



MEAL PREP CHART

WEEK OF: JUNE 1-7

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	AISLE	BREAKFAST	LUNCH	SNACK	DINNER	DESSERT	TOTAL INGREDIENTS	NOTES
M	DISH:	Breakfast Burrito	Greek Salad	Hummus & Pita	Chicken Lettuce Wraps	Chocolate Covered Strawberries	Monday	
	PRODUCE	bell peppers, tomatoes, red onion, cilantro, sweet potatoes, spinach	spring mix, tomatoes, red onion, cucumber, mint	carrots, celery	butter lettuce, carrots, celery, garlic, yellow onion, ginger, green onion	strawberries	<ul style="list-style-type: none"> -Bell peppers -Tomatoes -Red onion -Cilantro -Sweet potatoes -Spinach -Spring mix -Cucumbers -Mint -Carrots -Celery -Butter lettuce -Garlic -Yellow onion -Ginger -Green onion -Strawberries 	
	DELI	ham	chicken breast	hummus	chicken breast		<ul style="list-style-type: none"> -Ham -Chicken breast -Hummus 	
	BAKERY	whole wheat tortillas		pita bread			<ul style="list-style-type: none"> -Whole wheat tortillas -Pita bread 	
	DRY GOODS		canned chickpeas, kalamata olives, quinoa		hoisin, water chestnuts	bittersweet chocolate chips	<ul style="list-style-type: none"> -Canned chickpeas -Kalamata olives -Quinoa -Hoisin -Water chestnuts -Bittersweet chocolate chips 	
	FROZEN							
	DAIRY/EGGS	cheddar cheese, eggs	feta				<ul style="list-style-type: none"> -Cheddar cheese -Eggs -Feta 	
T	DISH:	leftover breakfast burrito	leftover lettuce wraps	apple and almond butter	taco salad	leftover choc strawberries	Tuesday	
	PRODUCE			apples	romaine, tomatoes, avocado, green onions, corn, cilantro		<ul style="list-style-type: none"> -Apples -Romaine -Tomatoes -Avocado -Green onions -Corn -Cilantro 	
	DELI				ground beef		<ul style="list-style-type: none"> -Ground beef 	
	BAKERY							
	DRY GOODS			almond butter			<ul style="list-style-type: none"> -Almond butter 	
	FROZEN							
	DAIRY/EGGS				cheddar cheese, sour cream		<ul style="list-style-type: none"> -Cheddar cheese -Sour cream 	
W	DISH:	overnight oats	-out to eat-	no-bake energy bites	zucchini alfredo w chicken	chocolate banana smoothie	Wednesday	
	PRODUCE	blueberries			zucchini, shallot, cauliflower	bananas	<ul style="list-style-type: none"> -Blueberries -Zucchini -Shallot -Cauliflower -Bananas 	Energy bites recipe: 1 c rolled oats, 0.5 c chocolate chips, 0.5 c flax seeds, 0.5 c almond butter, 0.3 c honey, 1 t vanilla
	DELI				chicken breast		<ul style="list-style-type: none"> -Chicken breast 	
	BAKERY							
	DRY GOODS	rolled oats, chia seeds		rolled oats, chocolate chips, peanut butter			<ul style="list-style-type: none"> -Rolled oats -chocolate chips -peanut butter 	
	FROZEN				peas		<ul style="list-style-type: none"> -peas 	
	DAIRY/EGGS	plain greek yogurt, almond milk			parmesan, butter	almond milk	<ul style="list-style-type: none"> -Plain greek yogurt -Almond milk -Parmesan -Butter 	
T	DISH:	overnight oats	Turkey wrap	apple and almond butter	stir fry w leftover zoodles	fruit salad	Thursday	
	PRODUCE		cucumber, avocado, spinach, tomatoes, sprouts	apple	carrots, spinach, broccoli, garlic, mushrooms, ginger, green onions	banana, mango, pineapple, strawberry, blueberries	<ul style="list-style-type: none"> -Avocado -Sprouts -apple -Carrots -Broccoli -Mushrooms -Mango -Pineapple -Strawberries -Blueberries 	use leftover hummus on turkey wrap
	DELI		sliced turkey		chicken breast		<ul style="list-style-type: none"> -Sliced turkey -Chicken breast 	
	BAKERY		leftover whole wheat tortillas				<ul style="list-style-type: none"> -whole wheat tortillas 	

	DRY GOODS				chili paste		-chili paste	
	FROZEN							
	DAIRY/EGGS							
F	DISH:	leftover breakfast burrito	leftover stir fry	hummus and pita	-out to eat-	-out to eat-	Friday	
	PRODUCE							
	DELI							
	BAKERY							
	DRY GOODS							
	FROZEN							
	DAIRY/EGGS							
S	DISH:	omelette w leftover fruit salad	vegetable quesadilla	smoothie bowl	sliders w sweet potato fries	brownies	Saturday	
	PRODUCE	spinach, red onion, avocado, tomato	zucchini, onions, bell peppers, spinach	bananas	sweet potatoes, red onion, tomatoes, butter lettuce		<ul style="list-style-type: none"> -Spinach -Red onion -Avocado -Tomatoes -zucchini -Yellow onion -Bell peppers -Bananas -Sweet potatoes -Butter lettuce 	Brownie recipe: -1 cup melted butter, 2 c sugar, 0.5 c cocoa powder, 1 t vanilla, 4 eggs, 1.5 c a.p. flour, 0.5 t baking powder, 0.5 t salt, 0.5 c walnuts, flaky sea salt -Bake 25 minutes
	DELI	ham			ground beef, pickles		<ul style="list-style-type: none"> -ground beef -Ham -Pickles 	
	BAKERY		leftover whole wheat tortillas		hawaiin rolls		-Hawaiin rolls	
	DRY GOODS			shredded coconut, granola			<ul style="list-style-type: none"> -Shredded coconut -Granola 	
	FROZEN			frozen berries			-Frozen berries	
	DAIRY/EGGS	eggs					Eggs	
S	DISH:	pancakes	caprese paninis	leftover energy bites	spaghetti squash carbonara	chocolate banana nice cream	Sunday	
	PRODUCE		arugula, tomatoes, basil, lemon		spaghetti squash, garlic, parsley	bananas	<ul style="list-style-type: none"> -Arugula -Tomatoes -Basil -Lemon -Spaghetti squash -Garlic -Parsley -Bananas 	
	DELI				pancetta		-Pancetta	
	BAKERY		sourdough				-Sourdough	
	DRY GOODS							
	FROZEN				peas		-Peas	
	DAIRY/EGGS		fresh mozzarella, parmesan		parmesan, eggs		<ul style="list-style-type: none"> -Fresh mozz -Parmesan -Eggs 	

-COMPLETE GROCERY LIST-

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	Produce	Deli	Bakery	Dry Goods	Frozen	Dairy/Eggs		
	<ul style="list-style-type: none"> -Bell peppers -Tomatoes -Red onion -Cilantro -Sweet potatoes -Spinach -Spring mix -Cucumbers -Mint -Carrots -Celery -Butter lettuce -Garlic -Yellow onion -Ginger -Green onion -Strawberries -Sprouts -Broccoli -Mushrooms -Ginger -Mango -Pineapple -Arugula -Basil -Lemon -Spaghetti squash -Parsley -Blueberries -Zucchini -Shallot -Cauliflower -Bananas -Apples -Romaine -Avocado -Corn 	<ul style="list-style-type: none"> -Ham -Chicken breast -Hummus -Ground beef -Sliced turkey -Pickles -Pancetta 	<ul style="list-style-type: none"> -Whole wheat tortillas -Pita bread -Hawaiian rolls -Sourdough 	<ul style="list-style-type: none"> -Canned chickpeas -Kalamata olives -Quinoa -Hoisin sauce -Water chestnuts -Bittersweet chocolate chips -Almond butter -Rolled oats -Chocolate chips -Peanut butter -Chili paste -Shredded coconut -Granola 	<ul style="list-style-type: none"> -Peas -Frozen berries 	<ul style="list-style-type: none"> -Greek yogurt -Almond milk -cheddar cheese -fresh mozz -Parmesan -Eggs -Butter -Sour cream -Feta 		