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| **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 |  |

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| **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 |  |

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| **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 |  |

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