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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: Apr 12th, 2024

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• Preheat Oven To 375° 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 3th, 2024

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Thurs. Comments: Blood Sugar: Time: Meds: Carbs: Fri. Comments: Blood Sugar:

Time: Meds: Carbs: Sat. Comments: Blood Sugar: Time: Meds: Carbs: Fasting: Mg/dL  
To Pre Meal: Mg/dL To Post Meal: Mg/dL To Mg/dL Mg/dL Mg/dL Pre Post Pre Post Pre  
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- Mix Your Cocoa Powder With Your Milk And Collagen Protein Peptides. Pour Into Ice Tray Then Freeze. Also Place 2 Tbsp Nut Butter Of Choice In Freezer To Harden. • Add The Ingredients To 2 Ziplock Bags Or 1 Large Glass Jar. Place In Freezer. • When Ready To Make, Just Blend Together Jan 14th, 2024

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