

# Your Cart → Meal Plan | Aug 25

## WHAT YOU HAVE

- Individual:** Organic Avocados • Eggs (dozen)
- Paleo Box:** Chicken Breast, Pork Chops, Ground Beef, Sweet Potatoes
- Small Produce Box:** Zucchini, Cherry Tomatoes, Bell Peppers, Lettuce, Carrots

## RECOMMENDED SWAPS

- ■ Pork Chops → Chicken (you don't eat pork)
- Add onions (\$1.29) - essential for 5+ meals
- Pre-marinated proteins - saves 15 min prep

## 5 DINNERS YOU CAN MAKE

1. Quick Egg Scramble [QUICK]	10 min	24g
2. 15-Min Chicken Stir-Fry [QUICK, HIGH-PROTEIN]	15 min	35g
3. Zucchini Beef Skillet [QUICK, HIGH-PROTEIN]	20 min	32g
4. Mediterranean Bowl	25 min	28g
5. Sheet Pan Chicken & Veggies [HIGH-PROTEIN]	35 min	40g

Total: 13 servings | Avg: 21 min/meal | 3/5 high-protein

## SHOPPING LIST (to complete all meals)

Onions (2) • Garlic (1 head) • Olive oil • Soy sauce • Salt & pepper

## STORAGE

- Proteins: Use within 2 days or freeze
- Leafy greens: Wash, dry, container
- Tomatoes: Counter until ripe, then fridge
- Herbs: Trim stems, water glass in fridge