

#### **Sunday:**

- Prep french toast sticks - you will want to double the recipe to have enough for the week. I prefer the oven method when I am making a big batch!
- Cook chicken for chicken salad using your favorite method (I prefer my IP because it's hands off)
- While your chicken is cooking, dice the fruit and veggies for the chicken salad, zucchini lasagna, hibachi chicken, and street corn salad.
- Finish prepping your chicken salad
- Prep your street corn salad, but don't add in the dressing or the feta cheese.
- Prep hard boiled eggs (prep enough for egg salad, too!) and fruits/veggies for snacks
- [Plans C- F only] Finally, make your [sheet pan breakfast](#) (1½ batch!) for breakfast. You will need to prep 1 egg for each portion, however you like them - scrambled, fried, or hard boiled.

#### **Monday:**

- Using your prepped veggies, make your [Zucchini Lasagna](#) in your skillet or in your Instant Pot. This meal comes together very quickly, especially when you chop your veggies before hand!
- While your dinner is cooking, make the [Chocolate Pudding](#) and allow to cool to enjoy for dessert this week!

#### **Tuesday:**

- Make the dressing for the street corn salad and mix ingredients together.
- Cook the shrimp and enjoy another quick dinner!

#### **Wednesday:**

- Midweek prep: Make the BBQ Sauce for your [BBQ Chicken Burgers](#), the stir fry sauce for the [Instant Pot Ramen Stir Fry](#), and the Yum Yum Sauce for the Hibachi Chicken. Store the Stir Fry and Yum Yum Sauce in the fridge.
- Enjoy the rest of your Street Corn Salad as a side with your Burgers (oooh - or on top!)

#### **Thursday:**

- Chop chicken for both the [Instant Pot Ramen Stir Fry](#) and the [Hibachi Chicken](#). Store chicken for the hibachi in the fridge until tomorrow.
- Continue prepping the rest of this quick and easy dinner.
- Using your prepped hard boiled eggs, make egg salad for tomorrow's lunch

#### **Friday:**

- Use your prepped veggies and diced chicken to throw together the [Hibachi Chicken](#) faster than you can pick up take out. Don't forget the yum yum sauce! If you aren't using your yellow on a treat swap, you can also prep some brown rice or quinoa for your dinner.