

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Salmon with orange dill butter, roasted cauliflower, sauteed rainbow chard	2 salmon filets, 1 orange, 1 head cauliflower, 1 bunch rainbow chard
<b>TUES</b>	Spaghetti squash and meatballs	1 spaghetti squash, 1 lb ground beef, 1 lb ground pork, parsley, 1 onion, garlic, 1 jar marinara sauce
<b>WEDS</b>	Roasted butternut squash soup	1 butternut squash, 3 carrots, 1 onion, 1 green apple, 1 sweet potato, garlic, 32 oz chicken stock
<b>THURS</b>	Chicken piccata, zucchini noodles	2 chicken breasts, 16 ounces chicken stock, 2 lemons, 1 jar capers, parsley, 4 large zucchini
<b>FRI</b>	Chimichurri chicken skewers, sauteed yellow squash and onions	parsley, cilantro, 4 chicken breasts, 4 yellow squash, 1 onion
<b>SAT</b>	Balsamic mustard pork chops, roasted broccoli, roasted sweet potatoes	4 pork chops, 1 onion, garlic, chicken stock, 1 head broccoli, 4 sweet potatoes
<b>SUN</b>	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
<b>MON</b>	Sausage and Veggies Meal Prep day 1	4 chicken apple sausages, 2 pounds potatoes, 2 bell peppers, 2 onions
<b>TUES</b>	Sausage and Veggies meal prep day 2	
<b>WEDS</b>	Leftover meatballs	
<b>THURS</b>	Leftover butternut squash soup	
<b>FRI</b>	Leftover butternut squash soup	
<b>SAT</b>	Leftover chicken skewers	
<b>SUN</b>	Broccoli salad	2 heads broccoli, 1 red cabbage, green onions, 2 oranges

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

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