

# MEAL PLAN GUIDE

<b>DINNER</b>	<b>MEAL</b>	<b>INGREDIENTS NEEDED</b>
<b>MON</b>	Roasted chicken with radishes, brussels sprouts, carrots, mashed cauliflower, gravy	
<b>TUES</b>	Sausage soup	
<b>WEDS</b>	Salmon with orange dill butter, roasted green beans, cauliflower rice	
<b>THURS</b>	Almond crusted pesto chicken, sauteed zucchini + onion, roasted cauliflower	
<b>FRI</b>	Bolognese with zucchini noodles	
<b>SAT</b>	Pork chops with bacon mushroom sauce, roasted broccoli, mashed cauliflower	
<b>SUN</b>	Sheet pan greek chicken + artichokes, cauliflower rice	

<b>LUNCH</b>	<b>MEAL</b>	<b>INGREDIENTS NEEDED</b>
<b>MON</b>	Salad of your choice	
<b>TUES</b>	Leftover roasted chicken	
<b>WEDS</b>	Leftover sausage soup	
<b>THURS</b>	Leftover sausage soup	
<b>FRI</b>	Leftover almond crusted pesto chicken	
<b>SAT</b>	Leftover bolognese	
<b>SUN</b>	Leftover bolognese	

<b>BREAKFAST</b>	<b>MEAL</b>	<b>INGREDIENTS NEEDED</b>
<b>MON</b>	bacon, eggs, spinach, avocado	
<b>TUES</b>	bacon, eggs, spinach, avocado	
<b>WEDS</b>	bacon, eggs, spinach, avocado	
<b>THURS</b>	bacon, eggs, spinach, avocado	
<b>FRI</b>	bacon, eggs, spinach, avocado	
<b>SAT</b>	bacon, eggs, spinach, avocado	
<b>SUN</b>	bacon, eggs, spinach, avocado	

<b>EXTRAS</b>	
<b>VEGGIES</b>	
<b>FRUIT</b>	
<b>SNACKS</b>	
<b>DRINKS</b>	
<b>KID FOOD</b>	
<b>OTHER</b>	