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| **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 |  |

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| **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 |  |

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| **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 |  |

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