

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Pesto mahi mahi, asparagus, cauliflower rice	
TUES	Chicken with roasted red pepper salsa, roasted green beans, roasted cauliflower (double for leftover lunches the next 2 days)	
WEDS	Fish tacos with spicy mexican coleslaw coleslaw, roasted mini bell peppers	
THURS	Sausage stuffed portobello mushrooms, pesto zoodles (double for leftover lunches the next day)	
FRI	Chicken zoodle soup with sliced avocado (double for leftovers the next day)	
SAT	Pot Roast with cauliflower mash (enough for leftovers the next day)	
SUN	Grilled drumsticks + wings, sauteed zucchini + onion, crispy kale chips	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Salad of your choice	
TUES	Salad of your choice	
WEDS	leftover chicken with roasted red pepper salsa	
THURS	leftover chicken with roasted red pepper salsa	
FRI	leftover sausage stuffed mushrooms	
SAT	leftover chicken zoodle soup	
SUN	leftover pot roast	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	eggs, spinach, guac, salsa, bacon	
TUES		
WEDS		
THURS		
FRI		

SAT		
SUN		

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	