

MEAL PLAN GUIDE

| DINNER | MEAL | INGREDIENTS NEEDED |
|--------|--|--------------------|
| MON | Cauliflower fried rice | |
| TUES | Salmon cakes with herby lemon coleslaw | |
| WEDS | Sheet pan jamaican chicken with roasted radishes | |
| THURS | Chicken parmesan with zucchini noodles | |
| FRI | Thai curry meatballs with cauliflower rice | |
| SAT | Crispy chicken thighs + gravy with sauteed kale + mashed cauliflower | |
| SUN | Beef stew | |

| LUNCH | MEAL | INGREDIENTS NEEDED |
|-------|-------------------------------|--------------------|
| MON | Mu Shu Pork | |
| TUES | Leftover cauliflower rice | |
| WEDS | Mu Shu Pork | |
| THURS | Leftover cauliflower rice | |
| FRI | Mu Shu Pork | |
| SAT | Leftover thai curry meatballs | |
| SUN | Leftover thai curry meatballs | |

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

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|--------|--|--|
| EXTRAS | | |
|--------|--|--|

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