

# WEEKLY MEAL PREP

Client Name Marina

Week 4

SUN

- Buy Your groceries
- Make the apple pancakes
- Make the low carb chocolate mousse

MON

- Enjoy the apple pancakes for breakfast
- Make the easy-peasy scrambled eggs and veggies for breakfast
- Make the beef stir fry for lunch
- Make the chicken with garden vegetables for supper
- Enjoy the low-carb mousse for your snack

TUES

- Enjoy the leftover apple pancakes and almonds for breakfast
- Enjoy the beef stir fry for lunch
- Enjoy the chicken with garden vegetables for supper
- Enjoy the low-carb mousse for your snack

WED

- Enjoy the leftover apple pancakes and prepare the sweet potato toast with almond butter and banana for breakfast
- Enjoy the beef stir fry for lunch
- Make the hack-your-own tacos
- Enjoy the low-carb mousse for your snack

THURS

- Enjoy the easy-peasy scrambled eggs and veggies for breakfast
- Enjoy the leftover curried cauliflower and kale soup, serve with sourdough bread
- Enjoy the leftover the hack-your-own tacos
- Enjoy the low-carb mousse for your snack

FRIDAY

- Enjoy the easy-peasy scrambled eggs and veggies for breakfast and 1 apple
- Enjoy the leftover curried cauliflower and kale soup, serve with sourdough bread
- Chicken with Garden Vegetables in Parchment
- Make the Turkey Collard Wrap and 10 almonds for your snack

SAT

- Enjoy the leftover Sweet Potato Toast with Almond Butter & Banana and almonds
- Enjoy the leftover curried cauliflower and kale soup
- Make the Cinnamon Sage Dry Rubbed Steak and Shoestring Sweet Potato Fries for your supper
- Enjoy the Turkey Collard Wrap for your snack

SUN

- Enjoy the leftover Sweet Potato Toast with Almond Butter & Banana and almonds
- Enjoy the leftover Cinnamon Sage Dry Rubbed Steak and Shoestring Sweet Potato Fries for your lunch
- Enjoy the leftover hack-your-own tacos for supper
- Enjoy the Turkey Collard Wrap for your snack

## FOOD PREP TIPS

1. Get organized
2. Invest in quality storage containers
3. Wash and prep your fruits and veggies (store in an air tight storage container, lined with paper towel)
4. Keep a variety of spices on hand
5. Block out a few hours each week dedicated for meal prepping
6. Always head to the grocery store armed with your personalized grocery list
7. Avoid shopping when you are hungry
8. Batch cook your meals
9. **Pre portion your meals**
10. Ask for help

## Pantry Essentials

- Brown rice
- Quinoa
- oats
- whole wheat pasta
- Legumes
- olive oil
- nut butters
- mixed nuts
- canned tomatoes
- Low sodium chicken broth

## NOTES:

