

WEEKLY MEAL PLAN	Week of: May 5
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	Mexican Shredded Beef Tacos
Mon	Rosemary Dijon Turkey Kabobs
Tue	Sheet Pan Mediterranean Chicken & Veggies
Wed	Instant Pot Hamburger Soup
Thu	Grilled Steaks & IP Potato Cauliflower Mash
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: Chicken Sausage Frittata Muffins
o Protein: Instant Pot Taco Meat
o Protein: Instant Pot Egg Salad
o Side: Veggie Tray
o Side: Curried Broccoli Slaw
o Extra: Homemade Avocado Mayo
o

SHOPPING LIST				
Protein	Produce	Pantry	Frozen	Miscellaneous
Beef Roast	Bell peppers	Tomato Sauce		
Turkey Tenderloins	Yellow potatoes	Avocado Oil		
Chicken Breast	Broccoli	Broth		
Chicken Sausage	Carrots	Tomato Paste		
Ground Beef - 3	Celery	Diced tomatoes		
Steaks	Cauliflower	Chipotle in adobo		
Eggs	Cucs	Dijon		
	Broccoli Slaw	Coconut aminos		
	Rosemary	Green chilis		
		Artichokes		