



# MEAL PREP ROUTINE

Everything you need to meal-prep the hell out of your Sunday.

# 01

## MEALS TO PREP

- Egg Bake
- Spicy Any-Veggie Soup
- Cottage Cheese Alfredo Sauce

## SNACKS/GRAB 'N GO

- Kale chips
- Mini sweet peppers with cream cheese
- Hard-boiled eggs
- Grapes
- Apples
- Pickles
- Beef jerky
- Berries

## SHOPPING LIST

### PRODUCE

- Kale
- Onions
- Mini sweet peppers
- Apples (I love Braeburn)
- Grapes (if you can find Sweet Carnival grapes your taste buds will thank you)
- Broccoli
- Salad kit/s (the Dole Chopped kits are our favorite)
- Steamable sweet potatoes
- Berries

### DAIRY

- Skim milk
- Grated Parmesan
- Light cream cheese
- Feta cheese
- Eggs

### DRY/CANNED GOODS

- Lentils
- Whole wheat pasta
- Fire roasted tomatoes
- Apple cider vinegar
- Lite coconut milk
- Coconut oil
- "Everything But the Bagel" seasoning
- Livia's seasoning salt
- Atkins Sweet & Salty Crunch Bites

### FROZEN

- Broccoli
- Sliced carrots
- Cauliflower rice

### MEAT

- Turkey pepperoni
- Lean pork tenderloin/s
- Chicken breast
- Bacon bits

BREAKFAST

LUNCH +  
DINNER

DESSERT

DRINKS

SNACKS