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# **Meal Prep Tool-Kit Meal Planner - Trifecta Nutrition**

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 3th, 2024

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• 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 Jan 1th, 2024

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# **OUR GO TO ANTI-INFLAMMATORY MEAL PREP RECIPES**

• 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 Togethe May 3th, 2024

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