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| **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 |  |

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| **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 |  |

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

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