

## **Weekly Meal Prep / Planning**

We take 3+ hours together every Sunday to prepare healthy food in order to build meals both in advance and 'on the fly' for the entire week. Here is an example of a typical week that gives us sufficient food for two for five to seven days.

Cook and/or purchase several healthy lean protein sources

- 2.5 to 3 pounds of chicken breast, grilled or baked
- 12 eggs, hard-boiled and peeled, kept refrigerated
- 12 eggs, egg muffins or a large batch scrambled
- 1.5 to 2 pounds of lean meat. Filet, pork roast or tenderloin
- 10 to 12 ounces of fresh salmon, baked or grilled
- One pound of Boar's Head Deli Meat, low sodium chicken or turkey breast

Clean, chop and prepare a variety of vegetables, organic whenever possible

- Three heads of or romaine lettuce
- One package pre-washed spinach, arugula or a similar blend
- One large cookie/baking sheets of roasted vegetables. Choose several or all from the list below. Drizzle with olive oil, add salt, pepper, onion powder and garlic powder and bake/roast for 30 minutes at 375 degrees, turning often
  - Cubed butternut squash
  - Sliced/quartered zucchini squash (green and/or yellow)
  - Chopped kale or collard greens
  - Bite-sized cauliflower and/or broccoli
  - Bite-sized green, red or yellow peppers
  - One large onion, chopped or sliced
  - Three to four carrots, sliced thin
- Three to four baked sweet potato/yams, 1/2" slices

Have a variety of healthy fats to add to each meal

- One to two cups of Paleo mayonnaise made with light-tasting olive oil
- Three to four avocados
- Roasted almonds and/or macadamia nuts
- Coconut oil, Avocado oil and/or olive oil

Additional condiments for sauces and dressings

- Dijon mustard
- Coconut aminos
- McCormick's Salad Supreme
- Grilling spices, i.e Old Bay, blackening powder, BBQ rubs