

MEAL PLAN GUIDE

| DINNER | MEAL | INGREDIENTS NEEDED |
|--------------|---|--------------------|
| MON | Sheet pan dijon chicken + radishes | |
| TUES | Caprese pesto salmon with cauliflower rice risotto | |
| WEDS | Balsamic chicken berry salad | |
| THURS | Breaded chicken with mushroom gravy and green beans | |
| FRI | Ground beef taco meat bowls | |
| SAT | Crispy baked eggplant and caesar salad | |
| SUN | Pesto cauliflower rice stir fry | |

| LUNCH | MEAL | INGREDIENTS NEEDED |
|--------------|--|--------------------|
| MON | Keto chicken salad with butter lettuce | |
| TUES | Leftover sheet pan dijon chicken | |
| WEDS | Keto chicken salad with butter lettuce | |
| THURS | Leftover sheet pan dijon chicken | |
| FRI | Keto chicken salad with butter lettuce | |
| SAT | Leftover ground beef taco meat bowls | |
| SUN | Leftover ground beef taco meat bowls | |

| BREAKFAST | MEAL | INGREDIENTS NEEDED |
|--------------|---|--------------------|
| MON | Sunny side up eggs, spinach, bacon, avocado | |
| TUES | Sunny side up eggs, spinach, bacon, avocado | |
| WEDS | Sunny side up eggs, spinach, bacon, avocado | |
| THURS | Sunny side up eggs, spinach, bacon, avocado | |
| FRI | Sunny side up eggs, spinach, bacon, avocado | |
| SAT | Sunny side up eggs, spinach, bacon, avocado | |
| SUN | Sunny side up eggs, spinach, bacon, avocado | |

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