

MEAL PLAN GUIDE

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Spinach egg cups + bacon	
TUES	Spinach egg cups + bacon	
WEDS	Spinach egg cups + bacon	
THURS	Spinach egg cups + bacon	
FRI	Spinach egg cups + bacon	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Sausage and vegetables	
TUES	Sausage and vegetables	
WEDS	Sausage and vegetables	
THURS	Sausage and vegetables	
FRI	Sausage and vegetables	

DINNER	MEAL	INGREDIENTS NEEDED
MON	Chicken fajita bowls	
TUES	Chicken fajita bowls	
WEDS	Chicken fajita bowls	
THURS	Chicken fajita bowls	
FRI	Chicken fajita bowls	

SNACK	MEAL	INGREDIENTS NEEDED
EVERYDAY	Trail mix	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
OTHER	