear	Blueberries	Orange
Peach	Frozen cherries	Raspberries
Banana		



GRAINS & CARBS

High-fiber bread

Sandwich thins or wraps

Whole wheat pita bread

Brown rice

Sweet potatoes (also listed under vegetables)

Oats

Whole wheat pasta

High-fiber cereal

Tortillas

Wasa crackers or crispbread

Mashed potato mix

Whole wheat dinner rolls



PANTRY & EXTRAS

Granola

Hummus

Low-sodium broth

Olive oil (spray or drizzle)

Spices: cinnamon, garlic powder,

Italian seasoning, salt, pepper

Optional: salsa, mustard, low-sugar sauces

Dressings with <4 grams of fat per serving



KEEP GOING

you've got this

We put this high-protein/high-fiber 7-Day Meal Plan and Grocery List together to make healthy eating simple and stress-free. Think of it as a jumpstart – a way to fuel your body so you feel good, stay energized, and keep moving toward your goals. Lots of options and feel free to mix/match.

If you'd like more tips, recipes, or support along the way, you can always find us at FitOnTheFly.net. I would love to hear from you! ❤️

Here's to meals that work with your lifestyle and keep you feeling strong every day.

Love,

Tami