



THE 5 DAY MEAL PLAN*

***FOR REAL PEOPLE**

Dear Eater of Food,

We get it. You want to cook more, but it's hard. Maybe you find yourself staring into an empty fridge at the end of a long day, and decide that ordering take out is your only option.

Perhaps you had high hopes of dazzling your family with a three course meal tonight, but you only have enough energy to boil some water and heat some tomato sauce.

Or maybe you don't even know where to begin.

We have the meal plan for you!

Our perfectly imperfect meal planning guide is designed for busy people and their families.

You'll notice there are some meals that we recommend leaving (gasp!) unplanned. Why? Because life is unpredictable, and should you find yourself home for dinner all five nights, you can probably scrounge together a meal or two of leftovers of pantry staples.

You'll also notice we have some repeat meals on there. 15 individual meals in five days - that's exhausting! Give yourself a break and embrace the leftovers.

The beauty of meal planning is that the more you do it, the easier it gets. You can even save successful meal plans and use them again a month or two from now. Some investment in planning up front pays dividends down the road.

A final note:

We have included a completed meal plan, shopping list, and recipe booklet as an example. Minus pantry staples (salt, oil, spices) the entire trip to the grocery store for a family of four would cost \$93.23 at Fred Meyer - that's \$1.86 per person per meal! The sample is in no way intended to be nutritionally perfect or representative of any individual diet - it is intended to provide inspiration and to showcase some opportunities to find a balance between perfection and reality (because in our book there is nothing wrong with spaghetti and jarred sauce on a busy night)!

Yours truly,

The Beecher's Foundation Team

STEP BY STEP MEAL PLANNING

STEP 1: CHOOSE YOUR MEALS

Use the recipes provided, check our blog for inspiration, ask your neighbors, or use your own family favorites. Stick to recipes with fewer ingredients and easy prep to keep things simple!

PSST...

GET INSPIRED!



BREAKFAST 1: _____ x3

BREAKFAST 2: _____ x2

LUNCH 1: _____ x2

LUNCH 2: _____ x2

DINNER 1: _____ x1

DINNER 2: _____ x2

DINNER 3: _____ x1

SNACKS: _____

GRAB-AND-GO

QUICK COOKING

MAKE AHEAD SALAD

GRAIN BOWL

SHEET PAN MEAL

SLOW COOKER

PANTRY STAPLE/FAMILY FAVORITE

SOME OF OUR FAVORITE SNACKS:

- Roasted salted nuts
- Apple + cheddar cheese
- Sliced cucumber sprinkled with salt
- Whole milk yogurt + granola
- Sardines + crackers

STEP 2: ADD YOUR MEALS TO THE CALENDAR

BF 1 = Breakfast 1, L 1= Lunch 1, D 1 = Dinner 1. Add snacks to the snack box.

STEP 3: ADD YOUR INGREDIENTS TO THE SHOPPING LIST

Go through each recipe, use the multiplication numbers above, and add ingredients to the shopping list using the categories.

Hot tip: Use the free **MyList** app on your phone!

5 DAY MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BF 1	BF 1	BF 2	BF 2	BF 1
L 1	L 2	L 1	L 2	LEFTOVERS/ WILDCARD
D 1	D 2	D 2	D 3	LEFTOVERS/ WILDCARD

SNACKS

SHOPPING LIST

fruits and veggies

meat/dairy

frozen food

middle aisles



SOUND FOOD UPRISING COMPLETED PLAN

AN EXAMPLE

COMPLETED
MEAL LIST

COMPLETED
5 DAY PLAN

COMPLETED
SHOPPING LIST

5 DAY MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BF 1 Quick Scramble	BF 1 Peanut Butter Banana Toast	BF 2 Peanut Butter Banana Toast	BF 2 Peanut Butter Banana Toast	BF 1 Quick Scramble
L 1 No Chop Chickpea Salad	L 2 No Chop Chickpea Salad	L 1 Chicken Salad Wrap	L 2 Chicken Salad Wrap	LEFTOVERS/ WILDCARD Leftovers/Wildcard
D 1 Chicken Sheet Pan Meal	D 2 Vegetarian Lentil Chili	D 2 Vegetarian Lentil Chili	D 3 Spaghetti & Garlic Bread	LEFTOVERS/ WILDCARD Leftovers/Wildcard

SNACKS

String Cheese

Nuts

Apples

SHOPPING LIST

fruits and veggies

1 box spinach
1 box arugula
1 bunch parsley
2 red pepper
1 pint cherry tomatoes
1 cucumber
1 red onion
1 sweet potato
1 yellow onion
1 head garlic
8 apples
6 bananas

meat/dairy

2 dozen eggs
1 quart Greek yogurt
3/4 cup feta
1 rotisserie chicken
String cheese
Sour cream

frozen food

Garlic bread

1 box pasta
1 jar pasta sauce
6 oz tomato paste
1 can kidney beans
1 cup brown lentils
2 cups nuts

middle aisles

3 cans black beans
1 jar salsa
1 jar peanut butter
1 loaf whole wheat bread
2 cans chickpeas
1 can kalamata olives
Mayonaise
Wraps
Brown rice
2 15-oz diced tomatoes

Hot tip: Try the free MyList App - it automatically categorizes your list and is always with you!



SOUND FOOD UPRISING

RECIPE IDEAS

TO GET YOU STARTED

**BREAKFAST
RECIPES**

**LUNCH
RECIPES**

**DINNER
RECIPES**

PEANUT BUTTER BANANA TOAST



THIS ONE CAME FROM OUR BRAINS! NO ONLINE RECIPE AVAILABLE.

RECIPE SOURCE

INGREDIENTS

- 1 slice whole grain bread
- 1-2 Tablespoons peanut butter
- 1/2 banana

DIRECTIONS

STEP 1

Toast the bread

STEP 2

Cover with peanut butter (or almond butter, or sunflower seed butter, etc)

STEP 3

Slice a banana (into coins or long slices) and place on top of the peanut butter. Enjoy!

OTHER IDEAS

Also delicious with blueberries, thinly sliced apples, or strawberries. Sprinkle with cinnamon for a twist.

TOOLS NEEDED

- butter knife

NUMBER OF SERVINGS

1

TIME TO PREPARE

5 MIN

TIME TO COOK

OVERNIGHT (IN FRIDGE)

COST

\$0.90/SERVING

PEANUT BUTTER OVERNIGHT OATS



WWW.MINIMALISTBAKER.COM/PEANUT-BUTTER-OVERNIGHT-OATS/

RECIPE SOURCE

INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup milk
- 3/4 Tablespoon chia seeds (optional)
- 2 Tablespoons salted peanut or almond butter
- 1 Tablespoon maple syrup (or honey)

DIRECTIONS

STEP 1

To a mason jar or small bowl, add milk, chia seeds, peanut butter, and sweetener and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the milk (this leaves swirls of peanut butter to enjoy the next day).

STEP 2

Add oats and stir a few more times. Press down with a spoon to ensure all oats have been moistened and are immersed in milk.

STEP 3

Cover securely with lid or plastic wrap and set in the refrigerator overnight (or at least 6 hours).

STORAGE

Overnight oats will keep in the refrigerator for 48 hours.

TOOLS NEEDED

- small jar with lid
- measuring spoons

NUMBER OF SERVINGS

1

TIME TO PREPARE

5 MIN

TIME TO COOK OVERNIGHT (IN FRIDGE)

COST

\$0.83/SERVING

QUICK SCRAMBLE



[WWW.BEECHERSFOUNDATION.ORG/RECIPES/
QUICK-BREAKFAST-SCRAMBLE](http://WWW.BEECHERSFOUNDATION.ORG/RECIPES/QUICK-BREAKFAST-SCRAMBLE)

RECIPE SOURCE

INGREDIENTS

- 1 Tablespoon oil or butter
- 1 cup fresh spinach
- 1/4 cup black beans
- 2 eggs
- 2 Tablespoons salsa
- 2 Tablespoons whole milk Greek yogurt
- salt and pepper, to taste
- Add-ons: fresh veggies, cheese, meat, cilantro, avocado, hot sauce, serve on tortillas, etc!

TOOLS NEEDED

- non-stick skillet
- spatula or spoon

NUMBER OF SERVINGS

1

TIME TO PREPARE

0 MIN

TIME TO COOK

7 MIN

COST

\$1.45/SERVING

DIRECTIONS

STEP 1

Heat a medium skillet (cast iron, ceramic, stainless, or non-stick) over medium high heat. Add 1/2 Tablespoon of oil or butter.

STEP 2

Add beans, salsa, spinach, salt, and pepper. Stir until spinach is beginning to wilt and beans are heated through.

STEP 3

Move the beans and spinach to one side of the pan, add additional butter or oil to the empty side. Crack the eggs onto the empty side of the pan and season with salt and pepper.

STEP 4

Scramble the eggs as they cook, eventually adding all other ingredients to the scramble.

STEP 5

Top with a dollop of yogurt and enjoy!

NO CHOP CHICKPEA SALAD



WWW.FOOD52.COM/RECIPES/80538-NO-CHOP-CHICKPEA-SALAD

RECIPE SOURCE

INGREDIENTS

- 2 15.5-oz cans chickpeas
- 1 cup pitted kalamata olives, torn into pieces
- 1/2 cup capers (optional)
- 1/2 cup fresh parsley leaves, torn into pieces
- 4 Tablespoons olive oil
- 4 Tablespoons red wine vinegar
- 1 teaspoon salt
- 1 teaspoon pepper
- 3/4 cup crumbled feta cheese
- 4 cups arugula

DIRECTIONS

STEP 1

Drain and rinse the chickpeas and dump into a large bowl. Add the torn olives, capers (optional), and torn parsley and mix to combine. Dress the salad with olive oil, vinegar, salt, and pepper. Then add in the crumbled feta cheese and toss again.

STEP 2

If you're serving the whole thing at once, toss in the 4 cups of arugula. If you're only having individual portions over the course of a few days, mix in 1 cup of arugula to every serving of the chickpea salad as you go, to avoid the salad getting soggy in the fridge.

TOOLS NEEDED

- can opener
- large mixing bowl

NUMBER OF SERVINGS

4

TIME TO PREPARE

5 MIN

TIME TO COOK

0 MIN

COST

\$17.76/RECIPE
\$4.44/SERVING

CHEATER'S CURRIED CHICKEN SALAD WRAPS



[HTTPS://BEECHERSFOUNDATION.ORG/RECIPES/CHEATERS-CURRIED-CHICKEN-SALAD/](https://beechersfoundation.org/recipes/cheaters-curried-chicken-salad/)

RECIPE SOURCE

INGREDIENTS

- Meat from 1 rotisserie chicken, cubed (about 4 cups)
- 1 red pepper, diced
- 1/2 cucumber, diced
- 1/2 bunch scallions, sliced
- 3/4 cup mayonnaise
- 1 teaspoon curry powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 package whole grain wraps

DIRECTIONS

STEP 1

Remove meat from bones and chop or shred chicken breasts and thighs. Chop all vegetables.

STEP 2

Combine all ingredients in a medium bowl, stir. Season to taste.

STEP 3

Add salad to a wrap, fold, and enjoy! Pre-wrapped chicken salad will last about 1 day, the salad and wraps will store separately for 5 days.

TOOLS NEEDED

- Large bowl
- Chef's knife
- Cutting board
- Mixing spoon

NUMBER OF SERVINGS

8

TIME TO PREPARE

20 MIN

TIME TO COOK

0 MIN

COST

\$20.26/RECIPE

\$2.53/SERVING

CHICKEN SHEET PAN MEAL



BEECHERSFOUNDATION.ORG/RECIPES/SHEET-PAN-CHICKEN-VEGGIES/

RECIPE SOURCE

INGREDIENTS

- 1 red onion
- 1 red bell pepper
- 1 sweet potato
- 4 chicken thighs (bone-in or boneless, your choice)
- 3 Tablespoons expeller pressed canola or safflower oil
- 1/2 bunch cilantro, chopped
- 1 lemon
- Salt, pepper, and any other spices you want (Need inspiration? Try chili powder, cumin, and granulated garlic.)

TOOLS NEEDED

- Knife + cutting board
- Sheet pan

NUMBER OF SERVINGS

4

TIME TO PREPARE

10 MIN

TIME TO COOK

25 MIN

DIRECTIONS

STEP 1

Prep vegetables: Peel onion and slice into quarter inch wedges from the root (keeping the root in tact helps the wedges stay together). Cut sweet potato and pepper into 1 inch pieces.

STEP 2

Add veggies to sheet pan, coat with oil, add spices, and stir.

STEP 3

Place chicken on top of vegetables and season with salt, pepper, and any additional seasonings.

STEP 4

Roast for 20 minutes, or until vegetables are tender and chicken reaches 165F.

STEP 5

Squeeze lemon over finished sheet pan, sprinkle with cilantro, and enjoy!

COST

\$15.00/RECIPE

\$3.75/SERVING

PURE FOOD KIDS VEGETABLE CHILI



BEECHERSFOUNDATION.ORG/RECIPES/PURE-FOOD-KIDS-CHILI/

RECIPE SOURCE

INGREDIENTS

- 1 cup chopped sweet onion
- 4 cloves garlic, minced
- 1 red pepper, diced
- 1 green pepper, diced
- 1 medium zucchini, diced
- 1 15.25 oz can kidney beans
- 1 15.25 oz can black beans
- 1 28 oz can diced tomatoes
- 1 Tablespoon chili powder
- 1 1/2 teaspoon oregano
- 3/4 teaspoon cumin
- 1 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 Tablespoon vegetable oil
- 1 cup frozen corn
- 1/2 bunch cilantro, chopped

TOOLS NEEDED

- Knife + cutting board
- Medium Pot

NUMBER OF SERVINGS

6

TIME TO PREPARE

15 MIN

TIME TO COOK

15 MIN

DIRECTIONS

STEP 1

Open, drain, and rinse the beans. Open the can of tomatoes.

STEP 2

Add oil to medium pot over medium-high heat

STEP 3

Add onion and garlic and saute until onion is translucent

STEP 4

Add peppers, zucchini, and spices and stir until vegetables begin to soften.

STEP 5

Add corn, beans, and tomatoes, stir, and bring to a boil.

STEP 6

Simmer chili for 15 minutes.

STEP 7

Top with cilantro and enjoy!

COST

\$15.00/RECIPE
\$2.50/SERVING

SLOW COOKER VEGETARIAN LENTIL CHILI



WWW.BUDGETBYTES.COM/SLOW-COOKER-VEGETARIAN-LENTIL-CHILI/
RECIPE SOURCE

INGREDIENTS

- 1 yellow onion
- 2 cloves garlic
- 1 15 oz. can diced tomatoes
- 1 6 oz. can tomato paste
- 1 15 oz. can black beans, drained
- 1 15 oz. can kidney beans, drained
- 1 cup brown lentils
- 1 Tablespoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 2 Tablespoons coconut oil
- 4 cups vegetable broth
- Salt and pepper, to taste

TOOLS NEEDED

- Knife + cutting board
- Medium Pot

NUMBER OF SERVINGS

6

TIME TO PREPARE

15 MIN

TIME TO COOK

15 MIN

COST
\$4.64/RECIPE
\$0.77/ SERVING

DIRECTIONS

STEP 1

Dice the onion and mince the garlic. Add the onion and garlic to the slow cooker, along with all the other ingredients to the slow cooker. Stir ingredients in the slow cooker to combine.

STEP 2

Place a lid on the slow cooker and cook on high for four hours (or low for 8 hours). After cooking, the lentils should be tender. Taste the chili and add salt to taste, if needed (this will depend on the salt content of your broth).

STEP 3

Serve the chili hot, with your favorite toppings.

WEEKNIGHT SPAGHETTI & GARLIC BREAD



THIS ONE CAME FROM OUR BRAINS- NO
ONLINE RECIPE SOURCE AVAILABLE
RECIPE SOURCE

INGREDIENTS

- 1 box of your favorite pasta
- 1 jar of your favorite pasta sauce
- 1 loaf frozen garlic bread
- 1 cup Parmesan cheese

TOOLS NEEDED

- Large pot
- Sheet pan

NUMBER OF SERVINGS

6

TIME TO PREPARE

0 MIN

TIME TO COOK

15 MIN

DIRECTIONS

STEP 1

Cook garlic bread according to package directions.

STEP 2

Fill pot with enough water to cook the pasta, salt generously (it should be salty like the sea) and bring to a boil. Cook noodles according to package directions.

STEP 3

Strain pasta, rinse under cool water to stop the cooking, and cook any additional ingredients in pot (see variations, below)

STEP 4

Add pasta sauce and pasta to pot. Stir to mix and ensure everything is heated through. Divide into bowls, sprinkle with Parmesan cheese, and enjoy!

VARIATIONS

Saute meat or vegetables with some oil or butter before you add the sauce and cooked noodles. Some of our favorites: Artichoke hearts, mushrooms, zucchini, or spinach.

COST

\$13.10/RECIPE
\$2.18/SERVING