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| **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 |  |

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| **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 |  |

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| **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** |  |