

Week of: 7/24-28

Find the rest of this week's meal plan [HERE](#).

Breakfast	Breakfast Salad
Lunch	Buffalo Chicken Wraps
Dessert	Salted Chocolate Freezer Bark

Fresh Produce	Meat/Eggs/Dairy	Pantry	Seasoning
Cherry tomatoes, 3 cups Purple onion, 1 Avocados, 2 Fresh cilantro or parsley, 1 bunch Lemons, 2 Celery sticks, for serving	Pork breakfast sausage, 1 pound Hard-boiled eggs, 9 Shredded rotisserie chicken, 2 cups Shredded cheese, ½ cup	Mayonnaise, 3 tablespoons Hot pepper sauce, 1 tablespoon Flour-like tortillas, 4 Chips, for serving Dairy-free chocolate chips, 9-10 ounces Almond butter, may sub sunbutter for a nut-free option, 2 tablespoons	Vanilla extract, ½ teaspoon

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