

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Crispy pesto chicken, roasted radishes, roasted broccoli	
<b>TUES</b>	Fish tacos with spicy coleslaw	
<b>WEDS</b>	Chinese chicken salad	
<b>THURS</b>	Barbacoa bowls	
<b>FRI</b>	Chimichurri shrimp with cauliflower risotto	
<b>SAT</b>	Creamy mustard chicken thighs, mashed cauliflower, sauteed kale	
<b>SUN</b>	Creamy chicken chowder with biscuits	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Chicken salad meal prep	
<b>TUES</b>	Chicken salad meal prep	
<b>WEDS</b>	Chicken salad meal prep	
<b>THURS</b>	Chicken salad meal prep	
<b>FRI</b>	Leftover barbacoa bowls	
<b>SAT</b>	Leftover barbacoa bowls	
<b>SUN</b>	Leftover barbacoa bowls	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Spinach, eggs, bacon, avocado	
<b>TUES</b>	Spinach, eggs, bacon, avocado	
<b>WEDS</b>	Spinach, eggs, bacon, avocado	
<b>THURS</b>	Spinach, eggs, bacon, avocado	
<b>FRI</b>	Spinach, eggs, bacon, avocado	
<b>SAT</b>	Spinach, eggs, bacon, avocado	
<b>SUN</b>	Spinach, eggs, bacon, avocado	

<b>EXTRAS</b>	
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<b>VEGGIES</b>	
<b>FRUIT</b>	
<b>SNACKS</b>	
<b>DRINKS</b>	
<b>KID FOOD</b>	
<b>OTHER</b>	