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| **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 |  |

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| **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 |  |

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| **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 |  |

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