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

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

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Keto breakfast tacos |  |
| **TUES** | Keto breakfast tacos |  |
| **WEDS** | Keto breakfast tacos |  |
| **THURS** | Keto breakfast tacos |  |
| **FRI** | Keto breakfast tacos |  |
| **SAT** | Keto breakfast tacos |  |
| **SUN** | Keto breakfast tacos |  |

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