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| **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 |  |

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| **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 |  |

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| **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 |  |

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