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# The Mindful Movement

## 7-Day Nourish & Thrive Meal Plan

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*"Nourish your body with intention.  
Every meal is an act of self-care."*

A whole-food, balanced approach to weekly nourishment

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## Welcome to Your Mindful Meal Plan

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This meal plan was created with one guiding principle: food should nourish both body and soul. Each recipe emphasizes whole, unprocessed ingredients prepared simply, so you can spend less time stressing in the kitchen and more time savoring every bite. Whether you are brand new to meal planning or a seasoned home cook, this guide is designed to make your week easier, healthier, and more joyful.

Remember, this plan is a guide -- not a rigid prescription. Listen to your body, honor your hunger, and feel free to swap meals, adjust portions, or repeat your favorites. The goal is progress over perfection, and every mindful choice you make is a step toward greater well-being.

## How to Use This Plan

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- \* Prep ingredients on Sunday for easier weekday cooking.
- \* Feel free to repeat favorite meals throughout the week.
- \* Stay hydrated -- aim for 8 glasses of water daily.
- \* Adjust portions based on your activity level and hunger cues.
- \* Practice gratitude before meals -- pause, breathe, and appreciate your food.

## Your Week at a Glance

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Day	Breakfast	Lunch	Dinner	Snack
Mon	Overnight Oats	Mediterranean Quinoa	Lemon Herb Salmon	Apple & Almond Butter
Tue	Green Smoothie	Turkey Avocado Wrap	Chicken Veggie Soup	Nuts & Cranberries
Wed	Avocado Toast	Lentil Sweet Potato	Tofu Stir-Fry	Veggies & Hummus
Thu	Yogurt Parfait	Chicken Caesar	Turkey Taco Wraps	Dark Choc & Almonds
Fri	Banana Pancakes	Minestrone Soup	Herb-Crusted Chicken	Rice Cake & PB
Sat	Veggie Frittata	Caprese Sandwich	Shrimp Coconut Curry	Fresh Fruit Salad
Sun	Wheat Waffles	Buddha Bowl	Roasted Chicken	Tea & Bliss Ball

# Monday

## Fresh Start

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### BREAKFAST

#### Overnight Oats with Chia Seeds

Creamy, no-cook oats soaked overnight with chia seeds, sliced banana, and a drizzle of honey. A perfectly easy morning.

*Ingredients:*

- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 3/4 cup almond milk
- 1 banana, sliced
- 1 tsp honey

### LUNCH

#### Mediterranean Quinoa Bowl

A bright, protein-rich bowl with fluffy quinoa, cucumber, cherry tomatoes, kalamata olives, crumbled feta, and a lemon-herb dressing.

*Ingredients:*

- 1 cup cooked quinoa
- 1/2 cucumber, diced
- Cherry tomatoes
- Kalamata olives
- Feta cheese
- Lemon-herb dressing

### DINNER

#### Lemon Herb Baked Salmon

Tender salmon fillets baked with lemon, garlic, and fresh herbs, served with roasted asparagus and wild rice.

*Ingredients:*

- 2 salmon fillets (6 oz each)
- 1 lemon, sliced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Fresh dill and parsley
- 1 bunch asparagus
- 1 cup wild rice

*Directions:*

1. Preheat oven to 400F. Cook wild rice according to package directions.

2. Place salm

### SNACK

#### Apple Slices with Almond Butter

Crisp apple slices paired with a tablespoon of creamy almond butter.

# Tuesday

## Gentle Energy

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### BREAKFAST

#### Green Smoothie

A vibrant blend of spinach, mango, banana, almond milk, and ground flaxseed. Refreshing and energizing.

*Ingredients:*

- 1 cup fresh spinach
- 1/2 cup frozen mango
- 1 banana
- 1 cup almond milk
- 1 tbsp ground flaxseed

### LUNCH

#### Turkey & Avocado Wrap

A whole wheat tortilla filled with sliced turkey, creamy avocado, mixed greens, and a generous spread of hummus.

*Ingredients:*

- 1 whole wheat tortilla
- 3 oz sliced turkey
- 1/2 avocado
- Mixed greens
- 2 tbsp hummus

### DINNER

#### One-Pot Chicken & Vegetable Soup

A cozy, warming soup loaded with tender chicken, carrots, celery, potatoes, and fresh herbs.

*Ingredients:*

- 2 chicken breasts
- 2 carrots, diced
- 2 celery stalks, diced
- 2 potatoes, cubed
- 4 cups chicken broth
- 1 tsp thyme
- Whole grain bread

*Directions:*

1. Heat olive oil in a large pot. Season and sear chicken 3-4 min per side. Remove.

2. Add carrots

### SNACK

#### Mixed Nuts & Dried Cranberries

A small handful of almonds, walnuts, and cashews with tart dried cranberries.

# Wednesday

## Grounded Nourishment

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### BREAKFAST

#### Avocado Toast with Poached Egg

Whole grain toast topped with smashed avocado, everything bagel seasoning, and a perfectly poached egg.

*Ingredients:*

- 2 slices whole grain bread
- 1 avocado
- 2 eggs
- Everything bagel seasoning

### LUNCH

#### Lentil & Roasted Sweet Potato Salad

Hearty green lentils and caramelized roasted sweet potato over a bed of arugula with creamy tahini dressing.

*Ingredients:*

- 1 cup cooked lentils
- 1 sweet potato, cubed and roasted
- 2 cups arugula
- 2 tbsp tahini dressing
- Pumpkin seeds

### DINNER

#### Tofu Stir-Fry with Ginger-Soy Sauce

Crispy pan-fried tofu with broccoli, bell peppers, and snap peas in a savory ginger-soy sauce over brown rice.

*Ingredients:*

- 14 oz extra-firm tofu, cubed
- 1 cup broccoli florets
- 1 bell pepper, sliced
- 1 cup snap peas
- 2 tbsp soy sauce
- 1 tbsp fresh ginger, grated
- 1 tbsp sesame oil
- 1 cup brown rice

*Directions:*

1. Cook brown rice. Press tofu 15 minutes, then cube.

2. Heat sesan

### SNACK

#### Carrot & Celery Sticks with Hummus

Fresh-cut vegetables with a generous scoop of your favorite hummus.

# Thursday

## Vibrant Balance

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### BREAKFAST

#### Greek Yogurt Parfait

Layers of creamy Greek yogurt, fresh mixed berries, crunchy granola, and a drizzle of maple syrup.

*Ingredients:*

- 1 cup Greek yogurt
- 1/2 cup mixed berries
- 1/4 cup granola
- 1 tsp maple syrup

### LUNCH

#### Grilled Chicken Caesar Salad

Crisp romaine lettuce, grilled chicken breast, whole grain croutons, shaved Parmesan, and a light Caesar dressing.

*Ingredients:*

- 1 chicken breast, grilled
- 3 cups romaine lettuce
- Whole grain croutons
- Parmesan cheese
- Caesar dressing

### DINNER

#### Turkey Taco Lettuce Wraps

Seasoned ground turkey with black beans, fresh pico de gallo, and a zesty lime crema in butter lettuce cups.

*Ingredients:*

- 1 lb ground turkey
- 1 can black beans, drained
- 1 tsp cumin
- 1 tsp chili powder
- Butter lettuce leaves
- Pico de gallo
- Sour cream + lime juice

*Directions:*

1. Brown ground turkey in a skillet, breaking it apart as it cooks.

2. Add cumin,

### SNACK

#### Dark Chocolate & Almonds

A small handful of roasted almonds with a few squares of dark chocolate.

# Friday

*Calm & Restored*

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## BREAKFAST

### Banana Oat Pancakes

Simple three-ingredient pancakes made with ripe bananas, eggs, and oats. Topped with fresh berries.

*Ingredients:*

- 1 ripe banana
- 2 eggs
- 1/3 cup rolled oats
- Fresh berries
- Maple syrup (optional)

## LUNCH

### Veggie-Packed Minestrone Soup

A hearty Italian vegetable soup with zucchini, green beans, tomatoes, white beans, and small pasta.

*Ingredients:*

- Zucchini, diced
- Green beans
- Canned diced tomatoes
- White beans
- Small pasta
- Vegetable broth

## DINNER

### Herb-Crusted Chicken Thighs

Juicy bone-in chicken thighs with a golden herb crust, roasted alongside root vegetables.

*Ingredients:*

- 4 bone-in chicken thighs
- 2 tbsp olive oil
- 1 tbsp dried herbs (thyme, rosemary, oregano)
- 3 carrots
- 2 parsnips
- 4 small potatoes

*Directions:*

1. Preheat oven to 425F. Toss chopped vegetables with 1 tbsp olive oil, salt, pepper.

2. Rub chicken

## SNACK

### Rice Cakes with Peanut Butter & Banana

Crunchy rice cakes spread with peanut butter and topped with banana slices.

# Saturday

*Slow & Savored*

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## BREAKFAST

### Veggie Frittata

A golden, fluffy frittata filled with sauteed spinach, bell peppers, onion, and creamy goat cheese.

*Ingredients:*

- 6 eggs
- 1 cup spinach
- 1 bell pepper, diced
- 1/2 onion, diced
- 2 oz goat cheese
- 1 tbsp olive oil

## LUNCH

### Caprese Sandwich

Fresh mozzarella, ripe tomato slices, and fragrant basil on ciabatta bread with a drizzle of balsamic glaze.

*Ingredients:*

- Ciabatta bread
- Fresh mozzarella
- Ripe tomato
- Fresh basil
- Balsamic glaze

## DINNER

### Shrimp & Vegetable Coconut Curry

Plump shrimp and colorful vegetables simmered in a rich coconut curry sauce over jasmine rice.

*Ingredients:*

- 1 lb large shrimp, peeled
- 1 can coconut milk
- 2 tbsp curry paste
- 1 bell pepper, sliced
- 1 cup snap peas
- 1 cup cherry tomatoes
- Jasmine rice

*Directions:*

1. Cook jasmine rice according to package directions.

2. Heat oil in a

## SNACK

### Fresh Fruit Salad

A colorful mix of seasonal fruit with a squeeze of lime and torn mint leaves.

# Sunday

## Rest & Renewal

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### BREAKFAST

#### Whole Wheat Waffles with Berry Compote

Fluffy whole wheat waffles topped with warm mixed berry compote and a dollop of Greek yogurt.

*Ingredients:*

- Whole wheat waffle mix
- 1 cup mixed berries
- 1 tbsp maple syrup
- Greek yogurt

### LUNCH

#### Nourish Buddha Bowl

A vibrant grain bowl with roasted chickpeas, sweet potato, massaged kale, quinoa, and creamy tahini dressing.

*Ingredients:*

- 1 cup cooked quinoa
- 1 sweet potato, roasted
- 1 can chickpeas, roasted
- 2 cups kale
- Tahini dressing

### DINNER

#### Slow-Roasted Whole Chicken

Beautifully golden whole chicken roasted with lemon, garlic, and rosemary. Served with green beans and mashed sweet potatoes.

*Ingredients:*

- 1 whole chicken (4-5 lbs)
- 2 lemons
- 1 head garlic
- Fresh rosemary
- 2 tbsp olive oil
- 2 large sweet potatoes
- 1 lb green beans
- Butter and milk

*Directions:*

1. Preheat oven to 425F. Pat chicken dry, rub with olive oil, salt, pepper. Stuff with lemons, garlic, rosemary.

2. Roast 20 m

### SNACK

#### Herbal Tea & Oat Bliss Ball

A warm cup of chamomile or peppermint tea alongside a homemade oat-flour bliss ball.

# Weekly Grocery Essentials

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## Produce

- Bananas (4-5)
- Apples (2)
- Lemons (4)
- Limes (2)
- Mixed berries (3 cups)
- Mango (1)
- Avocados (3)
- Spinach (large bag)
- Arugula (1 bag)
- Kale (1 bunch)
- Romaine lettuce (1 head)
- Butter lettuce (1 head)
- Mixed greens
- Broccoli (1 head)
- Asparagus (1 bunch)
- Bell peppers (4)
- Snap peas (2 cups)
- Carrots (6)
- Celery (1 bunch)
- Cucumber (1)
- Cherry tomatoes (2 pints)
- Tomatoes (2)
- Zucchini (1)
- Green beans (1 lb)
- Sweet potatoes (4)
- Potatoes (4 small)
- Parsnips (2)
- Onion (2)
- Garlic (2 heads)
- Fresh ginger
- Fresh herbs: dill, parsley, rosemary, basil, cilantro, mint

## Proteins

- Salmon fillets (2, 6 oz each)
- Chicken breasts (3)
- Bone-in chicken thighs (4)
- Whole chicken (4-5 lbs)
- Ground turkey (1 lb)
- Large shrimp (1 lb)
- Sliced turkey deli meat (3 oz)
- Extra-firm tofu (14 oz)
- Eggs (1 dozen)

## Grains & Pantry

- Rolled oats
- Whole grain bread
- Whole wheat tortillas
- Ciabatta bread
- Quinoa
- Wild rice
- Brown rice
- Jasmine rice
- Rice cakes
- Small pasta (ditalini)
- Granola
- Chia seeds
- Ground flaxseed
- Canned black beans
- Canned white beans
- Canned chickpeas
- Green lentils
- Canned diced tomatoes
- Canned coconut milk
- Chicken broth
- Vegetable broth
- Curry paste
- Soy sauce
- Sesame oil
- Olive oil
- Balsamic glaze
- Honey
- Maple syrup
- Everything bagel seasoning
- Cumin
- Chili powder
- Italian seasoning
- Dried thyme, rosemary, oregano
- Pumpkin seeds
- Sesame seeds

## Dairy & Alternatives

- Almond milk
- Greek yogurt
- Feta cheese
- Goat cheese
- Fresh mozzarella
- Parmesan cheese
- Sour cream
- Butter

## Snacks & Extras

- Almond butter
- Peanut butter
- Hummus
- Tahini
- Mixed nuts (almonds, walnuts, cashews)
- Dried cranberries
- Dark chocolate
- Whole wheat waffle mix
- Oat flour
- Shredded coconut
- Herbal tea (chamomile or peppermint)

## Mindful Kitchen Tips

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### **Batch prep grains and proteins**

Cook quinoa, rice, and chicken on Sunday so weekday meals come together in minutes.

### **Embrace imperfection**

A meal doesn't have to be picture-perfect to be nourishing. Simple is beautiful.

### **Reduce food waste**

Use vegetable scraps to make broth. Store fresh herbs in a glass of water in the fridge.

### **Cook with all your senses**

Notice the sizzle, the aroma, the colors. Cooking itself can be a mindful practice.

### **Share meals when possible**

Eating with others deepens connection and brings more joy to the table.

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*Made with care by The Mindful Movement*

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