



Weekly Meal Preparation

This is a month-long meal plan and food journal for two. Designed for easy meal preparation and food journaling, which will aid in keeping you on track and in a healthy eating lifestyle. This sample plan features a rotating menu that includes no-cook or make-ahead meals. It aims to minimize daily cooking time while providing a variety of meal selections and encouraging healthy eating habits. You can modify each meal to help meet your dietary needs and preferences. Enjoy!

In the weekly meal preparation list are basic recipes and ideas, but please feel free to add your favorite seasonings, such as lemon pepper, garlic powder, cumin, smoked paprika, and crushed pepper flakes, as well as ingredients like garlic, ginger, rosemary, onions, and peppers. Happy Meal Planning!

Shalom.

Week 1

Monday: Grilled Chicken with Roasted Vegetables and Quinoa

- **Ingredients:** Chicken breasts, olive oil, salt, pepper, assorted vegetables (zucchini, bell peppers, carrots), quinoa



- **Recipe:** Marinate chicken in olive oil, salt, and pepper. Roast vegetables with olive oil, salt, and pepper at 400°F (200°C) for 25 minutes. Grill chicken. Cook quinoa according to the package.

Tuesday: Baked Salmon with Lemon, Steamed Green Beans, and Rice

- **Ingredients:** Salmon fillets, lemon, olive oil, salt, pepper, green beans, rice
- **Recipe:** Bake salmon with lemon slices, olive oil, salt, and pepper at 375°F (190°C) for 15 minutes. Steam green beans. Cook rice.

Wednesday: Vegetarian Chili with Cornbread

- **Ingredients:** Beans (kidney, black), tomatoes, onion, garlic, chili powder, cornmeal, flour, baking powder, eggs, milk (or non-dairy alternative)
- **Recipe:** Sauté onions and garlic, add tomatoes and beans, and season with chili powder. Simmer. Mix cornbread ingredients and bake at 375°F (190°C) for 20 minutes.

Thursday: Chicken Paprikash with Egg Noodles

- **Ingredients:** Chicken thighs, onion, paprika, sour cream (or non-dairy alternative), egg noodles
- **Recipe:** Brown chicken, sauté onion, add paprika and water, and simmer. Stir in sour cream at the end. Serve with egg noodles.

Friday: Sabbath Dinner – Slow Cooker Brisket with Roasted Potatoes and Salad

- **Ingredients:** Brisket, potatoes, carrots, onion, garlic, salt, pepper, mixed salad greens, vinaigrette
- **Recipe:** Slow-cook brisket with vegetables, salt, and pepper for 6-8 hours. Roast potatoes. Serve with salad.

Saturday (Sabbath Lunch): No-Cook Salad with Chickpeas, Feta, and Mint; Hummus

- **Ingredients:** Cucumber, tomato, red onion, chickpeas, feta, mint, olive oil, lemon juice, salt, pepper, hummus
- **Recipe:** Chop the vegetables, then mix them with chickpeas, feta, mint, olive oil, lemon juice, salt, and pepper. Serve with hummus.

Sunday: Omelet with Feta and Fresh Tomatoes, Toast

- **Ingredients:** Eggs, feta, tomatoes, bread, olive oil, salt, pepper
- **Recipe:** Whisk eggs, cook in a pan, add feta and tomatoes, and fold. Serve with toast.



Week 2

Monday: Teriyaki Salmon with Stir-Fried Vegetables and Noodles

- **Ingredients:** Salmon fillets, teriyaki sauce, mixed vegetables, noodles
- **Recipe:** Marinate salmon in teriyaki sauce, bake at 375°F (190°C) for 15 minutes. Stir-fry vegetables, and cook noodles.

Tuesday: Crispy Seared Honey Citrus Salmon with Quinoa and Salad

- **Ingredients:** Salmon fillets, honey, citrus juice, quinoa, mixed salad greens, vinaigrette
- **Recipe:** Sear salmon with honey and citrus. Cook quinoa. Serve with salad.

Wednesday: Veggie Burger Grain Bowl

- **Ingredients:** Veggie burgers, quinoa, mixed vegetables, tahini dressing
- **Recipe:** Cook burgers, quinoa, and vegetables. Assemble bowl, drizzle with tahini.

Thursday: Chicken 1-2-3 (Simple Roasted Chicken) with Roasted Sweet Potatoes

- **Ingredients:** Chicken pieces, sweet potatoes, olive oil, salt, pepper
- **Recipe:** Roast chicken and sweet potatoes with olive oil, salt, and pepper at 375°F (190°C) for 40 minutes.

Friday: Sabbath Dinner – Roast Chicken, Mashed Potatoes, and Steamed Vegetables

- **Ingredients:** Whole chicken, potatoes, butter (or non-dairy alternative), vegetables, salt, pepper
- **Recipe:** Roast chicken with salt and pepper. Boil and mash potatoes with butter. Steam vegetables.

Saturday (Sabbath Lunch): Bulgur Salad with Chicken, Corn, and Tomatoes; Hummus

- **Ingredients:** Bulgur, cooked chicken, corn, tomatoes, olive oil, lemon juice, salt, pepper, hummus
- **Recipe:** Soak bulgur, mix with chicken, corn, tomatoes, olive oil, lemon juice, salt, and pepper. Serve with hummus.

Sunday: Mason Jar Cobb Salad with Ranch Dressing

- **Ingredients:** Mixed greens, chicken, hard-boiled eggs, avocado, tomatoes, ranch dressing
- **Recipe:** Layer salad ingredients in jars. Add dressing before serving.



Week 3

Monday: Spaghetti with Meat Sauce

- **Ingredients:** Ground beef, spaghetti, marinara sauce, onion, garlic, salt, pepper
- **Recipe:** Brown beef with onions and garlic, add sauce, and simmer. Serve with cooked spaghetti.

Tuesday: Crackered Tilapia with Roasted Vegetables

- **Ingredients:** Tilapia fillets, Ritz crackers, olive oil, salt, pepper, assorted vegetables
- **Recipe:** Coat tilapia in crushed crackers, bake at 375°F (190°C) for 15 minutes. Roast vegetables.

Wednesday: Shawarma with Pita and Salad

- **Ingredients:** Pre-packaged Chicken or beef shawarma, pita, mixed salad greens, and tahini
- **Recipe:** Cook shawarma according to the package. Serve with pita and a side salad.

Thursday: Vegetable Pizza Squared

- **Ingredients:** Pizza dough, tomato sauce, mozzarella, assorted vegetables
- **Recipe:** Top the dough with sauce, cheese, and vegetables. Bake at 425°F (220°C) for 15 minutes. **I get my dough from Trader Joe's**

Friday: Sabbath Dinner – Slow Cooker Chicken Soup and Roasted Vegetables

- **Ingredients:** Chicken, carrots, celery, onion, salt, pepper, assorted vegetables
- **Recipe:** Slow-cooked chicken with vegetables for soup (low setting 8 hours; high setting 4 hours). Roast vegetables.

Saturday (Sabbath Lunch): Cucumber Salad Bowl; Hummus

- **Ingredients:** Cucumber, hard-boiled eggs, tomatoes, tahini, hummus
- **Recipe:** Slice a Cucumber, slice eggs, chop vegetables. Assemble bowl with tahini. Serve hummus.

Sunday: Omelet with Feta and Fresh Tomatoes, Toast

- **Ingredients:** Eggs, feta, tomatoes, bread, olive oil, salt, pepper
- **Recipe:** Repeat from Week 1.



Week 4

Monday: Open-Faced Flounder Wraps with Cucumber-Avocado Salsa

- **Ingredients:** Flounder fillets, whole wheat wraps, cucumber, avocado, lime, salt, pepper
- **Recipe:** Bake flounder with salt and pepper. Mix cucumber, avocado, lime, salt, and pepper for salsa. Serve on wraps.

Tuesday: Chicken Stir Fry with Rice

- **Ingredients:** Chicken, assorted vegetables, soy sauce, rice
- **Recipe:** Stir-fry chicken and vegetables with soy sauce. Serve with rice.

Wednesday: Vegetarian Lasagna

- **Ingredients:** Lasagna noodles, tomato sauce, ricotta (or non-dairy alternative), mozzarella, assorted vegetables
- **Recipe:** Layer noodles, sauce, cheese, and vegetables. Bake at 375°F (190°C) for 30 minutes. Use whichever vegetables you like.

Thursday: Grilled Chicken with Salad and Bread

- **Ingredients:** Chicken, mixed salad greens, bread, olive oil, salt, pepper
- **Recipe:** Grill chicken. Serve with salad and bread.

Friday: Sabbath Dinner – Beef Stew with Roasted Potatoes and Salad

- **Ingredients:** Beef stew meat, potatoes, carrots, onion, garlic, salt, pepper, mixed salad greens, vinaigrette
- **Recipe:** Slow-cook beef with vegetables, salt, and pepper for 6-8 hours. Roast potatoes. Serve with salad.

Saturday (Sabbath Lunch): Rainbow Veggie Bowls; Hummus

- **Ingredients:** Assorted raw vegetables (bell peppers, carrots, cucumbers, etc.), quinoa, tahini, hummus.
- **Recipe:** Chop vegetables, cook quinoa ahead. Assemble bowls with tahini. Serve with hummus.

Sunday: Quick and Easy Asian Stir Fry

- **Ingredients:** Chicken or tofu, assorted vegetables, soy sauce, rice
- **Recipe:** Stir-fry protein and vegetables with soy sauce. Serve with rice.

Meal Prep Tips and Food Journaling

- **Prep Ahead:** Cook grains, roast vegetables, and prepare proteins in advance for quick assembly.
- **Food Journaling:** Note each meal and ingredients to track nutrition and preferences.
- **Shopping Lists:** Refer to weekly ingredient lists for efficient shopping.

Summary Table

Week	Monday	Tuesday	Wednesday	Thursday	Friday (Sabbath)	Saturday (Sabbath Lunch)	Sunday
1	Grilled Chicken, Veg, Quinoa	Baked Salmon, Green Beans, Rice	Vegetarian Chili, Cornbread	Chicken Paprikash, Noodle	Brisket, Potatoes, Salad	Salad, Hummus	Omelet, Toast
2	Teriyaki Salmon, Veg, Noodles	Honey Citrus Salmon, Quinoa	Veggie Burger Grain Bowl	Chicken 1-2-3, S. Potato	Roast Chicken, Mash, Veg	Bulgur Salad, Hummus	Cobb Salad, Ranch
3	Spaghetti, Meat Sauce	Cracked Tilapia, Veg	Shawarma, Pita, Salad	Vegetable Pizza	Chicken Soup	Cucumber Salad, Hummus	Omelet, Toast
4	Flounder Wraps, Cuc-Avo Salsa	Chicken Stir Fry, Rice	Vegetarian Lasagna	Grilled Chicken, Salad	Beef Stew, Potatoes, Sal	Rainbow Veggie Bowl	Asian Stir Fry, Rice