

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Sesame Chicken Green Bean Stir Fry with cauliflower rice	
TUES	Salmon Cakes with herby lemon coleslaw	
WEDS	Thai chicken lettuce wraps	
THURS	Pesto meatballs with zucchini noodles	
FRI	Meatloaf with mushroom gravy, mashed cauliflower, roasted broccoli	
SAT	Rosemary Almond crusted chicken, roasted brussels sprouts, roasted cauliflower	
SUN	Instant pot beef stew	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Salad of your choice	
TUES	Leftover green bean stir fry	
WEDS	Leftover salmon cakes	
THURS	Leftover thai chicken lettuce wraps	
FRI	Leftover pesto meatballs	
SAT	Leftover meatloaf	
SUN	Leftover almond crusted chicken	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	eggs, bacon, sauteed spinach. avocado	
TUES	eggs, bacon, sauteed spinach. avocado	
WEDS	eggs, bacon, sauteed spinach. avocado	
THURS	eggs, bacon, sauteed spinach. avocado	
FRI	eggs, bacon, sauteed spinach. avocado	
SAT	eggs, bacon, sauteed spinach. avocado	
SUN	eggs, bacon, sauteed spinach. avocado	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	