



MEAL PREP MASTERY



BULK PREP PROTEINS

Chicken Breast
Ground Beef

BULK PREP FIBER

Hummus
Roasted Vegetable Medley

SNACKS/DRESSINGS

Baked Overnight Oats
Greek Yogurt Dressing

MONDAY

Tomato Soup
Chicken

TUESDAY

Greek Wrap
Chicken

WEDNESDAY

Orzo Salad
Chicken or Tuna

THURSDAY

Vegetable Rice Bowl
Ground Beef

FRIDAY

Quesadilla
Chicken or Beef
with Salad

PROTEINS

Eggs
Liquid Egg Whites
Greek Yogurt
Cottage Cheese
Cheddar Cheese
Feta Cheese
Canned Tuna
Canned Chicken
Canned Sardines
Protein Powder

SATURDAY

Hummus
Veggies
Chicken

SUNDAY

OTHER

SPICE/HERB/OIL CONDIMENTS

EVOO
Hot Sauce
Japanese BBQ Sauce
Balsamic Vinegar

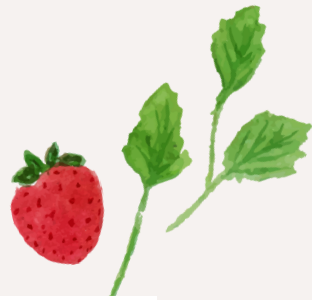
SHOPPING LIST

Carrots, Cherry Tomato
Celery, Red/Yellow Onion
Basil, Parsley
Mushrooms, Broccoli
Red Cabbage, Arugula
Lemons
Cucumbers, Bell Peppers
Chicken Breast & Thighs
Tortillas/Wraps
Feta Cheese
Crackers





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TUESDAY

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SHOPPING LIST

THURSDAY

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PROTEINS

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OTHER

**SPICE/HERB/OIL
CONDIMENTS**

