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| **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 |  |

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| **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 |  |

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| **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 |  |

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