

MONDAY



Protein French Toast



Southwestern Turkey Burgers

TUESDAY



Easy Sweet Potato Hash Brown Egg
Cups



Skirt Steak Tacos Recipe

WEDNESDAY



High Protein Blueberry Kale
Smoothie

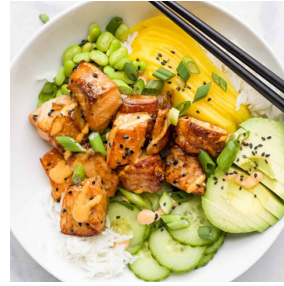


Summer Salad Recipe

THURSDAY



Protein Overnight Oats

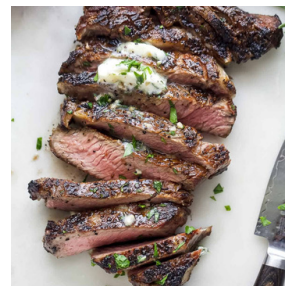


Fresh Salmon Poke Bowl with Spicy Mayo

FRIDAY



Croissant Breakfast Casserole with Sausage



Grilled Ribeye Recipe



Grocery List

Produce

- Onion 1.25 cups
- Fresh Cilantro 2 tablespoons
- Garlic 6 cloves
- Avocados 4 count
- Lime Juice 3 teaspoons
- Roma Tomato 1 count
- Butter or Boston Lettuce 1 count
- Sweet Potatoes 3 cups
- Diced Chives 1 tbsp
- Banana 1 count
- Kale 1.25 cups
- Mango 1 cup
- Scallions 1 cup
- Yellow Onion 1 cup
- Red Pepper 0.5 cup
- Green Onions 1 bunch
- Parsley 1 bunch

Spices & Seasonings

- Vanilla Extract 0.5 tsp
- Cinnamon 1.5 tsp
- Nutmeg 0.25 tsp
- Ground Cumin 2 teaspoons
- Pepper 1.5 count
- Smoked Paprika 1 tsp
- Dry Thyme 1 tsp
- Ground Pepper 0.5 tsp
- Black Pepper 0.25 tsp

Dairy & Eggs

- Oat Milk 0.5 cups
- Eggs 18 each
- Egg Whites 2.5 cups
- Unsweetened Plain Almond Milk 0.25 cups
- 2% Milk 1 cups
- Unsalted Butter 1 tbsp
- Shredded Cheddar Cheese 1 cup

Other

- Vanilla Protein Powder 1.33 cups
- Cooking Spray 1 count
- Corn Tortillas 1 count
- Pico de Gallo 1 count
- Water 0.5 cups
- Ice Cubes 0.25 cups

Pantry

- Almond Flour 0.25 cups
- Salt 2.75 tsp
- Tamari 2.83 tbsp
- Orange Juice 0.25 cups
- Dijon Mustard 3 tbsp

Bakery

- Bread 8 slices
- Buns 6 count
- Croissants 4 large

Meat & Seafood

- Ground Turkey 2 pounds
- Skirt Steak 1 lb
- Jimmy Dean All Natural Ground Sausage 1 lb
- Prime Ribeye Steaks 2 count

Frozen Foods

- Frozen Blueberries 0.5 cups

Shop ingredients on 

Shop ingredients on 