

■ Your Farm to People Meal Plan

Generated on August 25, 2025

Total estimated servings: 22

Current Cart Overview

Proteins:

- Locust Point Farm Skinless Chicken Breast
- Wild Caught Salmon
- Organic Free-Range Eggs

Vegetables:

- Organic Zucchini
- Heirloom Cherry Tomatoes
- Organic Bell Peppers
- Fresh Spinach
- Organic Garlic
- Fresh Basil

Recommended Additions

- Consider adding onions - versatile aromatic for multiple dishes

These additions will help you create more complete, balanced meals

Your Meal Plan Overview

<p>Meal 1: High-Protein Mediterranean Bowl</p> <p>■ 25 min • Serves 4 • ■ 42g protein</p> <p>Ingredients</p> <ul style="list-style-type: none">• Chicken Breast• Cherry Tomatoes• Spinach• Feta	<p>Meal 2: 15-Minute Salmon Power Plate</p> <p>■ 15 min • Serves 2 • ■ 38g protein</p> <p>Ingredients</p> <ul style="list-style-type: none">• Salmon• Zucchini• Garlic• Lemon
<p>Meal 3: Protein-Packed Veggie Frittata</p> <p>■ 20 min • Serves 4 • ■ 31g protein</p> <p>Ingredients</p> <ul style="list-style-type: none">• Eggs (6)• Bell Peppers• Spinach• Cheese	<p>Meal 4: Quick Chicken Stir-Fry</p> <p>■ 18 min • Serves 3 • ■ 35g protein</p> <p>Ingredients</p> <ul style="list-style-type: none">• Chicken Breast• Bell Peppers• Zucchini• Soy Sauce
<p>Meal 5: Baked Salmon with Roasted Veggies</p> <p>■ 28 min • Serves 2 • ■ 36g protein</p> <p>Ingredients</p> <ul style="list-style-type: none">• Salmon• Cherry Tomatoes• Zucchini• Basil	

■ Ingredient Storage Guide

Ingredient	Storage Tips
Basil	Store like fresh flowers in water at room temperature. Avoid refrigeration.
Bell Peppers	Refrigerate in crisper drawer. Bell peppers last 1-2 weeks.
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.
Eggs (8)	Refrigerate in original carton. Good for 3-5 weeks past purchase date.
Feta	Store according to package directions. Keep in cool, dry place.
Fresh Basil	Store like fresh flowers in water at room temperature. Avoid refrigeration.
Fresh Spinach	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.
Heirloom Cherry Tomatoes	Store ripe tomatoes at room temperature. Cherry tomatoes can be refrigerated.
Lemon	Store at room temperature for 1 week or refrigerate for up to 1 month.
Locust Point Farm Skinless Chicken Breast	Refrigerate at 40°F or below. Use within 1-2 days or freeze for up to 9 months.
Organic Bell Peppers	Refrigerate in crisper drawer. Bell peppers last 1-2 weeks.
Organic Free-Range Eggs	Refrigerate in original carton. Good for 3-5 weeks past purchase date.
Organic Garlic	Store in cool, dry place with good air circulation. Lasts 3-5 months.
Organic Zucchini	Refrigerate in plastic bag. Use within 4-5 days.
Salmon	Store in coldest part of refrigerator. Use within 1-2 days or freeze immediately.
Soy Sauce	Store according to package directions. Keep in cool, dry place.
Spinach	Store according to package directions. Keep in cool, dry place.
Wild Caught Salmon	Store in coldest part of refrigerator. Use within 1-2 days or freeze immediately.
Zucchini	Refrigerate in plastic bag. Use within 4-5 days.

■ Your Meal Recipes

1. High-Protein Mediterranean Bowl

Serves: 4 people

Ingredients:

- Chicken Breast
- Cherry Tomatoes
- Spinach
- Feta

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. 15-Minute Salmon Power Plate

Serves: 2 people

Ingredients:

- Salmon
- Zucchini
- Garlic
- Lemon

Instructions:

1. Prepare all ingredients (wash, chop, measure)
2. Cook Salmon according to preference
3. Combine with remaining ingredients
4. Season with salt, pepper, and herbs

5. Serve immediately while hot

3. Protein-Packed Veggie Frittata

Serves: 4 people

Ingredients:

- Eggs (8)
- Bell Peppers
- Spinach
- Cheese

Instructions:

1. Prepare all ingredients (wash, chop, measure)
2. Cook Eggs (8) according to preference
3. Combine with remaining ingredients
4. Season with salt, pepper, and herbs
5. Serve immediately while hot

4. Quick Chicken Stir-Fry

Serves: 3 people

Ingredients:

- Chicken Breast
- Bell Peppers
- Zucchini
- Soy Sauce

Instructions:

1. Heat 2 tablespoons oil in large skillet or wok over high heat
2. Cut all vegetables into uniform pieces
3. Add Chicken Breast 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

■ Cooking Tips:

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

5. Baked Salmon with Roasted Veggies

Serves: 2 people

Ingredients:

- Salmon
- Cherry Tomatoes
- Zucchini
- Basil

Instructions:

1. Preheat oven to 400°F (200°C)
2. Prepare all ingredients and arrange in baking dish
3. Drizzle with olive oil and season generously
4. Bake for 25-30 minutes until vegetables are tender
5. Check doneness and adjust seasoning
6. Let rest 5 minutes before serving

■ Nutrition Highlights:

- Excellent source of lycopene and vitamin C