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

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | BLT lettuce wraps |  |
| **TUES** | Leftover chicken pot pie crumble |  |
| **WEDS** | BLT lettuce wraps |  |
| **THURS** | Leftover chicken pot pie crumble |  |
| **FRI** | BLT lettuce wraps |  |
| **SAT** | Leftover chicken pot pie crumble |  |
| **SUN** | Leftover pot roast |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Breakfast tacos |  |
| **TUES** | Breakfast tacos |  |
| **WEDS** | Breakfast tacos |  |
| **THURS** | Breakfast tacos |  |
| **FRI** | Breakfast tacos |  |
| **SAT** | Breakfast tacos |  |
| **SUN** | Breakfast tacos |  |

**EXTRAS**

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