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| **DINNER** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Sheet Pan Sausages + Veggies, pesto aioli (make enough for 2 days of leftover lunches) |  |
| **TUES** | Crispy chicken thighs, roasted brussels sprouts, cauliflower rice |  |
| **WEDS** | Chicken with olive tapenade, green beans, roasted radishes (make enough for 2 days of leftover lunches) |  |
| **THURS** | Coconut tahini salmon, cauliflower rice, asparagus |  |
| **FRI** | Ground Beef Burrito Bowls with salsa, fajita veggies, cauliflower rice + avocado (make enough for 2 days of leftover lunches) |  |
| **SAT** | Balsamic mustard pork chops, sauteed zucchini, roasted broccoli |  |
| **SUN** | Greek drumsticks + wings, roasted mini bell peppers, roasted artichoke hearts |  |

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** |  |  |
| **TUES** | leftover sheet pan sausage + veggies |  |
| **WEDS** | leftover sheet pan sausage + veggies |  |
| **THURS** | leftover chicken with olive tapenade |  |
| **FRI** | leftover chicken with olive tapenade |  |
| **SAT** | leftover ground beef burrito bowls |  |
| **SUN** | leftover ground beef burrito bowls |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Eggs scrambled in ghee, bacon, avocado |  |
| **TUES** | Eggs scrambled in ghee, bacon, avocado |  |
| **WEDS** | Eggs scrambled in ghee, bacon, avocado |  |
| **THURS** | Eggs scrambled in ghee, bacon, avocado |  |

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| **FRI** | Eggs scrambled in ghee, bacon, avocado |  |
| **SAT** | Eggs scrambled in ghee, bacon, avocado |  |
| **SUN** | Eggs scrambled in ghee, bacon, avocado |  |

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