



WEEK 2 Meal Plan

September 2026

30-MINUTE WEEKDAY MEALS

Theme: Dinner doesn't have to take all night.

YOUR 5 DINNERS

Monday — Garlic Chicken Pasta Primavera

Chicken, whole-grain pasta, broccoli, peppers and tomatoes tossed with garlic, olive oil and Parmesan.

Tuesday — Chicken Pesto Flatbreads

Use leftover chicken with whole-grain flatbread, pesto, tomatoes and mozzarella.

Wednesday — Turkey Meatballs & Marinara

Serve homemade or simple lean turkey meatballs with marinara and roasted vegetables.

Thursday — Meatball Subs

Use leftover meatballs in whole-grain rolls with marinara and mozzarella.

Friday — Mediterranean Chicken Bowls

Chicken, cucumber, tomatoes, rice, greens, hummus and Greek-yogurt sauce.

YOUR GROCERY LIST

Protein

- 2½ lb chicken
- 1½ lb lean ground turkey



Produce

- Broccoli
- Bell peppers
- Cherry tomatoes
- Cucumbers
- Salad greens
- Garlic
- Lemon
- Fresh parsley

Pantry

- Whole-grain pasta
- Whole-grain flatbreads
- Whole-grain rolls
- Marinara sauce
- Rice
- Hummus
- Pesto
- Olive oil

Dairy

- Mozzarella
- Parmesan
- Plain Greek yogurt

YOUR PREP GUIDE

Prep Session — 60 Minutes

Cook the chicken.

Season half Mediterranean-style and half Italian-style.

Make the meatballs.

Bake them rather than frying.

Cook pasta.



Cook enough for Monday and reserve some for another meal if desired.

Cook rice.

Wash and chop vegetables.

Make one yogurt sauce.

Greek yogurt + lemon + garlic + parsley.