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TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY  
TOTAL MACROS. Fresh Produce Proteins Grains, Beans,  
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Beverages Weekly Shopping List QTY: QTY: QTY: QTY:  
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Meal Prep: Benefits Of Meal Preparation • Preheat Oven To 375° And Line Two Baking Sheets With Parchment Paper. • In A Small Bowl, Combine Salt, Paprika, Pepper, Chipotle, Cumin, Cayenne, And Garlic Powder. Stir Together. • Spread Tofu Slices Onto The Sheet Pan And Drizzle With 2 Tablespoons Of Oil. Sprinkle May 16th, 2024.

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