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| **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 |  |

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| **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 |  |

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| **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 |  |

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