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| **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 |  |

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| **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 |  |

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| **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 |  |

**EXTRAS**

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