

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Roasted cauliflower soup	
<b>TUES</b>	Fish + chips with herby lemon coleslaw	
<b>WEDS</b>	Blackened chicken with shaved brussels sprouts and roasted radishes	
<b>THURS</b>	Zucchini noodle lasagna	
<b>FRI</b>	Chicken with mediterranean salsa, roasted broccoli + cauliflower rice	
<b>SAT</b>	Beef enchiladas	
<b>SUN</b>	Zuppa toscana	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Meal prep spaghetti with meat sauce	
<b>TUES</b>	Leftover roasted cauliflower soup	
<b>WEDS</b>	Meal prep spaghetti with meat sauce	
<b>THURS</b>	Leftover roasted cauliflower soup	
<b>FRI</b>	Meal prep spaghetti with meat sauce	
<b>SAT</b>	Leftover lasagna	
<b>SUN</b>	Leftover lasagna	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Cauliflower breakfast hash	
<b>TUES</b>	Cauliflower breakfast hash	
<b>WEDS</b>	Cauliflower breakfast hash	
<b>THURS</b>	Cauliflower breakfast hash	
<b>FRI</b>	Cauliflower breakfast hash	
<b>SAT</b>	Cauliflower breakfast hash	
<b>SUN</b>	Cauliflower breakfast hash	

<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>	