

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Creamy chicken cauliflower rice casserole	
<b>TUES</b>	Lemon artichoke chicken soup	
<b>WEDS</b>	Chicken stir fry with cauliflower rice	
<b>THURS</b>	Sheet pan greek chicken with artichoke hearts, cauliflower rice	
<b>FRI</b>	Salmon with dill butter, sauteed zucchini, roasted fennel	
<b>SAT</b>	Chimichurri Shrimp with cauliflower rice, sauteed kale	
<b>SUN</b>	Carnitas bowls	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Salad of your choice	
<b>TUES</b>	Leftover cauliflower rice casserole	
<b>WEDS</b>	Leftover artichoke soup	
<b>THURS</b>	Leftover broccoli beef	
<b>FRI</b>	Leftover greek chicken	
<b>SAT</b>	Leftover cauliflower rice casserole	
<b>SUN</b>	Leftover artichoke chickens soup	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Eggs, sausage, spinach, avocado	
<b>TUES</b>	Eggs, sausage, spinach, avocado	
<b>WEDS</b>	Eggs, sausage, spinach, avocado	
<b>THURS</b>	Eggs, sausage, spinach, avocado	
<b>FRI</b>	Eggs, sausage, spinach, avocado	
<b>SAT</b>	Eggs, sausage, spinach, avocado	
<b>SUN</b>	Eggs, sausage, spinach, avocado	

<b>EXTRAS</b>	
<b>VEGGIES</b>	
<b>FRUIT</b>	
<b>SNACKS</b>	
<b>DRINKS</b>	
<b>KID FOOD</b>	
<b>OTHER</b>	