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| **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 |  |

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| **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 |  |

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| **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 |  |

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