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| **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 |  |

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| **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 |  |

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| **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 |  |

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