

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Chicken with olive tapenade, green beans, roasted cauliflower	
TUES	Sausage stuffed portobello mushrooms with pesto zucchini noodles	
WEDS	Thai chicken lettuce wraps	
THURS	Asian beef bowls	
FRI	Italian meatballs with zucchini noodles	
SAT	Sheet pan chicken fajitas	
SUN	Thai chicken curry with cauliflower rice	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Green bean stir fry meal prep	
TUES	Green bean stir fry meal prep	
WEDS	Green bean stir fry meal prep	
THURS	Green bean stir fry meal prep	
FRI	Green bean stir fry meal prep	
SAT	Leftover meatballs	
SUN	Leftover meatballs	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Eggs, spinach, bacon, avocado	
TUES	Eggs, spinach, bacon, avocado	
WEDS	Eggs, spinach, bacon, avocado	
THURS	Eggs, spinach, bacon, avocado	
FRI	Eggs, spinach, bacon, avocado	
SAT	Eggs, spinach, bacon, avocado	
SUN	Eggs, spinach, bacon, avocado	

EXTRAS	
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VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	