



ALTER NUTRITION & HEALTH

7-Day Quick & Healthy Weeknight Meal Plan

MONDAY: Chicken Veggie Stir-Fry (20 min)

TIP: Swap chicken for tofu + use frozen veggies to save time & money!



Ingredients:

- 1 lb chicken breast (thin-sliced)
- 3 cups broccoli (fresh or frozen)
- 1 bell pepper, sliced
- 2 cups cooked rice
- 2 tbsp soy sauce
- 1 tbsp olive oil
- 1 tsp garlic powder or 2 minced cloves

Instructions:

1. Heat olive oil in a large skillet over medium-high.
2. Add sliced chicken. Season with salt, pepper, garlic powder. Cook 5–6 minutes, until no longer pink.
3. Add broccoli + peppers. Cook 5–6 minutes, stirring often.
4. Add soy sauce and simmer 1–2 minutes.
5. Serve over warm rice.

TUESDAY: Turkey Taco Bowls (20 min)

TIP: Use tofu or frozen vegetables to bulk up your bowl!



Ingredients:

- 1 lb ground turkey
- 1 packet taco seasoning (or chili powder + cumin + garlic)
- 2 cups cooked rice
- 1 can black beans (drained)
- Shredded lettuce
- Salsa
- Taco shells

Instructions:

1. Brown turkey in a skillet over medium heat, breaking it up. Cook 6–7 minutes.
2. Add taco seasoning + $\frac{1}{3}$ cup water. Simmer 3–4 minutes until thickened.
3. Heat beans in microwave for 60–90 seconds.
4. Assemble bowls: rice → turkey → beans → lettuce → salsa → crunch shells on top.

WEDNESDAY: Sheet Pan Sausage & Veggies (25 min)

TIP: Batch cook and freeze extras for a quick meal another night!



Ingredients:

- 12 oz chicken or turkey sausage, sliced
- 2 peppers, sliced
- 2 zucchini or 2 potatoes, diced
- 1–2 tbsp olive oil
- Garlic powder, salt, pepper

Instructions:

1. Preheat oven to 425°F.
2. Toss sausage + veggies with olive oil + seasoning on a baking sheet.
3. Spread in a single layer.
4. Bake 20–25 minutes, stirring halfway.
5. Serve with rice or quinoa.

THURSDAY: Mediterranean Chickpea Bowls (15 min)

TIP: Use leftover veggies from Wednesday's meal to top off the meal!



Ingredients:

- 2 cans chickpeas, drained
- 1 cucumber, diced
- 1 cup tomatoes, halved
- 2 cups spinach or lettuce
- Optional: olives + feta
- Dressing: 1 tbsp olive oil + lemon juice + salt + garlic powder

Instructions:

1. Warm chickpeas in a skillet with a splash of olive oil for 3–4 minutes.
2. Assemble bowls: greens → chickpeas → cucumber → tomatoes → toppings.
3. Drizzle with simple lemon dressing.

FRIDAY: Salmon W/ Steamed Veggies (20 min)

TIP: Use canned or frozen salmon as an alternative to fresh to save \$!



Ingredients:

- 2-4 salmon fillets or tilapia
- 1 tbsp olive oil
- Lemon wedges
- Salt, pepper, garlic
- Frozen or fresh vegetables
- Rice

Instructions:

Salmon:

1. Heat a skillet with olive oil over medium-high.
2. Season fish.
3. Cook salmon 4 minutes per side until flaky. (Cook tilapia 3 minutes per side as thinner fillets cook faster)

Veggies:

1. Microwave steam-in-bag veggies 3-5 minutes, OR
2. Sauté veggies in same pan 5 minutes.
3. Serve with rice + lemon squeeze.

SATURDAY: Veggie Egg Fried Rice (15 min)

TIP: Use canned chicken for added protein!



Ingredients:

- 2-3 cups cooked rice (day-old works best)
- 2 eggs
- 1 cup frozen peas + carrots
- 2-3 chopped green onions
- 1 tbsp soy sauce
- 1 tbsp olive oil

Instructions:

1. Heat oil in a large skillet over medium-high.
2. Add peas + carrots. Cook 3 minutes.
3. Push veggies to one side. Scramble eggs in the empty space 1-2 minutes.
4. Add rice + soy sauce. Stir well and cook 3-4 minutes until heated through.

SUNDAY: Pesto Chicken Pasta (20-22 min)

TIP: Use white beans instead of chicken for vegetarian version!



Ingredients:

- 8 oz whole-grain pasta
- 2 cups cooked chicken (rotisserie or sautéed)
- 2 cups spinach
- 3 tbsp pesto

Instructions:

1. Boil pasta according to package directions.
2. In a skillet, heat chicken 3 minutes.
3. Add spinach and cook until wilted, around 1-2 minutes.
4. Drain pasta and toss with pesto + chicken mixture.

Want this kind of support beyond one week?

TIP: Book a FREE consultation to learn about personalized meal plans & more!

If this 7-day meal plan helped you feel more confident and less stressed about weeknight meals, imagine what personalized nutrition support could do. At *Alter Nutrition & Health*, we create personalized strategies that fit your lifestyle, preferences, and goals. If you're ready to **build lasting routines, feel better in your body, and take the guesswork out of nutrition**, scan the QR code to learn more and book your free 30 minute consultation!

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