

## WEEKLY MEAL PLAN

Week of: April 7, 2019

Goals: Stick to meal plan, walk everyday!

### DINNER PLAN

Tip: Plan at least 4-5 meals, choosing recipes based on scheduled activities. Add recipe components to meal prep if desired

Sun	Roasted Whole Chicken w/IP Mashed Potatoes and Coleslaw
Mon	Sheet Pan Lemon Garlic Shrimp w/rice and broccoli
Tue	Shepherd's Pie
Wed	Steak, Roasted Potatoes & Carrots
Thu	Instant Pot Chicken Tortilla Soup
Fri	TBD
Sat	TBD

### MEAL PREP

Tip: Choose 1-2 breakfast items, 1-2 lunch/protein items and 2-3 sides/snacks. Add dinner components, condiments and spice mixes as needed

- o Breakfast: Deviled Eggs
- o Protein: Grilled Chicken Thighs
- o Protein: IP Taco Meat
- o Sides: Salad Greens
- o Sides: Veggie Tray
- o Extras: Taco & Fajita Seasoning
- o Extras: Instant Pot Bone Broth (Sunday's chicken - for tortilla soup)

## SHOPPING LIST

Protein	Produce	Pantry	Frozen	Misc
Shrimp Ground beef - 3 lbs Steaks Chicken breast - 1 Chicken Thighs - 1 Whole Chicken Eggs	Coleslaw mix Baby potatoes Tri color carrots Broccoli russet potatoes Bell peppers Onion Celery Cucs Carrots Romaine Avocado	Rice Tomato paste Beef broth Coconut aminos Dijon Diced tomatoes Spices Tortillas Black beans Green chilis	Green beans Corn	