

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Creamy chicken cauliflower rice casserole	
TUES	Blackened salmon with chunky guacamole, cauliflower rice risotto, sauteed spinach	
WEDS	BBQ Chicken wings, roasted asparagus, roasted cauliflower	
THURS	Creamy cajun sausage pasta	
FRI	Creamy mustard chicken thighs, mashed cauliflower, sauteed mushrooms	
SAT	Tri tip with orange parsley sauce, roasted radishes, sauteed zucchini	
SUN	Grilled lemon rosemary spatchcock chicken, roasted broccoli, sauteed kale	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep salmon cakes + coleslaw	
TUES	Leftover creamy chicken cauli rice casserole	
WEDS	Meal prep salmon cakes + coleslaw	
THURS	Leftover creamy chicken cauli rice casserole	
FRI	Meal prep salmon cakes + coleslaw	
SAT	Leftover creamy cajun sausage pasta	
SUN	Leftover Tri tip	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Biscuit breakfast sandwich	
TUES	Biscuit breakfast sandwich	
WEDS	Biscuit breakfast sandwich	
THURS	Biscuit breakfast sandwich	
FRI	Biscuit breakfast sandwich	
SAT	Biscuit breakfast sandwich	
SUN	Biscuit breakfast sandwich	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	