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Meal Prep Tool-Kit Meal Planner - Trifecta Nutrition

MEAL 2 MEAL 3 MEAL 4 SNACKS MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY TOTAL MACROS. Fresh Produce Proteins Grains, Beans, Dried

Goods Seasoning, Dressings, Other Dairy Beverages
Weekly Shopping List QTY: QTY: QTY: QTY: QTY: QTY:
Title: Meal Prep Tool-Kit Meal Planner Author: Trifecta
Nutrition Subject: Organic Meal Delivery Created Date:
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Meal Prep: Benefits Of Meal Preparation

- Preheat Oven To 375° And Line Two Baking Sheets With Parchment Paper.
- In A Small Bowl, Combine

Salt, Paprika, Pepper, Chipotle, Cumin, Cayenne, And
Garlic Powder. Stir Together. • Spread Tofu Slices Onto
The Sheet Pan And Drizzle With 2 Tablespoons Of Oil.
Sprinkle 2th, 2024

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