



MEAL PREP MASTERY



BULK PREP PROTEINS

Turkey Meatballs
Instapot Beef

BULK PREP FIBER

Lupini Pasta Salad
Mango Salsa

SNACKS/DRESSINGS

Date Bark
Tzatziki
Lime Crema

MONDAY

Tzatziki
Turkey Meatballs
Veggies

TUESDAY

Street Tacos
Instapot Beef
Mango Salsa

WEDNESDAY

Dining Out

THURSDAY

Quesadilla
Instapot Beef
Mango Salsa

FRIDAY

Lupini Salad
Turkey or Beef or
Tuna

PROTEINS

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

SATURDAY

Instapot Beef
Rice and beans
Mango Salsa

SUNDAY

OTHER

SPICE/HERB/OIL CONDIMENTS

EVOO
Hot Sauce
Maple Syrup
Balsamic Vinegar

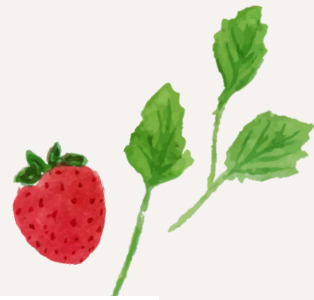
SHOPPING LIST

Carrots, Cherry Tomato
Celery, Red/Yellow Onion
Basil, Parsley, Cilantro, Dill
Jalapeño, Green Onions
Red Cabbage, Arugula
Lemons, Limes
Cucumbers, Bell Peppers
Chuck Roast
Tortillas/Wraps
Feta Cheese
Ground Turkey
Medjool Dates
Chocolate Chips
Peanut Butter
Peanuts
Lupini Pasta
Sour Cream
Ground Flax





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TUESDAY

WEDNESDAY

SHOPPING LIST

THURSDAY

FRIDAY

PROTEINS

SATURDAY

SUNDAY

OTHER

**SPICE/HERB/OIL
CONDIMENTS**

