



## Summer Vacation Meal Plan

### Breakfast:

- [Oatmeal, peanut butter & banana](#)
- [Turkey & egg breakfast casserole](#)
- French toast & eggs

### Lunch:

- [Chicken salad](#) sandwich
- Leftovers from dinner

### Snacks:

- Veggies (& pita chips) with [creamy avocado greek yogurt dip](#)
- Apple & peanut butter
- Yogurt & berries
- Popcorn
- Fresh watermelon

### Dinner:

- [Sheet pan steak fajitas](#) with [Mexican street corn](#)
- [Margherita pita pizza](#) with [arugula salad](#)
- [Chicken & veggie skewers](#) on bed of spinach

### Your kitchen needs:

- Sheet pan
- Saucepan
- Skillet
- Cutting board
- Knife (or pack your own)
- Stovetop
- Oven

### Tips:

- Each underlined item has a link to the recipe. Print out this meal plan, grocery list and each recipe, or have them easily accessible on your phone or computer.
- If you're checking a bag, consider packing your favorite chef's knife (in a sleeve or wrapped in a towel). That way you don't run the risk of cooking with a crummy knife all week. If you're carrying on, consider buying a knife when you arrive and leave it at the rental as a nice gift for your host and future guests.
- Pack spices to save money on groceries, or just get the amount you need in the bulk section.
- Use up leftovers over the last day or two. This is where things like french toast for breakfast comes in handy. If you have leftover bread from sandwiches, use it to make french toast!

# RESULTS.

PROFESSIONAL FOOD COACHING LLC

## **Grocery list:**

- |  |   |
|--|---|
| <input type="checkbox"/> Whole rolled oats             | <input type="checkbox"/> Sweet potato   |
| <input type="checkbox"/> Whole grain bread             | <input type="checkbox"/> Red onion  |
| <input type="checkbox"/> Tortillas                     | <input type="checkbox"/> Red, green & yellow bell peppers   |
| <input type="checkbox"/> Pita or naan                  | <input type="checkbox"/> Baby carrots, sugar snap peas or your preferred veggies for snacking & dipping |
| <input type="checkbox"/> Popcorn                       | <input type="checkbox"/> Corn cobs  |
| <input type="checkbox"/> Olive oil (or coconut oil)    | <input type="checkbox"/> Zucchini   |
| <input type="checkbox"/> Peanut butter                 | <input type="checkbox"/> Baby spinach   |
| <input type="checkbox"/> Ground turkey                 | <input type="checkbox"/> Arugula  |
| <input type="checkbox"/> Chicken breast                | <input type="checkbox"/> Avocado  |
| <input type="checkbox"/> Flank steak                   | <input type="checkbox"/> Apples   |
| <input type="checkbox"/> Milk (if desired for oatmeal) | <input type="checkbox"/> Grapes   |
| <input type="checkbox"/> Cotija cheese                 | <input type="checkbox"/> Watermelon   |
| <input type="checkbox"/> Parmigiano-Reggiano cheese    | <input type="checkbox"/> Fresh berries  |
| <input type="checkbox"/> Butter                        | <input type="checkbox"/> Bananas  |
| <input type="checkbox"/> Greek yogurt                  | <input type="checkbox"/> Dried cranberries  |
| <input type="checkbox"/> Eggs                          | <input type="checkbox"/> Lemon  |
| <input type="checkbox"/> Salt                          | <input type="checkbox"/> Lime   |
| <input type="checkbox"/> Pepper                        | <input type="checkbox"/> Garlic   |
| <input type="checkbox"/> Chili powder                  | <input type="checkbox"/> Jalapeno   |
| <input type="checkbox"/> Garlic powder                 | <input type="checkbox"/> Fresh cilantro   |
| <input type="checkbox"/> Ground cumin                  | <input type="checkbox"/> Fresh basil/rosemary/oregano (as desired for skewers)                          |
| <input type="checkbox"/> Onion powder                  |   |
| <input type="checkbox"/> Paprika                       |   |
| <input type="checkbox"/> Skewers                       |   |

**Need additional help with your nutrition? Contact [haley@resultsfoodcoaching.com](mailto:haley@resultsfoodcoaching.com) to schedule a complimentary 15-minute phone consultation.**