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

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | BLT Caprese Salad |  |
| **TUES** | BLT Caprese Salad |  |
| **WEDS** | BLT Caprese Salad |  |
| **THURS** | BLT Caprese Salad |  |
| **FRI** | BLT Caprese Salad |  |
| **SAT** | Leftover asian beef bowls |  |
| **SUN** | Leftover asian beef bowls |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Sausage and brussels hash |  |
| **TUES** | Sausage and brussels hash |  |
| **WEDS** | Sausage and brussels hash |  |
| **THURS** | Sausage and brussels hash |  |
| **FRI** | Sausage and brussels hash |  |
| **SAT** | Sausage and brussels hash |  |
| **SUN** | Sausage and brussels hash |  |

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