

WEEKLY MEAL PLAN	Week of: May 19
Goals: Complete 5 Day Clean Eating Challenge!	

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	Grilled Bruschetta Chicken & Roasted Rosemary Potatoes
Mon	Sheet Pan Sausage & Veggies
Tue	Rosemary Dijon Turkey Kabobs & Rainbow Veggie Rice
Wed	Instant Pot Turkey & Sweet Potato Chili
Thu	Asian Chicken Chopped Salad
Fri	Sheet Pan Shrimp Fajitas w/salad greens and guacamole
Sat	TBD/Leftovers

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: Instant Pot Hard Boiled Eggs o Protein: Instant Pot Taco Meat o Protein: Instant Pot Shredded Chicken o Side: Veggie Tray o Side: Salad Greens o Extra: Seasoning Blends (Chili, Taco, Cajun), Homemade Avocado Mayo, Ranch Dressing o

SHOPPING LIST				
Protein	Produce	Pantry	Frozen	Miscellaneous
Turkey Tenderloins Chicken Breast - 4 Chicken Sausage Ground Turkey Ground beef - 2 Shrimp Eggs	Yellow potatoes Onions Bell peppers Cole Slaw Mix Green onions Sweet potatoes Zucchini Broccoli Carrots Celery Cucumbers Tomatoes Salad greens Rosemary Basil Garlic Ginger Avocado	Tomato Sauce Avocado Oil Broth Diced tomatoes Dijon Coconut aminos Dates Sesame Oil Slivered almonds Balsamic vinegar Spices for blends	Cauliflower rice	*this list includes ingredients needed for the recipes above only