



Finding Healthy
— with Stacy —

REAL FOOD. REAL LIFE. SMALL WINS.

5-DAY BUSY MOM MEAL PLAN + GROCERY LIST

Simple meals. Practical swaps. Less guesswork.

- Breakfast, lunch, dinner, and one snack for five days
- Quick instructions and planned leftover lunches
- Keto and gluten-free swaps placed beside each meal
- Brand suggestions and package sizes on the shopping list

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Your 5-Day Plan at a Glance

This plan is designed for about four servings and intentionally uses dinner leftovers for the next day's lunch. Choose the standard meal or use the keto or gluten-free swap shown beside it. Brand names are optional taste-focused suggestions; store availability and package sizes may vary.

Day	Breakfast	Lunch	Dinner	Snack
1	Greek yogurt berry bowl	Turkey & cheese roll-ups	Slow-cooker salsa chicken	Apple + peanut butter
2	Cheesy scrambled eggs	Salsa chicken bowl	Sheet-pan sausage & vegetables	String cheese + grapes
3	Peanut butter banana toast	Sausage vegetable bowl	Chicken Alfredo broccoli bake	Greek yogurt + berries
4	Egg & cheese breakfast wrap	Chicken Caesar lettuce wraps	Beef & pepper skillet	Cucumber cream cheese bites
5	Berry protein smoothie	Beef & pepper bowl	Air-fryer chicken + green beans	Trail mix cups

Before Day 1: Wash and chop produce, portion snack items, and confirm which swaps your household will use.

Leftovers: Refrigerate planned leftovers promptly in covered containers.

Labels: Check ingredient labels when gluten-free or keto needs are strict because formulas can change.

Flexibility: Swap days around as needed. The goal is less stress, not a perfect week.

Day 1 - Easy Start

Start simple, then let dinner do part of tomorrow's work.

Breakfast: Greek Yogurt Berry Bowl

Ingredients: 4 cups Fage Total 5% plain Greek yogurt, 2 cups mixed berries, 1 cup KIND Oats & Honey granola, and honey if desired.

Instructions: Divide the yogurt among four bowls. Top with berries and granola. Add a small drizzle of honey if desired.

Keto swap: Use unsweetened full-fat yogurt, NuTrail Nut Granola or chopped nuts, and skip the honey.

Gluten-free: Use a certified gluten-free granola.

Lunch: Turkey and Cheese Roll-Ups

Ingredients: 16 slices Oscar Mayer Deli Fresh turkey, 8 Sargento cheddar slices, 1 sliced cucumber, and Hidden Valley Ranch for dipping.

Instructions: Lay half a cheese slice over each turkey slice, roll tightly, and serve with cucumber slices and ranch.

Keto swap: Keto-friendly as written.

Gluten-free: Choose turkey, cheese, and dressing labeled gluten-free if needed.

Dinner: Slow-Cooker Salsa Chicken

Ingredients: 2 1/2 pounds chicken breasts, one 15.7-ounce jar Herdez salsa, two taco-seasoning packets, tortillas, shredded cheese, lettuce, and tomatoes.

Instructions: Place chicken, salsa, and seasoning in the slow cooker. Cook on low for 6-7 hours or high for 3-4 hours. Shred and serve with toppings.

Keto swap: Serve in lettuce wraps or over salad; use Mission Carb Balance tortillas when preferred.

Gluten-free: Use certified gluten-free taco seasoning and Mission white corn tortillas.

Prep note: Save about 2 cups of chicken for Day 2 lunch.

Snack: Apple and Peanut Butter

Ingredients: 4 medium apples and about 1/2 cup Jif Creamy peanut butter.

Instructions: Slice the apples and serve with peanut butter for dipping.

Keto swap: Replace the apples with celery sticks and use Jif No Added Sugar peanut butter.

Day 2 - Leftover Makeover

Yesterday's chicken becomes a fast lunch, while dinner sets up Day 3.

Breakfast: Cheesy Scrambled Eggs

Ingredients: 8 eggs, 1 cup shredded cheddar, 1 tablespoon butter, and fruit for serving.

Instructions: Melt butter in a skillet. Whisk eggs, pour into the pan, and stir gently until just cooked. Add cheese before serving.

Keto swap: Replace the fruit with sliced avocado.

Gluten-free: Naturally gluten-free; verify packaged cheese if needed.

Lunch: Salsa Chicken Bowls

Ingredients: 2 cups leftover salsa chicken, romaine, shredded cheese, chopped tomatoes, avocado, and salsa or ranch.

Instructions: Divide lettuce among bowls. Top with warmed chicken, cheese, tomato, avocado, and dressing.

Keto swap: Keto-friendly as written.

Gluten-free: Use certified gluten-free seasoning and dressing.

Dinner: Sheet-Pan Sausage and Vegetables

Ingredients: Two 12-ounce packages smoked sausage, 3 bell peppers, 1 large onion, 1 1/2 pounds potatoes, 2 tablespoons olive oil, garlic powder, salt, and pepper.

Instructions: Heat oven to 425°F. Slice everything, spread on a sheet pan, toss with oil and seasonings, and bake 25-30 minutes. Stir halfway through.

Keto swap: Replace potatoes with 24 ounces broccoli or zucchini; Kielbasa beef sausage is a flavorful option.

Gluten-free: Use sausage labeled gluten-free.

Prep note: Save about 4 cups of sausage and vegetables for Day 3 lunch.

Snack: String Cheese and Grapes

Ingredients: 4 Sargento string cheeses and about 2 cups grapes.

Instructions: Serve one string cheese with a small handful of grapes.

Keto swap: Replace grapes with Blue Diamond whole natural almonds.

Day 3 - Quick Leftover Lunch

A no-fuss lunch leaves more energy for a cozy, family-style dinner.

Breakfast: Peanut Butter Banana Toast

Ingredients: 4 slices Nature's Own whole-wheat bread, Jif peanut butter, 2 bananas, and cinnamon.

Instructions: Toast the bread, spread with peanut butter, top with banana slices, and sprinkle with cinnamon.

Keto swap: Use Sola keto bread and skip the banana, or serve peanut butter with celery.

Gluten-free: Use Canyon Bakehouse gluten-free bread.

Lunch: Sausage and Vegetable Bowls

Ingredients: Leftover sausage and vegetables, 2 cups cooked rice, and optional shredded cheese.

Instructions: Reheat the sausage mixture and serve over warm rice. Add cheese if desired.

Keto swap: Serve over Green Giant riced cauliflower or lettuce instead of rice.

Gluten-free: Use sausage labeled gluten-free.

Dinner: Chicken Alfredo Broccoli Bake

Ingredients: 4 cups cooked chicken, 12 ounces penne, 6 cups broccoli florets, two 15-ounce jars Rao's Alfredo sauce, 2 cups mozzarella, garlic powder, salt, and pepper.

Instructions: Heat oven to 375°F. Cook pasta and broccoli until just tender. Mix with chicken, sauce, and seasonings. Transfer to a baking dish, top with mozzarella, and bake 20-25 minutes.

Keto swap: Replace pasta with extra broccoli or cauliflower. Rao's Alfredo works well for the keto version.

Gluten-free: Use Barilla Gluten Free Penne.

Prep note: Reserve about 2 cups chicken from the bake for Day 4 lunch.

Snack: Greek Yogurt and Berries

Ingredients: 2 cups Fage Total 5% plain Greek yogurt and 1 cup berries.

Instructions: Divide yogurt into four small bowls and top with berries.

Keto swap: Use the same yogurt with a smaller portion of berries.

Day 4 - Simple and Filling

A quick wrap, a crisp lunch, and one skillet for dinner.

Breakfast: Egg and Cheese Breakfast Wraps

Ingredients: 8 eggs, 1 cup shredded cheddar, 4 Mission flour tortillas, and salsa.

Instructions: Scramble the eggs, stir in cheese, spoon into warmed tortillas, add salsa, and roll tightly.

Keto swap: Use Mission Carb Balance tortillas or serve the eggs in a bowl.

Gluten-free: Use gluten-free tortillas.

Lunch: Chicken Caesar Lettuce Wraps

Ingredients: 2 cups leftover chicken, 3 cups chopped romaine, 1/3 cup Ken's Creamy Caesar dressing, 1/3 cup Parmesan, and large lettuce leaves.

Instructions: Mix chicken, chopped romaine, dressing, and Parmesan. Spoon into lettuce leaves and fold like wraps.

Keto swap: Keto-friendly as written.

Gluten-free: Choose Caesar dressing labeled gluten-free.

Dinner: One-Pan Beef and Pepper Skillet

Ingredients: 2 pounds ground beef, 3 bell peppers, 1 large onion, 2 garlic cloves, one 14.5-ounce can diced tomatoes, Italian seasoning, salt, and pepper.

Instructions: Brown beef in a large skillet and drain excess grease. Add peppers, onion, and garlic. Cook until softened. Stir in tomatoes and seasoning and simmer 10 minutes.

Keto swap: Keto-friendly as written; serve over cauliflower rice if desired.

Gluten-free: Naturally gluten-free; verify canned tomatoes and seasonings if needed.

Prep note: Save about 4 cups of beef and peppers for Day 5 lunch.

Snack: Cucumber Cream Cheese Bites

Ingredients: 1 large cucumber, 8 ounces Philadelphia cream cheese, and your favorite seasoning.

Instructions: Slice cucumber into rounds, spread with cream cheese, and sprinkle lightly with seasoning.

Keto swap: Keto-friendly as written.

Gluten-free: Naturally gluten-free.

Day 5 - Easy Finish

Finish the week with a blended breakfast, another leftover lunch, and a fast air-fryer dinner.

Breakfast: Berry Protein Smoothies

Ingredients: 2 cups Fairlife 2% milk, 2 cups Greek yogurt, 2 cups berries, 1/2 cup peanut butter, and optional protein powder.

Instructions: Add everything to a blender and blend until smooth. Divide among four glasses.

Keto swap: Use Califia unsweetened almond milk, a low-carb protein powder, and a smaller portion of berries.

Gluten-free: Use protein powder labeled gluten-free.

Lunch: Beef and Pepper Bowls

Ingredients: Leftover beef and pepper mixture, lettuce or cooked rice, shredded cheese, and sour cream.

Instructions: Reheat the beef mixture. Serve over lettuce or rice and top with cheese and sour cream.

Keto swap: Serve over lettuce or riced cauliflower.

Gluten-free: Gluten-free as written when packaged ingredients are verified.

Dinner: Crispy Air-Fryer Chicken and Green Beans

Ingredients: 2 pounds chicken tenders, 2 tablespoons olive oil, garlic powder, paprika, salt, pepper, and 1 pound green beans.

Instructions: Toss chicken with half the oil and seasonings. Air-fry at 390°F for 10-14 minutes, turning halfway, until cooked through. Toss green beans with remaining oil and seasoning and air-fry 8-10 minutes, shaking once.

Keto swap: Keto-friendly as written.

Gluten-free: Gluten-free as written.

Snack: Trail Mix Cups

Ingredients: 1 1/2 cups mixed nuts, 1/2 cup dried fruit, and 1/3 cup Ghirardelli dark chocolate chips.

Instructions: Divide into four small containers for grab-and-go snacks.

Keto swap: Use nuts, Bob's Red Mill unsweetened coconut flakes, and Lily's dark chocolate-style chips.

Grocery List

Quantities are planned for about four servings with leftovers. Brand suggestions are optional and chosen for flavor or convenience. Buy the regular item or the swap listed directly beneath it - you do not need both unless your household uses both versions.

Produce

- [] Mixed berries - 2 pounds
- [] Apples - 4 medium
- Keto swap: celery - 1 bunch
- [] Bananas - 4
- Keto swap: avocados - 2 additional
- [] Cucumbers - 3 large
- [] Avocados - 4
- [] Romaine hearts - two 3-count packages
- [] Bell peppers - 6
- [] Yellow onions - 2 large
- [] Tomatoes - 6 medium
- [] Potatoes - one 3-pound bag
- Keto swap: Birds Eye broccoli florets - two 12-ounce bags
- [] Broccoli florets - three 12-ounce bags
- [] Green beans - 1 pound
- [] Garlic - 1 bulb
- [] Grapes - 1 pound
- Keto swap: Blue Diamond Whole Natural Almonds - one 6-ounce bag

Meat

- [] Boneless skinless chicken breasts - 4 pounds
- [] Chicken breast tenders - 2 pounds
- [] Ground beef - 2 pounds
- [] Hillshire Farm Beef Smoked Sausage - two 12-ounce packages
- Keto option: Kielbassa Beef Smoked Sausage - two 12-ounce packages
- [] Oscar Mayer Deli Fresh Oven-Roasted Turkey - one 16-ounce package

Dairy and Refrigerated

- [] Eggs - one 18-count carton
- [] Fage Total 5% Plain Greek Yogurt - two 32-ounce tubs
- Keto-friendly as listed
- [] Sargento Natural Cheddar Cheese Slices - one 8-ounce package
- [] Tillamook Farmstyle Thick Cut Medium Cheddar - two 8-ounce bags
- [] Galbani Whole Milk Mozzarella - one 8-ounce bag
- [] BelGioioso Grated Parmesan - one 8-ounce container
- [] Sargento String Cheese - one 12-count package

Dairy and Refrigerated - continued

- [] Philadelphia Original Cream Cheese - one 8-ounce package
- [] Daisy Sour Cream - one 16-ounce container
- [] Kerrygold Salted Butter - one 8-ounce package
- [] Fairlife 2% Milk - one 52-fluid-ounce bottle
- Keto swap: Califia Farms Unsweetened Almondmilk - one 48-fluid-ounce bottle
- [] Hidden Valley Original Ranch - one 16-fluid-ounce bottle
- Keto-friendly in typical servings; check your label
- [] Ken's Steak House Creamy Caesar - one 16-fluid-ounce bottle
- Gluten-free shoppers: choose a bottle labeled gluten-free

Bread, Tortillas, Pasta, and Rice

- [] Mission Soft Taco Flour Tortillas - one 10-count package
- Keto swap: Mission Carb Balance Soft Taco Tortillas - one 8-count package; Gluten-free swap: Mission White Corn Tortillas - one 30-count package
- [] Nature's Own 100% Whole Wheat Bread - one 20-ounce loaf
- Keto swap: Sola Sweet & Buttery Keto Bread - one 14-ounce loaf; Gluten-free swap: Canyon Bakehouse Heritage Style Honey White - one 18-ounce loaf
- [] Barilla Penne Pasta - one 16-ounce box
- Gluten-free swap: Barilla Gluten Free Penne - one 12-ounce box; Keto swap: one additional 12-ounce bag broccoli or cauliflower
- [] Ben's Original Long Grain White Rice - one 2-pound bag
- Keto swap: Green Giant Riced Cauliflower - two 10-ounce bags

Sauces and Pantry

- [] Herdez Medium Salsa - one 15.7-ounce jar
- [] McCormick Original Taco Seasoning - two 1-ounce packets
- Gluten-free swap: McCormick Gluten-Free Taco Seasoning - two 1.25-ounce packets
- [] Rao's Homemade Alfredo Sauce - two 15-ounce jars
- Keto-friendly as listed
- [] Hunt's Diced Tomatoes - one 14.5-ounce can
- [] Jif Creamy Peanut Butter - one 16-ounce jar
- Keto swap: Jif No Added Sugar Creamy Peanut Butter - one 15.5-ounce jar
- [] KIND Oats & Honey Granola - one 11-ounce bag
- Keto swap: NuTrail Nut Granola - one 8-ounce bag
- [] California Olive Ranch Extra-Virgin Olive Oil - one 16.9-fluid-ounce bottle

Sauces and Pantry - continued

[] Planters Deluxe Mixed Nuts - one 10.3-ounce container

[] Ocean Spray Craisins - one 5-ounce bag

Keto swap: Bob's Red Mill Unsweetened Coconut Flakes - one 12-ounce bag

[] Ghirardelli 60% Cacao Chocolate Chips - one 10-ounce bag

Keto swap: Lily's Dark Chocolate Style Baking Chips - one 9-ounce bag

[] Honey - one 12-ounce bottle (optional)

Keto swap: skip it or use your preferred sugar-free sweetener

[] Protein powder - one small container (optional)

Keto or gluten-free version: choose a powder labeled for your needs and a flavor you already enjoy

Seasonings

[] Salt - one 26-ounce container

[] Black pepper - one 3-ounce container

[] Garlic powder - one 3-ounce container

[] Paprika - one 2.5-ounce container

[] Italian seasoning - one 0.75-ounce container

[] Ground cinnamon - one 2.37-ounce container

A little reminder from Stacy

Use what helps, skip what does not, and make the week work for your real life. Progress still counts when dinner is simple.

Note: This meal plan is for general informational purposes and is not individualized medical or nutrition advice. Check labels for allergens and dietary needs. Package sizes and product formulations may change.