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| **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 |  |

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| **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 |  |

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| **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 |  |

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