

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Sheet pan chicken fajitas	
TUES	Salmon with hollandaise sauce, roasted asparagus, cauliflower rice	
WEDS	Crispy pesto chicken, roasted green beans, roasted cauliflower	
THURS	Sheet pan sausage + veggies	
FRI	Cajun chicken thighs with wedge salad	
SAT	Cauliflower fried rice	
SUN	Pot Roast	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Salad of your choice	
TUES	Leftover chicken fajitas	
WEDS	Leftover chicken fajitas	
THURS	Leftover crispy pesto chicken	
FRI	Leftover sausage + veggies	
SAT	Leftover cajun chicken thighs	
SUN	Leftover cauliflower rice	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON		
TUES		
WEDS		
THURS		
FRI		
SAT		
SUN		

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