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

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Meal prep spaghetti with meat sauce |  |
| **TUES** | Leftover roasted cauliflower soup |  |
| **WEDS** | Meal prep spaghetti with meat sauce |  |
| **THURS** | Leftover roasted cauliflower soup |  |
| **FRI** | Meal prep spaghetti with meat sauce |  |
| **SAT** | Leftover lasagna |  |
| **SUN** | Leftover lasagna |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Cauliflower breakfast hash |  |
| **TUES** | Cauliflower breakfast hash |  |
| **WEDS** | Cauliflower breakfast hash |  |
| **THURS** | Cauliflower breakfast hash |  |
| **FRI** | Cauliflower breakfast hash |  |
| **SAT** | Cauliflower breakfast hash |  |
| **SUN** | Cauliflower breakfast hash |  |

**EXTRAS**

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