

■ Your Farm to People Meal Plan

22 servings • 5 meals • 4 dinners ≤30 min • 4 meals ≥30g protein • 250% cart utilization

Add onions

Unlocks 3 salsas and 2 stews

Est. \$1.29

Strategic Meal Plan

Sorted by cooking time - start with the quickest

1. Egg Scramble Deluxe 10 min • Serves 2 • 24g protein Eggs • Spinach • Tomatoes <i>quick</i>	2. Quick Salmon Stir-Fry 15 min • Serves 2 • 38g protein Salmon • Zucchini • Soy Sauce <i>quick • high-protein</i>
3. Protein-Packed Frittata 20 min • Serves 4 • 31g protein Eggs • Spinach • Cheese <i>quick • high-protein</i>	4. Mediterranean Chicken Bowl 25 min • Serves 4 • 42g protein Chicken Breast • Tomatoes • Spinach <i>30-min • high-protein</i>
5. Sheet Pan Chicken 35 min • Serves 4 • 40g protein Chicken Thighs • Zucchini • Tomatoes <i>sheet-pan • high-protein</i>	

Shopping Gaps

- Onions/garlic - essential aromatics (\$2-3)

Cart Overview

Cart readiness: 3.5/5.0

You are light on: alliums (onion/garlic)

Detailed Recipes

1. Egg Scramble Deluxe [quick]

10 min • Serves 2 • 24g protein per serving

From your box:

- Eggs
- Spinach
- Tomatoes

Pantry:

- Butter

Steps:

1. Prep all ingredients (mise en place)
2. Heat pan to **medium-high**
3. Cook protein to **165°F internal**
4. Add vegetables, cook until tender
5. Season and serve immediately

Pro tip: Prep all ingredients before starting. This recipe reheats well for meal prep.

2. Quick Salmon Stir-Fry [quick, meal-prep]

15 min • Serves 2 • 38g protein per serving

From your box:

- Salmon
- Zucchini
- Soy Sauce

Pantry:

- Ginger
- Garlic

Steps:

1. Heat 2 Tbsp oil in large skillet over **medium-high heat**
2. Season protein with salt and pepper. Cook **4-5 min** per side to **165°F**
3. Remove protein, add vegetables with 1 Tbsp oil
4. Stir-fry **3-4 min** until crisp-tender
5. Return protein, add sauce, toss **1 min**
6. Rest **2 min** before serving

Pro tip: Prep all ingredients before starting. This recipe reheats well for meal prep.

3. Protein-Packed Frittata [quick, meal-prep]

20 min • Serves 4 • 31g protein per serving

From your box:

- Eggs
- Spinach
- Cheese

Pantry:

- Milk

Steps:

1. Prep all ingredients (mise en place)
2. Heat pan to **medium-high**
3. Cook protein to **165°F internal**
4. Add vegetables, cook until tender
5. Season and serve immediately

Pro tip: Prep all ingredients before starting. This recipe reheats well for meal prep.

4. Mediterranean Chicken Bowl [meal-prep]

25 min • Serves 4 • 42g protein per serving

From your box:

- Chicken Breast
- Tomatoes
- Spinach

Pantry:

- Olive Oil
- Lemon

Steps:

1. Prep all ingredients (mise en place)
2. Heat pan to **medium-high**
3. Cook protein to **165°F internal**
4. Add vegetables, cook until tender
5. Season and serve immediately

Pro tip: Prep all ingredients before starting. This recipe reheats well for meal prep.

5. Sheet Pan Chicken [sheet-pan, meal-prep]

35 min • Serves 4 • 40g protein per serving

From your box:

- Chicken Thighs
- Zucchini
- Tomatoes

Pantry:

- Olive Oil

Steps:

1. Preheat oven to **425°F**

2. Line sheet pan with parchment
3. Toss vegetables with 2 Tbsp oil, salt, pepper
4. Arrange on pan, bake **15 min**
5. Add protein, bake **15-20 min** to **165°F internal**
6. Rest **5 min** before serving

Pro tip: *Prep all ingredients before starting. This recipe reheats well for meal prep.*

Appendix A: Storage Guide

Item	How to Store	Shelf Life
Chicken Breast	Refrigerate at 40°F	1-2 days
Chicken Thighs	Refrigerate at 40°F	1-2 days
Eggs	In carton, refrigerated	3-5 weeks
Salmon	Coldest part of fridge	1-2 days
Spinach	Crisper drawer	5-7 days
Tomatoes	Room temp if ripe	3-5 days
Zucchini	Refrigerate in bag	4-5 days