

WEEKLY MEAL PLAN	Week of: May 12
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	Mother's Day - No Cooking!
Mon	Whole30 Cauliflower Chicken Fried Rice
Tue	Sheet Pan Lemon Garlic Shrimp with Rice and Broccoli
Wed	Instant Pot Creamy Herbed Chicken Stew
Thu	Burgers & Rosemary Roasted Potatoes
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
o Breakfast: Healthy Chocolate Chip Muffins
o Protein: Instant Pot Shredded Chicken
o Protein: Instant Pot Hard Boiled Eggs
o Side: Creamy Cauliflower Soup
o Side: Veggie Tray
o Extra:
o

SHOPPING LIST				
Protein	Produce	Pantry	Frozen	Miscellaneous
Chicken Breast - 4 Shrimp Ground Beef Eggs	Yellow potatoes Broccoli Carrots Celery Cauliflower Cucumbers Rosemary	Broth Coconut aminos Gluten Free flour Chocolate Chips Coconut Oil	Cauliflower Rice	