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| **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 |  |

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| **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 |  |

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| **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** |  |