4-Week Anti-Inflammatory Meal Plan: The COET Dinner-to-Work Method

for

A companion to the ***Anti-Inflammatory Cookbook for Beginners***

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Cook once, enjoy twice: your lunch is already packed.

Meal Plans · The Method · Grocery Lists

Print it · Plan it · Shop it

WEEK 1
MEAL PLAN

SUNDAY

🍽 *Breakfast*

9 — Overnight Oats with Berries & Chia Seeds

Prep the night before, ready in the morning with zero effort.

🍽 *Lunch*

35 — Chicken with Anti-Inflammatory Sweet Potato Mash

Warm and satisfying — scales up easily for family or guests.

→ Base 66 at lunch: boil 4 sweet potatoes, 2 for the meal, 2 stored for the week.

🍽 *Dinner*

42 — Chicken with Whole Grains & Mushroom–Walnut Sauce

→ Base 65 at dinner: cook 1½ cups rice total, ½ for the meal, 1 cup stored for Mon & Wed.

➤ *COET: set aside one portion → Monday lunch is already done.*

✶ *Sunday is the only moment in the week when you have time and the kitchen is already warm: two pots in parallel, three evenings covered, Monday begins with nothing to prepare.*

MONDAY

🍽 *Breakfast*

6 — Mushroom & Onion Egg Skillet

2 eggs

🍽 *Lunch*

COET — 42 Chicken with Whole Grains & Mushroom–Walnut Sauce

Reheat in a skillet or microwave.

🍽 *Dinner*

24 — Chicken & Vegetable Rice Bowl

→ Use Base 65: rice already cooked — skip the grain prep entirely.

➤ *COET: set aside one portion → Tuesday lunch done.*

✶ *Monday moves fast: one base eliminates half the work, and tomorrow's lunch is already taken care of.*

TUESDAY

🍽 *Breakfast*

1 — Greek Yogurt with Berries, Walnuts & Cinnamon

No eggs.

🍽 *Lunch*

COET — 24 Chicken & Vegetable Rice Bowl

Cold or lightly warmed. Ideal to take to work.

🍽 *Dinner*

45 — Tuna & Vegetable One-Pan Dinner

→ Use Base 66: sweet potato already boiled — add straight to the pan. One pan, 15 min.

➤ *COET: set aside one portion → Wednesday lunch done.*

✶ *Protein change, simple one-pan meal: Tuesday flows without stress.*

WEDNESDAY

🍽 *Breakfast*

7 — Spinach & Herb Omelet

2 eggs

🍽 *Lunch*

COET — 45 Tuna & Vegetable One-Pan Dinner

Compact meal box, reheats quickly.

🍽 *Dinner*

43 — Sardines with Spinach, Sweet Potatoes & Brown Rice

→ Use Base 65 + Base 66: both bases finish here — no waste, fridge clears naturally.

➤ *COET: set aside one portion → Thursday lunch done.*

✶ *Wednesday closes the base cycle: everything you prepared on Sunday gets used, nothing wasted.*

THURSDAY

🍽 **Breakfast**

10 — Warm Oatmeal with Apple, Cinnamon & Walnuts

No eggs.

🍽 ***Lunch***

COET — 43 Sardines with Spinach, Sweet Potatoes & Brown Rice

Great cold or lightly reheated.

🍽 ***Dinner***

22 — Bean Salad with Salmon, Onion & Herbs

No base. Salmon + canned beans — ready in 20 min.

➤ *COET: set aside one portion → Friday lunch done.*

✶ *Thursday is a low-energy day: a simple dinner, a different protein, nothing to plan ahead.*

FRIDAY

🍽 ***Breakfast***

11 — Avocado Toast on Whole Grain Bread

No eggs.

🍽 ***Lunch***

COET — 22 Bean Salad with Salmon, Onion & Herbs

Great cold, no reheating needed.

🍽 ***Dinner***

52 — Light Egg & Mushroom Dinner with Tomatoes & Avocado

3 eggs. Light and fast. No COET tonight.

✶ *Friday ends lightly: a simple dinner, no bases to manage, nothing to plan ahead.*

SATURDAY — RESET & SHOPPING DAY

🍽 ***Breakfast***

3 — Exotic Fruit Bowl with Mango, Kiwi & Lime

Light, fresh, 5 minutes.

🍽 ***Lunch***

Flexible — use whatever is left in the fridge.

🍽 ***Dinner***

40 — Lentil, Vegetable & Quinoa One-Pot Soup

One pot, everything in, 30 minutes.

✶ *Saturday closes the week: clean fridge, list ready, smooth restart on Sunday. Grocery shopping for Week 2 done during the day.*

Week 1 **Grocery list**

Saturday grocery run — buy everything below before Sunday

PROTEINS

- ☐ Chicken breast — ~1.5 lb
- ☐ Salmon — 1 fillet (~8 oz)
- ☐ Sardines (canned) — 2 cans
- ☐ Tuna (canned) — 2 cans
- ☐ Eggs — 1 carton (8 or 12)

DAIRY

- ☐ Greek yogurt, plain low-fat — 1 container (16 oz)

VEGETABLES

- ☐ Spinach — 1 large bag (5 oz)
- ☐ Zucchini — 1 medium
- ☐ Yellow bell pepper — 1 medium
- ☐ Cherry tomatoes — 1 pint
- ☐ Carrots — 3–4 medium
- ☐ Broccoli — 1 small head
- ☐ Onion — 1 medium
- ☐ Mushrooms — 2 packs (8 oz each)
- ☐ Sweet potatoes — 5–6 medium

GRAINS

- ☐ Brown rice (dry) — 1 bag (~2 lb)
- ☐ Old-fashioned oats — 1 small container
- ☐ Quinoa (dry) — 1 small bag
- ☐ Whole grain bread (100%) — 1 loaf

LEGUMES

- ☐ Black beans (canned) — 1 can
- ☐ Dry lentils — 1 small bag

FRUIT

- ☐ Mixed berries (fresh or frozen) — 1 container
- ☐ Apple — 1
- ☐ Mango — 1
- ☐ Kiwi — 2
- ☐ Avocado — 2
- ☐ Lime — 1

NUTS & SEEDS

- ☐ Walnuts — 1 small bag (2–3 oz)
- ☐ Chia seeds — 1 small bag

PANTRY & SPICES

- ☐ Extra-virgin olive oil — 1 bottle
- ☐ Ground turmeric — 1 jar
- ☐ Ground cinnamon — 1 jar
- ☐ Dried oregano — 1 jar
- ☐ Dried thyme — 1 jar
- ☐ Black pepper — 1 jar
- ☐ Dried peppermint — 1 small jar

OPTIONAL

- ☐ Extra whole grain bread slices — for egg breakfasts if desired

***Whole grain bread**. Add a slice alongside your egg breakfasts on days when you need a more filling start. If the loaf starts to dry out toward the end of the week, slice and lightly toast it before serving.*

WEEK 2
MEAL PLAN

SUNDAY

🍽 *Breakfast*

12 — Yogurt Bowl with Dates, Apple & Almonds

Light and naturally sweet — a calm start before a big lunch.

🍽 *Lunch*

34 — Quinoa Bowl with Ground Turkey, Lentils & Carrot Turmeric Purée

Hearty — turkey, lentils, and quinoa. Scales up for guests.

→ Base 69 at lunch: cook 1½ cups quinoa total — ½ for the meal, 1 cup stored for Mon (38) & Tue (16).

🍽 *Dinner*

30 — Vegetable & Grain Lunch Plate with Chicken & Cauliflower Purée

→ Base 65 at dinner: cook 1 cup brown rice total — ½ for the meal, ½ stored for Wed (50).

➤ *COET: set aside one portion → Monday lunch done.*

✶ *Two bases split across Sunday: quinoa ready at lunch, rice ready at dinner. The week is lighter before Monday even begins.*

MONDAY

🍽 *Breakfast*

4 — Scrambled Eggs with Spinach & Black Pepper

2 eggs

🍽 *Lunch*

COET — 30 Vegetable & Grain Lunch Plate with Chicken & Cauliflower Purée

Reheat gently. Solid meal box for the first work day.

🍽 *Dinner*

38 — Sardines with Zucchini & Quinoa

→ Use Base 69: quinoa already cooked — skip the prep. One pan, 15 min.

➤ *COET: set aside one portion → Tuesday lunch done.*

✶ *Monday stays fast: protein change, one pan, the grain already waiting in the fridge.*

TUESDAY

🍽 *Breakfast*

2 — Anti-Inflammatory Fruit Salad with Citrus & Peppermint

No eggs.

🍽 *Lunch*

COET — 38 Sardines with Zucchini & Quinoa

Works well cold. Easy to pack.

🍽 *Dinner*

16 — Quinoa Salad with Chicken, Zucchini & Herbs

→ Use Base 69: last quinoa portion finishes here — fully used, nothing wasted.

➤ *COET: set aside one portion → Wednesday lunch done.*

✶ *Tuesday wraps up the quinoa base cleanly: same grain, different dish, different protein.*

WEDNESDAY

🍽 *Breakfast*

8 — Vegetable Omelet with Broccoli & Onions

2 eggs

🍽 *Lunch*

COET — 16 Quinoa Salad with Chicken, Zucchini & Herbs

Light and fresh. Great cold.

🍽 *Dinner*

50 — Turkey, Egg & Vegetable Dinner Plate with Brown Rice

1 egg in recipe.

→ Use Base 65: rice from Sunday closes out here — both bases fully used by Wednesday.

➤ *COET: set aside one portion → Thursday lunch done.*

✶ *Wednesday finishes what Sunday started: both bases used, fridge clearing out, no waste.*

THURSDAY

🍽 *Breakfast*

5 — Soft Scrambled Eggs with Zucchini & Olive Oil

2 eggs

🍽 *Lunch*

COET — 50 Turkey, Egg & Vegetable Dinner Plate with Brown Rice

Reheat in a skillet or microwave.

🍽 *Dinner*

37 — Salmon with Steamed Vegetables & Olive Oil

No base. Salmon on the stove, veggies alongside — 20 min.

➤ *COET: set aside one portion → Friday lunch done.*

✶ *Thursday keeps it simple: clean protein, no prep, a dinner that practically makes itself.*

FRIDAY

🍽 *Breakfast*

11 — Avocado Toast on Whole Grain Bread

No eggs.

🍽 *Lunch*

COET — 37 Salmon with Steamed Vegetables & Olive Oil

Works beautifully cold.

🍽 *Dinner*

15 — Whole Wheat Pasta with Mackerel, Cherry Tomatoes & Sardines

Friday pasta — one pot, 25 min. No COET tonight.

✶ *Friday ends with something comforting and effortless. The week is done.*

SATURDAY — RESET & SHOPPING DAY

🍽 *Breakfast*

10 — Warm Oatmeal with Apple, Cinnamon & Walnuts

Warm, grounding, zero effort.

🍽 *Lunch*

Flexible — use whatever is left in the fridge.

🍽 *Dinner*

39 — Vegetable, Bean & Sweet Potato Soup with Spices

One pot, everything in, 30 minutes.

✶ *Saturday closes the week: clean fridge, list ready, smooth restart on Sunday. Grocery shopping for Week 3 done during the day.*

Week 2 **Grocery list**

Saturday grocery run — buy everything below before Sunday

PROTEINS

☐ Chicken breast — ~1 lb

☐ Ground turkey — ~1 lb

☐ Salmon — 1 fillet (~10 oz)

☐ Sardines (canned) — 3 cans

☐ Mackerel (canned) — 1 can

☐ Eggs — 1 carton

DAIRY

☐ Greek yogurt, plain low-fat — 1 small container (8–10 oz)

VEGETABLES

☐ Spinach — 1 medium bag (5 oz)

☐ Zucchini — 3 medium

☐ Cauliflower — 1 medium head

☐ Broccoli — 1 small head

☐ Carrots — 1 bag (~1 lb)

☐ Mushrooms — 1 pack (8 oz)

☐ Onion — 1 medium

☐ Cherry tomatoes — 1 pint

☐ Sweet potato — 1 medium

GRAINS

☐ Quinoa (dry) — 1 bag

☐ Whole wheat pasta — 1 pack (12–16 oz)

☐ *Brown rice (dry) — check Week 1 bag*

☐ *Old-fashioned oats — check Week 1 remainder*

☐ *Whole grain bread (100%) — check Week 1 loaf*

LEGUMES

☐ *Dry lentils — check W1 remainder (¼ cup needed)*

☐ Black beans (canned) — 1 can

FRUIT

☐ Apple — 3

☐ Orange — 1

☐ Grapefruit — 1

☐ Lemon — 1

☐ Avocado — 1

☐ Dates (Medjool or Deglet Noor) — 1 small pack

NUTS

☐ *Almonds — check W1 remainder or buy 1 small bag*

☐ *Walnuts — check W1 remainder*

PANTRY & SPICES

☐ *Extra-virgin olive oil / turmeric / cinnamon / pepper — check jars*

☐ *Dried peppermint — check W1 jar*

☐ Ground cumin ✓ NEW — 1 jar (for Recipe 39)

OPTIONAL

☐ Extra whole grain bread slices — for egg breakfasts if desired

Whole grain bread — Add a slice alongside your egg breakfasts on days when you need a more filling start. If the loaf starts to dry out toward the end of the week, slice and lightly toast it before serving.

WEEK 3
MEAL PLAN

SUNDAY

🍽 *Breakfast*

1 — Greek Yogurt with Berries, Walnuts & Cinnamon

Quick and effortless — save your energy for cooking ahead.

🍽 *Lunch*

28 — Mixed Legume Bowl with Ground Turkey & Sweet Potato–Vegetable Turmeric Purée

Turkey, chickpeas, black beans and warm turmeric purée. Scales up for guests.

→ Base 68 at lunch: cook 1 lb turkey total — 6 oz for the meal, rest stored for Mon (32).

🍽 *Dinner*

48 — Sardines with Mushrooms & Saffron Sweet Potato Mash

→ Base 66 at dinner: boil 4–5 sweet potatoes in parallel — 2 for tonight, rest stored for Mon–Wed.

➤ *COET: set aside one portion → Monday lunch done.*

✶ *Two bases split between lunch and dinner: by the time Sunday evening is over, most of the week's heavy lifting is already done.*

MONDAY

🍽 *Breakfast*

14 — Simple Savory Breakfast Plate (Eggs, Veggies & Toast)

2 eggs

🍽 *Lunch*

COET — 48 Sardines with Mushrooms & Saffron Sweet Potato Mash

Warm gently or room temperature. Rich and satisfying.

🍽 *Dinner*

32 — Turkey & Vegetable Lunch Bowl with Sweet Potato–Carrot–Cauliflower Purée

→ Use Base 66 + Base 68: turkey from fridge, sweet potato already boiled — mostly assembly.

➤ *COET: set aside one portion → Tuesday lunch done.*

✶ *Monday is your easiest cooking day: both bases are working, and dinner is mostly assembly.*

TUESDAY

🍽 *Breakfast*

3 — Exotic Fruit Bowl with Mango, Kiwi & Lime

No eggs.

🍽 *Lunch*

COET — 32 Turkey & Vegetable Lunch Bowl

Compact and filling. Travels well cold.

🍽 *Dinner*

51 — Vegetable & Legume Dinner Bowl with Sweet Potato Mash

→ Use Base 66: sweet potato already ready — just warm and mash. Plant-based and comforting.

➤ *COET: set aside one portion → Wednesday lunch done.*

✶ *Tuesday brings a plant-based break: different textures, zero meat, same ease.*

WEDNESDAY

🍽 *Breakfast*

9 — Overnight Oats with Berries & Chia Seeds

Prep Tuesday night — 5 minutes.

🍽 *Lunch*

COET — 51 Vegetable & Legume Dinner Bowl

Great cold straight from the meal box.

🍽 *Dinner*

41 — Tuna with Fresh Vegetable Plate & Sweet Potato Mash

→ Use Base 66: last sweet potato portion closes here — both bases fully used by Wednesday.

➤ *COET: set aside one portion → Thursday lunch done.*

✶ *Wednesday finishes the last base: everything you prepared on Sunday gets used, nothing wasted.*

THURSDAY

Breakfast

11 — Avocado Toast on Whole Grain Bread

No eggs.

Lunch

COET — 41 Tuna with Fresh Vegetable Plate & Sweet Potato Mash

Light and satisfying cold.

Dinner

46 — Simple Chicken, Scrambled Eggs & Vegetable Dinner

2 eggs. No base needed. One pan, 20 min.

➤ *COET: set aside one portion → Friday lunch done.*

✶ *Thursday stays simple: one pan, two proteins, no planning required.*

FRIDAY

🍽 ***Breakfast***

10 — Warm Oatmeal with Apple, Cinnamon & Walnuts

No eggs.

🍽 ***Lunch***

COET — 46 Simple Chicken, Scrambled Eggs & Vegetable Dinner

Reheat quickly. Solid end-of-week meal box.

🍽 ***Dinner***

23 — Whole Grain Pasta with Salmon, Vegetables & Olive Oil

Friday pasta — one pot, 25 min. No COET tonight.

✶ *Friday ends with something warm and comforting. The week is done.*

SATURDAY — RESET & SHOPPING DAY

🍽 *Breakfast*

13 — Egg Breakfast Plate with Toasted Whole Grain Bread

2 eggs. A proper cooked breakfast — you have the time today.

🍽 *Lunch*

Flexible — use whatever is left in the fridge.

🍽 *Dinner*

47 — Bean, Vegetable & Brown Rice Stew

One pot, 35 min. A hearty, warming Saturday evening.

✶ Saturday closes the week: clean fridge, list ready, smooth restart on Sunday. Grocery shopping for Week 4 done during the day.

Week 3 **Grocery list**

Saturday grocery run — buy everything below before Sunday

PROTEINS

☐ Chicken breast — 1 small pack (~10 oz)

☐ Ground turkey — 1 lb

☐ Salmon — 1 fillet (~8 oz)

☐ Sardines (canned) — 2 cans

☐ Tuna (canned) — 2 cans

☐ Eggs — 1 carton

DAIRY

☐ Greek yogurt, plain low-fat — 1 container (12–16 oz)

VEGETABLES

☐ Spinach — 1 medium bag (5 oz)

☐ Zucchini — 2 medium

☐ Mushrooms — 2 packs (8 oz each)

☐ Cauliflower — 1 large head

☐ Broccoli — 1 small head

☐ Carrots — 1 bag (~1 lb)

☐ Onion — 1 medium

☐ Yellow bell pepper — 1 medium

☐ Cherry tomatoes — 1 small pint

☐ Sweet potatoes — 7 medium (~3 lb bag)

GRAINS

☐ Whole grain bread (100%) — 1 loaf

☐ *Brown rice (dry) — check W2 remainder*

☐ *Old-fashioned oats — check W2 remainder*

☐ *Whole wheat pasta — check W2 remainder*

☐ LEGUMES

☐ Chickpeas (canned) — 2 cans

☐ Black beans (canned) — 2 cans

☐ Lentils (canned) — 1 can

FRUIT

☐ Mixed berries (fresh or frozen) — 1 container

☐ Apple — 1

☐ Mango — 1

☐ Kiwi — 2

☐ Lime — 1

☐ Avocado — 1

NUTS & SEEDS

☐ *Walnuts — check W2 remainder*

☐ *Chia seeds — check W2 remainder*

PANTRY & SPICES

☐ *Extra-virgin olive oil / turmeric / cinnamon / pepper — check jars*

☐ *Ground cumin — check W2 jar*

☐ Saffron ✓ NEW — 1 small jar (for recipes 48 & 32)

OPTIONAL

☐ Extra whole grain bread slices — for egg breakfasts if desired

Whole grain bread — Add a slice alongside your egg breakfasts on days when you need a more filling start. If the loaf starts to dry out toward the end of the week, slice and lightly toast it before serving.

WEEK 4
MEAL PLAN

SUNDAY

🍽 ***Breakfast***
12 — Yogurt Bowl with Dates, Apple & Almonds

Light and naturally sweet — a calm start before the cooking ahead.

🍽 ***Lunch***
27 — Quinoa Bowl with Chicken, Eggs & Carrot–Tomato Purée

Vibrant, protein-rich bowl with warm carrot-tomato purée. Great for guests. (2 eggs)

→ Base 69 at lunch: cook 1½ cups quinoa total — ½ for the meal, 1 cup stored for Mon (62) & Tue (29).

🍽 ***Dinner***
54 — Simple Balanced Dinner Plate

→ Base 65 at dinner: cook 1 cup rice total — ½ for tonight, ½ stored for Wed (33).

➤ *COET: set aside one portion → Monday lunch done.*

✶ *Two bases split across Sunday: quinoa ready at lunch, rice ready at dinner. The week is lighter before Monday even begins.*

MONDAY

🍽 ***Breakfast***
2 — Anti-Inflammatory Fruit Salad with Citrus & Peppermint

🍽 ***Lunch***
COET — 54 Simple Balanced Dinner Plate

Sardines, rice, mushrooms, avocado — works beautifully cold.

🍽 ***Dinner***
62 — Roasted Vegetable & Quinoa Bowl with Saffron

→ Use Base 69: quinoa already cooked. Plant-based dinner. Oven + one bowl, 20 min.

➤ *COET: set aside one portion → Tuesday lunch done.*

✶ *Monday is effortless: one base active, vegetables in the oven, dinner on the table in 20 minutes.*

TUESDAY

🍽 *Breakfast*

5 — Soft Scrambled Eggs with Zucchini & Olive Oil

2 eggs

🍽 *Lunch*

COET — 62 Roasted Vegetable & Quinoa Bowl with Saffron

Vibrant colors, great cold.

🍽 *Dinner*

29 — Mediterranean-Style Lunch Bowl with Quinoa, Sardines & Tomato–Carrot Purée

→ Use Base 69: last quinoa portion finishes here — fully used, nothing wasted.

➤ *COET: set aside one portion → Wednesday lunch done.*

✶ *Tuesday wraps up the quinoa base cleanly: a Mediterranean bowl that feels fresh and light.*

WEDNESDAY

🍽 *Breakfast*

11 — Avocado Toast on Whole Grain Bread

No eggs — saving them for dinner.

🍽 *Lunch*

COET — 29 Mediterranean-Style Lunch Bowl with Quinoa & Sardines

Travels well. No reheating needed.

🍽 *Dinner*

33 — Balanced Grain & Vegetable Lunch Box with Eggs, Mushrooms & Broccoli–Potato Purée

3 eggs.

→ Use Base 65: rice from Sunday closes here. Cook one fresh sweet potato for the purée.

➤ *COET: set aside one portion → Thursday lunch done.*

✶ *Wednesday finishes the last base and puts three proteins on the plate at once — eggs, rice, and vegetables.*

THURSDAY

Breakfast

9 — Overnight Oats with Berries & Chia Seeds

Prep Wednesday night — 5 minutes.

Lunch

COET — 33 Balanced Grain & Vegetable Lunch Box

Filling and hearty cold.

Dinner

53 — Anti-Inflammatory Comfort Dinner with Turkey & Saffron Vegetable Purée

No base. Turkey + sweet potato + cauliflower in one pot, 30 min.

➤ *COET: set aside one portion → Friday lunch done.*

✶ *Thursday stays warm and comforting: one pot, rich flavors, nothing complicated.*

FRIDAY

🍽 *Breakfast*

1 — Greek Yogurt with Berries, Walnuts & Cinnamon

No eggs.

🍽 *Lunch*

COET — 53 Anti-Inflammatory Comfort Dinner with Turkey & Saffron Vegetable Purée

Rich and warming even reheated.

🍽 *Dinner*

26 — Broccoli & Cauliflower Turmeric Mash with Salmon

No base. Salmon on the stove, veggies steamed — 20 min. No COET tonight.

✶ *Friday ends clean and simple: a light, elegant dinner and nothing left to plan.*

SATURDAY — RESET & SHOPPING DAY

🍽 ***Breakfast***

10 — Warm Oatmeal with Apple, Cinnamon & Walnuts

Warm and grounding.

🍽 ***Lunch***

Flexible — use whatever is left in the fridge.

🍽 ***Dinner***

44 — Bean, Vegetable & Turkey Stew with Sweet Potatoes

One pot, 35 min. The perfect closing dish for four weeks of healthy, consistent eating.

✶ *Saturday closes Week 4 — and the full four-week plan. You've built a system that works.*

Week 4 **Grocery list**

Saturday grocery run — buy everything below before Sunday

PROTEINS

- ☐ Chicken breast — 1 small pack (~8 oz)
- ☐ Ground turkey — 1 lb
- ☐ Salmon — 1 fillet (~8 oz)
- ☐ Sardines (canned) — 3 cans
- ☐ Eggs — 1 carton

DAIRY

- ☐ Greek yogurt, plain low-fat — 1 large container (20–24 oz)

VEGETABLES

- ☐ Spinach — 1 medium bag (5 oz)
- ☐ Zucchini — 2 medium
- ☐ Yellow bell pepper — 2 medium
- ☐ Broccoli — 1 medium head
- ☐ Mushrooms — 2 packs (8 oz each)
- ☐ Cauliflower — 1 small head
- ☐ Carrots — 1 bag (~1 lb)
- ☐ Onion — 1 medium
- ☐ Cherry tomatoes — 1 pint
- ☐ Sweet potatoes — 4–5 medium
- ☐ Avocado — 1

GRAINS

- ☐ *Quinoa (dry) — check W3 remainder (1½ cups needed)*
- ☐ *Brown rice (dry) — check W3 remainder (1 cup needed)*
- ☐ *Old-fashioned oats — check W3 remainder*
- ☐ *Whole grain bread (100%) — check W3 loaf*

LEGUMES

- ☐ Chickpeas (canned) — 1 can
- ☐ Black beans (canned) — 1 can

FRUIT

- ☐ Mixed berries (fresh or frozen) — 1 container
- ☐ Apple — 3
- ☐ Orange — 1
- ☐ Grapefruit — 1
- ☐ Lemon — 1
- ☐ Dates (Medjool or Deglet Noor) — 1 small pack
- ☐ Avocado — 1

NUTS & SEEDS

- ☐ *Almonds — check W3 remainder*
- ☐ *Walnuts — check W3 remainder*
- ☐ *Chia seeds — check W3 remainder*

PANTRY & SPICES

- ☐ *Extra-virgin olive oil / turmeric / cinnamon / pepper — check jars*
- ☐ *Ground cumin — check W2 jar*
- ☐ *Saffron — check W3 jar*

OPTIONAL

- ☐ Extra whole grain bread slices — for egg breakfasts if desired

Whole grain bread — Add a slice alongside your egg breakfasts on days when you need a more filling start. If the loaf starts to dry out toward the end of the week, slice and lightly toast it before serving.

4-Week fridge-meal plan

Recipe numbers | ↩ = leftover from previous dinner | *flex* = use fridge leftovers

Week 1	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	9	6	1	7	10	11	3
Lunch	35	↩ 42	↩ 24	↩ 45	↩ 43	↩ 22	*flex*
Dinner	42	24	45	43	22	52	40

Week 2	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	12	4	2	8	5	11	10
Lunch	34	↩ 30	↩ 38	↩ 16	↩ 50	↩ 37	*flex*
Dinner	30	38	16	50	37	15	39

Week 3	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	1	14	3	9	11	10	13
Lunch	28	↩ 48	↩ 32	↩ 51	↩ 41	↩ 46	*flex*
Dinner	48	32	51	41	46	23	47

Week 4	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	12	2	5	11	9	1	10
Lunch	27	↩ 54	↩ 62	↩ 29	↩ 33	↩ 53	*flex*
Dinner	54	62	29	33	53	26	44