

WEEKLY MEAL PLAN	Week of: April 28
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	Roasted Chicken & IP Mashed Potatoes
Mon	Egg Roll Bowls
Tue	Turkey Bolognese & Salad
Wed	Burgers & Sheet Pan Ranch Veggies
Thu	Sheet Pan Chicken Fajitas
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"> ○ Breakfast: Homemade Breakfast Sausage Patties ○ Protein: Grilled Chicken Thighs ○ Protein: Instant Pot Hard Boiled Eggs ○ Side: Veggie Tray ○ Side: Salad Greens ○ Extra: Ranch Seasoning Blend, Taco Blend ○

SHOPPING LIST				
Protein	Produce	Pantry	Frozen	Miscellaneous
Whole Chicken Ground beef - 2 Ground turkey - 2 Chicken thighs - 2 Chicken breast Eggs	Bell peppers Russet potatoes Yellow potatoes Broccoli Romaine Carrots Cucos Coleslaw Mix	Crushed tomatoes Coconut Aminos Fish Sauce Water chestnuts		