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*Momentum Mom's*  
Meal Planning  
Cheat Sheet

Quick, healthy, kid-friendly  
meal ideas to fuel your  
week with ease



Little Feet Welcome. Big Goals Encouraged.





# Hey Mama – Let's Make Mealtime Easier.

If you're juggling little feet, big goals, and everything in between – this guide was made for you. I'm Shelby, certified nutrition coach, personal trainer, women's health specialist, and mom of two toddlers. I know firsthand how chaotic mealtime can get, especially when you're trying to take care of yourself and your people.

This cheat sheet is here to simplify your week, give you a go-to list of healthy (and realistic) meals, and take the guesswork out of "What's for dinner?"

## What's inside:

- ✦ Easy, protein-forward meals and snacks
- ✦ Colorful sides your kids might actually eat
- ✦ A simple grocery list to cut down on decision fatigue
- ✦ Back-pocket ideas for those days when nothing's going as planned

This isn't about perfection – it's about building momentum toward a lifestyle that supports your energy, your goals, and your family.

Let's get planning!

♥ Shelby  
Founder of Momentum

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# Meal Planning Made Simple

A few quick tips to help you stay consistent without overcomplicating your week:

- ✓ Aim for protein with every meal — it keeps you full, supports energy, and helps build strength.
- ✓ Add color to every plate — fruits and veggies don't have to be fancy, just there.
- ✓ Focus on whole, high-quality foods about 80% of the time. There's room for flexibility.
- ✓ Plan 2-3 high-quality dinners for the week, and make the next couple days easier by using leftovers for lunch or quick remix meals.
- ✓ Keep a list of 2-3 easy, back-pocket meal ideas for nights when the plan flies out the window.
- ✓ Don't overthink it — you don't need a Pinterest-worthy menu to fuel your family well.

# Protein-Packed *Meal Ideas*

## **Breakfast:**

Greek yogurt with berries + granola

Protein oatmeal with nut butter + banana

Scrambled eggs + avocado toast fingers

Cottage cheese with peaches

Egg burrito or sandwich with deli meat + fruit

## **Lunch:**

Turkey + hummus wrap with veggies

Leftover grilled chicken + rice bowl

Protein smoothie with frozen berries + almond butter

Tuna salad lettuce boats

## **Dinner:**

Sheet pan chicken + roasted veggies

Taco bowls with ground turkey + black beans

Baked salmon with rice + broccoli

Slow cooker shredded chicken + sweet potatoes

## **Snacks:**

String cheese + apple slices

Protein energy balls

Cottage cheese + strawberries

Rice cakes with peanut butter

💡 Tip: Keep high-protein, easy-grab snacks stocked for busy days.

# Colorful Side Ideas

Bright, nutrient-packed sides your kids might actually eat:



Sliced cucumbers + ranch dip

Roasted baby carrots

Steamed green beans with garlic

Sliced bell peppers + hummus or whipped cream cheese

Frozen mango chunks

Fresh or frozen berries

Sweet corn

Apple slices with peanut butter



💡 Tip: Frozen fruits and veggies totally count — quick, easy, and no waste. Streamable bagged veggies are convenient and delicious!

# Weekly Grocery List

## Protein/Dairy

- Chicken breast/thighs
- Ground turkey
- Deli meats
- Chicken or turkey breakfast sausage
- Greek yogurt
- Cottage cheese
- Eggs
- String cheese
- Shredded cheese
- Whipped cream cheese
- Ranch dressing
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## Produce (Colorful Fruits & Veggies)

- Cucumbers
- Bell peppers
- Carrots
- Broccoli
- Apples
- Berries
- Bananas
- Sweet potatoes
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## Grains / Carbs

- Rice
- Oatmeal
- Tortillas
- Whole grain bread
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## Pantry Staples

- Nut butter
- Black beans
- Hummus
- Protein powder
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## Snacks

- Rice cakes
- Frozen fruit
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💡 Frozen, grilled, microwavable chicken breast strips are a convenient option to add to salads, wraps, and bowls

💡 My family loves steamable broccoli, brussels, edamame, and carrots- these sometimes come preseasoned, which are also delicious!

💡 Whipped cream cheese is perfect for wraps, rice cakes, or dipping veggies!

# No Time, No Problem Quick Meal Ideas

For the Days When Nothing's Going As Planned

Rotisserie chicken + bagged salad + microwavable rice

Eggs + toast + frozen fruit

Turkey + cheese roll-ups + apple slices

Cheese quesadillas + ham, turkey, or chicken + steamed veggies

Deli meat on toast + lettuce, tomato, cucumber, avocado

💡 Tip: Keep a couple of these staples on standby every week. You'll thank yourself.

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## You've got this Mama! 💪 ✨

Thank you so much for downloading this resource – I hope it brought a little extra ease, energy, and momentum to your day. You're doing amazing things by showing up for yourself, and it's an honor to be part of your journey.

If you loved this, here's what you can do next:

✓ Follow me on Instagram [[@momentumwell.co](https://www.instagram.com/momentumwellco)] for daily tips, motivation, recipes, and messy mom moments (because life isn't perfect, but it's powerful).

✓ Ready for more personalized support?

Let's build a plan that fits your busy life. Book a free 20-minute Momentum Meeting and let's talk about your goals.

→ <https://www.momentumwellco.com/community>



Tag me if you try this guide! 📸  
I'd LOVE to see your progress and cheer you on.

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