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| **DINNER** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Green bean chicken stir fry with cauliflower rice |  |
| **TUES** | Salmon cakes with herby lemon coleslaw |  |
| **WEDS** | Almond crusted pesto chicken, roasted broccoli, roasted cauliflower |  |
| **THURS** | Pork chops with bacon mushroom sauce, mashed cauliflower, roasted brussels sprouts |  |
| **FRI** | Sheet pan chicken fajitas |  |
| **SAT** | Meatballs with zucchini noodles |  |
| **SUN** | Sausage + vegetable soup |  |

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Salad of your choice |  |
| **TUES** | Leftover green bean chicken stir fry |  |
| **WEDS** | Leftover salmon cakes |  |
| **THURS** | Leftover almond crusted chicken |  |
| **FRI** | Leftover pork chops with bacon mushroom sauce |  |
| **SAT** | Leftover chicken fajitas |  |
| **SUN** | Leftover meatballs |  |

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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** |  |