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

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

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Eggs, sausage, spinach, avocado |  |
| **TUES** | Eggs, sausage, spinach, avocado |  |
| **WEDS** | Eggs, sausage, spinach, avocado |  |
| **THURS** | Eggs, sausage, spinach, avocado |  |
| **FRI** | Eggs, sausage, spinach, avocado |  |
| **SAT** | Eggs, sausage, spinach, avocado |  |
| **SUN** | Eggs, sausage, spinach, avocado |  |

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