

INFORMATION

Why Do This?

- + Control what goes into your body
- + What you eat affects how you feel
 - + Inflammation impacts hormones, hormones impact mental & emotional well-being
- + Maximize micronutrients
- + Meet fiber goals
- + Protein & healthy fats
- + Plan your grocery budget
- + No hard-to-find ingredients
- + Preparing your own food is one of the best things you can do for your health

Recommended Meal Flow

1. Chicken + Blistered Green Beans & Farro
2. Grain + Bowl
3. Orange + Chicken + Veggie Stir-Fry
4. Mediterranean Salad a la Cobb
5. Chicken + Tomato + Sautéed Cabbage

What Is It?

- + Inspired by restaurant-style prep, you'll make 5 foundational "Starter Recipes" first, then use those items to build 5 flavorful meals throughout the week. Each meal serves 4 —so you get 20 hearty portions.

+
Week 1 is inspired by a bounty of vegetables from the summer garden

Not gourmet, just good food that gets dinner on the table

+
Generous portions—some folks may get more than 20 meals

+ Chicken is the star protein—great time to use it when it's on sale

What's Included:

- + 2 Grocery Lists
 - + Full, "As-Is"
 - + "Easy" Version
- + 5 Starter Recipes
 - + Foundation for the week
- + 5 Meal Recipes
 - + Yields 20 meals total
- + Optional Prep List
 - + For those who like to get ahead
- + Directions

**WE1
EK1**

+ Veggie-Forward
+ Dairy-Free

+ Natural Sweeteners
+ Big Flavor

Who's It For?

This plan is perfect if you:

- + Know your way around a kitchen
- + Enjoy cooking & want to eat better
- + Care about nutrition
- + Prefer homemade meals over takeout

5FOR5 MEAL PLAN

f+p fodder + project