

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Chicken thai curry with cauliflower rice	
TUES	Sheet pan salmon + asparagus with cauliflower risotto	
WEDS	Crispy chicken thighs with chimichurri sauce, roasted broccoli, roasted radishes	
THURS	Pork chops with bacon mushroom sauce, roasted brussels sprouts, mashed cauliflower	
FRI	Barbacoa bowls	
SAT	Chimichurri drumsticks + wings, roasted green beans, roasted mini bell peppers	
SUN	Lemon artichoke chicken soup	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Salad of your choice	
TUES	Leftover thai curry	
WEDS	Leftover salmon + asparagus	
THURS	Leftover chicken thighs with chimichurri	
FRI	Leftover pork chops	
SAT	Leftover barbacoa	
SUN	Leftover barbacoa	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	eggs, spinach, bacon	
TUES	eggs, spinach, bacon	
WEDS	eggs, spinach, bacon	
THURS	eggs, spinach, bacon	
FRI	eggs, spinach, bacon	
SAT	eggs, spinach, bacon	
SUN	eggs, spinach, bacon	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	