

ONE WEEK MEAL PREP & PLAN

SUNDAY - MEAL PREP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Cook up 4 lbs of ground beef* 2. Shred 2 rotisserie chickens 3. Make the Buffalo Chicken Breakfast Casserole 4. Make the Taco Breakfast Casserole	BREAKFAST	Buffalo Chicken Breakfast Casserole & Fruit	Taco Breakfast Casserole	Buffalo Chicken Breakfast Casserole & Fruit	Taco Breakfast Casserole	Buffalo Chicken Breakfast Casserole & Fruit
	LUNCH	Love the Wild Seafood Kit, Cauliflower Rice & Plums	Enchilada Stuffed Sweet Potato Leftovers	Pesto Chicken Zoodles Leftovers	Bolognese & Zoodles Leftovers	Whole Foods Market 365 Grab and Go & Plums
	DINNER	Enchilada Stuffed Sweet Potatoes	Pesto Chicken Zoodles	Bolognese* + Zoodles	Love the Wild Seafood Kit & Cauliflower Rice	Nachos

Meal Prep & Bolognese Recipe:
<p>* To Prep The Ground Beef: melt 2 tablespoons coconut oil or ghee in a large pan over medium heat. Add 2 diced onions, and saute until softened. Add the 6 minced garlic cloves to the pan and saute for 30 seconds. Crumble the ground beef into the pan and cook until no longer pink. Drain the fat from pan, and divide into 4 containers (approximately 1 lb. each).</p>
<p>* To Make The Bolognese: add 28 oz crushed tomatoes, 2-3 tablespoons of Italian seasoning, 1 teaspoon of sea salt and 1 teaspoon pepper to 1 lb. of the ground beef. Simmer for 10-15 minutes over medium-low heat.</p>