

MEAL PLAN GUIDE

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	

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	

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	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	