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| **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 |  |

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| **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 |  |

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| **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** |  |