

WEEKLY MEAL PLAN

Sunday, January 10th - Saturday, January 16th

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY	Tropical Carrot, Ginger, and Turmeric Smoothie	Quick Crunchy Black Bean Tacos 1 cup grapes	Loaded Slow Cooker Pulled Pork Baked Sweet Potatoes Roasted Zucchini & Squash	AM: 1 Flourless Blender Zucchini Muffins PM: 1 cup blueberries + 1 string cheese
MONDAY	Quick Breakfast Taco 1/2 grapefruit	Roasted Chickpea Curry Bowl 1 small apple	Baked Frittata with Butternut Squash, Kale & Sage 1 cup pineapple	AM: 1 small apple + 1 tbsp peanut butter PM: Bell pepper, hummus & pita snack
TUESDAY	Whole Grain Waffles & Cinnamon Apples 1 mandarin orange	Quick Crunchy Black Bean Tacos 1 cup grapes	Loaded Slow Cooker Pulled Pork Baked Sweet Potatoes (<i>leftovers</i>) Roasted Zucchini & Squash	AM: 1 Flourless Blender Zucchini Muffin PM: Almonds & Apricots
WEDNESDAY	Quick Breakfast Taco 1/2 grapefruit	Lunch Harvest Salad with Chicken 1 mandarin orange	Vegan Superfood Buddha Bowls 1 cup grapes	AM: Bell pepper, hummus & pita snack PM: 1 cup blueberries + 1 string cheese
THURSDAY	Whole Grain Waffles & Cinnamon Apples 1 mandarin orange	Roasted Chickpea Curry Bowl 1 small apple	Sheet Pan Chicken Tacos Creamy Avocado-Lime Slaw	AM: Cucumber Tzatziki Snack PM: Almonds & Apricots
FRIDAY	Tropical Carrot, Ginger, and Turmeric Smoothie	Vegan Superfood Buddha Bowls (<i>leftovers</i>) 1 cup grapes	15-Minute Shrimp & Veggie Stir-Fry 1 cup pineapple	AM: 1 small apple + 1 tbsp peanut butter PM: Bell pepper, hummus & pita snack
SATURDAY	Avocado-Egg Breakfast Toast 1 grapefruit	Lunch Harvest Salad with Chicken 1 mandarin orange	Sheet Pan Chicken Tacos (<i>leftovers</i>) Creamy Avocado-Lime Slaw	AM: 1 Flourless Blender Zucchini Muffin PM: 1 Cucumber Tzatziki Snack

BOLD = Recipe

PREP PLAN

Sunday, January 10th - Saturday, January 16th

	PREP/CUT	BATCH COOK	OTHER PREP	NOTES
SUNDAY	Smoothies: Chop carrots, peel orange, prep ginger. Store together in containers in fridge until needed.	Blender muffins For snacks during the week.	Blender muffins If you're up for it, make a double batch! Freeze and enjoy all month!	This will make more than you will need for the week. Place in a freezer bag and enjoy as desired.
SUNDAY	Fruit: Chop pineapple, wash & dry grapes for meals and snacks.	Make Vegan Buddha Bowls	Quinoa This week the recipes call for cooked quinoa. If possible, make a big batch today!	Use this day to read through all of the recipes and the grocery list! Get organized for the week!
SUNDAY	Veggies: <ul style="list-style-type: none"> Cut zucchini & squash for Sunday & Tuesday Cut cauliflower & store for Roasted Chicpea Curry Bowls 	Not Really Cooking... Consider placing a large, clear pitcher or jar of water in your fridge. Add citrus slices and/or fresh herbs. You'll have yummy water ready any time you want it!	Family Stuff It's not your job to get everything prepped and ready. Enlist the help of ALL hands to make your life easier!	Buy a roll of masking tape and a sharpie to label and date containers of food when you open them.
SUN/MON	Veggies: <ul style="list-style-type: none"> Cut butternut squash and kale for frittata on Tuesday Prep and store veggies for Sheet Pan Tacos 			
SUN/MON	Snacks: <ul style="list-style-type: none"> Cut bell peppers for snacks Portion and store almonds/apricots snacks Make tzatziki 	OTHER TIPS <ul style="list-style-type: none"> Many veggies can be prepped ahead of time. Read through the recipes and chop/cut/mince what you can. Stick with hearty veggies (cauliflower, carrots, onions, etc) and save prepping delicate veggies (lettuce, tomatoes, etc) for day of cooking. Buy pre-cut items if it makes sense for you. Otherwise, pick a prep day or budget time so that you can prep without feeling rushed. Go through your fridge once a week to consume food on its way out and toss expired food. Consider making an inventory list of what's in your fridge, freezer and pantry. That way you'll always know what's in there! 		

NOTES:
