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| **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 |  |

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| **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 |  |

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

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| **SAT** |  |  |
| **SUN** |  |  |

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