

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Broccoli cheddar soup	
TUES	Chimichurri shrimp, cauliflower rice risotto, sauteed spinach	
WEDS	Chinese chicken salad	
THURS	Chicken with olive tapenade, sauteed green beans, cauliflower rice	
FRI	Barbacoa bowls	
SAT	Chicken thighs with orange parsley sauce, roasted radishes, roasted broccoli	
SUN	Sheet pan blackened pork tenderloin, brussels sprouts, mashed cauliflower	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Mu shu pork meal prep	
TUES	Leftover broccoli cheddar soup	
WEDS	Mu shu pork meal prep	
THURS	Leftover broccoli cheddar soup	
FRI	Mu shu pork meal prep	
SAT	Leftover barbacoa	
SUN	Leftover barbacoa	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Frittata	
TUES	Frittata	
WEDS	Frittata	
THURS	Frittata	
FRI	Frittata	
SAT	Frittata	
SUN	Frittata	

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