

WEEKLY DINNER PLAN

WEEK: 2

freezer meals prepped and delivered.					WEEK: Z			
Family Dinner	Apricot Chicken + Rice	Carne Asada Tacos	T WEDNE Teriyal Fusion Chicke (Grill B	ki en	Apricot Chicken Wraps	Carne Asada Naches	SATURDAY - Date Night	
Family Dinner SHOPPING LIST					E S			
	Chicken +	Rice			are Apricot Chick	ken according to μ d green beans on		
Rice Green Beans				* Green beans can be substituted for a vegetable of your choice. * Sace ~2 cups chicken for Thursday (Day 5) meal.				
Carne Asada Tacos				Prepare Carne Asada according to package. Serve in tortillas topped with shredded lettuce, pico de gallo, and feta cheese. Serve with a side of chips and guacamole.				
Tortillas (stre Shredded Le Pico de Galle Feta Cheese Chips + Gua	o :	re)		* Sav	/e ~1 1/2 to 2 cup	os meat for Friday	/ (Day 6) meal.	

- D A Y 4	NOTES			
Torivaki Eusian Chickon (Grill Box	Using included Teriyaki Fusion Marinade and Chicken			
Teriyaki Fusion Chicken (Grill Box	Breasts, marinate 2 lbs of chicken breast for 8 + hours. Remove chicken from marinade and grill. Discard used			
SHOPPING LIST	marinade. Serve with a side of steamed edamame and			
_ Edamame	potstickers. Save leftovers for lunches.			
- Potstickers	poistickers. Save lettovers for furicities.			
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- DAY 5	NOTES			
	Using Monday's (Day 2) leftover Apricot Chicken,			
Apricot Chicken Wraps	follow the recipe for Apricot Chicken Wraps on our			
	website > our meals > Apricot Chicken. Serve with a			
SHOPPING LIST	side of french fries or chips.			
_ Tortillas - Poppyseed Dressing				
Cucumber - Spring Mix	* Use ~1/2 cup chicken per wrap			
Red Onion				
Feta Cheese Crumbles	* Any vegetables of choice can be substituted inside			
Quinoa	your wrap.			
- DAY 6	N 0 T E S Using Tuesday's (Day 3) leftover Carne Asada create			
Carne Asada Nachos	sheet pan nachos by layering tortilla chips, cheddar			
	cheese, and carne asada meat on a baking sheet.			
SHOPPING LIST	Bake at 350 degrees until cheese is bubbly. Serve			
_ Tortilla Chips	topped with sour cream, guacamole, and pico de gallo.			
Cheddar Cheese				
- Sour Cream	* Sour cream can be substituted with plain non-fat			
Guacamole	greek yogurt for a lower fat higher protein option.			
Pico de Gallo				
DAY 7	NOTES			
Data Night				
Date Night				
SHOPPING LIST				
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