

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Tri tip with marinated onions, sauteed mushrooms, broccoli (make enough for leftovers for lunch next day)	
TUES	Pork chops with chunky red pepper sauce, roasted brussels sprouts, roasted radishes (make enough for leftovers for lunch next day)	
WEDS	Chicken stir fry with cauliflower rice (make enough for leftovers for lunch next 2 days)	
THURS	Grilled drumsticks + wings, roasted mini bell peppers, ranch salad	
FRI	Sheet pan sausage + vegetables (make enough for leftovers for lunch next 2 days)	
SAT	Salmon with lemon dill butter, roasted asparagus,	
SUN	Crispy chicken thighs, chimichurri sauce, roasted green beans, roasted carrots	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Salad of your choice	
TUES	Leftover tri tip	
WEDS	Leftover pork chops	
THURS	Leftover chicken stir fry	
FRI	Leftover chicken stir fry	
SAT	Leftover sheet pan sausage + veggies	
SUN	Leftover sheet pan sausage + veggies	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Bacon, eggs, guacamole, salsa	
TUES	Bacon, eggs, guacamole, salsa	
WEDS	Bacon, eggs, guacamole, salsa	
THURS	Bacon, eggs, guacamole, salsa	
FRI	Bacon, eggs, guacamole, salsa	

SAT	Bacon, eggs, guacamole, salsa	
SUN	Bacon, eggs, guacamole, salsa	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	