

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Crispy Verde Chicken Bowls	
TUES	Salmon cakes with herby lemon coleslaw	
WEDS	Chicken piccata with zoodles	
THURS	Pork chops with lemon herb butter, roasted asparagus, cauliflower rice risotto	
FRI	Spaghetti with meat sauce	
SAT	Creamy mushroom chicken thighs with mashed cauliflower and roasted brussels sprouts	
SUN	Almond crusted pesto chicken with sauteed zucchini and roasted radishes	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep chicken stir fry	
TUES	Leftover verde chicken bowls	
WEDS	Meal prep chicken stir fry	
THURS	Leftover verde chicken bowls	
FRI	Meal prep chicken stir fry	
SAT	Leftover spaghetti with meat sauce	
SUN	Leftover spaghetti with meat sauce	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Zucchini fritters, poached eggs, salad	
TUES	Zucchini fritters, poached eggs, salad	
WEDS	Zucchini fritters, poached eggs, salad	
THURS	Zucchini fritters, poached eggs, salad	
FRI	Zucchini fritters, poached eggs, salad	
SAT	Zucchini fritters, poached eggs, salad	
SUN	Zucchini fritters, poached eggs, salad	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	