



7-Day Simple No Recipe Meal Plan (WW Friendly) Summer Edition

Day 1

Breakfast: Greek yogurt + sliced peaches + 1 tbsp chopped almonds

Lunch: Turkey + hummus wrap (low carb tortilla); Cucumber slices + cherry tomatoes

Dinner: Grilled chicken breast, corn on the cob, watermelon salad with feta + mint

Snacks: Air-popped popcorn; Light string cheese + grapes

Day 2

Breakfast: Cottage cheese + fresh pineapple chunks + sprinkle of flax or chia seeds

Lunch: Tuna salad lettuce boats; Side of quinoa with chopped veggies

Dinner: Shrimp skewers, Mixed green salad with oil + vinegar

Snacks: Hard-boiled egg + berries; Rice cakes with light cream cheese + cucumber

Day 3

Breakfast: Overnight oats with almond milk, banana and cinnamon

Lunch: Summer salad bowl: rotisserie chicken, mixed greens, strawberries, goat cheese and balsamic vinegar

Dinner: Zucchini noodles + jarred marinara + sautéed ground turkey

Snacks: Carrots with hummus; Frozen grapes

Day 4

Breakfast: Smoothie (spinach, frozen mango, banana, Greek yogurt, almond milk)

Lunch: Chicken salad with apple + celery in lettuce wraps

Dinner: Grilled fish + coleslaw + small baked potato

Snacks: Light string cheese + peach; Yogurt with 1 tbsp granola

Day 5

Breakfast: Whole grain toast with peanut butter + side of melon

Lunch: Bean and cheese quesadilla; Salsa and veggie sticks

Dinner: Turkey burger (no bun), grilled veggies, corn salad

Snacks: Cucumber slices with hummus; Frozen banana “nice cream”

Day 6

Breakfast: Scrambled eggs + sautéed spinach + 1 slice whole grain toast

Lunch: Chopped salad: romaine, rotisserie chicken, chickpeas, tomato, cucumber, light vinaigrette

Dinner: Pasta salad with tuna, olives, cherry tomatoes and chopped green beans

Snacks: Apple slices + 1 tbsp peanut butter; Cottage cheese with berries

Day 7

Breakfast: Yogurt parfait with frozen berries + granola

Lunch: Mediterranean plate: hummus, sliced veggies, whole grain pita, boiled egg

Dinner: Grilled shrimp tacos + cabbage slaw + avocado

Snacks: Light popcorn; Chilled watermelon cubes



Grocery List

Proteins: Eggs, Rotisserie chicken, Tuna (canned in water), Shrimp, Fish fillets, Ground turkey, Turkey burgers, Light cheese (string, feta, goat, cream), Greek yogurt, Cottage cheese, Hummus, Almond milk

Grains and Staples: Whole grain bread, Brown rice, Quinoa, Whole grain pasta, Low carb tortillas, Oatmeal, Granola (low sugar), Rice cakes, Potatoes

Veggies and Greens: Spinach or Mixed greens, Romaine, Green beans, Zucchini, Carrots, Celery, Bell peppers, Cucumber, Cherry tomatoes, Frozen mixed veggies, Corn-on-the-cob, Coleslaw mix, Mint

Fruits: Bananas, Apples, Melon, Pineapple, Peaches, Grapes, Watermelon, Strawberries, Frozen mango, Avocado

Pantry Extras: Olive oil, Vinegar, Peanut butter, Light mayo or Greek yogurt, Salsa, Marinara sauce, Popcorn, Nuts, Flaxseed or chia seeds, Canned beans, Chickpeas

Smart Prep Tips:

- Chop vegetables ahead of time and store in containers
- Batch-cook grains like rice or quinoa early in the week
- Shred rotisserie chicken for wraps, bowls and salads
- Pre-cook a few proteins, like grilled chicken or turkey burgers
- Use frozen vegetables to save time
- Keep grab-and-go staples - like yogurt, fruit and hardboiled eggs in your refrigerator

