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

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Meal prep thai curry |  |
| **TUES** | Leftover verde chicken chili |  |
| **WEDS** | Meal prep thai curry |  |
| **THURS** | Leftover verde chicken chili |  |
| **FRI** | Meal prep thai curry |  |
| **SAT** | Leftover zuppa toscana |  |
| **SUN** | Leftover zuppa toscana |  |

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

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