

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Coconut chicken thai curry, cauliflower rice	
TUES	Greek chicken thighs, roasted artichokes, cauliflower rice	
WEDS	Sheet Pan Italian Pork	
THURS	Salmon with lemon garlic aioli, asparagus, cauliflower rice	
FRI	Instant Pot Carnitas bowls	
SAT	Burgers with zucchini fries	
SUN	Grilled drumsticks + wings, yellow squash + onion, baby bell peppers	

LUNCH	MEAL	INGREDIENTS NEEDED
MON		
TUES	Leftover thai curry	
WEDS	Leftover thai curry	
THURS	Leftover italian pork	
FRI	Leftover italian pork	
SAT	Leftover Carnitas	
SUN	Leftover Carnitas	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Bacon, eggs, pesto	
TUES		
WEDS		
THURS		
FRI		
SAT		
SUN		

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	