

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Sheet pan blackened pork tenderloin with brussels + cauliflower rice risotto	
TUES	Pesto mahi mahi with cauliflower rice + roasted asparagus	
WEDS	Skillet chicken parmesan	
THURS	Thanksgiving!	
FRI	Creamy broccoli chicken cauliflower rice casserole (use leftover turkey!)	
SAT	Creamy cajun sausage pasta	
SUN	Chicken celery stir fry (use leftover turkey!)	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Roasted tomato basil soup	
TUES	Roasted tomato basil soup	
WEDS	Roasted tomato basil soup	
THURS	Roasted tomato basil soup	
FRI	Thanksgiving leftovers	
SAT	Thanksgiving leftovers	
SUN	Thanksgiving leftovers	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Eggs, sauteed spinach, bacon	
TUES	Eggs, sauteed spinach, bacon	
WEDS	Eggs, sauteed spinach, bacon	
THURS	Eggs, sauteed spinach, bacon	
FRI	Eggs, sauteed spinach, bacon	
SAT	Eggs, sauteed spinach, bacon	
SUN	Eggs, sauteed spinach, bacon	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	