

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Cilantro lime chicken thighs with cauliflower rice + roasted mini bell peppers	
TUES	Salmon with lemon garlic aioli, sauteed spinach, cauliflower rice risotto	
WEDS	Chicken cauliflower alfredo pasta	
THURS	Zucchini noodle lasagna	
FRI	Sheet pan jamaican chicken	
SAT	Moroccan braised short ribs over mashed cauliflower,	
SUN	Broccoli cheddar soup	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Keto mini pizzas	
TUES	Leftover cilantro lime chicken over a salad	
WEDS	Keto mini pizzas	
THURS	Leftover cilantro lime chicken over a salad	
FRI	Leftover zucchini noodle lasagna	
SAT	Leftover zucchini noodle lasagna	
SUN	Leftover zucchini noodle lasagna	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Keto avocado egg toast	
TUES	Keto avocado egg toast	
WEDS	Keto avocado egg toast	
THURS	Keto avocado egg toast	
FRI	Keto avocado egg toast	
SAT	Keto avocado egg toast	
SUN	Keto avocado egg toast	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	