

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Verde Chicken Chili	
TUES	Blackened Mahi Mahi with avocado, cauliflower rice + roasted asparagus	
WEDS	Chicken Piccata with zucchini noodles, roasted cauliflower	
THURS	Beef Chili	
FRI	Chicken thighs with creamy mushroom sauce, mashed cauliflower, roasted broccoli	
SAT	Balsamic mustard pork chops, roasted brussels sprouts, sauteed kale	
SUN	Chicken Zoodle Soup with sliced avocado	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Salad of your choice	
TUES	Leftover verde chicken chili	
WEDS	Leftover verde chicken chili	
THURS	Leftover chicken piccata	
FRI	Leftover beef chili	
SAT	Leftover beef chili	
SUN	Leftover balsamic mustard pork chops	

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	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	