

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Thai chicken lettuce wraps	
TUES	Halibut with blistered tomatoes and spinach artichoke cauliflower rice risotto	
WEDS	Chicken thighs with orange parsley sauce, roasted radishes, roasted broccoli	
THURS	Carnitas bowls	
FRI	Steak + vegetable kabobs with cauliflower rice and marinated onions	
SAT	Chicken piccata with zucchini noodles	
SUN	Lemon herb chicken drumsticks + wings, caesar salad	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep cauliflower fried rice	
TUES	Leftover thai chicken lettuce wraps	
WEDS	Meal prep cauliflower fried rice	
THURS	Leftover thai chicken lettuce wraps	
FRI	Meal prep cauliflower fried rice	
SAT	Leftover carnitas	
SUN	Leftover carnitas	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Frittata, avocado, marinated onions + salad	
TUES	Frittata, avocado, marinated onions + salad	
WEDS	Frittata, avocado, marinated onions + salad	
THURS	Frittata, avocado, marinated onions + salad	
FRI	Frittata, avocado, marinated onions + salad	
SAT	Frittata, avocado, marinated onions + salad	
SUN	Frittata, avocado, marinated onions + salad	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	