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| **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 |  |

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| **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 |  |

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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 |  |

**EXTRAS**

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