

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Pork chops with orange parsley sauce, roasted radishes, sauteed kale	
TUES	Salmon with lemon garlic aioli, green beans, cauliflower rice	
WEDS	Sheet pan jamaican chicken, roasted broccoli	
THURS	Thanksgiving!	
FRI	Stir Fry (use leftover turkey if you have it!) with cauliflower rice	
SAT	Fish tacos with spicy coleslaw	
SUN	Lemon Artichoke Soup (use leftover turkey if you have it!)	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Salad of your choice	
TUES	Leftover pork chops	
WEDS	Leftover salmon	
THURS	Leftover jamaican chicken	
FRI	Leftover thanksgiving food	
SAT	Leftover stir fry	
SUN	Leftover stir fry	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Sunny side up eggs with spinach + bacon	
TUES	Sunny side up eggs with spinach + bacon	
WEDS	Sunny side up eggs with spinach + bacon	
THURS	Sunny side up eggs with spinach + bacon	
FRI	Sunny side up eggs with spinach + bacon	
SAT	Sunny side up eggs with spinach + bacon	
SUN	Sunny side up eggs with spinach + bacon	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	