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| **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 |  |

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| **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 |  |

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| **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 |  |

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