

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Chicken stir fry with cauliflower rice	
TUES	Salmon cakes with herby lemon coleslaw	
WEDS	Creamy apple cider prosciutto wrapped chicken, roasted brussels sprouts, mashed cauliflower	
THURS	Pesto cauliflower rice stir fry	
FRI	Almond crusted pesto chicken, roasted broccoli, roasted cauliflower	
SAT	Lemon herb drumsticks, roasted artichoke hearts, sauteed kale	
SUN	Beef Stew	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep sheet pan sausage and veggies	
TUES	Leftover chicken stir fry	
WEDS	Meal prep sheet pan sausage and veggies	
THURS	Leftover chicken stir fry	
FRI	Meal prep sheet pan sausage and veggies	
SAT	Leftover pesto cauliflower rice stir fry	
SUN	Leftover pesto cauliflower rice stir fry	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Keto biscuits and sausage gravy	
TUES	Keto biscuits and sausage gravy	
WEDS	Keto biscuits and sausage gravy	
THURS	Keto biscuits and sausage gravy	
FRI	Keto biscuits and sausage gravy	
SAT	Keto biscuits and sausage gravy	
SUN	Keto biscuits and sausage gravy	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	