

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Sheet pan chicken fajitas	
<b>TUES</b>	Salmon with lemon garlic aioli, sauteed spinach, cauliflower rice	
<b>WEDS</b>	Italian meatballs	
<b>THURS</b>	Chicken Alfredo Pasta	
<b>FRI</b>	Blackened chicken with roasted radishes + shaved brussels	
<b>SAT</b>	Pork chops with orange parsley sauce, sauteed swiss chard, cauliflower rice risotto	
<b>SUN</b>	BBQ Chicken wings, roasted broccoli, roasted mini bell peppers	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Meal prep sheet pan sausage and veggies	
<b>TUES</b>	Leftover chicken fajitas	
<b>WEDS</b>	Meal prep sheet pan sausage and veggies	
<b>THURS</b>	Leftover chicken fajitas	
<b>FRI</b>	Meal prep sheet pan sausage and veggies	
<b>SAT</b>	Leftover blackened chicken	
<b>SUN</b>	Leftover blackened chicken	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Keto avocado egg toast	
<b>TUES</b>	Keto avocado egg toast	
<b>WEDS</b>	Keto avocado egg toast	
<b>THURS</b>	Keto avocado egg toast	
<b>FRI</b>	Keto avocado egg toast	
<b>SAT</b>	Keto avocado egg toast	
<b>SUN</b>	Keto avocado egg toast	

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