



WELLNESSVIXEN™

• WEEKLY MEAL PLAN •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Juice (apple, cucumber, kale)	Smoothie	Avo Toast on Sourdough with Fried Egg	Juice	Egg Sandwich on Sourdough
LUNCH	Egg Salad on Sourdough	Leftover Casserole	Corn and Bean Salad	Leftover Hash	Turkey Lettuce Wrap
DINNER	Chicken Broccoli Casserole with Green Salad	Sausage, Sweet Potato, Zucchini, Kale Hash	Salisbury Steak with Artichokes and Cole Slaw	Cracklin' Chicken with Garbanzo, Parsley Feta Salad	Free Dinner/ Leftovers
SNACKS	Peach	Frozen Grapes	Juice	Corn and Bean Salad	Tomatoes, Feta, Basil



• GROCERY LIST •

MEATS

- Chicken Thighs (bone in, skin on)
- Spicy Chicken Sausage (5)
- Grass Fed Hamburger Patties (4)
- Eggs (1 doz)
- Deli Turkey (1/2 lb)

VEGGIES

- Broccoli (1 bunch)
- Salad Greens (1 bunch)
- Sweet Potatoes (1 bag)
- Zucchini (2)
- Kale (2 bunches)
- Artichokes (2)
- Cabbage (1/2 head green and red)
- Carrots (2)
- Corn (2 ears)
- Cucumbers (2)
- Apples (4)
- Parsley (1 bunch)
- Tomatoes (2)
- Peaches (2)
- Grapes (1 bunch)
- Celery (1 bunch)
- Avocado (1)
- Garlic (1 bunch)
- Red Pepper (1)
- Yellow Onion (1)

OTHER

- Canned Chicken (2)
- Trader Joe's Frozen Shrimp Rice
- Trader Joe's Stir Fry Veggies
- Coconut Oil
- Coconut Aminos
- Garbanzo Beans (1 can)
- Feta
- Frozen Berries
- Full Fat Greek Yogurt
- Sourdough Bread
- Mustard
- Bragg's Salad Dressing
- Black Beans (1 can)
- Jasmine Rice (1 bag)
- Coconut Milk (1 can)
- Chicken Broth (32 oz)
- Butter
- Arrowroot powder (1/4 cup)



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• PREP DAY TIPS •

- Hard boil 6 eggs for the egg salad
- Make smoothie and juice packs in tupperware or zip locks.
- Boil artichokes.
- Make corn and bean salad.
- Make garbanzo parsley feta cucumber salad.
- For the casserole, I used [this](#) recipe but omitted the cauliflower, mushrooms and bacon and used canned chix because I had it on hand!
- For the hash, I used [this](#) recipe.
- For the salisbury steak, I used [this](#) gravy recipe and my patties were already cooked and frozen (grass fed) from Costco.
- For the cracklin' chicken I used [this](#) recipe
- Make egg salad (just egg, mayo, salt and pepper!)

• WEEKLY INSPIRATION •

MAKE A SCHEDULE

If it's not scheduled, it doesn't exist!

1. After your meal plan is done, schedule your tasks for the week, these are things you have to get done (work, errands).
2. Schedule your sweat sessions.
3. Schedule in self care and down time.
4. Schedule bed times.

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!