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RESONATE NUTRITION

MAIJA ERICKSON RD



Nutrition Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	 Strawberry Maple Overnight Oats 2.0	 Turkey Sausage Egg McMuffin, Grapes	 Chocolate PB Protein Waffles, Half Banana	 Leftover: Chocolate PB Protein Waffles, Half Banana	 Turkey Sausage Egg McMuffin, Grapes	 Vegan Breakfast Tortilla 28 g protein	 Vegan Breakfast Tortilla 28 g protein
LUNCH	 Chicken Pita with Orange, Cheese Stick	 Leftover: Salmon, Rice and Brussels Sprouts, Corn, Red Onions, and Greens	 Leftover: Spiced Chicken with Potato 2.0, Roasted Brussels Sprouts	 Steak Corn Tacos 2.0	 Leftover: Steak Corn Tacos 2.0	 Leftover: Fish Tacos with Peach Salsa 2.0, Cheesy Roasted Turnips	 Salmon Salad Wrap, Apple, Nuts & Greek Yogurt
SNACK	 Bagel with Peanut Butter	 Apples, Cinnamon, and Yogurt	 Leftover: Apples, Cinnamon, and Yogurt	 Almond Butter Popcorn Balls	 Leftover: Almond Butter Popcorn Balls	 Leftover: Chicken Hummus Pizza	 No-Bake PB Protein Bites 2.0
2ND SNACK					 Chicken Hummus Pizza		
DINNER	 Salmon, Rice and Brussels Sprouts, Corn, Red Onions, and Greens	 Spiced Chicken with Potato 2.0, Roasted Brussels Sprouts	 Turkey and Cheese Meatball Sub, Green Beans	 Leftover: Turkey and Cheese Meatball Sub, Green Beans	 Fish Tacos with Peach Salsa 2.0, Cheesy Roasted Turnips	 Chicken, Couscous, and Salad, Roasted Carrots with Hummus	 Turkey Spaghetti Marinara 2.0, Spring Mix & Tomato Side Salad



Grocery List

BAKERY

- | | |
|---|--|
| <input type="checkbox"/> 1 bag (12 ct) of Corn Tortillas | <input type="checkbox"/> 1 package (6 ct) of English Muffins |
| <input type="checkbox"/> 1 bag (6 ct) of Plain Bagels | <input type="checkbox"/> 1 package (6 ct) of Whole Wheat Hotdog Buns |
| <input type="checkbox"/> 1 bag (6 ct) of Whole Wheat Pita Bread | <input type="checkbox"/> 1 package (8 ct) of Whole Wheat Tortillas |

BAKING GOODS

- | | |
|--|--|
| <input type="checkbox"/> 1 tin (4 oz) of Baking Powder | <input type="checkbox"/> 1 package (16 oz) of Light Brown Sugar |
| <input type="checkbox"/> 1 can (5-7 fl oz) of Nonstick Cooking Spray | <input type="checkbox"/> 1 package (12 oz) of Semi Sweet Chocolate Chips |

BEVERAGES

- 1 package (16-18 oz) of Plant-Based Protein Powder

CANNED / JAR GOODS

- | | |
|---|---|
| <input type="checkbox"/> 1 jar (12 oz) of Almond Butter | <input type="checkbox"/> 1 jar (23-24 oz) of Applesauce |
| <input type="checkbox"/> 2 cans (15 oz) of Canned Pinto Beans | <input type="checkbox"/> 1 jar (6.5 oz) of PB2 |
| <input type="checkbox"/> 1 jar (18 oz) of Peanut Butter | <input type="checkbox"/> 1 container (16 oz) of Salsa Pico de Gallo |
| <input type="checkbox"/> 1 can (8 oz) of Tomato Sauce | |





Strawberry Maple Overnight Oats 2.0

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

overnight oats

- 1/4 cup oats
- 1/4 cup milk
- 1 cup greek yogurt
- 3/4 cup strawberries
- 2 teaspoons maple syrup
- 1/4 cup pumpkin seeds

garnish

- 1/4 cup strawberries

Method

overnight prep

1. Add oats, milk, yogurt, and maple syrup into a reusable container.
2. Stir with a spoon until well mixed.
3. Wash and slice strawberries and add them, along with pumpkin seeds, to overnight oat mixture.
4. Put mixture into refrigerator and leave overnight.

to serve

1. Serve with strawberries the following morning.

NUTRITION INFORMATION PER SERVING

Protein 38g	Sodium 176mg
Total Fat 24g	Saturated Fat 6.9g
Carbs 57g	Fruits 1 servings
Calories 573kcal	Vegetables 0 servings
Fiber 5.7g	Added Sugar 8.1g

PORTIONS

