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MEAL 2 MEAL 3 MEAL 4 SNACKS MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY TOTAL MACROS. Fresh Produce Proteins Grains, Beans, Dried Goods Seasoning, Dressings, Other Dairy Beverages Weekly Shopping List QTY: QTY: QTY: QTY: QTY: QTY: Title: Meal Prep Tool-Kit Meal Planner Author: Trifecta Nutrition Subject: Organic Meal Delivery Created Date: Jan 6th, 2024

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#### **Meal Prep: Benefits Of Meal Preparation**

Preheat Oven To 375<sup>o</sup> And Line Two Baking Sheets With Parchment Paper.
In A Small Bowl, Combine Salt, Paprika, Pepper, Chipotle, Cumin, Cayenne, And Garlic Powder. Stir Together.
Spread Tofu Slices Onto The Sheet Pan And Drizzle With 2 Tablespoons Of Oil. Sprinkle Apr 7th, 2024

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