

WEEKLY MEAL PLAN	Week of: April 14
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	Blackened Salmon & Roasted Veggies
Mon	Air Fryer Chicken Wings & Potato Wedges
Tue	Cashew Chicken Skillet
Wed	Sheet Pan Sausage & Veggies
Thu	IP Meatballs & Marinara
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: Paleo Banana Muffins o Protein: Grilled Chicken Thighs o Protein: Instant Pot Chili o Side: Veggie Tray o Side: Deviled Eggs o Side: Detox Chopped Salad o Extras: Chili & All Purpose Seasoning Blends, Homemade Mayo

SHOPPING LIST				
Protein	Produce	Pantry	Frozen	Miscellaneous
Salmon filets Chicken wings Ground beef - 2 Chicken sausage Chicken thighs - 2 Chicken breast Eggs	Bell peppers Red potatoes Yellow potatoes Broccoli Romaine Kale Radishes Carrots Cucs Snap peas Lemon Bananas Broccoli slaw	Diced tomatoes Crushed tomatoes Black beans Cashews Coconut Aminos Honey	Cauliflower rice	