



4 Week Meal Plan for Couples

Calendar and Preparation Instructions

Day One & Fifteen

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)

Eggs with Green Apple Sausage – Each fix two eggs and 2 sausages to your liking. (Cook sausage from frozen)

*****Put Crockpot Enchilada Soup in Crockpot – will still be frozen.**

Lunch

Spiced Stuffed Eggplant - Cook per instruction label. Each eat 1/3 of entrée. Place remainder in a container and put back in fridge.

Baby Carrots - Each person eat one bag of carrots.

Dinner

Crockpot Enchilada Soup - Cook per label instructions. Each eat 1/3 of entrée. Put remaining serving in a container and back in fridge.

Ginger Carrots - Fix entire recipe as per cooking instructions. Eat 1/3 of recipe each. Put remaining serving into a container and back in fridge.

****If time is limited in the morning, cook tomorrow's breakfast (Sausage Quiche w/ Butternut Squash) tonight per cooking instructions.**

Day Two & Sixteen

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)

Sausage Quiche with Butternut Squash - Cook per directions on label. Eat 1/3 of container each. Put the remaining serving back in the fridge with original lid.

******Prep for tonight's dinner – Put Chicken Stew in Crockpot per cooking instructions label.**

Lunch

Kielbasa Meatloaf - Cook entire container as per label instructions. Eat one serving each, leave remaining serving in container along with peas below, replace lid and put back in fridge.

Sugar Snap Peas - Fix entire container as per label instructions, eat 1/3 each; place remaining serving in container with meatloaf above.

Dinner

Chicken Stew - Cook entire recipe per label instructions. Each eat 1/3 each of quantity made. Place remainder in a storage container (do not reuse the bags it came in due to raw chicken) and place back in fridge.

Kale Salad - Dice 2/3 of apple, slice thin 2 radishes, combine with 2/3 of kale and 2/3 of dressing. Massage the dressing into the kale for about a minute. Leave the rest of the kale, dressing, apple and radish in bag and put back in fridge.

*****Take Bone Broth and Bacon Meatloaf out of freezer and put in fridge.**

Day Three & Seventeen

Breakfast

Coffee/Tea - Unsweetened, almond or coconut milk only)

Each person eats one of the choices below:

Sausage Quiche with Butternut Squash - Heat and serve.

Eggs with Green Apple Sausage – Fix two eggs and rest of sausage to your liking.

Lunch

Chicken with Lemon & Capers - Fix entire recipe per label instructions. Each eat 1/3 of recipe. Put remaining serving in a container with the cabbage below.

Bacon Braised Cabbage - Fix entire recipe per label instructions. Each eat 1/3 of recipe. Put remaining serving in the container with the chicken above.

Dinner

Each person eats one of the servings below:

Spiced Stuffed Eggplant – Heat remaining serving and eat with baggie of baby carrots.

Crockpot Enchilada Soup – Heat remaining serving with Ginger Carrots.

*****Take Pop's Pulled Pork, Meatballs w/ Tomato Sauce and Sweet Potato Breakfast Hash from your freezer and put in fridge.**

Day Four & Eighteen

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)

Sweet Potato Breakfast Hash – Please Note: These instructions are different than instructions on the label. Please follow these instructions for the purposes of the Meal Plan; Take out $\frac{2}{3}$ of contents of container and stir until heated. Cook two eggs in the same skillet to your liking. Put remaining back in fridge.

Lunch

Each person eats one of the serving below:

Kielbasa Meatloaf & Sugar Snap Peas – Heat remaining serving.

Chicken Stew and Kale Salad – Heat and fix remaining serving.

Dinner

Bacon Meatloaf - Cook entire container per label instructions. Each eat 1/3 of recipe. Put the last serving in a storage container with the squash and put back in fridge.

Herbed Squash Saute - Fix per heating instructions and each eat $\frac{1}{3}$. Put the remaining serving in the container with the meatloaf above.

****Please note:** We have included this incredibly healthy (**Google “Bone Broth” to see benefits**) bone broth to improve your health and the effectiveness of the Meal Plan. Consider this medicine! It can be an acquired taste. If you are not on a restricted sodium intake, add sea salt to your liking.

Day Five & Nineteen

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)

Bone Broth – Heat entire contents of container, each person eats ½ of container.**

Link Sausage & Eggs – Each eat 2 eggs & a sausage link. Fix to your liking.

Lunch

Pop’s Pulled Pork - Make entire recipe per cooking instructions on label. Eat 1/3 each of quantity made, leave remaining serving along with Brussels’ Sprouts enclosed with lid back in fridge.

Sauteed Brussels’ Sprouts - Make entire recipe per label instructions, eat 1/3 of quantity made each, put remainder in container with pork.

Dinner

Meatballs with Tomato Sauce - Make entire entrée per label instructions. Each eat 1/3 of entree, place remainder with serving of Cauliflower “Rice” Pilaf below and put back in fridge.

Cauliflower “Rice” with Garlic - Fix entire recipe per label instructions, each eat 1/3 of recipe, place remainder in container above with meatballs.

*****Take Chicken Vegetable Soup and Baked Lemon Chicken from your freezer and put in your fridge.**

Day Six & Twenty

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)

Each person eats one of the choices below:

Eggs with Bacon – Fix two eggs and two slices of bacon to your liking. (You will have 4 slices of bacon left to enjoy at another time)

Sweet Potato Breakfast Hash – Heat remaining hash and one egg to your liking.

Lunch

Baked Lemon Chicken - Cook entire container as per label instructions. Each eat 1/3 of container and place remaining back in fridge along with Green Bean Almandine below.

Green Bean Almandine - Fix entire recipe as per cooking instructions, each eat 1/3 of recipe, place remaining serving in container above with the chicken.

Dinner

Each person eats one of the choices below:

Bacon Meatloaf & Herbed Squash Saute – Heat and serve.

Pops Pulled Pork with Sauteed Brussels Sprouts – Heat and serve.

Day Seven & Twenty-One

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)

Link Sausage & Eggs – Each eat 2 eggs & a sausage link. Fix to your liking.

Lunch

Chicken & Vegetable Soup - Heat soup per heating instructions on label. Makes two serving, each person eats one serving.

Sweet Potato Nuggets - Prepare and eat ½ or less of recipe each.

Dinner

Each person eats one of the choices below:

Meatballs with Tomato Sauce & Cauliflower “Rice” with Garlic – Heat and serve.

Baked Lemon Chicken & Green Bean Almandine– Heat and serve.

Day Eight & Twenty-Two

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)

Eggs & Bacon – Each eat two eggs and two pieces of bacon to your liking.

Lunch

Czech Meatballs - Make entree as per cooking instructions. Each eat 1/3 of meatballs, put the remaining cabbage below along with the meatballs in the container and put it back in your fridge.

Sweet & Sour Cabbage - Cook per cooking instructions. Each eat 1/3 of container and follow directions above for remainder.

Dinner

Chicken with Mushroom Basil Cream - Make entire recipe as per cooking instructions, (you must prepare all three chicken breasts, as raw chicken breast won't last in fridge). Each eat 1/3 of quantity made, place remainder in a storage container with rice below.

Cauliflower Rice Pilaf - Fix entire bag as per label instructions, each eat 1/3 of recipe, place remainder with chicken above and back in fridge.

Day Nine & Twenty-Three

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)

Salmon Cakes w/ Tartar Sauce - Cook per label, (don't overcook or they will become dry) each eat 2 salmon cakes with or without tartar sauce. Place remainder back in fridge with lid.

Lunch

Butter Chicken w/ Cauliflower Rice - Prepare per label instructions. Each eat 1/3 of recipe, place remainder along with remaining broccoli in a container and put in fridge.

Broccoli Steam - Fix per label instructions. Each eat 1/3. Put remaining serving in container with stew above.

Dinner

Pork Tenderloin with Apricot BBQ Sauce - Follow cooking instructions on package label. Each eat 1/3 of entree; put remainder in smaller container along with the squash below and place back in fridge.

Butternut Squash with Walnut Cheese Sauce - Heat per label instructions. Each eat 1/3 and place remaining serving in container above.

**** Take Sausage Veggie Bake and Chicken Cacciatore from your freezer and put in your fridge.**

Day Ten & Twenty-Four

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)

Each person eats one of the choices below:

Salmon Cakes w/ Tartar Sauce - Heat remaining serving.
Eggs and Bacon – Fix two eggs and rest of bacon to your liking.

Lunch

Mulligatawny Stew - Heat soup per heating instructions on label. Makes two servings, each person eats one serving.

Dinner

Each person eats one of the choices below:

Chicken with Mushroom Basil Cream & Cauliflower “Rice” Pilaf - Heat and serve.
Czech Meatballs and Sweet & Sour Cabbage - Heat and serve.

****If time is limited in the morning, cook tomorrow’s breakfast (Sausage Veggie Bake) tonight per cooking instructions.**

***** Take Sausage Patties w/Sweet Potato Mash, Italian Stuffed Bell Peppers and Mediterranean Meatloaf from your freezer and put in your fridge.**

Day Eleven & Twenty-Five

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)
Sausage Veggie Bake – Prepare per label instructions. Each eat 1/3 of entrée. Put remaining serving back in fridge.

Lunch

Each person eats one of the serving below:

Butter Chicken w/ Cauliflower Rice and Broccoli Steam - Heat and serve.

Pork Tenderloin w/ Apricot BBQ Sauce and Butternut Squash w/ Walnut Cheese Sauce
- Heat and serve.

Dinner

Chicken Cacciatore - Prepare per label instructions. Each eat 1/3 of recipe. Put remainder in a storage container along with serving of Roasted Brussels Sprouts below and place back in the fridge.

Roasted Brussels' Sprouts - Make entire recipe per label instructions, each eat 1/3 of quantity made. Put remainder in container with chicken.

*****Take out Italian Casserole from your freezer and put in your fridge.**

Day Twelve & Twenty-Six

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)

Sausage Patties w/ Sweet Potato Mash – Make recipe per cooking instructions and each eat 1/3. Put the remaining serving back in fridge with lid.

Lunch

Italian Stuffed Bell Peppers - Make recipe per cooking instruction. Each eat 1/3 of quantity made, place remainder along with remaining Veggie Stir Fry below with lid back in fridge.

Veggie Stir Fry - Make entire recipe as per cooking instruction label, eat 1/3 each. Put remaining serving in container above with peppers.

Dinner

Mediterranean Meatloaf - Heat per label instructions. Each eat 1/3. Leave remainder in original container and put back in fridge along with last serving of peas below.

Sugar Snap Peas - Make the entire recipe per the cooking instructions. Each eat 1/3 of recipe. Put remaining serving in container with entree above.

*****Take out Chocolate Chili from your freezer and put in your fridge.**

Day Thirteen & Twenty-Seven

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)

Each person eats one of the choices below:

Sausage Veggie Bake – Heat and serve.

Sausage Patties w/ Sweet Potato Mash – Heat and serve.

Lunch

Italian Casserole - Cook entire recipe, can be cooked at temperature for potatoes below, just take out earlier. Each eat 1/3 of recipe, place remaining back in container with last serving of Rosemary Garlic Potatoes covered with lid.

Rosemary Garlic Potatoes - Fix entire recipe per label instructions, each eat 1/3 of recipe, place remainder in container above with meatloaf.

Dinner

Each person eats one of the choices below:

Chicken Cacciatore with Roasted Brussels Sprouts – Heat and serve.

Italian Stuffed Bell Peppers & Veggie Stir Fry – Heat and serve.

Day Fourteen & Twenty-Eight

Breakfast

Coffee/Tea - (Unsweetened, almond or coconut milk only)

Link Sausage & Eggs - Each eat 2 eggs and a sausage. Fix to your liking.

Lunch

Chocolate Chili - Heat per label. Each eat ½ of container.

Baby Carrots - Each person gets one bag of carrots.

Dinner

Each person eats one of the choices below:

Italian Casserole & Rosemary Garlic Potatoes – Heat and serve.

Mediterranean Meatloaf & Sugar Snap Peas – Heat and serve.