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| **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 |  |

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| **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 |  |

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

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