

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Sheet pan sausage + veggies	
TUES	NYE date night in with filet mignon, mashed cauliflower + sauteed mushrooms	
WEDS	Ground beef burrito bowls	
THURS	Coconut tahini salmon with roasted asparagus + cauliflower rice	
FRI	Balsamic mustard pork chops, roasted brussels sprouts, sauteed kale	
SAT	Crispy pesto chicken with roasted mini bell peppers + roasted broccoli	
SUN	Tuscan chicken soup	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Salad of your choice	
TUES	Leftover sausage + veggies	
WEDS	Leftover sausage + veggies	
THURS	Leftover beef burrito bowls	
FRI	Leftover beef burrito bowls	
SAT	Leftover balsamic mustard pork chops	
SUN	Leftover crispy pesto chicken	

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

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	