PLAN & SHOP

A week made simpler

A seven-day recipe rotation for one adult, with matching shopping quantities.

This shopping illustration has not been analyzed for calories or nutrients and may provide too little food if followed by itself. It is not a complete daily meal plan or a calorie target. A dietitian should personalize meals and additions. Adjust portions and add snacks, sides, or other food to meet your needs. Quantities cover only the listed recipes.

The leftover rhythm

Cook two portions of dinners on days 1-6: eat one and reserve one for the next lunch. Make one portion of dinner on day 7. Shopping totals count each eaten portion once. For two adults, double all listed quantities. Freeze proteins that will not be used within safe refrigerator windows.

Days 1-4

Day 1

Breakfast: Berry yogurt oat bowl

Lunch: Chicken quinoa lunch bowl

Dinner: Herb chicken, potato, and carrots

Snack option: Kiwi yogurt cup

Day 2

Breakfast: Spinach eggs on toast

Lunch: Herb chicken, potato, and carrots (reserved dinner)

Dinner: Salmon with rice and green beans

Snack option: Cottage cheese and melon

Day 3

Breakfast: Banana overnight oats

Lunch: Salmon with rice and green beans (reserved dinner)

Dinner: Turkey and zucchini pasta

Snack option: Egg and crackers

Day 4

Breakfast: Peach cottage-cheese bowl

Lunch: Turkey and zucchini pasta (reserved dinner)

Dinner: Ginger tofu rice bowl

Snack option: Warm edamame snack

THE SECOND HALF OF THE WEEK

Days 5-7

Day 5

Breakfast: Tofu zucchini breakfast skillet

Lunch: Ginger tofu rice bowl (reserved dinner)

Dinner: White fish with sweet potato

Snack option: Small banana yogurt smoothie

Day 6

Breakfast: Apple-cinnamon warm oats

Lunch: White fish with sweet potato (reserved dinner)

Dinner: Mild chicken and bean bowl

Snack option: Hummus and soft carrots

Day 7

Breakfast: Egg and potato breakfast bowl

Lunch: Mild chicken and bean bowl (reserved dinner)

Dinner: Turkey meatballs with couscous

Snack option: Kiwi yogurt cup

Prepare safely

Refrigerate tomorrow’s lunch promptly in a shallow container. Use most cooked leftovers within 3-4 days or freeze. Reheat to 165°F and keep packed lunches chilled. Do not keep a whole week of raw poultry in the refrigerator. [S23, S26]

SHOPPING FOR THE EXAMPLE

Your combined grocery list

Net usable amounts. Round up to convenient packages and allow for peels, trimming, and draining. Check the pantry first. Extra food, water, and optional seasonings are not counted.

Protein foods

Ingredient	Net quantity
[ ] Chicken breast	720 g
[ ] Eggs	5 each
[ ] Firm tofu	510 g
[ ] Lean ground turkey	450 g
[ ] Salmon fillet	300 g
[ ] Shelled edamame	100 g
[ ] White fish fillet	320 g

Dairy and alternatives

Ingredient	Net quantity
[ ] Low-fat cottage cheese	320 g
[ ] Low-fat milk	350 mL
[ ] Plain low-fat Greek yogurt	820 g

Produce

Ingredient	Net quantity
[ ] Apple	100 g
[ ] Banana	140 g
[ ] Bell pepper	200 g
[ ] Berries	80 g
[ ] Carrot	600 g
[ ] Green beans	600 g
[ ] Kiwi	150 g
[ ] Melon	150 g
[ ] Peach	100 g
[ ] Potato	510 g
[ ] Spinach	80 g

Ingredient	Net quantity
[ ] Sweet potato	400 g
[ ] Zucchini	850 g

Grains, canned foods, and pantry

Ingredient	Net quantity
[ ] Brown rice	280 g
[ ] Canned black beans, drained	160 g
[ ] Hummus	50 g
[ ] No-added-salt crushed tomatoes	200 g
[ ] Olive oil	105 mL
[ ] Quinoa	45 g
[ ] Rolled oats	145 g
[ ] Whole-grain bread	80 g
[ ] Whole-grain crackers	45 g
[ ] Whole-wheat couscous	50 g
[ ] Whole-wheat pasta	120 g

Buying shortcuts

The example uses 720 g chicken, 450 g ground turkey, 510 g tofu, and 820 g Greek yogurt. A 1 lb turkey pack and a 32 oz yogurt tub cover those amounts; tofu needs about two typical blocks. Purchase a little more than net produce weights to allow for trimming. Freeze surplus bread or proteins.

Simplify your own week

Choose two breakfast bases and three dinners. Use frozen vegetables and repeat ingredients. Convenience foods can fit; compare sodium and protein on labels. Changes to recipes require recalculating shopping quantities.

Sources

S23: USDA FSIS: Leftovers and food safety

S25: USDA MyPlate: Make a plan

S26: USDA FSIS: Refrigeration and food safety