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| **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 |  |

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| **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 |  |

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| **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 |  |

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