



WEEK 2 MEAL PLAN



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YOUR JOURNEY CONTINUES...

Welcome to week 2! We'll continue to focus on low fat breakfast and dinner as you start taking your medication at night now in addition to your morning dose. We will also focus keeping protein and fiber up with some new delicious recipes. As always, drink water and get enough fiber to keep things moving.

KEEP IT GOING!

NUTRITIONAL GUIDELINES FOR MEAL PLANNING

The following meal plan has been developed by a registered dietitian (RD) to accompany starting weight loss medication. Please consult a healthcare professional, such as a registered dietitian, for personalized dietary advice.



Fluid Guidelines

Men: 13 cups (104 oz) fluids daily
Women: 9 cups (72 oz) fluids daily

Fiber Guidelines

Aim for at least 25-35 g of fiber per day.

Fat Guidelines

Total grams of fat are limited in this meal plan at breakfast and dinner as that is when you'd be taking your medication this week.

Your medication is intended to be taken with low fat meals.

Protein Guidelines

We'll try to get you 105-120 grams of protein per day. This can help with increased satiety and muscle retention during weight loss.

- 1400-1600 calories per day
- 300-450 calories per meal
- 100-200 calories per snack
- 140-160g carbohydrate per day
- 25-40g fiber per day
- 105-120g protein per day
- 45-55g total fat per day
- Focus on drinking zero-calorie and/or sugar-free beverages—preferably water.
- You can also get your water intake from vegetables like leafy greens, artichokes, asparagus, bean sprouts, broccoli, broccolini, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, kale, lettuce, mushrooms, onions, peppers, radishes, sauerkraut, spinach, summer squash, tomatoes, watercress and zucchini. You can add unlimited amounts of these veggies to your meals.
- A high-fiber diet is beneficial for weight management and gut health. Include whole grains, legumes, fruits, and vegetables.
- Fiber may help with the possible side effects of constipation while taking your medication.

Breakfast and Dinner:

- Total fat is limited to < 3g per 100 calories.
- **Protein shakes:** Aim for >25-35g protein, <5g sugar, 150-200 calories.
- **Protein bars:** Aim for >15g protein, < 5g total sugar, 150-220 calories.
- **Protein powders:** Aim for 70-120 calories per scoop, 15-25g protein, < 5g total sugar.



MEAL PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	protein yogurt overnight oats	banana walnut cottage cheese oatmeal	egg white salsa bowl	banana walnut cottage cheese oatmeal	egg white salsa bowl	banana walnut cottage cheese oatmeal	protein yogurt overnight oats
SNACK 1	protein shake (premade 30g protein)	2 nut butter cookies + 1 apple	1 cup cantaloupe + ½ cup cottage cheese	protein bar (premade 20g protein)	1 cup cantaloupe + ½ cup cottage cheese	protein bar (premade 20g protein)	1 cup cantaloupe + ½ cup cottage cheese
LUNCH	maple dijon chicken mushroom quinoa + 1 cup steamed broccoli	greek chicken salad + black bean dip with veggies	greek chicken salad + black bean dip with veggies	teriyaki tofu bowl + 1 cup zucchini noodles	taco salad with beef + black bean dip with veggies	tuna patties with salad + 1 cup of steamed carrots and broccoli	everything bagel salmon & veggies + crispy roasted lentils
SNACK 2	2 hard boiled eggs + 1 cup blueberries	1 protein shake (premade 30g protein) + 1 cup cucumber slices	2 nut butter cookies + 1 cup cantaloupe	protein shake (premade 30 gm protein) + 1 apple	protein bar (premade 20 gm protein) + 1 cup jicama sticks	2 hard boiled eggs + 1 cup cucumber slices	2 nut butter cookies + 1 cup blueberries
DINNER	turkey & cheese tortellini + 1 cup steamed broccoli	mustard cabbage & salmon + 1 cup carrots & broccoli	teriyaki tofu bowl + 1 cup zucchini noodles	taco salad with beef + 1 cup jicama sticks	tuna patties with salad + 1 cup carrots & broccoli	everything bagel salmon & veggies + crispy roasted lentils	maple dijon chicken mushroom quinoa + 1 cup steamed broccoli

Notes: Leftovers are shown in blue font.

Click the recipe to jump to the page in this meal plan for easy navigating.



NUTRITIONAL INFORMATION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calories: 1650	Calories: 1651	Calories: 1502	Calories: 1502	Calories: 1581	Calories: 1665	Calories: 1601
Fat: 49g	Fat: 61g	Fat: 67g	Fat: 43g	Fat: 69g	Fat: 59g	Fat: 58g
Carbs: 165g	Carbs: 147g	Carbs: 157g	Carbs: 184g	Carbs: 137g	Carbs: 149g	Carbs: 160g
Fiber: 26g	Fiber: 26g	Fiber: 30g	Fiber: 34g	Fiber: 39g	Fiber: 24g	Fiber: 26g
Sugar: 52g	Sugar: 67g	Sugar: 56g	Sugar: 64g	Sugar: 47g	Sugar: 33g	Sugar: 46g
Protein: 141g	Protein: 149g	Protein: 94g	Protein: 119g	Protein: 124g	Protein: 154g	Protein: 127g

The nutrition information provided is based on standard serving sizes. Actual values may vary due to factors such as preparation methods and specific product brands. Always refer to packaging for the most accurate information.

GROCERY LIST

VEGETABLES

- ☐ Baby spinach
- ☐ 1 large package broccoli florets
- ☐ 1 package broccolini
- ☐ 1 bag carrots
- ☐ 1 package celery
- ☐ Large package cherry tomatoes
- ☐ 2 cucumbers
- ☐ Green cabbage
- ☐ 1 bunch green onion
- ☐ 1 jalapeño pepper
- ☐ 5 jicama
- ☐ 1 bag mini potatoes
- ☐ Mixed greens
- ☐ 2 packages cremini mushrooms
- ☐ 3 red bell peppers
- ☐ 1 head romaine lettuce
- ☐ 1 yellow onion
- ☐ 4 zucchini
- ☐ 1 package frozen spinach
- ☐ 1 package frozen cauliflower rice
- ☐ 3 packages of frozen zucchini noodles
- ☐ Non-starchy veggies*

FRUIT

- ☐ 2 apples
- ☐ 1 avocado
- ☐ Blueberries
- ☐ Blackberries
- ☐ 1 cantaloupe
- ☐ 2 lemons
- ☐ 2 bananas
- ☐ Raspberries
- ☐ 2 limes

GRAINS

- ☐ Brown rice
- ☐ Breadcrumbs
- ☐ Rolled or quick-cook oats
- ☐ Quinoa

PROTEIN

- ☐ 2 lbs chicken breast
- ☐ 3 protein bars
- ☐ 3 protein shakes
- ☐ Protein powder, vanilla
- ☐ 8 oz chicken thighs
- ☐ 8 oz extra-lean ground beef
- ☐ 3 oz extra-lean ground turkey
- ☐ 24 oz salmon fillet
- ☐ 1 package extra-firm tofu
- ☐ 2 cans tuna
- ☐ Peanut butter
- ☐ Walnuts
- ☐ 2 cans black beans
- ☐ Dry lentils, green

SPICES & STAPLES

- ☐ Apple cider vinegar
- ☐ Avocado oil
- ☐ Avocado oil spray
- ☐ Balsamic vinegar
- ☐ Salsa (you choose the spice)
- ☐ Dijon mustard
- ☐ Extra-virgin olive oil
- ☐ Kalamata olives, pitted
- ☐ Rice vinegar
- ☐ Soy sauce (tamari)
- ☐ Tartar sauce
- ☐ Tomato sauce
- ☐ Whole grain mustard
- ☐ Vanilla extract
- ☐ Honey
- ☐ Arrowroot powder
- ☐ Coconut sugar
- ☐ Monk fruit sweetener
- ☐ Maple syrup

SEEDS, NUTS, SPICES

- ☐ Oregano
- ☐ Garlic powder
- ☐ 1 jar sun-dried tomato
- ☐ 1 jar pesto
- ☐ Chili flakes
- ☐ Chili powder
- ☐ Dried thyme
- ☐ Cumin
- ☐ Greek seasoning (see recipe for details)
- ☐ Paprika
- ☐ Turmeric
- ☐ Sea salt
- ☐ Black pepper
- ☐ Cilantro
- ☐ Dill
- ☐ Ginger
- ☐ Cinnamon

DAIRY

- ☐ 1 large container cottage cheese, low-fat
- ☐ Milk, whole or unsweetened plant-based
- ☐ 1 dozen eggs
- ☐ 16 oz egg whites
- ☐ 1 large container plain Greek yogurt
- ☐ Butter



Notes: *Add unlimited non-starchy veggies when you go grocery shopping. Most recipes are made for 2 servings.

BREAKFAST

Time: 10 minutes

Makes: 3 servings

Ingredients

1 cup oats

3 cups cottage cheese (low-fat)

1 ½ banana (sliced)

2 tbsps walnuts (chopped)

¾ tsp cinnamon

1 tsp vanilla extract

BANANA WALNUT COTTAGE CHEESE OATMEAL



Directions

1. Cook the oats according to package directions.
2. Add the cottage cheese to a bowl and stir in the oats, mixing well to combine.
3. Top with the banana, walnuts, vanilla and cinnamon. Enjoy.

Nutrition per Serving

1 serving = 1 ¾ cups cooked oatmeal + 1 cup cottage cheese.

Calories.....	308
Fat	5g
Carbs	39g
Fiber	4g
Sugar	0g
Protein	28g

Note

Leftovers: Refrigerate in an airtight container for up to four days.

BREAKFAST

EGG WHITE SALSA BOWL

Time: 5 minutes

Makes: 2 servings

Ingredients

Avocado oil spray

2 cups egg whites

1 cup cauliflower rice

1 red bell pepper (chopped)

½ avocado (sliced)

1 cup baby spinach

½ cup salsa



Directions

1. Heat the oil spray in a pan over medium-high heat. Add the cauliflower rice and bell peppers until cooked through. Remove from pan. Add egg whites and gently stir until cooked through, about three to four minutes. Add spinach for the last minute.
2. Serve the egg whites, cauliflower rice, peppers and spinach alongside the avocado and salsa. Enjoy.

Nutrition per serving

1 serving = 1 cup egg whites + 1 cup veggies + ¼ avocado + ¼ cup salsa

Calories200

Fat8g

Carbs15g

Fiber7g

Sugar6g

Protein17g

Notes

Refrigerate leftovers in an airtight container for up to three days.

Add more spinach if needed.

Add salt and pepper to taste.



BREAKFAST

Time: 10 minutes

Makes: 2 servings

Ingredients

1 cup plain Greek yogurt

½ cup milk, whole
(or plant-based unsweetened)

2 tsp maple syrup (or honey)

1 tsp vanilla extract

½ cup oats

½ cup blackberries

½ cup raspberries

1 scoop protein powder (we recommend vanilla)

PROTEIN YOGURT OVERNIGHT OATS



Directions

1. In a bowl combine the yogurt, milk, maple syrup (or honey), protein powder (1 scoop), and vanilla extract.
2. Stir in the oats.
3. Divide evenly between jars and top with fresh or frozen blackberries and raspberries.
4. Refrigerate overnight or for at least 4 hours. Enjoy.

Nutrition per serving

1 serving: 1 cup mixed oats

Calories..... 319

Fat 7g

Carbs 35g

Fiber 6g

Sugar 17g

Protein 26g



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LUNCH

Time: 45 minutes

Makes: 4 servings

Ingredients

2 tbsp Greek seasoning

1 lemon (juiced)

¼ cup extra virgin olive oil
(avocado oil works too)

1 ¼ lbs chicken breast
(boneless, skinless)

3 cups cherry tomatoes (halved)

1 cucumber (diced)

¼ cup red onion (finely diced)

1 cup pitted kalamata olives (chopped)

3 tbsp balsamic vinegar

Sea salt & black pepper (to taste)

GREEK CHICKEN SALAD



Directions

1. Combine the Greek seasoning, lemon juice, and half of the oil in a shallow bowl or bag. Add the chicken breasts and marinate for at least 20 minutes.
2. Preheat the grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
3. While the chicken cooks, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
4. Divide the salad and chicken between plates. Enjoy.

Nutrition per Serving

1 serving = 4 oz chicken + 2 cups salad

Calories.....376

Fat 21g

Carbs 13g

Fiber 2g

Sugar 7g

Protein 34g

Note

No Greek seasoning? Make your own using salt, garlic powder, oregano, dried basil, onion powder, ground black pepper, dried parsley, and ground thyme.



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LUNCH

Time: 15 minutes

Makes: 6 servings

Ingredients

2 ¼ cups black beans

2 tsps cumin

½ tsp paprika

2 tbsps extra virgin olive oil

1 lime (juiced)

1 tsp sea salt

6 sticks (each) chopped celery, cucumbers, and peppers

BLACK BEAN DIP WITH VEGGIES



Directions

1. Add all ingredients except veggies to the jar of your food processor and process until very smooth.
2. Transfer into a bowl, serve with cut raw veggies and enjoy.

Nutrition per Serving

1 serving = ½ cup dip + unlimited veggies

Calories..... 136

Fat 5g

Carbs 18g

Fiber 7g

Sugar 1g

Protein 6g



DINNER

Time: 35 minutes

Makes: 2 servings

Ingredients

Juice of ½ lemon

1 tbsp honey

1 tbsp whole grain mustard

Sea salt & black pepper (to taste)

2 cups green cabbage (chopped)

1 tbsp thyme

12 oz salmon fillet

2 tbsps fresh dill (chopped)

MUSTARD, CABBAGE AND SALMON



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a large bowl, whisk together the lemon juice, honey, mustard, salt, and pepper. Brush the top of the salmon with ¼ of the mustard mixture and set aside.
3. Add the cabbage to the bowl and toast to combine. Transfer the cabbage to the baking sheet, season with thyme, and bake in the oven for 20 minutes, shaking halfway through.
4. Remove the baking sheet from the oven. Place the salmon onto the baking sheet and bake everything for another 10-15 minutes or until cooked through.
5. Divide the cabbage and salmon evenly between plates. Top with dill and enjoy.

Nutrition per Serving

1 serving = 1 cup of cabbage + 6 oz salmon fillet

Calories..... 283

Fat.....8g

Carbs 15g

Fiber2g

Sugar 11g

Protein39g

DINNER

TERIYAKI TOFU BOWL

Time: 40 minutes

Makes: 2 servings

Ingredients

$\frac{3}{4}$ cup brown rice

1 package extra-firm tofu
(pressed, cubed)

$\frac{1}{2}$ tbsp avocado oil

$\frac{1}{4}$ cup soy sauce

$\frac{1}{2}$ tbsp arrowroot powder

1 tbsp rice vinegar

$\frac{3}{4}$ tbsp coconut sugar

$\frac{1}{2}$ tsp ginger (minced)

2 tbsp water

2 cups broccoli



Directions

1. Cook the rice according to package directions.
2. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Add the tofu cubes to a bowl and gently toss with oil and a quarter of the soy sauce. Add the arrowroot powder and toss until the tofu cubes are well coated.
3. Arrange the coated tofu and broccoli on the prepared baking sheet. Bake for 25 to 30 minutes, flipping halfway through.
4. Meanwhile, in a bowl, add the remaining soy sauce, rice vinegar, coconut sugar, ginger, and water and whisk well. Pour into a medium-size pot and bring to a boil over medium heat. Reduce the heat and simmer for about 15 minutes, until thickened, whisking occasionally.
5. Once sauce has thickened, add the tofu to the saucepan and toss to combine. Divide the rice and broccoli into bowls and top with tofu.

Nutrition per Serving

1 serving = $\frac{3}{4}$ cup of rice + $\frac{3}{4}$ cup tofu + 1 cup broccoli

Calories..... 369

Fat 11g

Carbs 52g

Fiber 4g

Sugar 8g

Protein 18g

Notes

Substitute cornstarch or tapioca flour if you don't have arrowroot powder.

Substitute cane sugar if you don't have coconut sugar.

DINNER

Time: 25 minutes

Makes: 2 servings

Ingredients

8 oz extra lean ground beef
1 tbsp chili powder
1 ½ tsps cumin
½ tsp sea salt
1 cup cherry tomatoes (chopped)
1 jalapeño pepper (chopped)
2 stalks green onion (chopped)
2 tsps lime juice
1 head romaine hearts (chopped)
1 avocado oil spray
½ avocado (sliced)
1 red bell pepper

Directions

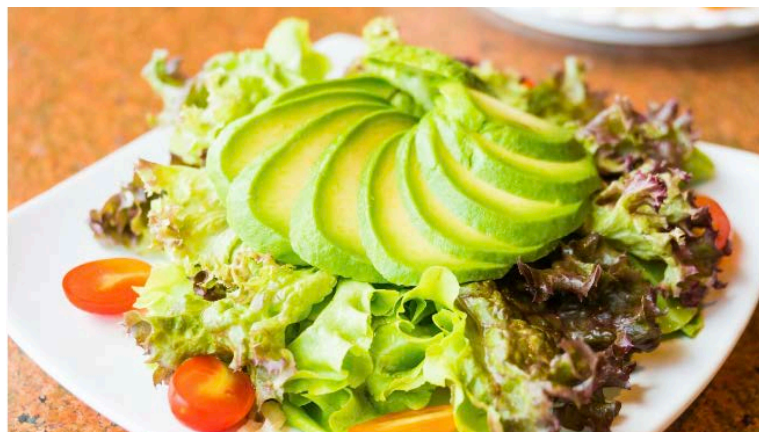
1. Spray avocado oil in a pan over medium-high heat. Brown the beef by breaking the meat into very small pieces with a spatula and cooking until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the chili powder, cumin, salt, tomatoes, jalapeño and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
3. In a mixing bowl, toss the chopped lettuce with olive oil and lime juice.
4. Divide lettuce between plates and top evenly with beef and avocado.

Nutrition per Serving

1 serving = 4 oz beef + 2 cups salad + ¼ avocado

Calories.....231
Fat12g
Carbs14g
Fiber6g
Sugar6g
Protein18g

TACO SALAD WITH BEEF



Notes

Don't like or have beef? Try lean ground turkey, ground chicken or even crumbled tofu to make this recipe.

DINNER

Time: 45 minutes

Makes: 2 servings

Ingredients

2 cans tuna (drained)

1 egg

½ lemon (juiced, plus extra for serving)

2 stalks green onion (sliced)

⅔ cup breadcrumbs (evenly divided)

Sea salt & black pepper (to taste)

Avocado oil spray

2 oz tartar sauce

¼ cup plain Greek yogurt

3 cups mixed greens

TUNA PATTIES WITH SALAD



Directions

1. In a mixing bowl, combine the tuna, egg, yogurt, lemon juice, green onion, half of the bread crumbs, salt, and pepper. Mix everything together well. Form the mixture into four even patties, making two patties per serving. Refrigerate for 20 minutes.
2. Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. Coat each patty on both sides with remaining bread crumbs.
4. Spray the patties with oil spray and place onto baking sheet. Bake in the oven for 20 minutes, flipping halfway through. Serve with tartar sauce, lemon wedges, and mixed greens. Enjoy.

Nutrition per Serving

1 serving = 2 tuna patties + 1 ½ cups salad

Calories..... 418

Fat..... 11g

Carbs 34g

Fiber 3g

Sugar 5g

Protein 44g



DINNER

Time: 30 minutes

Makes: 2 servings

Ingredients

12 oz salmon

2 cups mini potatoes (halved)

1 tbsp butter (melted, divided)

½ tsp sea salt (divided)

8 oz broccolini

⅓ tsp everything bagel seasoning

EVERYTHING BAGEL SALMON AND VEGGIES



Directions

1. Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the potatoes with half the melted butter and half the salt. Mix well. Bake for 10 minutes.
3. Drizzle the remaining melted butter and salt on top of the salmon and broccolini. Coat salmon with everything bagel seasoning.
4. Transfer the broccolini and salmon to the baking sheet with the potatoes. Place baking sheet in oven for 13 to 16 minutes until the salmon is cooked through. Divide between plates.

Nutrition per Serving

1 serving = 6 oz salmon + 1 cup potatoes + ½ cup broccolini

Calories..... 419

Fat 15g

Carbs 32g

Fiber 6g

Sugar 2g

Protein 42g

DINNER

Time: 40 minutes

Makes: 2 servings

Ingredients

8 oz chicken thighs

½ cup quinoa (dry)

2 zucchini (sliced, then quartered)

1½ tsp extra virgin olive oil (divided)

⅛ tsp sea salt

1 tbsp maple syrup (or honey)

1 tbsp soy sauce (tamari)

2 cups mushrooms

2 tbsp dijon mustard

MAPLE DIJON CHICKEN WITH MUSHROOM QUINOA



Directions

1. Preheat oven to 375°F (190°C) and line baking sheet with foil. Cook quinoa.
2. In a mixing bowl, toss zucchini in a third of the olive oil and season with salt. Transfer to a baking sheet.
3. In the same bowl, combine another third of the olive oil, maple syrup, mustard, and soy sauce. Add the chicken thighs and coat in marinade. Transfer to a baking sheet and bake for 30 minutes.
4. After 30 minutes, flip zucchini and return to oven. Set to broil for 3 minutes, then remove.
5. Meanwhile, heat the remaining olive oil in a saucepan over medium heat. Sauté the mushrooms until soft. Mix mushrooms with the cooked quinoa.
6. Divide the mushroom quinoa, zucchini, and chicken thighs into separate containers and let cool before refrigerating. Reheat.

Nutrition per Serving

1 serving = 4 oz chicken + ½ cup quinoa + 1 cup roasted zucchini

Calories.....424

Fat 12g

Carbs 44g

Fiber 6g

Sugar 13g

Protein 35g

DINNER

CRISPY ROASTED LENTILS

Time: 45 minutes

Makes: 4 servings

Ingredients

1 cup green lentils (rinsed)

3 cups water

1 tbsp extra virgin olive oil
or avocado oil

½ tsp sea salt

½ tsp garlic powder



Directions

1. Add dry lentils and water in a pot. Bring to a boil then reduce to simmer. Cook for 20 to 22 minutes until tender.
2. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper
3. Once lentils are cooked, drain any water and rinse under cold water. Transfer to cutting board lined with paper towel. Pat the lentils dry.
4. Transfer lentils to baking sheet and toss with oil, salt, and garlic powder.
5. Bake for 12 minutes. Remove, shake the pan and bake for an additional 9 to 11 minutes or until crispy.

Nutrition per Serving

1 serving = ½ cup

Calories..... 116

Fat 4g

Carbs 15g

Fiber 3g

Sugar 0g

Protein 6g

Note

If you can find pre-steamed lentils, feel free to use those to save some time.

DINNER

Time: 30 minutes

Makes: 1 serving

Ingredients

2 oz cheese tortellini

¼ yellow onion

3 oz extra lean ground turkey

½ cup tomato sauce

¼ cup frozen spinach (thawed, drained)

Sea salt & black pepper

TURKEY AND CHEESE TORTELLINI



Directions

1. Cook the tortellini according to package. Drain and set aside.
2. Spray a pan with oil and put over medium-high heat. Add the onion and sauté for about 5 minutes. Add the ground turkey and cook for 10 to 12 minutes, breaking it up.
3. Add the tomato sauce and spinach and continue to cook for another 5 minutes.
4. Add the tortellini to the pan, stir well, and simmer for 5 minutes. Add salt and pepper. Divide between serving bowls.

Nutrition per Serving

1 serving = 2 cups tortellini

Calories..... 353

Fat..... 11g

Carbs 38g

Fiber 5g

Sugar 7g

Protein 27g

Note

Fresh spinach works well with this recipe too.



SNACKS

NUT BUTTER COOKIES

Time: 15 minutes

Makes: 12 servings

Ingredients

1 cup all natural peanut butter

½ cup monk fruit sweetener

2 eggs

1 cup almond flour

½ tsp baking soda

¼ tsp sea salt

¼ tsp cinnamon



Directions

1. Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. Mix together the peanut butter, sweetener, and eggs in a large bowl with a wooden spoon until combined. Mix in almond flour, baking soda, and salt.
3. Portion into balls, using two tablespoons of dough per cookie. Place onto prepared baking sheet. Using a fork, press down on the cookies to form a cross-hatch pattern.
4. Bake the cookies for 10 to 12 minutes, or until the edges start to turn a golden brown. Allow to cool completely. Enjoy.

Nutrition per Serving

1 serving = 2 cookies

Calories.....190

Fat17g

Carbs15g

Fiber2g

Sugar3g

Protein8g

Notes

Refrigerate in an airtight container for up to one week, or freeze for up to 3 months.

Don't like peanut butter? This recipe can also be made with almond butter or cashew butter.



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MEAL PLAN
