

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Chicken with creamy mushroom gravy, cauliflower rice, roasted brussels sprouts	
<b>TUES</b>	Coconut tahini salmon, roasted asparagus, cauliflower rice	
<b>WEDS</b>	Cajun chicken thighs with roasted broccoli + wedge salad	
<b>THURS</b>	Pesto Meatballs with zucchini noodles	
<b>FRI</b>	Zuppa toscana with keto biscuits	
<b>SAT</b>	Pork chops with orange parsley sauce, roasted radishes, sauteed kale	
<b>SUN</b>	Verde chicken chili	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Meal prep thai curry	
<b>TUES</b>	Leftover verde chicken chili	
<b>WEDS</b>	Meal prep thai curry	
<b>THURS</b>	Leftover verde chicken chili	
<b>FRI</b>	Meal prep thai curry	
<b>SAT</b>	Leftover zuppa toscana	
<b>SUN</b>	Leftover zuppa toscana	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Eggs, spinach, bacon	
<b>TUES</b>	Eggs, spinach, bacon	
<b>WEDS</b>	Eggs, spinach, bacon	
<b>THURS</b>	Eggs, spinach, bacon	
<b>FRI</b>	Eggs, spinach, bacon	
<b>SAT</b>	Eggs, spinach, bacon	
<b>SUN</b>	Eggs, spinach, bacon	

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