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| **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 |  |

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| **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 |  |

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| **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 |  |

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