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| **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 |  |

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| **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 |  |

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| **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 |  |

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