



MEAL PREP MASTERY



BULK PREP PROTEINS

Roasted Chicken Thighs
Hard Boiled Eggs

BULK PREP FIBER

Bean Salad
Vegetable Risotto

SNACKS/DRESSINGS

Protein Muffins
Maple Vinaigrette
Avocado Pesto

MONDAY

Roasted Chicken
Risotto
Pesto

TUESDAY

Chicken and Bean
Salad

WEDNESDAY

Dining Out

THURSDAY

Shrimp Tacos
Bean Salad
Avocado Pesto

FRIDAY

Endive Boats
Chicken

PROTEINS

Eggs
Liquid Egg Whites
Greek Yogurt
Cottage Cheese
Goat Cheese
Feta Cheese
Shrimp
Steak
Chicken Thighs
Protein Powder

SATURDAY

Steak
Risotto

SUNDAY

OTHER

Bitters
Tart Cherry Juice
Sparkling Water
Kombucha

SPICE/HERB/OIL CONDIMENTS

EVOO
Hot Sauce
Maple Syrup
Balsamic Vinegar
Bone Broth

SHOPPING LIST

Carrots, Cherry Tomato
Celery, Red/Yellow Onion
Basil, Parsley

Microgreens, Endive
Red Cabbage, Arugula

Lemons, Limes
Cucumbers, Bell Peppers
Mushrooms

Tortillas/Wraps
Arborio Rice

Pistachios
Walnuts

Ground Flax
Rolled Oats

Green Beans
Red Kidney Beans
Cannellini Beans
Bananas, Blueberries





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BULK PREP FIBER

SNACKS/DRESSINGS

MONDAY

TUESDAY

WEDNESDAY

SHOPPING LIST

THURSDAY

FRIDAY

PROTEINS

SATURDAY

SUNDAY

OTHER

**SPICE/HERB/OIL
CONDIMENTS**

