

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Sesame chicken green bean stir fry	
TUES	Mahi mahi with chili lime butter, asparagus, cauliflower rice	
WEDS	BBQ chicken BLT salad	
THURS	Thai curry meatballs over cauliflower rice	
FRI	Skillet chicken parmesan	
SAT	Mini meatloaf muffins, mashed cauliflower, roasted broccoli	
SUN	Skillet chicken + tomatoes with basil butter, cauliflower rice	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Lettuce bun turkey sandwiches	
TUES	Lettuce bun turkey sandwiches	
WEDS	Lettuce bun turkey sandwiches	
THURS	Lettuce bun turkey sandwiches	
FRI	Lettuce bun turkey sandwiches	
SAT	Lettuce bun turkey sandwiches	
SUN	Lettuce bun turkey sandwiches	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Arugula breakfast salad	
TUES	Arugula breakfast salad	
WEDS	Arugula breakfast salad	
THURS	Arugula breakfast salad	
FRI	Arugula breakfast salad	
SAT	Arugula breakfast salad	
SUN	Arugula breakfast salad	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	