

1. Intentional repetition. Minimal number of new food ideas introduced each week leads to increased feasibility & adherence.

2. Make once, have ready-to-go all week.

MEAL PLAN

Month 1 - Week 1

Season: Spring

3. Bulk cooking significantly reduces weekday cooking. Just a few minutes to prep the fresh (in-season) produce for each meal. Leads to higher produce consumption.

sample timing	Breakfast 7:00 am	Lunch 12:00 pm	Snack 5:00 pm	Dinner 6:30 pm	Snack 9:00 pm
Mon	☀️ Banana Blueberry Breakfast Blend with Flax Almond Fiber Mix	☀️ Mango, Apricot and Apple Tuna Salad	☀️ Apricot Almond Trail Mix	☀️ Spring Turkey Chili with Artichoke and Everyday Greens Mix	Fresh Cream with Sliced Strawberries and Wild Blueberries
Tue	☀️ Banana Blueberry Breakfast Blend with Flax Almond Fiber Mix	☀️ Mango, Apricot and Apple Tuna Salad	☀️ Apricot Almond Trail Mix	☀️ Chicken White Bean Soup with Everyday Greens and Honeydew Melon	Fresh Cream with Sliced Strawberries and Wild Blueberries
Wed	English Muffin Breakfast Sandwich with Fresh Apricots and Strawberries	☀️ Spring Turkey Chili with Avocado and Fresh Orange	☀️ Apricot Almond Trail Mix	☀️ Cilantro Turkey Patties with Mashed New Potatoes and Greek Garlic Topping	Wasa Sourdough Crisp with Avocado
Thu	English Muffin Breakfast Sandwich with Fresh Apricots and Strawberries	☀️ Chicken White Bean Soup with Avocado and Pineapple	☀️ Apricot Almond Trail Mix	☀️ Cilantro Turkey Patties with Mashed New Potatoes and Greek Garlic Topping	Wasa Sourdough Crisp with Avocado
Fri	☀️ Banana Blueberry Breakfast Blend with Flax Almond Fiber Mix	Artichoke Dill Bruschetta with Strawberries	☀️ Apricot Almond Trail Mix	Burritos with Cilantro Pesto and Fresh Pineapple with Mango	Wasa Sourdough Crisp with Avocado

4. A wide variety of fresh produce is paired with bulk cooked items to increase overall nutrient density.

5. Snacks important to keep blood glucose stabilized.

☀️ Item pre-made during bulk cooking session