



|  |  |  |
| --- | --- | --- |
| **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 fro 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** |  |