

WEEK 2 MENU

SUNDAY MEAL PREP GROUP

MONDAY

Power Shake
Meatball Lettuce Wraps
Shakshuka with Bacon and Eggs

TUESDAY

Chia Pudding or Parfait
Buddha Bowl
Shredded Beef or Pork Salad

WEDNESDAY

Quiche
Shredded Beef or Pork Lettuce Wraps
Thai Peanut Chicken or Tempeh

SUNDAY

Cottage Cheese Parfait
Thai Fish Soup with Salad
Eggplant Parmesan

THURSDAY

Smoked Salmon with Dill Sauce
Thai Peanut Lettuce Cups
Soup with Bacon and Cheese

FRIDAY

Quiche
Grain-Free Salmon Sandwich
Soup with Steak and Vegetables

SATURDAY

Waffles with Bacon, Beans, and Cheese
Steak Salad
Thai Coconut Soup

PREP DAY RECIPES

5 Dressings/Sauces
Grain-Free Waffles
Meatballs
Chia Seed Pudding
Quiche
Roasted Chicken