

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Chicken Pot Pie Crumble (use leftover turkey!)	
<b>TUES</b>	Salmon with orange parsley sauce, roasted fennel, cauliflower rice risotto	
<b>WEDS</b>	Pomegranate + blueberry winter kale salad (add sliced chicken + avocado!)	
<b>THURS</b>	Italian meatballs	
<b>FRI</b>	Sheet pan greek chicken with cauliflower rice	
<b>SAT</b>	Instant pot pot roast	
<b>SUN</b>	Sausage + kale vegetable soup	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	BLT lettuce wraps	
<b>TUES</b>	Leftover chicken pot pie crumble	
<b>WEDS</b>	BLT lettuce wraps	
<b>THURS</b>	Leftover chicken pot pie crumble	
<b>FRI</b>	BLT lettuce wraps	
<b>SAT</b>	Leftover chicken pot pie crumble	
<b>SUN</b>	Leftover pot roast	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Breakfast tacos	
<b>TUES</b>	Breakfast tacos	
<b>WEDS</b>	Breakfast tacos	
<b>THURS</b>	Breakfast tacos	
<b>FRI</b>	Breakfast tacos	
<b>SAT</b>	Breakfast tacos	
<b>SUN</b>	Breakfast tacos	

<b>EXTRAS</b>	
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<b>VEGGIES</b>	
<b>FRUIT</b>	
<b>SNACKS</b>	
<b>DRINKS</b>	
<b>KID FOOD</b>	
<b>OTHER</b>	