

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Grilled blackened spatchcock chicken with roasted radishes and shaved brussels	
<b>TUES</b>	Pesto shrimp kabobs with pesto caprese salad and cauliflower rice	
<b>WEDS</b>	Chinese chicken salad	
<b>THURS</b>	Lasagna with zucchini noodles	
<b>FRI</b>	Asian beef bowls	
<b>SAT</b>	Zucchini fritters with salad	
<b>SUN</b>	Chimichurri drumsticks and wings with sauteed zucchini and roasted green beans	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	BLT Caprese Salad	
<b>TUES</b>	BLT Caprese Salad	
<b>WEDS</b>	BLT Caprese Salad	
<b>THURS</b>	BLT Caprese Salad	
<b>FRI</b>	BLT Caprese Salad	
<b>SAT</b>	Leftover asian beef bowls	
<b>SUN</b>	Leftover asian beef bowls	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Sausage and brussels hash	
<b>TUES</b>	Sausage and brussels hash	
<b>WEDS</b>	Sausage and brussels hash	
<b>THURS</b>	Sausage and brussels hash	
<b>FRI</b>	Sausage and brussels hash	
<b>SAT</b>	Sausage and brussels hash	
<b>SUN</b>	Sausage and brussels hash	

<b>EXTRAS</b>	
<b>VEGGIES</b>	
<b>FRUIT</b>	
<b>SNACKS</b>	
<b>DRINKS</b>	
<b>KID FOOD</b>	
<b>OTHER</b>	