

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Creamy Broccoli Chicken Cauli Rice Casserole	
<b>TUES</b>	Salmon with hollandaise, roasted cauliflower, sauteed spinach	
<b>WEDS</b>	Thai chicken satay skewers + almond butter coleslaw	
<b>THURS</b>	Pesto Meatballs	
<b>FRI</b>	Curried chicken salad lettuce wraps	
<b>SAT</b>	Mu shu pork	
<b>SUN</b>	Roast chicken with brussels sprouts, radishes + gravy	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Meal prep chicken zoodle soup	
<b>TUES</b>	Leftover cauli rice casserole	
<b>WEDS</b>	Meal prep chicken zoodle soup	
<b>THURS</b>	Leftover cauli rice casserole	
<b>FRI</b>	Meal prep chicken zoodle soup	
<b>SAT</b>	Leftover pesto meatballs	
<b>SUN</b>	Leftover pesto meatballs	

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

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