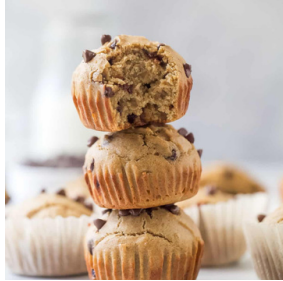


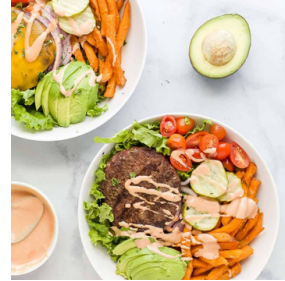


MP - Week 34

MONDAY



Protein Muffins Recipe

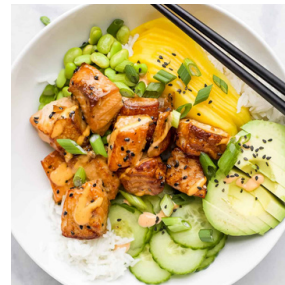


Burger Bowl Recipe

TUESDAY



Cinnamon Baked Apple Oatmeal



Fresh Salmon Poke Bowl with Spicy Mayo

WEDNESDAY



Overnight Oats with Yogurt Recipe



Caprese Chicken With Balsamic Reduction

THURSDAY



Easy Frittata Recipe (Make It Your Own!)

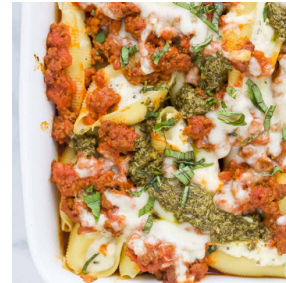


Honey Garlic Shrimp and Broccoli

FRIDAY



Smashed Avocado Toast with Soft Boiled Egg | Joyful Healthy Eats



Stuffed Shells With Meat



Grocery List

Pantry

☐ Vanilla protein powder	0.5 cups
☐ Gluten free flour	1 cups
☐ Salt	2.625 tsp
☐ Peanut butter	0.5 cups
☐ Maple syrup	0.5 cups
☐ Applesauce	1 cups
☐ Mini chocolate chips	0.33 cups
☐ Ketchup	0.33 cups
☐ Oats	3 cups
☐ Vanilla Extract	1 tsp
☐ Walnuts	0.5 cups
☐ Toasted sesame oil	3 tsp
☐ Tamari sauce	2.5 tbsp
☐ Rice wine vinegar	1 tbsp
☐ Success Basmati Boil-in-Bag Rice	2 bags
☐ Regular Oats	1 cups
☐ Chia Seeds	1 tbsp
☐ Honey	2.5 tbsp
☐ Tamari	3 tbsp
☐ Rice Wine Vinegar	1 tbsp
☐ Cornstarch	1 tsp

Produce

☐ Shredded green leaf lettuce	3 cups
☐ Cherry tomatoes	3.5 cups
☐ Avocados	4 count
☐ Red onion	0.5 count
☐ Apple	1 each
☐ Garlic	7 cloves
☐ Fresh ginger	1 tsp
☐ Cucumber	2 cups
☐ Edamame	1 cup
☐ Mango	1 cup
☐ Scallions	1 cup
☐ Broccoli Florets	12 oz
☐ Green Onions	0.25 cups
☐ Fresh Grated Ginger	1 tsp
☐ Pesto or Fresh Basil	1 count

Spices & Seasonings

☐ Baking powder	2 tsp
☐ Cinnamon	3 tsp
☐ Vanilla	1 tsp
☐ Pepper	2 count
☐ Ground Cinnamon	3 tsp
☐ Ground Nutmeg	0.5 tsp
☐ Black sesame seeds	1 tsp
☐ Sriracha	4 tsp
☐ Thyme	1 tsp
☐ Toasted Sesame Oil	1 tsp

Dairy & Eggs

☐ Eggs	12 each
☐ Cheddar cheese	6 slices
☐ Mayo	3.25 tbsp
☐ Oat Milk	2 cups
☐ Vanilla Two good Yogurt	1 cups
☐ Unsweetened Oat Milk	1 cups

Meat & Seafood

☐ Burger patties	6 count
☐ Salmon	1 lb
☐ Boneless Chicken Breasts	4 each
☐ Large Shrimp	1.5 pounds

Other

☐ Spicy Pickles	1 count
☐ Unsweetened Applesauce	1 cups

Frozen Foods

☐ Sweet potato fries	3 cups
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Bakery

☐ Whole grain toast	4 slices
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Shop ingredients on 

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