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| **DINNER** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Almond crusted pesto chicken, mashed cauliflower, roasted mini bell peppers |  |
| **TUES** | Pork chops with red pepper salsa, roasted brussels sprouts, roasted fennel |  |
| **WEDS** | Creamy mushroom chicken thighs, mashed cauliflower, roasted green beans |  |
| **THURS** | Blackened salmon with avocado, cauliflower rice risotto, sauteed kale |  |
| **FRI** | Carnitas bowls |  |
| **SAT** | Filet mignon with roasted radishes, sauteed mushrooms, roasted broccoli |  |
| **SUN** | Chimichurri drumsticks + wings, sauteed zucchini, roasted cauliflower |  |

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Salmon cakes with herby lemon coleslaw |  |
| **TUES** | Sheet pan sausage + veggies |  |
| **WEDS** | Salmon cakes with herby lemon coleslaw |  |
| **THURS** | Sheet pan sausage + veggies |  |
| **FRI** | Sheet pan sausage + veggies |  |
| **SAT** | Leftover carnitas bowls |  |
| **SUN** | Leftover carnitas bowls |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Sausage + brussels hash |  |
| **TUES** | Sausage + brussels hash |  |
| **WEDS** | Sausage + brussels hash |  |
| **THURS** | Sausage + brussels hash |  |
| **FRI** | Sausage + brussels hash |  |
| **SAT** | Sausage + brussels hash |  |
| **SUN** | Sausage + brussels hash |  |

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