

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Zucchini noodle lasagna	
TUES	Pesto mahi mahi, cauliflower rice, roasted asparagus	
WEDS	Almond crusted pesto chicken, green beans, roasted mini bell peppers	
THURS	Pork chops with bacon mushroom sauce, mashed cauliflower	
FRI	Cajun chicken thighs, wedge salad	
SAT	Tri tip with orange parsley sauce, roasted radishes, sauteed kale	
SUN	Chicken zoodle soup	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep chicken salad	
TUES	Leftover lasagna	
WEDS	Meal prep chicken salad	
THURS	Leftover lasagna	
FRI	Meal prep chicken salad	
SAT	Leftover lasagna	
SUN	Leftover tri tip	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Eggs, spinach, bacon + avocado	
TUES	Eggs, spinach, bacon + avocado	
WEDS	Eggs, spinach, bacon + avocado	
THURS	Eggs, spinach, bacon + avocado	
FRI	Eggs, spinach, bacon + avocado	
SAT	Eggs, spinach, bacon + avocado	
SUN	Eggs, spinach, bacon + avocado	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	