



Sunday:

- Prep [Overnight Oats](#) for the week
- Prep [Mason Jar Salads](#)
 - Bake or grill chicken breast
 - Air Fry or bake turkey bacon
 - Make ranch dressing
 - Chop veggies
 - Assemble salads according to the recipe
- Chop onions and garlic for the [Flank Steak Tacos](#), [Caprese Chicken](#), and [Baked Ziti](#)
- Prep [Honey Roasted Butternut Squash Salad](#), but don't top with goat cheese
- [Only Plan C & D] Prep 1.5 or double batch of [Sheet Pan Breakfast](#) but do not top with egg. If eating with a runny egg, you will need to heat and prep each morning. If eating with hardboiled egg, prep those next.
- Hard boil eggs (if you are using them in your plan)
- Mix [salt-free taco seasoning](#) for Flank Steak Tacos
- Prep and cook pork for [Maple BBQ Pork](#). While cooking, make sauce and mix together when pork is finished.
- Pack snacks if you need to take them with you during the week

Monday:

- Heat up your [Pulled Pork](#) using your Instant Pot, Crock Pot, or Stovetop
- Heat up your [Butternut Squash Salad](#) and top with goat cheese. Isn't tonight SO easy?!

Tuesday:

- Use the prepped veggies and prepped taco seasoning to quickly put together your [Flank Steak Tacos](#)! Yum!

Wednesday:

- Use your prepped onion and garlic to make [Easy Caprese Chicken](#) without any chopping!
- Make a double batch of green beans- choose your favorite way. I love roasted or air fried veggies. Save half of your green beans for Friday.

Thursday:

- [Baked Ziti](#) comes together in less than 30 minutes! Yay! Also - you have garlic and onions already prepped to use to make it even faster.

Friday:

- [Asian Chicken](#) is my favorite no-prep-needed dinner!
- Heat up your prepared green beans and enjoy some faster-than-take-out deliciousness!