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| **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 |  |

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| **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 |  |

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| **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 |  |

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