

Recipe Round-Up

Take 5 minutes to fill in the rest with new recipes *that you feel good about*. Scroll through your Pinterest board of recipes you've been wanting to try. Remember, if it doesn't seem easy enough or has ingredients you don't like- stay realistic and pass. There's plenty of time to branch out later if you want!

TIP: If you still aren't up to your goal number, simply add generic meals - 1 meat, 1 veggie, etc.! Don't worry about individual preparation for now.

Further Inspiration

If you need a little help brainstorming, can you think of any meals that fall into these categories?

Italian / Pasta

Mexican / Taco

Asian / Stir-Fry

Meatless / Vegetarian

Meat & Sides

Breakfast for Dinner

Salads / Soups / Sandwiches

Pizza

One-Pot or Sheet-Pan Meals

Grilling Out

Slow Cooker or InstantPot

Pre-prepared Meals