

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Sesame chicken green bean stir fry with cauliflower rice	
TUES	Scallops with cauliflower rice risotto and sauteed spinach	
WEDS	Sheet pan greek chicken + artichokes with cauliflower rice	
THURS	Crispy carnitas burrito bowls	
FRI	Blackened chicken with roasted radishes and shaved brussels sprouts	
SAT	Beef stroganoff	
SUN	Verde chicken chili	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Keto mini pizzas	
TUES	Leftover green bean stir fry	
WEDS	Keto mini pizzas	
THURS	Leftover green bean stir fry	
FRI	Keto mini pizzas	
SAT	Leftover carnitas	
SUN	Leftover carnitas	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Sausage + brussels hash	
TUES	Sausage + brussels hash	
WEDS	Sausage + brussels hash	
THURS	Sausage + brussels hash	
FRI	Sausage + brussels hash	
SAT	Sausage + brussels hash	
SUN	Sausage + brussels hash	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	