

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Creamy mustard chicken thighs, mashed cauliflower, sauteed mushrooms	
TUES	Pesto mahi mahi, cauliflower rice, roasted asparagus	
WEDS	Chicken with olive tapenade, green beans, roasted cauliflower	
THURS	Bolognese sauce over zucchini noodles	
FRI	Verde chicken chili	
SAT	Sausage stuffed mushrooms over pesto zucchini noodles	
SUN	Beef stew	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Salad of your choice	
TUES	Leftover creamy mustard chicken thighs	
WEDS	Leftover pesto mahi mahi	
THURS	Leftover chicken with olive tapenade	
FRI	Leftover bolognese	
SAT	Leftover verde chicken chili	
SUN	Leftover sausage stuffed mushrooms	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Eggs, spinach, bacon + avocado	
TUES	Eggs, spinach, bacon + avocado	
WEDS	Eggs, spinach, bacon + avocado	
THURS	Eggs, spinach, bacon + avocado	
FRI	Eggs, spinach, bacon + avocado	
SAT	Eggs, spinach, bacon + avocado	
SUN	Eggs, spinach, bacon + avocado	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	