

JULY 2024

The *easy* meal prep guide.



@jamieanneaesthetics

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Burger Bowl:

Base:

- + Grass fed/grass finished ground beef - browned or made into burger patties
- + Organic arugula (can use organic romaine if well tolerated)
- + Raw cheddar cheese (shred yourself, do not buy pre shredded cheese)

Optional toppings:

- + Organic onion
- + Organic tomato
- + Organic avocado
- + Pickles (recommend homemade)

Optional condiments:

- + Organic dijon or spicy mustard
- + Organic unsweetened ketchup (or make homemade)
- + Organic avocado oil mayo (or make homemade)



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Taco Bowl:

Base:

- + Grass fed/grass finished ground beef - browned and seasoned with taco seasoning (homemade is best)
- OR
- + Pasture raised, corn and soy free chicken
- + Organic arugula (can use organic romaine if well tolerated)
- + Raw cheddar cheese (shred yourself, do not buy pre shredded cheese)
- + Sweet potato, diced & baked

Optional toppings:

- + Organic onion
- + Organic tomato
- + Organic avocado
- + Pickles (recommend homemade)
- + Pico de gallo or salsa (homemade is best)
- + Organic white rice
- + Organic lime (squeeze on top)
- + Organic cilantro
- + Organic jalapeno
- + Organic peppers (sauteed with onion for a fajita bowl)

Optional condiments:

- + Organic hot sauce
- + Full fat cottage cheese (in place of sour cream)



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Bolognese Bowl:

Base:

- + Grass fed/grass finished ground beef - browned and seasoned with italian seasoning (homemade is best)
- + Organic spaghetti squash
- + Organic marinara - unsweetened, no additives (or make homemade sauce)

Optional toppings:

- + Raw parmigiano reggiano cheese (shred yourself, do not buy pre shredded cheese)
- + Organic basil
- + Organic kalamata olives
- + Chili flakes



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Animal Based Bowl:

Base:

- + Grass fed/grass finished ground beef - browned or as burger patties
- OR
- + Grass fed/finished steak
- OR
- + Pasture raised, corn & soy free chicken
- OR
- + Wild caught, regenerative fish (recommend salamon)

Optional sides:

- + Raw cheddar cheese
- + Raw parmigiano reggiano
- + Pasture raised, corn & soy free eggs
- + Organic sweet potato
- + Organic seasonal squash
- + Organic Avocado
- + Organic cucumber
- + Organic olives
- + Organic seasonal fruit

Optional toppings:

- + Organic raw honey
- + Organic maple syrup



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Meal Prep Grocery List

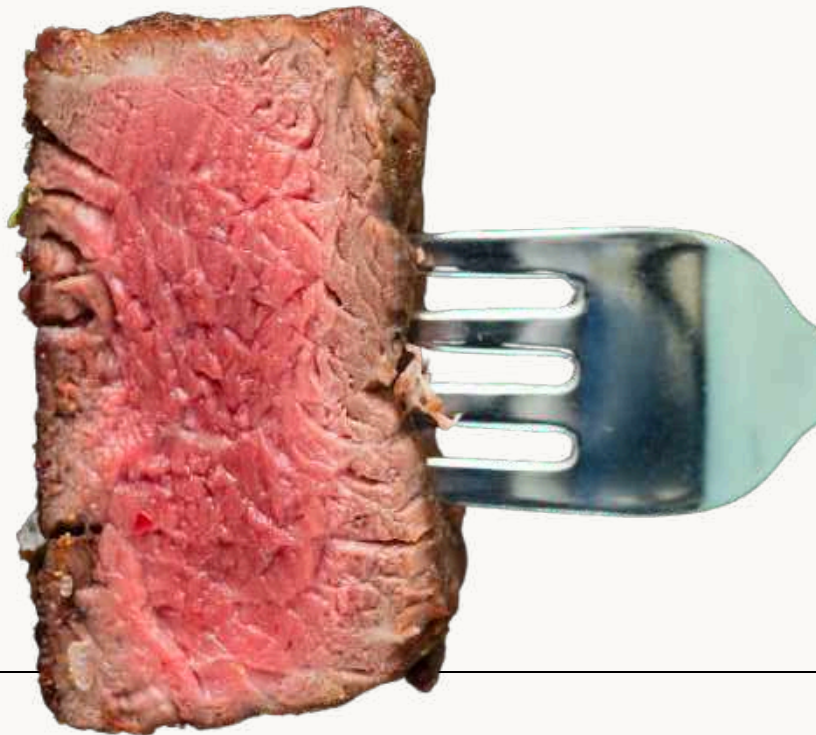


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PROTEINS:

- + Grass fed, grass finished ground bison
- + Grass fed, grass finished ground beef
- + Grass fed, grass finished steaks - (any cut - ribeye, New York, filet mignon)
- + Pasture raised, corn and soy free chicken - (thighs, breasts, whole)
- + Pasture raised, corn and soy free eggs
- + Wild caught fish

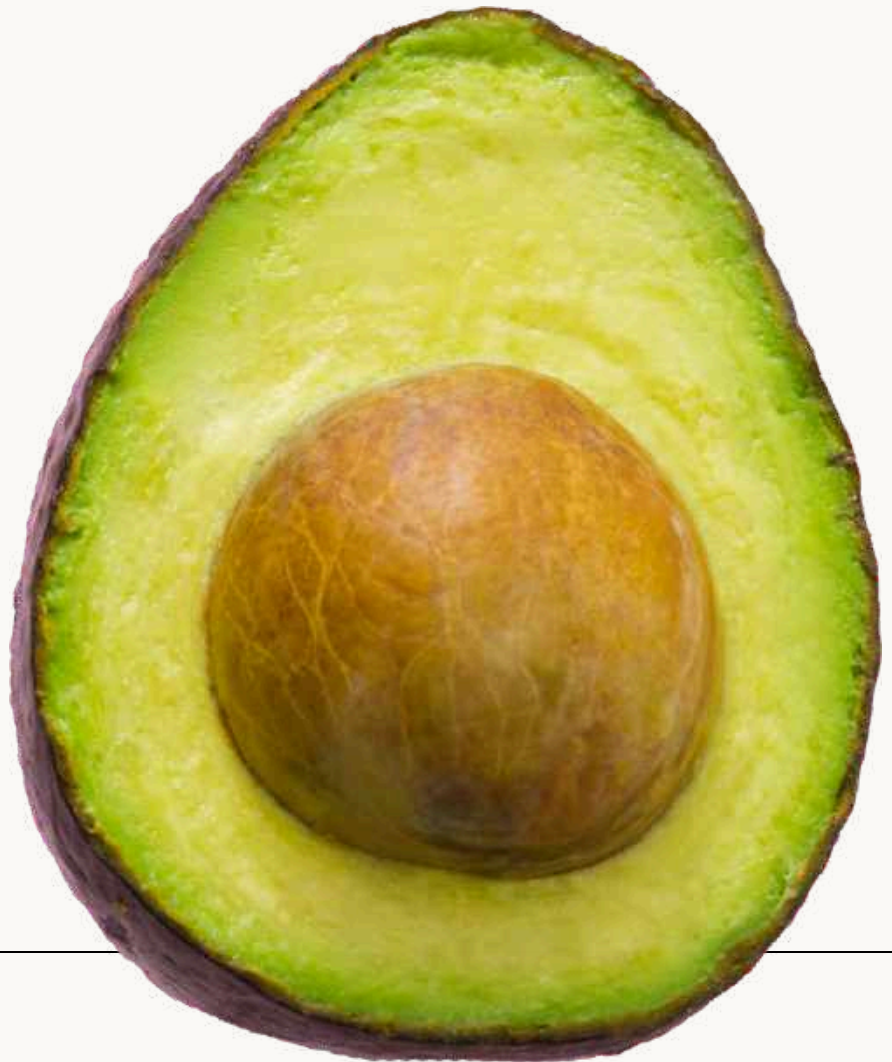


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VEG & HERBS :

(all organic & seasonal):

- + Avocado *(seasonal)*
- + Tomatoes *(seasonal)*
- + Cucumber
- + Zucchini *(seasonal)*
- + Wild arugula
- + Sweet potato
- + Spaghetti Squash
- + Romaine lettuce
- + Garlic
- + Onion
- + Dill
- + Basil
- + Cilantro
- + Bell Peppers
- + Jalapeno



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FRUIT:

(all organic & seasonal)

- + Apple
- + Peach *(seasonal)*
- + Banana *(more green, less sugar)*
- + Berries
- + Lime
- + Mango *(seasonal)*
- + Pineapple
- + Watermelon *(seasonal)*
- + Coconut
- + Kiwi *(seasonal)*



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DAIRY :

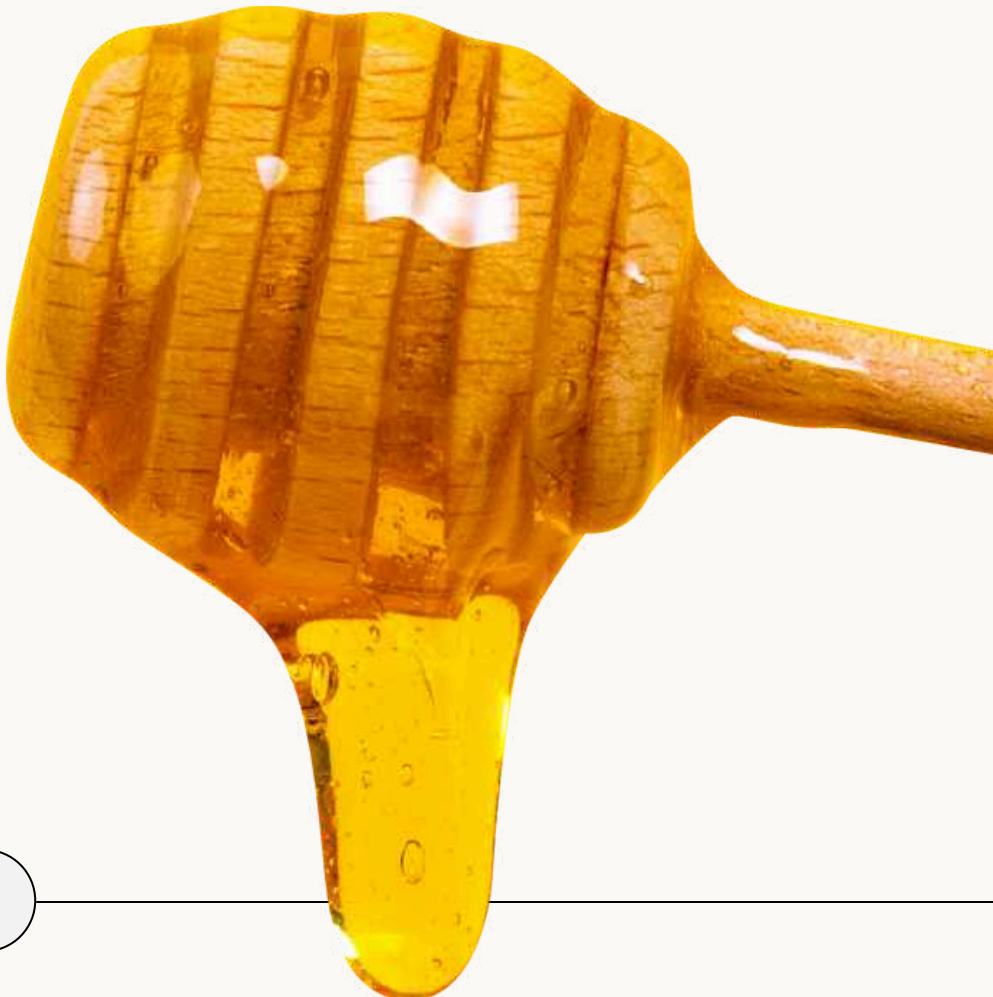
- + Raw cheddar
- + Grass fed butter
- + Parmigiano Reggiano (made from raw milk)
- + Full fat cottage cheese



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EXTRAS:

- + Marinara sauce, organic, no additives - (*thrive market*)
- + Dijon mustard - (*primal kitchen*)
- + Spicy mustard - (*primal kitchen*)
- + Unsweetened ketchup - (*primal kitchen*)
- + Avocado oil mayo - (*primal kitchen or chosen*)
- + Organic maple syrup
- + Organic raw honey
- + Organic pickles
- + Organic olives - (*divina*)
- + Organic white rice



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TACO SEASONING:

(all organic)

- + 1 tsp Garlic powder
- + 1 tsp Onion powder
- + 1 teaspoon Cumin
- + 1 tsp Paprika
- + 1 tsp Oregano
- + Salt and Pepper

ITALIAN SEASONING:

(all organic)

- + 1 tsp dried oregano
- + 1 tsp dried basil
- + 1 tsp dried rosemary
- + 1 tsp dried thyme

