



|  |  |  |
| --- | --- | --- |
| **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 |  |

**EXTRAS**

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