

# how to use the plans

## How to plan your week

Thank you so much for purchasing The Grizzly Kitchen Plans! They are sure to help make your food prep remarkably easier and delicious.

At the beginning of each plan, you'll see the plan for the week followed by a grocery list. There will be four dinners, a salad, a suggested breakfast item, a snack, and a dessert each week. One of the dinners will utilize leftovers, and the salad will act as a vegetable for two of the dinners. Do not hesitate to plan the four dinners as you see fit for your week. The vegetable quantities listed will usually provide leftovers that can be eaten at other times during the week.

On the next page, you'll see "Prep Day". The meals will be precipitated by a prep day in which you will spend 1-2 hours preparing dressings, marinades, sauces, etc. along with chopping and storing items. On the next day (or even that same day, if you wish!), you can begin cooking your meals using the prep work done on prep day. There are instructions for each day on the third page of each plan, along with the instructions for the breakfast, snack, and dessert which can be eaten at any time.

\*Please note that any protein listed will be boneless & skinless unless otherwise specified.

## How to customize

If you do not care for a certain protein or vegetable listed, feel free to make swaps as you see fit!

If you want to feed a family other than four, simply divide or double, triple, etc. the ingredients for the week.

Please provide feedback to let us know how we are doing. We hope you enjoy!