



smarterwellth

NOURISHED WEEK

One Trip. One Prep Day.
Healthy Meals All Week.

WELCOME TO YOUR NOURISHED WEEK

Imagine this: one grocery haul, a couple of hours in the kitchen, and an entire week of healthy, satisfying meals that actually work with your real life.

No crash diets. No Pinterest-pressure. Just real food, made simple—with a little help from three generations of women who know a thing or two about staying well while staying busy.



In this guide, we'll walk you through everything we prepped on a Sunday afternoon—from breakfast burritos to dinner bowls to grab-and-go snacks—so you can recreate it in your own kitchen.

Let's make wellness practical, doable, and even a little bit joyful.



Jill's Tip

"It's not about being perfect—it's about setting yourself up to succeed, even when life gets wild."

YOUR GROCERY LIST

Pantry

- 1 cup organic oats
- ¼ cup protein powder (vanilla + optional chocolate)
- 1 tbsp cacao powder or cacao nibs
- 2 tbsp chia seeds (plus extra for pudding)
- 2 tbsp flax seeds
- 2 tbsp PB Fit or peanut butter powder
- 2 tbsp raw honey
- Whole wheat tortillas (5)**
- Crackers (preferably simple ingredients)

Protein & Dairy

- 1 whole chicken (4–5 lb)
- 10 eggs
- ½ cup probiotic blend of cottage cheese with fewer than 4-5 ingredients. Like Good or Nancy's brand.
- 5 tbsp shredded pepper jack cheese
- ¼ cup plain yogurt
- 1 cup sliced almonds
- 1 cup pecans
- 1 cup walnuts
- ½ cup pumpkin seeds
- Cheese slices or cubes (optional for snack boxes)

Pantry

- 1 lb small yellow potatoes
- 5 large carrots
- 1 red onion
- 12 cherry tomatoes
- 1 cucumber
- 1 lemon (plus optional 1 for stuffing)
- Fresh parsley
- ½ banana
- 1 cup fresh or frozen blueberries
- Optional: bell peppers, greens, avocado

Protein & Dairy

- Olive oil
- Butter
- Coconut oil
- Maple syrup
- Cinnamon
- Sea salt or Himalayan salt
- Black pepper
- Garlic (fresh + powder)
- Dried thyme
- Dried rosemary
- Vanilla extract

**Not all tortillas are created equal. Our favorite is the frozen Ezekiel bread brand because it is made from sprouted grains. Any bread product is better from the freezer than from the grocery shelf, unless it's handmade or locally made.

YOUR WEEKLY MEAL PLAN AT A GLANCE

Breakfasts



Breakfast Burritos
(freeze-friendly!)



Chia Pudding: 3
flavor options



Grain-Free Granola
+ Yogurt

Dinners



Sunday: Lemon
Herb Roasted
Chicken with
potatoes + carrots



Weeknights:
Repurpose into
grain bowls, soups,
or wraps

Lunches



Chicken Grain Bowls



Munch Boxes with
veggies, berries, and
protein

Snacks



Protein Balls



Granola clusters



Fresh fruit, veggies,
cottage cheese,
crackers

2-HOUR MEAL PREP STEP-BY-STEP

Use this to make your Sunday session smooth and efficient

Step 1: Roast First

- Preheat oven to 400°F
- Prep and roast whole chicken with onion, lemon, herbs – 75–90 min (until temp inside thigh registers 165°F).
- Cube potatoes and carrots & put on parchment-lined sheet. Add to oven when timer reaches 30 mins
 - **Tip: Set aside about 1 cup of roasted potatoes for breakfast burritos**
- Optional: Roast extra veggies (bell peppers, sweet potatoes, etc.)



Step 2: While That's Roasting...

- In a mixing bowl, combine eggs, cottage cheese, and seasonings
- Scramble gently in olive oil + butter
- Assemble breakfast burritos with scrambled eggs, cheese, and reserved roasted potatoes
- Wrap in foil and freeze or refrigerate

Tina's Tip

"If you've got a plan, you're halfway there. Even a simple one keeps us eating well all week."

Step 3: Prep the Rest

- Mix chia puddings (prep at least 2–3 jars with different flavors)
- Mix and bake granola – cool completely before storing
- Roll protein balls and refrigerate
- Chop veggies for grain bowls and snack boxes
- Assemble at least 2–3 “munch boxes” for grab-and-go lunches



Step 4: Store Smart

- Label any freezer items
- Portion lunches into containers
- Prep dressing for grain bowls and refrigerate

Step 5: Bonus Step

- Save bones and veggie scraps for broth later in the week
- Make a note to use broth for cooking grains or soups



WATCH IT IN ACTION



Want to see how it really went down in the kitchen?

Watch Jill, Tina, and Sydney meal prep together on the SmarterWellth cooking show episode:

👉 [Watch on YouTube](#)

Smart Swaps & Hacks

- **Roast once, eat twice** – dinner veggies become tomorrow's lunch
- **Use the perimeter** – skip the center aisles, shop fresh
- **Protein boost** – sprinkle chia, flax, or protein powder in unexpected places
- **Zero-waste tip** – save citrus peels and herb stems for homemade broth

Recipes



BREAKFAST BURRITOS

Kickstart your day with these breakfast burritos! These are perfect for making in bulk & freezing,.



PREP TIME
10 MIN



COOK TIME
30 MIN



SERVINGS
5 BURRITOS

Ingredients

- 1 lb small yellow potatoes, cubed
- 10 scrambled eggs
- ½ tsp olive oil
- ½ tsp grass-fed butter*
- 5 tbsp pepper jack cheese (or preferred)
- ½ cup cottage cheese**
- 5 whole wheat tortillas***
- Salt, pepper, garlic to taste
- Optional: Greens or avocado

*Use real grass fed butter

**Add clean cottage cheese, like Nancy's or Good brand

***Get the best tortillas you can find without seed oils and preservatives. Ezekiel 4:9 wraps are our favorite!

Instructions

1. Roast potatoes at 425°F for 30 minutes with olive oil, salt & pepper.
2. Scramble eggs with cottage cheese in a skillet with oil & butter.
3. Assemble burritos with cheese, eggs, and potatoes. Wrap and enjoy.

Notes:

- Freezer-Friendly Storage: Wrap in foil, freeze up to 3 months. If planning to freeze, we recommend leaving the avocado & greens out & just adding them when you reheat!

Tina's
Pick



CHIA PUDDING

Chia pudding is the perfect healthy & balanced sweet breakfast option! Here are 3 of our favorite flavor & topping combinations.

Ingredients

- ½ cup milk (or nut milk), we recommend A2 or grass-fed/finished, organic milk
- ¼ cup plain Greek yogurt
- 3 tbsp chia seeds

Flavor Options:

- **Maple Cinnamon**
 - ¼ tsp cinnamon
 - ¼ tsp vanilla
 - 1 tsp maple syrup
- **PB Banana Chocolate**
 - 1 tbsp peanut butter powder
 - 1 tbsp cacao powder or chocolate protein powder
 - ½ banana
 - sprinkle of cacao nibs
- **Blueberry Vanilla**
 - ¼ tsp vanilla
 - scoop of vanilla protein powder
 - top with ¼ cup blueberries



PREP TIME
10 MIN



CHILL TIME
2 HRS



SERVINGS
1 PUDDING

Instructions

1. Add milk and chia seeds to your container of choice.
2. Add in any sweeteners, flavors, & protein powders.
3. Mix everything until well combined and pop in the fridge for at least 2 hours.
4. The pudding is ready to eat when it's solid in appearance and the seeds have bloomed.
5. Add toppings & enjoy!

Notes:

- To get that ultra-creamy pudding-like texture, let it set up in the fridge overnight.
- Try tripling the recipe to make a big batch for meal prep.



CHICKEN GRAIN BOWL

This a quick & easy lunch that's perfect for using up leftover chicken & veggies.



PREP TIME
10 MIN

Instructions

1. If not already warm, heat up chicken & grains in the oven or microwave.
2. Top with veggies of choice (can be raw or sautéed).
3. Drizzle with vinaigrette.

Notes:

- This bowl is also great cold!
- Our favorite vinaigrette is a lemon-parsley vinaigrette, but any will do.
 - Try this recipe: 3 (tbsp) olive oil, 1 (tbsp) vinegar and a tablespoon of parsley, add juice from 1/2 a lemon or lime for extra flavor.

Ingredients

- Sliced roasted chicken*
- Cooked quinoa or brown rice**
- Your favorite veggies or whatever you've got in the fridge. Think, "eat the rainbow" the more color the better.
- Your favorite vinaigrette

*We make this all the time using leftover roasted chicken from our Sunday dinner!

** Make a large batch of quinoa or rice on Sunday & store in the fridge for use all week



MUNCH BOXES

These snack boxes are perfect for an on-the-go lunch or quick snack. Have the kids help build their lunch. It's a fun way to "cook together" and their are more likely to eat it if they helped make it their creation.



PREP TIME
10 MIN

Ingredients*

- Leftover roasted chicken
- Potatoes
- Carrots
- Berries
- Yogurt
- Cottage cheese
- Cheese slices
- Crackers
- Bell pepper sticks

*These are our suggestions. Feel free to play around, use whatever leftovers you have, & include your favorite healthy snacks!

Instructions

1. Grab your container or bento box.
2. Pack your mix-and-match ingredients.

Notes:

- Consider adding a yummy(healthy) dunking sauce for a fun spin on eating veggies for kiddos.



LEMON HERB ROASTED CHICKEN WITH VEGGIES

This Lemon Herb Roasted Chicken with Veggies is a wholesome dinner that you can repurpose all week!



PREP TIME
20 MIN



COOK TIME
1:30 HRS



SERVINGS
4-6

Instructions

1. Preheat oven to 400°F
2. Rub the chicken with the herb mixture & stuff with lemon halves
3. Roast 1 hr 15–30 min to 165°F internal temp.
4. While chicken is roasting, chop veggies & place on parchment lined baking sheet. Drizzle with olive oil & season with salt & pepper.
5. When chicken has 30 mins left, add veggies to oven.
6. Remove from oven, slice chicken and enjoy!

Notes:

- Save the bones, skin, and stuffing for homemade chicken broth!

Ingredients

- Whole chicken*
- 6 potatoes
- 3 carrots
- 1 large onion
- 1 lemon halved
- **Herb Mixture**
 - 2 Tbsp Olive oil
 - Juice & zest of 1 lemon
 - 2 Tbsp rosemary
 - 2 Tbsp thyme
 - 3 cloves garlic

*buy the cleanest meat you can that's organic, with no antibiotics, free range



PROTEIN BALLS (ENERGY BITES)

These peanut butter protein balls are a quick & delicious snack that will keep you satisfied.



PREP TIME
20 MIN



SERVINGS
~12 BALLS

Ingredients

- ½ cup PB Fit powder
- 6 tbsp water
- 1 cup organic oats
- 2 tbsp raw honey
- ¼ cup protein powder
- 2 tbsp chia seeds
- 2 tbsp flax seeds
- 2 tbsp cacao nibs

Instructions

1. Mix PB Fit with water in a bowl. Add oats and mix.
2. Stir in honey, protein powder, chia, flax, and cacao nibs.
3. If dry, add a splash of water or more PB Fit/honey.
4. Roll into balls. Refrigerate in an airtight container.



GRAIN-FREE GRANOLA

These grain free granola is great in yogurt bowls or just alone as a snack.



PREP TIME
10 MIN



COOK TIME
20 MIN

Instructions

1. Preheat oven to 300°F.
2. In a large bowl, combine all nuts and seeds.
3. In a small pan, melt coconut oil, maple syrup, cinnamon, salt, and vanilla over medium heat.
4. Mix the wet and dry ingredients, and spread them on a lined baking sheet.
5. Bake for 15–20 minutes or until golden. Let cool completely, then break into chunks.

Notes:

- Store in an airtight container at room temperature for 1 week or refrigerate for 1 month.

Ingredients

- 1 cup sliced almonds
- 1 cup pecans (roughly chopped)
- 1 cup walnuts (roughly chopped)
- ½ cup pumpkin seeds
- 2 tbsp chia seeds
- 2 tbsp coconut oil
- 2 tbsp maple syrup
- ½ tsp cinnamon
- ½ tsp sea salt
- 2 tsp vanilla extract

Sydney's
Pick!

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