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| **DINNER** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Roasted tomato basil soup + keto biscuits |  |
| **TUES** | Fish + Chips with coleslaw |  |
| **WEDS** | Crispy pesto chicken with roasted broccoli + roasted bell peppers |  |
| **THURS** | Sausage stuffed portobello mushrooms with pesto zucchini noodles |  |
| **FRI** | Sheet pan dijon chicken + radishes with asparagus |  |
| **SAT** | Thai curry meatballs with cauliflower rice |  |
| **SUN** | Lemon artichoke chicken soup |  |

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Meal prep chicken + olive tapenade |  |
| **TUES** | Leftover tomato basil soup |  |
| **WEDS** | Meal prep chicken + olive tapenade |  |
| **THURS** | Leftover tomato basil soup |  |
| **FRI** | Meal prep chicken + olive tapenade |  |
| **SAT** | Leftover sheet pan dijon chicken |  |
| **SUN** | Leftover sheet pan dijon chicken |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Biscuit breakfast sandwich |  |
| **TUES** | Biscuit breakfast sandwich |  |
| **WEDS** | Biscuit breakfast sandwich |  |
| **THURS** | Biscuit breakfast sandwich |  |
| **FRI** | Biscuit breakfast sandwich |  |
| **SAT** | Biscuit breakfast sandwich |  |
| **SUN** | Biscuit breakfast sandwich |  |

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