

WEEKLY MEAL PLAN	Week of: April 21
Goals: 10K steps per day	

DINNER PLAN	
Tip: Plan at least 4-5 meals, choosing recipes based on scheduled activities and add recipe components to meal prep if desired	
Sun	Easter Dinner
Mon	Sheet Pan Sausage & Shrimp Jambalaya and rice
Tue	Taco Tuesday (Instant Pot Taco Meat)
Wed	Instant Pot Chicken Cacciatore
Thu	Burgers & Rosemary Curly Fries
Fri	TBD
Sat	TBD

MEAL PREP
Tip: Choose 1 breakfast item, 1-2 lunch/protein items and 2-3 snack/sides. Add dinner components, condiments and spice mixes as needed
<ul style="list-style-type: none"> o Breakfast - IP Hard Boiled Eggs o Protein - Instant Pot Shredded Chicken o Side - Salad Greens o Side - Veggie Tray o Dinner Prep - chop bell peppers o Extras - Cajun Seasoning, Italian Seasoning o

SHOPPING LIST				
Protein	Produce	Pantry	Frozen	Miscellaneous
Ground beef - 3 Chicken sausage Shrimp Chicken thighs Chicken breast eggs	Bell peppers - 4 Onion Russet potatoes Lettuce Raddichio Cucumbers Carrots Celery Cauliflower	Crushed tomatoes Salsa Tomato sauce Rice		