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| **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 |  |

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

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

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| **SNACK** | **MEAL** | **INGREDIENTS NEEDED** |
| **EVERYDAY** | Trail mix |  |

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