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

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Meal prep chicken zoodle soup |  |
| **TUES** | Leftover cauli rice casserole |  |
| **WEDS** | Meal prep chicken zoodle soup |  |
| **THURS** | Leftover cauli rice casserole |  |
| **FRI** | Meal prep chicken zoodle soup |  |
| **SAT** | Leftover pesto meatballs |  |
| **SUN** | Leftover pesto meatballs |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Cauliflower breakfast hash |  |
| **TUES** | Cauliflower breakfast hash |  |
| **WEDS** | Cauliflower breakfast hash |  |
| **THURS** | Cauliflower breakfast hash |  |
| **FRI** | Cauliflower breakfast hash |  |
| **SAT** | Cauliflower breakfast hash |  |
| **SUN** | Cauliflower breakfast hash |  |

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