

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Chicken with Mediterranean salsa, broccoli, cauliflower rice	
TUES	Fish + Chips with coleslaw	
WEDS	Thai chicken coconut curry with cauliflower rice	
THURS	Grilled drumsticks + wings with roasted broccoli and roasted mini bell peppers	
FRI	Beef enchiladas	
SAT	BBQ chicken thighs with zucchini, squash and ranch salad	
SUN	Pickle juice glazed ribs with asparagus + tomato mozzarella salad	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep mu shu pork	
TUES	Leftover Chicken with mediterranean salsa	
WEDS	Meal prep mu shu pork	
THURS	Leftover Chicken with mediterranean salsa	
FRI	Meal prep mu shu pork	
SAT	Leftover Enchiladas	
SUN	Leftover Enchiladas	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Keto breakfast tacos	
TUES	Keto breakfast tacos	
WEDS	Keto breakfast tacos	
THURS	Keto breakfast tacos	
FRI	Keto breakfast tacos	
SAT	Keto breakfast tacos	
SUN	Keto breakfast tacos	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	