

MEAL PLAN GUIDE

| DINNER | MEAL | INGREDIENTS NEEDED |
|--------------|--|--------------------|
| MON | Chicken + Celery stir fry with cauliflower rice | |
| TUES | Salmon with orange dill butter, cauliflower rice risotto, sauteed kale | |
| WEDS | Skillet chicken parmesan | |
| THURS | Sheet pan sausage + fennel | |
| FRI | Creamy mustard chicken thighs, mashed cauliflower, sauteed mushrooms | |
| SAT | Mini meatloaf, mashed cauliflower, sauteed green beans | |
| SUN | Tuscan chicken stew | |

| LUNCH | MEAL | INGREDIENTS NEEDED |
|--------------|-------------------------------------|--------------------|
| MON | Meal prep cauliflower fried rice | |
| TUES | Leftover chicken + celery stir fry | |
| WEDS | Meal prep cauliflower fried rice | |
| THURS | Leftover chicken + celery stir fry | |
| FRI | Meal prep cauliflower fried rice | |
| SAT | Leftover sheet pan sausage + fennel | |
| SUN | Leftover sheet pan sausage + fennel | |

| BREAKFAST | MEAL | INGREDIENTS NEEDED |
|--------------|------------------------------|--------------------|
| MON | Keto avocado toast and bacon | |
| TUES | Keto avocado toast and bacon | |
| WEDS | Keto avocado toast and bacon | |
| THURS | Keto avocado toast and bacon | |
| FRI | Keto avocado toast and bacon | |
| SAT | Keto avocado toast and bacon | |
| SUN | Keto avocado toast and bacon | |

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