

MEAL PLAN GUIDE

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	

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	

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	

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

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	