

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Carnitas bowls	
TUES	Salmon with Orange Dill Butter, cauliflower rice, roasted asparagus	
WEDS	Chicken piccata with zucchini noodles	
THURS	Pork chops with chunky red pepper sauce, roasted brussels sprouts, roasted broccoli	
FRI	Thai curry with cauliflower rice	
SAT	Roasted Chicken	
SUN	Moroccan Short Ribs with mashed cauliflower	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Salad of your choice	
TUES	Leftover carnitas	
WEDS	Leftover carnitas	
THURS	Leftover chicken piccata	
FRI	Leftover pork chops	
SAT	Leftover thai curry	
SUN	Leftover roasted chicken	

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	
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VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	