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| **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 |  |

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| **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 |  |

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| **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 |  |

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