



July 10, 2025

BREAKFAST



PROTEIN PESTO BREAKFAST BOWL

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- 🕒 Time: 5 minutes of prep, 15 to bake
- 💪 Protein: 32 grams / bowl
- 👤 Makes: 4 bowls
- ★ Pro-tip: Keep the eggs, hashbrowns, and sausage separate from the veggies so you can heat them up for meal prep.



LUNCH



BALSAMIC CHICKEN WITH PEACH SALAD

- 🕒 Time: 30 minutes
- 💪 Protein: 45 grams
- 👤 Makes: 4 servings
- ★ Pro-tip: Marinate your chicken and make the salad a day before cooking to allow the flavors to really absorb!



SNACK/DESSERT



CINNAMON SUGAR CHICKPEAS

- 🕒 Time: 30 minutes (5 minutes of work)
- 💪 Protein: 11 grams / 1/2 can
- 👤 Makes: 2 servings
- ★ Pro-tip: Don't skip leaving the chickpeas in the air fryer after cooking! This will help them get their satisfying crunch bite.



Looking for dinner ideas? Check out all our quick and protein packed dinners here!



your shopping list

✨ ✨ **To use this:** either print out this PDF and cross off items as you shop. Or copy and paste the ingredient list to your app or notes of choice. This way, you can edit the list, taking into account what you already have. ✨ ✨

MEAT & SEAFOOD

- 4 Savory Chicken Sausages
- 2 pounds Boneless, skinless chicken thighs

PRODUCE

- 1 cup Microgreens
- 1/4 cup Basil
- 1 Avocado
- 4 medium-sized Carrots
- 2 stalks Celery
- 1 Peach
- 2 cloves Garlic
- 2 Jalapeno

DAIRY & EGGS

- 1-1/3 tbsp Ghee
- 8 each Eggs
- 1 cup Egg Whites

PANTRY

- 2 tbsp White Sugar
- 3.5 teaspoon Salt
- 2 tbsp Pesto
- 1/4 cup Balsamic Glaze
- 1 cup White vinegar
- 3/4 cup Olive oil
- 4 teaspoon Whole grain mustard
- 15 oz can chickpeas

SPICES & SEASONINGS


- 1/2 tsp Cinnamon
- 1/8 tsp Cardamom
- 1 tsp Calabrian Chillies
- 1-1/2 teaspoon Pepper
- 2 teaspoon Oregano
- 2 Bay leaves

OTHER

- 4 frozen hashbrown patties


what we're prepping

- ★ [pesto protein bowl](#)
- ★ [chicken w/ peach salad](#)
- ★ [cinnamon sugar chickpeas](#)

 **click on each recipe title in bold text or use the QR codes on the next page!**

for full recipes, tips, & tricks visit

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 **be sure to check the recipe page for substitution options**

