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| **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 |  |

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| **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 |  |

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| **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 |  |

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