

Dinner Prep:

(Choose 3)

1. Gluten Free Turkey Meatballs with Spaghetti Squash
 - gluten free breadcrumb, egg, nutritional yeast, garlic, onion
 - light tomato sauce
2. Honey Pineapple Glazed Chicken
 - garlic rice
 - roasted asparagus
3. Seared Skirt Steak with Citrus Herb Gremolata
 - vegan parsnip puree
 - steamed broccoli
4. Beet and Fennel Grain Salad
 - roasted salmon
 - citrus date vinaigrette
 - walnuts, raw spinach, chickpea, brussel sprouts, sauteed onion, farro

Breakfast Prep:

(Choose 1)

1. Creamy Vegan Oatmeal with Homemade Berry Jam
 - banana, oats, vanilla, oatmilk
2. Egg white omelette
 - broccoli, cheddar, caramelized onion

Snack Prep:

(Choose 1)

1. Healthy Pumpkin Muffins
 - coconut oil, egg, pumpkin, almond milk
2. Raspberry Lemon Poppy Seed Muffin
 - oat flour, almond flour, coconut oil