

Flexible Meal Plan & Recipe Collection

Two realistic weeks of meals built on whole foods — with checkable grocery lists, make-ahead tips, and a simple five-step rhythm you can repeat every week.

Up Front: Pick a week, shop its list once, and let repeats and leftovers do the heavy lifting — that is what helps make the plan doable.

Ease into it — progress, not perfection. Small swaps are the ones that stick: start pasta half regular and half whole-grain, then move up when you're ready.

Cooking for a family?

Serve meals build-your-own — a taco bar, pasta bar, or salad bar lets each person build a plate they like from the same ingredients. Blend new foods in gradually, keep a familiar favorite and a "safe" option like fruit or raw veggies on the table, and get kids involved in choosing and cooking. Go at the family's pace.

The recipes in this plan

Every cooked dish in this plan is a standardized NuStart recipe, and each recipe card carries its own satiety score, nutrition panel, and grocery list — here are all 31, grouped the way you'll find them in the recipe collection:

Breakfast (3)

- Egg Muffin
- Overnight Oats and Berries
- Loaded Breakfast Bake

Smoothies (3)

- Vibrant Green
- Berry
- Tropical

Main dishes (10)

- Veggie Pizza
- Turkey Tacos
- Turkey Meatballs
- Stuffed Peppers
- Pasta Primavera
- Buffalo Chicken Lettuce Wraps
- Chicken Alfredo Pizza
- Crock-Pot Balsamic Chicken
- Marinated Chicken Skewers
- Mustard-Crusted Salmon

Sides (7)

- Cowboy Caviar
- Roasted Vegetables
- Grilled Marinated Vegetables
- Roasted Cauliflower
- Roasted Brussels Sprouts & Sweet Potatoes
- Hummus
- Sun-Dried Marinara

Salads (6)

- Strawberry Feta Salad in a Jar
- Cauliflower Salad
- Quinoa Salad
- Avocado Chicken Salad
- Blueberry Power Salad
- Broccoli Salad

Snacks (2)

- No-Bake Mouthfuls
- Sweet Almond Dip

How to Use This Plan

Five steps from learning to eating — and the one thing to reach for at each. Then do it again next week.

1

Learn

Get what to eat to feel full and satisfied.

Reach for: your **NuStart Blocks** and the *NuStart Satiety & Nutrient Food Guide*.



2

Plan

Pick the week's meals.

Reach for: this **Meal Plan** — or build your own from the recipe collection.



3

Shop

Turn the plan into a cart.

Reach for: the **weekly grocery list** in this plan — or the ordering guide at the end for pickup and delivery.



4

Prep & Store

Get ahead — and keep it fresh.

Reach for: the **make-ahead tips** in this plan and the *Food Storage & Leftovers* handout.



5

Cook

Make the meals.

Reach for: your **recipes** — each shows how filling and nourishing it is.

 **then do it again next week**

TWO-WEEK PLAN

Week 1

Day	Breakfast	Lunch	Dinner
Monday	Egg Muffin · banana · No-Bake Mouthfuls	Strawberry Feta Salad in a Jar (add chicken) · melon	Veggie Pizza · Sun-Dried Marinara · Cauliflower Salad
Tuesday	Vibrant Green Smoothie · whole-grain English muffin · nut butter	Leftover Veggie Pizza · leftover Cauliflower Salad	Turkey Tacos · Cowboy Caviar · veggie sticks
Wednesday	Egg Muffin · banana · No-Bake Mouthfuls	Quinoa Salad (add chickpeas or tofu) · apple · nut butter	Buffalo Chicken Lettuce Wraps · Roasted Vegetables
Thursday	Overnight Oats and Berries	Avocado Chicken Salad · whole-grain wrap · celery & carrot sticks · Sweet Almond Dip	Whole-grain spaghetti · Turkey Meatballs · Sun-Dried Marinara · Roasted Vegetables
Friday	Berry Smoothie · whole-grain English muffin · nut butter	Strawberry Feta Salad in a Jar (add chicken) · melon	Marinated Chicken Skewers · Grilled Marinated Vegetables
Saturday	<i>Flex / leftovers — use up what's in the fridge, or repeat a favorite from the week. Keep it easy.</i>		
Sunday	<i>Shop & prep — shop the Week 2 list, then batch-cook a grain, roast a tray of vegetables, and make Egg Muffins and No-Bake Mouthfuls for the week ahead.</i>		

Week 1 grocery list

Amounts assume two people — halve or double as needed. Combined from the week's recipes and simple staples, grouped by store section. Amounts scale with how many times a meal repeats — adjust as you go. Fresh herbs: dried works too — swap 1 teaspoon dried for each 1 tablespoon fresh.

PRODUCE

- ☐ Apples — four medium
- ☐ Vegetables of your choice — 4 cups (for roasting)
- ☐ Avocados — two medium
- ☐ Bananas — eight
- ☐ Basil — 1 bunch (or dried: 1 tsp dried = 1 Tbsp fresh)
- ☐ Blueberries — 1 container
- ☐ Carrots — six medium
- ☐ Cauliflower — 1 head
- ☐ Celery — 1 bunch
- ☐ Cilantro — 1 bunch (or dried: 1 tsp dried = 1 Tbsp fresh)
- ☐ Garlic — 1 head
- ☐ Green onions — 1 bunch
- ☐ Jalapeño — one medium
- ☐ Lettuce — 1 head
- ☐ Limes — three medium
- ☐ Melon — one
- ☐ Mini bell pepper — one
- ☐ Mixed berries — 1 pint
- ☐ Mushrooms — 10 oz
- ☐ Onions — three medium
- ☐ Orange bell pepper — one medium
- ☐ Parsley — 1 bunch (or dried: 1 tsp dried = 1 Tbsp fresh)
- ☐ Pineapple — one
- ☐ Red bell pepper — one medium
- ☐ Red onions — three medium
- ☐ Roma tomatoes — two medium
- ☐ Spinach — 2 bags
- ☐ Strawberries — 2 lb
- ☐ Tomatoes — five medium

MEAT & POULTRY

- ☐ Chicken breast — 3 lb
- ☐ Chicken tenders — 16 oz
- ☐ Ground turkey — 3 lb

DAIRY & EGGS

- ☐ Cheddar — block (8 oz)
- ☐ Eggs — 1 dozen
- ☐ Feta — 6 oz
- ☐ Greek yogurt — 2 containers
- ☐ Milk — carton
- ☐ Mozzarella — 2 (8 oz)
- ☐ Parmesan — wedge
- ☐ Unsalted butter — 8 oz

BAKERY & GRAINS

- ☐ Whole-grain English muffins — 1 package
- ☐ Whole-grain pizza crust — 1
- ☐ Whole-grain spaghetti — 1 box
- ☐ Whole-grain tortillas — 10
- ☐ Whole-grain wraps — 1 package
- ☐ Whole-wheat bread crumbs — 1 canister (need ⅓ cup)

FROZEN

- ☐ Corn kernels — 1 bag (12 oz) frozen (need 1 cup)

PANTRY & DRY GOODS

- ☐ Almond butter — 1 jar (need about ⅔ cup)
- ☐ Almonds or walnuts — 1 small bag (need ½ cup)
- ☐ Black beans — 2 cans
- ☐ Buffalo sauce — 1 bottle (need ¼ cup)
- ☐ Chia seeds — 1 bag (need 5 Tbsp)
- ☐ Chickpeas — 2 cans
- ☐ Chipotle chiles in adobo — 1 small can (need 1 chile + 1 tsp sauce)
- ☐ Corn — 1 can
- ☐ Dates — 1 small container (need 2 dates)
- ☐ Dijon mustard — 1 jar (need 1 Tbsp)
- ☐ Ground flaxseed — 1 bag (need ½ cup)
- ☐ Hot sauce — 1 bottle (need ⅓ cup)
- ☐ Mayonnaise — 1 jar (need ⅓ cup)
- ☐ Natural nut butter — 1 jar
- ☐ Old-fashioned oats — 1 canister (need about 2 cups)
- ☐ Quinoa — 1 bag (need 2 cups cooked)
- ☐ Seasonings of your choice (for roasted vegetables)
- ☐ Soy sauce — 1 bottle (need 3 Tbsp)
- ☐ Sun-Dried Marinara or marinara with five or fewer ingredients — 1 jar (need about 1½ cups)
- ☐ Taco seasoning — 1 packet (need 2 Tbsp)
- ☐ Dried tomatoes — 1 bag (4 oz; need 3 oz)
- ☐ Worcestershire sauce — 1 bottle (need 1 tsp)

WEEK 1 GROCERY LIST, CONTINUED

CHECK YOUR PANTRY

- | | |
|--|---|
| ☐ Apple cider vinegar | ☐ Onion powder |
| ☐ Black pepper | ☐ Oregano |
| ☐ Cayenne pepper | ☐ Paprika |
| ☐ Cinnamon | ☐ Red wine vinegar |
| ☐ Garlic powder | ☐ Sage |
| ☐ Honey | ☐ Salt |
| ☐ Italian seasoning | ☐ Sesame oil |
| ☐ Olive oil | ☐ Tarragon |
| | ☐ Vanilla extract |
| | ☐ White vinegar |

TWO-WEEK PLAN

Week 2

Day	Breakfast	Lunch	Dinner
Monday	Loaded Breakfast Bake · strawberries	Blueberry Power Salad (add chicken) · peach	Crock-Pot Balsamic Chicken · brown rice · Grilled Marinated Vegetables
Tuesday	Vibrant Green Smoothie · whole-wheat toast · avocado	Leftover chicken · brown rice · carrot sticks · Hummus	Stuffed Peppers · Roasted Cauliflower
Wednesday	Loaded Breakfast Bake · strawberries	Quinoa Salad (add chickpeas or tofu) · celery · nut butter	Chicken Alfredo Pizza · Broccoli Salad
Thursday	Overnight Oats and Berries · banana · nut butter	Leftover Balsamic Chicken · cucumber · Hummus	Turkey Meatballs · Roasted Brussels Sprouts & Sweet Potatoes
Friday	Tropical Smoothie · whole-wheat toast · avocado	Blueberry Power Salad (add chicken) · peach	Mustard-Crusted Salmon · Pasta Primavera
Saturday	<i>Flex / leftovers — use up what's in the fridge, or repeat a favorite from the week.</i>		
Sunday	<i>Shop & prep — reset for next week: shop, batch-cook, and prep grab-and-go breakfasts and snacks.</i>		

Week 2 grocery list

Amounts assume two people — halve or double as needed. Combined from the week's recipes and simple staples, grouped by store section. Fresh herbs: dried works too — swap 1 teaspoon dried for each 1 tablespoon fresh.

PRODUCE

- ☐ Avocados — three medium
- ☐ Banana — one
- ☐ Basil — 1 bunch (or dried: 1 tsp dried = 1 Tbsp fresh)
- ☐ Bell peppers — six medium
- ☐ Blueberries — 1 container
- ☐ Broccoli — 2 bunches
- ☐ Brussels sprouts — 1 bag
- ☐ Carrots — six medium
- ☐ Cauliflower — 1 head
- ☐ Cherry tomatoes — 1 pint
- ☐ Cilantro — 1 bunch (or dried: 1 tsp dried = 1 Tbsp fresh)
- ☐ Cucumber — one medium
- ☐ Garlic — 2 heads
- ☐ Lemons — five medium
- ☐ Limes — one medium
- ☐ Mini sweet peppers — four
- ☐ Mixed berries — 1 pint
- ☐ Mixed greens — 1 bag
- ☐ Mushrooms — 6 oz
- ☐ Onions — two medium
- ☐ Parsley — 1 bunch (or dried: 1 tsp dried = 1 Tbsp fresh)
- ☐ Peaches — four medium
- ☐ Pineapple — one
- ☐ Potatoes — two medium
- ☐ Red bell peppers — two medium
- ☐ Red onions — four medium
- ☐ Spinach — 2 bags
- ☐ Strawberries — 1 lb
- ☐ Sweet potato chunks — one medium
- ☐ Tomatoes — three medium
- ☐ Yellow squash — one medium
- ☐ Zucchini — one medium

MEAT & POULTRY

- ☐ Chicken breasts — 33 oz
- ☐ Ground turkey — 3 lb
- ☐ Precooked breakfast sausage — 1 lb
- ☐ Salmon fillets — 4

DAIRY & EGGS

- ☐ Butter — 1 stick (need 2 Tbsp)
- ☐ Cheddar — block (8 oz)
- ☐ Eggs — 1 dozen
- ☐ Greek yogurt — 2 containers
- ☐ Heavy/whipping cream — 1 pint (need 1 cup)
- ☐ Milk — carton
- ☐ Mozzarella — 8 oz
- ☐ Mozzarella or cheddar — 1 bag (8 oz) shredded (need ½ cup)
- ☐ Parmesan — 2 wedges

BAKERY & GRAINS

- ☐ Pita breads — 4
- ☐ Pizza crust — 1
- ☐ Whole-wheat bread — 1 loaf
- ☐ Whole-wheat bread crumbs — 1 canister (need ⅓ cup)

FROZEN

- ☐ Corn kernels — 1 bag (12 oz) frozen (need 1 cup)
- ☐ Mango — 1 bag (10 oz) frozen (need ½ cup)
- ☐ Strawberries — 1 bag (16 oz) frozen (need ½ cup)

PANTRY & DRY GOODS

- ☐ Black beans — 1 can (15 oz)
- ☐ Brown rice — 1 bag
- ☐ Brown rice or quinoa — 1 bag (need 1 cup cooked)
- ☐ Chia seeds — 1 bag (need 5 Tbsp)
- ☐ Chickpeas — 1 can
- ☐ Chipotle chiles in adobo — 1 small can (need 1 chile + 1 tsp sauce)
- ☐ Dates — 1 small container (need 2 dates)
- ☐ Garbanzo beans — 2 cans (15 oz; 1 small can per hummus batch)
- ☐ Mayonnaise — 1 jar (need ⅓ cup)
- ☐ Natural nut butter — 1 jar
- ☐ Old-fashioned oats — 1 canister (need about 1½ cups)
- ☐ Pecans — 1 small bag (need ¼ cup)
- ☐ Quinoa — 1 bag (need 2 cups cooked)
- ☐ Raisins or dried cranberries — 1 small bag (need ¼ cup)
- ☐ Red quinoa — 1 bag (need 1 cup cooked)
- ☐ Stone-ground mustard — 1 jar (need 2 Tbsp)
- ☐ Tahini — 1 jar (need ⅓ cup)
- ☐ Walnuts — 1 small bag (need ¾ cup)
- ☐ Whole-grain pasta — 12 oz
- ☐ Worcestershire sauce — 1 bottle

WEEK 2 GROCERY LIST, CONTINUED

CHECK YOUR PANTRY

- | | |
|--|---|
| ☐ Apple cider vinegar | ☐ Olive oil |
| ☐ Balsamic vinegar | ☐ Onion powder |
| ☐ Black pepper | ☐ Oregano |
| ☐ Cumin | ☐ Paprika |
| ☐ Dried basil | ☐ Sage |
| ☐ Garlic powder | ☐ Salt |
| ☐ Honey | ☐ Sesame oil |
| | ☐ Sweet jerk seasoning |
| | ☐ Tarragon |

Make-Ahead & Online Ordering

Make-ahead & prep tips

These plans repeat meals and use leftovers on purpose — prep on Sunday and coast through the week.

- Make ahead and refrigerate or freeze: Egg Muffins, Sweet Almond Dip, No-Bake Mouthfuls, Loaded Breakfast Bake, Turkey Meatballs, and cooked chicken (shredded or cubed for salads).
- Prep salads ahead, but keep the dressing separate until serving.
- Roast a variety of vegetables with different spices to discover new flavors.
- Wash and cut vegetables right after shopping so healthy snacks are grab-and-go.
- Cook once, eat twice — a double batch of a grain, soup, or protein turns one session into several easy meals.

Shopping online — a first order, step by step

Ordering groceries for pickup or delivery can save a busy week — you shop from your list instead of the aisles, which can make impulse buys easier to skip. Here's an easy first run:

1. Pick a store you already use.

Most grocery chains and warehouse clubs have a website or app with pickup or delivery. Create an account and choose your store.

2. Build your cart from this plan's weekly list.

Search each item and add it. Save favorites so next week's reorder takes just a few minutes.

3. Keep your standards.

Choose whole foods first; when a package has a label, pick one with five or fewer ingredients.

4. Set produce and substitution preferences.

Note ripeness where the store allows, and review suggested substitutions before you check out.

5. Choose pickup or delivery.

Curbside pickup is often free with a small minimum; delivery adds a fee and tip — still usually cheaper than takeout.

6. Pick your window and check out.

Choose a time, confirm, and you're done. At pickup, stay in your car; for delivery, watch for the substitution text.

The Bottom Line: Learn, plan, shop, prep, cook — the same five steps every week. Repeat the rhythm and eating well gets easier.

Pairs with the NuStart Satiety & Nutrient Food Guide, the recipe collection, and the Food Storage & Leftovers handout.