



WELLNESSVIXEN™

• WEEKLY MEAL PLAN •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1/2 Avocado with Tuna and Hot Sauce, Sauerkraut	Leftover Chicken with Apple Slices and Mustard	Hard Boiled Eggs and Hot Sauce	Quinoa and Sautéed Kale with Ground Beef	Leftover Stuffed Pepper
LUNCH	Quinoa and Sautéed Kale	Mixed Green Salad with Leftover Chicken and Avocado	Hard Boiled Eggs and Quinoa with Kale and Leftover Chicken	Leftover Stuffed Pepper	Tuna and Cucumber Chips and Hummus
DINNER	<u>Roast Chicken with Cucumber Salad</u>	Leftover Chicken, Quinoa and Cucumber Salad	<u>Chorizo and Ground Beef Stuffed Peppers with Fried Eggs</u>	Free Dinner	Leftover Stuffed Pepper
SNACKS	Apple Slices with Almond Butter, Beef Jerky	Frozen Grapes, Celery with Almond Butter and Raisins	Apple Slices with Almond Butter, Tomatoes with EVOO and S&P	Lara Bar, Frozen Grapes, Cucumber and Carrot Sticks with Hummus	Frozen Grapes, Tomatoes with EVOO and S&P



WELLNESSVIXEN™

• GROCERY LIST •

MEATS

- Organic, Whole Chicken
- Chorizo (2)
- Grass Fed Ground Beef (2 lbs)
- Eggs (1 doz)
- Beef Jerky

VEGGIES

- Avocados (3)
- Blood Oranges (4)
- Lemons (2)
- Apples (4)
- Bananas (2)
- Kale (1 bunch)
- Green Bell Peppers (4)
- Red Bell Pepper (1)
- Orange Bell Pepper (1)
- Red Onion (1)
- Tarragon (1 bunch)
- Dill (1 bunch)
- White Onion (1)
- Cucumbers (4)
- Grapes
- Garlic (1 head)
- Celery (1 bunch)

OTHER

- Canned Tuna (2)
- Hot Sauce
- Sesame Seeds
- Ghee
- EVOO
- Coconut Vinegar
- Ghee
- Quinoa
- Almond Butter
- Mustard
- Lara bar (2)
- Raisins
- Hummus
- Sauerkraut



WELLNESSVIXEN™

• PREP DAY TIPS •

- Brine the Chicken: To create the juiciest chicken you've ever had, brine for 12-24 hours before serving (see recipe above).
- Pop the grapes in the freezer.
- Prep the Tuna: open the cans and place in a medium bowl. Add 1/4 cup mustard, salt, pepper, lemon and any other seasonings you like to make a super easy tuna salad for your avocado and cucumber sandwich!
- Cook 2 cups of quinoa.
- Cut up the cucumbers into rounds and store for Monday's dinner and Friday's lunch.
- Brown the ground beef and the chorizo. Store for Wednesday's dinner.
- Sauté one bunch of kale in ghee and mix in with the quinoa.

• WEEKLY INSPIRATION •

GRATITUDE

- Step #1: Make a list of 10 things you're grateful for.
- Step #2: Identify the people that make these things possible.
- Step #3: Say THANK YOU to each and every person, including yourself!

REMINDER: Saturday and Sunday aren't included because Saturday should be your cheat meal/leftover day and Sunday should be prep day-eat as you go! Every time I plan for every single day, I have WAY too much food and the grocery bill is too high. Try this!