

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Filet mignon, asparagus, cauliflower mash	
TUES	Meatballs + zucchini noodles (make enough for 2 days worth of leftovers)	
WEDS	Crispy pesto chicken, roasted broccoli, roasted bell pepper	
THURS	Salmon with orange dill butter, cauliflower rice, green beans (make enough for 1 days worth of leftovers)	
FRI	Cajun drumsticks + wings, wedge salad, roasted mini bell peppers	
SAT	Pork chops with orange parsley sauce, sauteed mushrooms, roasted carrots	
SUN	Creamy mustard chicken thighs, cauliflower mash, roasted brussels sprouts	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	meal prep sheet pan sausage + veggies (broccoli, cauliflower)	
TUES	meal prep sheet pan sausage + veggies (broccoli, cauliflower)	
WEDS	Leftover meatballs + zucchini noodles	
THURS	Leftover meatballs + zucchini noodles	
FRI	Leftover salmon, add in coconut tahini sauce	
SAT	Roasted veggies, cauliflower rice, avocado + coconut tahini sauce	
SUN	Roasted veggies, cauliflower rice, avocado + coconut tahini sauce	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	bacon, eggs, pesto	• bacon
TUES	bacon, eggs, pesto	
WEDS	bacon, eggs, pesto	

THURS	bacon, eggs, pesto	
FRI	bacon, eggs, pesto	
SAT	bacon, eggs, pesto	
SUN	bacon, eggs, pesto	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	