

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 3

| Sunday Dinner | Steak Fajita Tacos | Artichoke Chicken Bacon Pizza | Steak F Pasta | | YOUR CHOICE | Artichoke Chicken + Rice | Date Night |
|--|-----------------------|-------------------------------------|------------------|---|-------------------------------------|---|------------|
| D A Y 1 ————————————————————————————————— | | | | N O T | E S | • | • |
| SHOPPING | LIST | | | | | | |
| | ijita Tacos | | | tacos | are Steak Fajitas | s according to pac cheese, fresh lime anish rice. | |
| Tortillas Colby Jack Cheese Lime Refried Beans Spanish Rice | | | | * If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Steak Fajitas and save for Wednesday's (day 4) dinner. | | | |
| DAY 3 Artichoke | e Chicken | Bacon Pizz | za | Follo | are Artichoke Ch w our recipe on | nicken according to bur website > Out the Chicken Bac | r Meals > |
| Pizza Crust - Parmesan Cheese Alfredo Sauce - Feta Cheese Mozzarella Cheese Spinach Bacon Bits | | | | * If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Artichoke Chicken and save for Friday's (day 6) dinner. | | | |

| D A Y 4 ———— | NOTES | | | |
|--|--|--|--|--|
| Steak Fajita Pasta | Using leftover Steak Fajitas, follow our recipe on our website > Our Meals > Steak Fajitas for the Steak | | | |
| Cream rajna raeta | Fajita Pasta. | | | |
| SHOPPING LIST | | | | |
| _ Pasta | | | | |
| Beef BrothFairlife Milk | | | | |
| Mozzarella Cheese | | | | |
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| - DAY 5 ———— | NOTES | | | |
| YOUR CHOICE | - | | | |
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| - DAY 6 | NOTES | | | |
| Artichoke Chicken + Rice | Using leftover Artichoke Chicken, serve over rice with a vegetable of choice on the side. | | | |
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| SHOPPING LIST | | | | |
| Rice | | | | |
| Vegetable of choice | | | | |
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| D A Y 7 ————————————————————————————————— | NOTES | | | |
| Date Night | | | | |
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| SHOPPING LIST ———————————————————————————————————— | | | | |
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