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| **DINNER** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Chimichurri drumsticks, roasted mini bell peppers, sauteed spinach |  |
| **TUES** | Blackened salmon, cauliflower risotto, asparagus |  |
| **WEDS** | Pork chops with roasted red pepper salsa, roasted broccoli, sauteed kale |  |
| **THURS** | Chicken thighs with orange parsley sauce, roasted brussels, roasted cauliflower |  |
| **FRI** | Thai curry meatballs, cauliflower rice |  |
| **SAT** | Salmon cakes with herby lemon coleslaw |  |
| **SUN** | Instant pot chili |  |

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Salad of your choice |  |
| **TUES** | Leftover chimichurri drumsticks |  |
| **WEDS** | Leftover blackened salmon over greens |  |
| **THURS** | Leftover pork chops |  |
| **FRI** | Leftover chicken thighs |  |
| **SAT** | Leftover meatballs |  |
| **SUN** | Leftover salmon cakes |  |

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

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