

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Ground beef taco meat bowls	
TUES	Greek chicken thighs, roasted artichoke hearts, cauliflower rice	
WEDS	Mu shu pork	
THURS	Creamy chicken cauliflower rice casserole	
FRI	Pot roast, root vegetables, gravy	
SAT	Fish + Chips, coleslaw	
SUN	Chicken piccata, zucchini noodles, roasted broccoli	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Salad of your choice	
TUES	Leftover beef taco meat bowls	
WEDS	Leftover greek chicken	
THURS	Leftover mu shu pork	
FRI	Leftover cauliflower rice casserole	
SAT	Leftover cauliflower rice casserole	
SUN	Leftover pot roast	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Scrambled eggs, sauteed spinach, bacon	
TUES	Scrambled eggs, sauteed spinach, bacon	
WEDS	Scrambled eggs, sauteed spinach, bacon	
THURS	Scrambled eggs, sauteed spinach, bacon	
FRI	Scrambled eggs, sauteed spinach, bacon	
SAT	Scrambled eggs, sauteed spinach, bacon	
SUN	Scrambled eggs, sauteed spinach, bacon	

EXTRAS	
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VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	