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| **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 |  |

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| **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 |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | bacon, eggs, pesto | * bacon
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| **TUES** | bacon, eggs, pesto |  |
| **WEDS** | bacon, eggs, pesto |  |

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

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| **EXTRAS** |  |
| **VEGGIES** |  |
| **FRUIT** |  |
| **SNACKS** |  |
| **DRINKS** |  |
| **KID FOOD** |  |
| **OTHER** |  |