

■ Your Farm to People Meal Plan

Generated on August 25, 2025

Total estimated servings: 18

Current Cart Overview

Proteins:

- Pasture Raised Eggs

Vegetables:

- Organic & Fair Trade Hass Avocados

Fruits:

- Organic & Fair Trade Bananas (Ripe)

Recommended Additions

- Add more protein sources - 3 meals are under 30g protein
- Consider adding onions - versatile aromatic for multiple dishes

These additions will help you create more complete, balanced meals

Your Meal Plan Overview

Meal 1: Mediterranean Chicken Bowl

■ 30 min • Serves 4 • ■ 35g protein

Ingredients

- Chicken Breast
- Cherry Tomatoes
- Cucumber
- Feta Cheese

Meal 2: Quick Salmon Stir-Fry

■ 20 min • Serves 2 • ■ 32g protein

Ingredients

- Salmon Fillet
- Zucchini
- Bell Peppers
- Garlic

Meal 3: Veggie-Packed Frittata

■ 25 min • Serves 3 • ■ 18g protein

Ingredients

- Eggs
- Spinach
- Mushrooms
- Cheese

Meal 4: Turkey Lettuce Wraps

■ 15 min • Serves 2 • ■ 28g protein

Ingredients

- Ground Turkey
- Butter Lettuce
- Carrots
- Water Chestnuts

Meal 5: Sheet Pan Chicken & Veggies

■ 35 min • Serves 4 • ■ 40g protein

Ingredients

- Chicken Thighs
- Brussels Sprouts
- Sweet Potatoes
- Red Onion

Meal 6: Asian-Inspired Noodle Bowl

■ 25 min • Serves 3 • ■ 22g protein

Ingredients

- Rice Noodles
- Tofu
- Bok Choy
- Soy Sauce

■ Ingredient Storage Guide

Ingredient	Storage Tips
Bell Peppers	Refrigerate in crisper drawer. Bell peppers last 1-2 weeks.
Bok Choy	Store according to package directions. Keep in cool, dry place.
Brussels Sprouts	Store according to package directions. Keep in cool, dry place.
Butter	Refrigerate in original wrapper. Can freeze for 6-9 months.
Butter Lettuce	Wrap in paper towels, store in crisper drawer. Lasts 7-10 days.
Carrots	Store according to package directions. Keep in cool, dry place.
Cheese	Store according to package directions. Keep in cool, dry place.
Cherry Tomatoes	Store ripe tomatoes at room temperature. Cherry tomatoes can be refrigerated.
Chicken Breast	Refrigerate at 40°F or below. Use within 1-2 days or freeze for up to 9 months.
Chicken Thighs	Refrigerate at 40°F or below. Use within 1-2 days or freeze for up to 9 months.
Cucumber	Refrigerate in crisper drawer. Use within 1 week.
Eggs	Refrigerate in original carton. Good for 3-5 weeks past purchase date.
Feta Cheese	Store according to package directions. Keep in cool, dry place.
Fresh Herbs	Store in refrigerator crisper drawer. Use within 5-7 days for best quality.
Garlic	Store in cool, dry place with good air circulation. Lasts 3-5 months.
Ginger	Refrigerate in paper bag. Freeze for longer storage.
Ground Turkey	Store according to package directions. Keep in cool, dry place.
Mushrooms	Store according to package directions. Keep in cool, dry place.
Olives	Store according to package directions. Keep in cool, dry place.
Onion	Store according to package directions. Keep in cool, dry place.
Organic & Fair Trade Bananas (Ripe)	Store at room temperature. Separate from other fruits to slow ripening.
Organic & Fair Trade Hass Avocados	Ripen at room temperature, then refrigerate. Use within 3-5 days when ripe.
Pasture Raised Eggs	Refrigerate in original carton. Good for 3-5 weeks past purchase date.
Quinoa	Store according to package directions. Keep in cool, dry place.
Red Onion	Store according to package directions. Keep in cool, dry place.
Rice Noodles	Store according to package directions. Keep in cool, dry place.
Salmon Fillet	Store in coldest part of refrigerator. Use within 1-2 days or freeze immediately.
Sesame Oil	Store according to package directions. Keep in cool, dry place.
Soy Sauce	Store according to package directions. Keep in cool, dry place.
Spinach	Store according to package directions. Keep in cool, dry place.
Sweet Potatoes	Store according to package directions. Keep in cool, dry place.
Tofu	Store according to package directions. Keep in cool, dry place.
Vegetable Broth	Store according to package directions. Keep in cool, dry place.

Water Chestnuts	Store according to package directions. Keep in cool, dry place.
Zucchini	Refrigerate in plastic bag. Use within 4-5 days.

■ Your Meal Recipes

1. Mediterranean Chicken Bowl

Serves: 4 people

Ingredients:

- Chicken Breast
- Cherry Tomatoes
- Cucumber
- Feta Cheese
- Olives

Optional Level-ups:

- Add Quinoa Base (+15 min) - uses: Quinoa, Vegetable Broth

Instructions:

1. Prepare all ingredients (wash, chop, measure)
2. Cook Chicken Breast according to preference
3. Combine with remaining ingredients
4. Season with salt, pepper, and herbs
5. Serve immediately while hot

■ **Cooking Tips:**

- Use meat thermometer - chicken is done at 165°F internal temperature

■ **Nutrition Highlights:**

- Excellent source of lycopene and vitamin C

2. Quick Salmon Stir-Fry

Serves: 2 people

Ingredients:

- Salmon Fillet
- Zucchini
- Bell Peppers
- Garlic
- Ginger

Instructions:

1. Heat 2 tablespoons oil in large skillet or wok over high heat
2. Cut all vegetables into uniform pieces
3. Add Salmon Fillet to hot pan, cook until nearly done
4. Add vegetables in order of cooking time (longest first)
5. Stir frequently, cook until vegetables are crisp-tender
6. Season with salt, pepper, and your favorite sauce

3. Veggie-Packed Frittata

Serves: 3 people

Ingredients:

- Eggs
- Spinach
- Mushrooms
- Cheese
- Onion

Instructions:

1. Prepare all ingredients (wash, chop, measure)
2. Cook Eggs according to preference
3. Combine with remaining ingredients
4. Season with salt, pepper, and herbs
5. Serve immediately while hot

4. Turkey Lettuce Wraps

Serves: 2 people

Ingredients:

- Ground Turkey
- Butter Lettuce
- Carrots
- Water Chestnuts

Instructions:

1. Prepare all ingredients (wash, chop, measure)
2. Cook Ground Turkey according to preference
3. Combine with remaining ingredients

4. Season with salt, pepper, and herbs
5. Serve immediately while hot

5. Sheet Pan Chicken & Veggies

Serves: 4 people

Ingredients:

- Chicken Thighs
- Brussels Sprouts
- Sweet Potatoes
- Red Onion

Optional Level-ups:

- Herb Butter Finish (+5 min) - uses: Butter, Fresh Herbs

Instructions:

1. Prepare all ingredients (wash, chop, measure)
2. Cook Chicken Thighs according to preference
3. Combine with remaining ingredients
4. Season with salt, pepper, and herbs
5. Serve immediately while hot

■ Cooking Tips:

- Use meat thermometer - chicken is done at 165°F internal temperature

6. Asian-Inspired Noodle Bowl

Serves: 3 people

Ingredients:

- Rice Noodles
- Tofu
- Bok Choy
- Soy Sauce
- Sesame Oil

Instructions:

1. Prepare all ingredients (wash, chop, measure)
2. Cook Rice Noodles according to preference
3. Combine with remaining ingredients

4. Season with salt, pepper, and herbs
5. Serve immediately while hot