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| **DINNER** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Moroccan braised short ribs, mashed cauliflower |  |
| **TUES** | Sheet pan jamaican chicken, sauteed kale |  |
| **WEDS** | Salmon with hollandaise, green beans, sauteed spinach |  |
| **THURS** | Cajun chicken thighs, wedge salad, roasted radishes |  |
| **FRI** | Pork chops with bacon mushroom gravy, mashed cauliflower, roasted broccoli |  |
| **SAT** | Coconut chicken thai curry, cauliflower rice |  |
| **SUN** | Mini meatloaf muffins, mashed cauliflower, green beans |  |

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Leftover from Sunday’s dinner |  |
| **TUES** | Leftover short ribs |  |
| **WEDS** | Leftover jamaican chicken |  |
| **THURS** | Leftover salmon over greens |  |
| **FRI** | Leftover chicken thighs |  |
| **SAT** | Leftover pork chops |  |
| **SUN** | Leftover thai curry |  |

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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** |  |