

DIRECTIONS

WEEK 1

1. Read through the program in its entirety.

Familiarize yourself with the structure, recipes, & flow before diving in.

2. Choose your grocery list.

Decide whether to use the Standard Grocery List or the Easy Grocery List.

+ The Easy Grocery List omits oranges & lemons used for zest in the recipes (among other shortcuts). This shortcut assumes you'll skip the zest as directed—your meals will still be tasty, just with a softer touch of citrus.

3. Go Shopping.

Gather all ingredients based on your chosen list.

4. Prepare the 5 starter recipes.

+ Note: The Lightly Roasted Chicken Breasts recipe calls for an overnight marination. If needed, you can marinate it first thing in the morning & cook it later that day. It will still work—just with less depth of flavor.

5. Complete any items from the Optional Prep List.

These tasks are designed to streamline your week & reduce day-of effort.

6. Choose your meal flow itinerary.

A recommended flow has been provided, but feel free to adjust based on your schedule.

7. Throughout the week, make the 5 meal recipes as needed.

Use your prep work to simplify daily cooking & stay flexible.

5FOR5

MEAL
PLAN

f+p fodder + project