



## Sunday:

- Prep [Ramen Noodle Salad](#) for MWF lunch
  - Bake, air fry, or grill chicken breast
  - Toast ramen noodles
  - Mix dressing
  - Store in divided [meal prep containers](#) or ziplocks, keeping greens, mandarins, toasted noodles, and dressing separate from slaw. Dressing is ok to be kept out of the fridge.
- Prep [Cheesy Bacon Breakfast Bites](#) for your weekly breakfast
- Prep [Shepherd's Pie](#) but do not bake; wrap and store in the fridge
- Prep [Sausage and Cauliflower Casserole](#) - while browning sausage, you can brown enough for the Zuppa Toscana. Just separate that out and store in your refrigerator until Friday. Finish prepping Sausage and Cauliflower Casserole and again, do not bake; wrap and store in the fridge.
- Cut veggies for the [Healthy Chicken Lettuce Wraps](#) and the [Chicken Ramen Noodle Stir Fry](#). Dice your chicken for the stir fry, as well. Wrap everything and place in the fridge.
  - \*Tip - label if you can!
- Chop onions, kale, and garlic for the [Zuppa Toscana](#). Wrap and place in the fridge.
- Prep snacks
- \*Optional\* Whip up a FIX approved dressing like this [21 Day Fix Homemade Ranch](#)
- Don't forget to make your yummy Treat Swap!
- Roast your veggies in olive oil [Bracket C, D, E, F]
- If using, don't forget to prep your ["Overnight" Instant Pot Steel Cut Oats](#) before going to sleep. [Bracket C, D, E, F]

## Monday:

- Bake your [Shepherd's Pie](#)
- While your dinner is baking, using prepped veggies, make the [Healthy Chicken Lettuce Wraps](#) for T/TH lunch. While you have the ingredients out, make the stir fry sauce for the [Chicken Ramen Noodle Stir Fry](#).

## Tuesday:

- Bake your [Sausage and Cauliflower Casserole](#) and enjoy a super easy night!

## Wednesday:

- Using your pre-cut veggies and chicken, Make your one Skillet [Chicken Ramen Noodle Stir Fry](#).

## Thursday:

- There's no prep needed for tonight's dinner! Just boil noodles, steam some veggies, and make your [Italian Chicken Skillet](#)

## Friday:

- Using your prepped onions, garlic, kale, and chicken sausage, make the quick and easy [Zuppa Toscana](#)! And relax knowing you KILLED IT this week!