



|  |  |  |
| --- | --- | --- |
| **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** |  |