

Meal Plan Theme: Egg-Free 2

Week of: 4/17-21

Breakfast	Sausage Breakfast Skillet
Lunch	Thai-Inspired Chopped Chicken Salad
Monday	Dill and Garlic Baked Salmon + Orzo with Roasted Vegetables
Tuesday	Chicken Tinga Tacos
Wednesday	Flank Steak with Chimichurri Sauce + Orzo with Roasted Vegetables
Thursday	Creamy Cajun Chicken Pasta
Friday	Baked Pesto Chicken
Dessert	Key Lime Pie

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Red Bell Pepper, 3 Orange Bell Pepper, 2 Eggplant, 1 Yellow Onion, 1 Purple Onion, 1 Zucchini, 1 Carrots, 6 Cucumber, 1 Cauliflower, 1 head Cilantro, 3 bunches Flat-Leaf Parsley, 2 bunches Basil (optional), for garnish Oregano, 1 tbsp Dill, 6 sprigs Green Onions, 1 bunch Kale, 1 head Spinach, 5 oz Coleslaw Blend, 4 cups* Garlic, 7 cloves Lemons, 6 Limes, 2 Lime Juice, 1½ cups Avocado, 2 Russet Potatoes, 2 lbs Yukon Gold Potatoes, 1 lb	Egg Yolks, 4 Flank Steak, 1½ lbs Chicken Thighs, boneless, skinless, 2¾ lbs Chicken Tenders, 1½-2 lbs Chicken Breast, 1 lb Salmon, 1½ lbs Breakfast Sausage, bulk, 2 lbs Bacon, 8 oz Feta, 16 oz Cream Cheese, 4 oz Parmesan Cheese, ½ cup + garnish Heavy Cream, 3 cups Sour Cream, ¼ cup Butter, 6 tbsp	Orzo, 16 oz Fettuccine, 12 oz Crushed Peanuts, ¼ cup Peanut Butter, ¼ cup Coconut Aminos, 2 tbsp Red Wine Vinegar, ⅓ cup Honey, 1½ tbsp + 2 tsp Graham Crackers, 8 oz Sesame Oil, 1 tsp Capers, 2 tbsp Chipotles in Adobo, 3 Tomato Paste, ½ cup Pesto, 12 oz Corn Tortillas, for serving Pine Nuts (optional), for garnish Sweetened Condensed Milk, 1, 14-ounce can	Tony's Creole Seasoning, 1 tbsp Oregano, 2 tsp Cumin, 1 tsp Red Pepper Flakes, ½ tsp + a pinch Vanilla Extract, 1 tsp

Pantry Staples: Olive Oil or Avocado Oil, Butter or Ghee, Sea Salt, Ground Pepper

Notes: *Can sub with 1 ½ cups shredded green cabbage, 1 ½ cups shredded purple cabbage, and 1 cup shredded carrots