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

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Chicken salad meal prep |  |
| **TUES** | Chicken salad meal prep |  |
| **WEDS** | Chicken salad meal prep |  |
| **THURS** | Chicken salad meal prep |  |
| **FRI** | Leftover barbacoa bowls |  |
| **SAT** | Leftover barbacoa bowls |  |
| **SUN** | Leftover barbacoa bowls |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Spinach, eggs, bacon, avocado |  |
| **TUES** | Spinach, eggs, bacon, avocado |  |
| **WEDS** | Spinach, eggs, bacon, avocado |  |
| **THURS** | Spinach, eggs, bacon, avocado |  |
| **FRI** | Spinach, eggs, bacon, avocado |  |
| **SAT** | Spinach, eggs, bacon, avocado |  |
| **SUN** | Spinach, eggs, bacon, avocado |  |

**EXTRAS**

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