

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Brie + spinach stuffed chicken with cauliflower rice risotto	
TUES	Fish tacos with spicy coleslaw	
WEDS	Sheet pan greek chicken with cauliflower rice	
THURS	Pork chop with lemon herb butter, roasted asparagus	
FRI	Cauliflower fried rice	
SAT	Instant pot beef chili	
SUN	BBQ sauce chicken thighs with a green salad and ranch dressing	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Tuna avocado boats	
TUES	Leftover brie + spinach stuffed chicken	
WEDS	Tuna avocado boats	
THURS	Leftover brie + spinach stuffed chicken	
FRI	Tuna avocado boats	
SAT	Leftover cauliflower rice	
SUN	Leftover cauliflower rice	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Zucchini fritters with avocado + green salad	
TUES	Zucchini fritters with avocado + green salad	
WEDS	Zucchini fritters with avocado + green salad	
THURS	Zucchini fritters with avocado + green salad	
FRI	Zucchini fritters with avocado + green salad	
SAT	Zucchini fritters with avocado + green salad	
SUN	Zucchini fritters with avocado + green salad	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	