

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Chicken parmesan with zucchini noodles	
TUES	Sheet pan salmon + asparagus, cauliflower rice	
WEDS	Greek chicken thighs, roasted artichoke hearts, cauli rice	
THURS	Sheet pan jerk chicken with lime aioli, brussels sprouts, cauli rice	
FRI	Tri tip arugula salad	
SAT	Mexican turkey burgers with zucchini fries	
SUN	Fish tacos with spicy mexican coleslaw	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Buffalo turkey meatball lettuce wraps meal prep	
TUES	Buffalo turkey meatball lettuce wraps meal prep	
WEDS	Buffalo turkey meatball lettuce wraps meal prep	
THURS	Buffalo turkey meatball lettuce wraps meal prep	
FRI	Buffalo turkey meatball lettuce wraps meal prep	
SAT	Leftover tri tip arugula salad	
SUN	Leftover Mexican turkey burgers	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Eggs, bacon, avocado, summer tomatoes	
TUES	Eggs, bacon, avocado, summer tomatoes	
WEDS	Eggs, bacon, avocado, summer tomatoes	
THURS	Eggs, bacon, avocado, summer tomatoes	
FRI	Eggs, bacon, avocado, summer tomatoes	
SAT	Eggs, bacon, avocado, summer tomatoes	
SUN	Eggs, bacon, avocado, summer tomatoes	

EXTRAS		
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VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	