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Week At A. Meal Planner Weekly Meal P May 12th,
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NutritionMEAL 2 MEAL 3 MEAL 4 SNACKS MONDAY
TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY
TOTAL MACROS. Fresh Produce Proteins Grains, Beans,
Dried Goods Seasoning, Dressings, Other Dairy
Beverages Weekly Shopping List QTY: QTY: QTY: QTY:
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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 Jan 9th, 2024
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OUR GO TO ANTI-INFLAMMATORY MEAL PREP RECIPES •

Mix Your Cocoa Powder With Your Milk And Collagen Protein Peptides. Pour Into Ice Tray Then Freeze. Also Place 2 Tbsp Nut Butter Of Choice In Freezer To Harden. • Add The Ingredients To 2 Ziplock Bags Or 1 Large Glass Jar. Place In Freezer. • When Ready To Make, Just Blend Together Jan 7th, 2024
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