

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Salmon with orange dill butter, roasted cauliflower, sauteed rainbow chard	2 salmon filets, 1 orange, 1 head cauliflower, 1 bunch rainbow chard
TUES	Spaghetti squash and meatballs	1 spaghetti squash, 1 lb ground beef, 1 lb ground pork, parsley, 1 onion, garlic, 1 jar marinara sauce
WEDS	Roasted butternut squash soup	1 butternut squash, 3 carrots, 1 onion, 1 green apple, 1 sweet potato, garlic, 32 oz chicken stock
THURS	Chicken piccata, zucchini noodles	2 chicken breasts, 16 ounces chicken stock, 2 lemons, 1 jar capers, parsley, 4 large zucchini
FRI	Chimichurri chicken skewers, sauteed yellow squash and onions	parsley, cilantro, 4 chicken breasts, 4 yellow squash, 1 onion
SAT	Balsamic mustard pork chops, roasted broccoli, roasted sweet potatoes	4 pork chops, 1 onion, garlic, chicken stock, 1 head broccoli, 4 sweet potatoes
SUN	Roast chicken and root vegetables, gravy	1 whole chicken, 1 lemon, rosemary, 8 carrots, 1 lb brussels sprouts, 2 onions, 16 oz chicken stock

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Sausage and Veggies Meal Prep day 1	4 chicken apple sausages, 2 pounds potatoes, 2 bell peppers, 2 onions
TUES	Sausage and Veggies meal prep day 2	
WEDS	Leftover meatballs	
THURS	Leftover butternut squash soup	
FRI	Leftover butternut squash soup	
SAT	Leftover chicken skewers	
SUN	Broccoli salad	2 heads broccoli, 1 red cabbage, green onions, 2 oranges

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BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	scrambled eggs and sausage patties	2 dozen eggs, 2 pounds ground pork
TUES	scrambled eggs and sausage patties	
WEDS	scrambled eggs and sausage patties	
THURS	scrambled eggs and sausage patties	
FRI	scrambled eggs and sausage patties	
SAT	scrambled eggs and sausage patties	
SUN	scrambled eggs and sausage patties	

EXTRAS	ITEMS NEEDED
VEGGIES	baby carrots, cucumber, celery
FRUIT	apples, bananas, oranges
SNACKS	RX bars
DRINKS	spindrift
OTHER	