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

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

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

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