


Simply click on the recipe name to head to the link!

SUN	MON	TUE	WED	THU	FRI	SAT
MEAL PREP TIP! Set yourself up for success by prepping ingredients. Use honey or Cajun seasoning to batch prep ground beef, chicken or turkey. Bake sweet potatoes to serve it over with a side of roasted veggies or add the meat to salad bowls. Prep cottage cheese ranch for your dip cravings and my low cal BBQ sauce to pour on everything or use Bolthouse Yogurt dressings for side salads.			1 Shrimp & Chicken Fried Rice	2 Leftovers	3 Black Bean Chicken Chili	4 Leftovers
5 Creamy Coconut Shrimp Curry over rice	6 Chicken Enchilada Soup	7 Leftovers	8 Air Fryer Halibut potatoes and veggies	9 Cream of Mushroom Chicken w/ leftover potatoes & veggies	10 Leftovers	11 Marry Me Chicken Pasta
12 Leftovers	13 IP Chicken Sausage	14 Leftovers	15 Ground Beef Stir Fry w/ rice or cauliflower (double for leftovers!)	16 Leftovers	17 Cajun Shrimp & Sausage Pasta	18 Air Fryer Tortilla Pizzas
19 Cottage Cheese Lasagna w/ Caesar salad	20 Leftovers	21	 FREE DOWNLOAD			
26 Chicken Enchilada Soup	27 Leftovers	28 Breakfast: Lunch dinner: Lunch eggs and fruit				
			29 Air Fryer Tenders w/ black beans and veggies	30 BBQ Chicken Burgers , fries and/or side salad		

2025
January

**NEW YEAR
NEW ME
BETTER ME**

MONTHLY GOALS

BREAKFAST, SNACK & DESSERT IDEAS

Breakfast prep ideas: [Egg White Bites](#), [Protein Overnight Oats](#), [Cottage Cheese Waffles](#)

Snacks and desserts: [Cottage Cheese Dessert Bowls](#), [Protein Pudding](#) and [Chicken Jalapeno Popper Dip](#)

Feeling lazy one night? No problem, grab my macro friendly [Lazy Lasagna](#) in stores at your local Sam's Club and make that for dinner!!

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NOTES

This sample meal plan is dedicated to lunch OR dinner only (mainly due to spacing limitation!). Use this as a sample and an idea of what your week could look like and how to use and plan for leftovers. Many of these recipes make 4+ servings meaning you can use the leftovers for the following nights dinner OR as meal prep for lunches during the week. *There are a lot of great new meal prep recipes coming out in January so be sure to come back for more.*