

# Scoop n Go

Pick and prepare four different types of veggies and three different types of protein as the bulk of your meals. Throughout the week, you mix and match, and add on your healthy fats and additional greens to create a complete meal. Keep your seasonings simple so it's easy to change up the flavor profile throughout the week. This prevents food boredom, and allows you to try different seasonings, sauces, herbs, and etc. You can definitely choose more than 4 veggies and 3 protein sources.

## Veggies:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Protein:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Healthy fats:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Veggie Preparation	Protein Preparation

## Example:

Four veggies of choice: broccoli, Brussels sprouts, sweet potatoes, and tomatoes

Three proteins of choice: ground beef, chicken thighs, pork shoulder

Veggie prep: roast broccoli, brussel sprouts, and sweet potatoes (dice some and make sweet potato buns with others); dice tomatoes when needed

Protein prep: cook ground beef with onions, salt & pepper; roast chicken thighs, and slow cook pork roast

Fats: avocados, olives, and dressing of choice

## Meal one:

Breakfast hash using Brussels sprouts, sweet potatoes, and ground beef. Seasoned with Cajun seasoning. Serve with avocado.

## Meal two:

Warm chicken salad: reheat & shred chicken thighs and season with spices. Have it over tomatoes, broccoli brussel sprouts, and additional greens with dressing of choice.

## Meal three:

Shredded pork roast sandwich using sweet potato buns with broccoli, Brussels sprouts, and tomatoes on the side and olives as my plated fat.

## Key notes:

It's also always good to have things like lettuce, spinach, or any other greens on hand to add more veggies to your plate if need be.