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| **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 |  |

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| **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 |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** |  |  |
| **TUES** |  |  |
| **WEDS** |  |  |
| **THURS** |  |  |
| **FRI** |  |  |
| **SAT** |  |  |
| **SUN** |  |  |

**EXTRAS**

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