

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Cauliflower Fried Rice	
<b>TUES</b>	Salmon with orange parsley sauce, roasted fennel, cauliflower rice risotto	
<b>WEDS</b>	Chicken No Parmesan	
<b>THURS</b>	Balsamic Mustard Pork Chops, mashed cauliflower, roasted brussels sprouts	
<b>FRI</b>	Creamy chicken chowder with biscuits	
<b>SAT</b>	Beef enchiladas	
<b>SUN</b>	Creamy mustard chicken thighs, mashed cauliflower, sauteed mushrooms	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Meal prep coconut chicken thai curry	
<b>TUES</b>	Leftover cauliflower fried rice	
<b>WEDS</b>	Meal prep coconut chicken thai curry	
<b>THURS</b>	Leftover cauliflower fried rice	
<b>FRI</b>	Meal prep coconut chicken thai curry	
<b>SAT</b>	Leftover creamy chicken chowder with biscuits	
<b>SUN</b>	Leftover creamy chicken chowder with biscuits	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Keto breakfast tacos	
<b>TUES</b>	Keto breakfast tacos	
<b>WEDS</b>	Keto breakfast tacos	
<b>THURS</b>	Keto breakfast tacos	
<b>FRI</b>	Keto breakfast tacos	
<b>SAT</b>	Keto breakfast tacos	
<b>SUN</b>	Keto breakfast tacos	

<b>EXTRAS</b>	
<b>VEGGIES</b>	
<b>FRUIT</b>	
<b>SNACKS</b>	
<b>DRINKS</b>	
<b>KID FOOD</b>	
<b>OTHER</b>	