



WAYS TO OPTIMIZE IN THE KITCHEN

How to Prep for your Meal Plans

Here's what you'll need to buy for each week of your meal plans!

For all weeks Salads:

Salads are a great way to add more vegetables to your diet. Have fun creating interesting salads by topping your greens with a variety of vegetables (raw or sautéed) and other flavorful additions.

Mixed greens – Choose different mixes each week or mix it up during the week.

Vegetables

Asparagus

Avocado

Beets

Bell peppers – green, red, yellow

Broccoli

Cabbage

Carrots

Cauliflower

Corn

Cucumber

Green onions

Mushrooms

Peas – From frozen and thawed

Radishes

Red onion

Salsa

Tomato

Vegetable medley – From frozen and thawed

Other Toppings

Beans – Garbanzo (chickpeas), Black, Kidney

Cheese – Feta, Parmesan, your favorite

Hard-boiled eggs

Nuts – Almonds, Cashews, Pecans,

Walnuts

Seeds - Sunflower, Pumpkin

Dressings

Create your own with oil and vinegar

[Balsamic Vinaigrette p. 34](#)

[Creamy Coconut Dressing p. 34](#)

[Easy Ranch Dressing p. 34](#)

[Lemon Tahini Dressing p. 35](#)

Have on Hand Week 1:

Meals:

Pre-cooked breakfast sausages - (chicken, turkey, or pork) Enough for two breakfasts

Bacon - (pork or turkey) Enough for one breakfast and one day of lunches

Dinner sausages - Your choice brats, Italian sausages, chicken, turkey

Ground beef - Enough for pasta sauce and Sloppy Joes

Eggs

Cheese

Salad - Mixed greens of your choice

Kale

Green Beans

Bell pepper - Red, yellow or green

Tomatoes - For tacos

Onions

Lunches:

Ham

Salami

Cheese

Veggie sticks

Hummus

Pita chips

Guacamole or avocado

Tortillas

Pretzels - Gluten free or regular

Fruit

Avocados - Lunches and tacos

Broccoli

Cauliflower

Zucchini - Enough for 3 cups grated

Potatoes - Yukon Gold

Berries - Fresh or frozen

Fruit - Of your choice

Gluten Free Bread - For toast and sandwiches

Corn tortillas

Salad Dressing - Homemade p. 34 or store bought

Pasta sauce - Low sugar

Gluten Free Buns - For Sloppy Joes

Rotisserie chicken - At the end of the week

*** Ingredients for Prep Day and this week's recipes**

Snack foods ideas: pick your choices to have on hand

Hummus and veggie sticks

Nut butter and fruit

Meat sticks/jerky

Trail mix

Celery and nut butter

Hard-boiled eggs (Prep Day)

Plain yogurt and berries

Pretzels and cheese cubes

Cheese and fruit

Guacamole and veggie sticks

Prep Day Week 1:

x indicates the number times this recipe is included in the weekly meal plan.

2x - Spicy Rosemary Sausage & Potato Breakfast Hash p. 43 - Add broccoli to this recipe. Omit the peppers for non-spicy. Freeze for longer store.

4x - 6x - Salad - Wash, spin and refrigerate. *More needed if using for adult lunches.

1x - Paleo Mini Meatloaves p. 47 - Make extra for lunch the next day.

Hard boil eggs - Boil enough eggs for snacks this week for your family

Have on Hand Week 2:

Meals:

Pre-cooked breakfast sausages - (chicken, turkey, or pork) Enough for two breakfasts

Dinner sausages – Your choice brats, Italian sausages, chicken, turkey

Ground chicken - For burgers

Ground turkey

Pork chops

Salmon

Ham – For 2nd night of Soup and lunches

Eggs

Salad – Mixed greens of your choice

Vegetable medley - Frozen

Greens – Swiss chard, Kale or Spinach

Bell pepper – Red, yellow or green

Onions

Broccoli

Cauliflower

Green beans

Sweet Potatoes

Potatoes

Fruit – of your choice

Gluten Free Bread – For toast and sandwiches

Salad Dressing – Homemade p. 34 or store bought

Gluten Free Buns - For burgers

*** Ingredients for Prep Day and this week's recipes**

Lunches:

Soup – Favorite canned

Applegate chicken nuggets

Ham

Cheese

Nut butter

Bananas

Veggie sticks

Tortillas

Pretzels – Gluten free or regular

Fruit

Snack foods ideas: Pick your choices to have on hand

Hummus and veggie sticks

Nut butter and fruit

Meat sticks/jerky

Trail mix

Celery and nut butter

Hard-boiled eggs

Plain yogurt and berries

Pretzels and cheese cubes

Cheese and fruit

Guacamole and veggie sticks

Prep Day Week 2:

x indicates the number times this recipe is included in the weekly meal plan.

2x – **Ham and Egg Cups p.15** - Add chopped spinach to this recipe. Freeze for longer store.

3x – **6x*** - **Salad** - Wash, spin and refrigerate. * More needed for adult lunches.

2x – **Roasted Butternut Squash Soup p. 21**

Have on Hand Week 3:

Meals:

Pre-cooked breakfast sausages - (chicken, turkey, or pork) Enough for two breakfasts

Bacon – (pork or turkey) Enough for one breakfast and one day of lunches

Bratwursts – Enough for one dinner and next day lunches

Lamb chops

Chicken legs and thighs

Eggs

Parmesan cheese

Salad – Mixed greens of your choice

Vegetable medley - (frozen) Enough for one dinner & one breakfast

Corn or corn on the cob

Greens – Swiss chard, Kale or Spinach

Bell pepper – Red, yellow or green

Garlic

Onions

Fresh Rosemary

Broccoli

Potatoes

Brussels sprouts

Veggies to add to pizza – (mushrooms, basil, tomato, spinach, broccoli, onion)

Berries

Fruit – of your choice

Gluten Free Bread – For toast and sandwiches

Corn Tortillas or corn chips

Salad Dressing – Homemade p. 34 or store bought

*** Ingredients for Prep Day and this week's recipes**

Lunches:

Salami

Cheese

Avocado

Veggie sticks

Nut Butter

Celery

Tortillas

Pretzels – Gluten free or regular

Fruit

Snack foods ideas: pick your choices to have on hand

Hummus and veggie sticks

Nut butter and fruit

Meat sticks/jerky

Trail mix

Celery and nut butter

Hard-boiled eggs

Plain yogurt and berries

Pretzels and cheese cubes

Cheese and fruit

Guacamole and veggie sticks

Prep Day Week 3:

x indicates the number times this recipe is included in the weekly meal plan.

2x – **Blueberry Muffins p.13** - Freeze for longer store.

3x – **6x*** - **Salad** - Wash, spin and refrigerate. *More needed for adult lunches.

2x – **Paleo Chicken Tortilla Soup p.19**