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

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Meal prep sheet pan sausage and veggies |  |
| **TUES** | Leftover chicken fajitas |  |
| **WEDS** | Meal prep sheet pan sausage and veggies |  |
| **THURS** | Leftover chicken fajitas |  |
| **FRI** | Meal prep sheet pan sausage and veggies |  |
| **SAT** | Leftover blackened chicken |  |
| **SUN** | Leftover blackened chicken |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Keto avocado egg toast |  |
| **TUES** | Keto avocado egg toast |  |
| **WEDS** | Keto avocado egg toast |  |
| **THURS** | Keto avocado egg toast |  |
| **FRI** | Keto avocado egg toast |  |
| **SAT** | Keto avocado egg toast |  |
| **SUN** | Keto avocado egg toast |  |

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