

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Instant pot coq au vin, mashed cauliflower	
<b>TUES</b>	Blackened salmon with cauliflower rice risotto	
<b>WEDS</b>	Chicken piccata with hearts of palm pasta	
<b>THURS</b>	Balsamic mustard pork chops, roasted broccoli	
<b>FRI</b>	Perfect roasted chicken with roasted brussels sprouts, radishes and gravy	
<b>SAT</b>	Red wine braised short ribs, cauliflower rice risotto	
<b>SUN</b>	Zuppa toscana	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Meal prep celery chicken stir fry	
<b>TUES</b>	Leftover coq au vin	
<b>WEDS</b>	Meal prep celery chicken stir fry	
<b>THURS</b>	Leftover coq au vin	
<b>FRI</b>	Meal prep celery chicken stir fry	
<b>SAT</b>	Leftover roasted chicken	
<b>SUN</b>	Leftover roasted chicken	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Avocado egg toast	
<b>TUES</b>	Avocado egg toast	
<b>WEDS</b>	Avocado egg toast	
<b>THURS</b>	Avocado egg toast	
<b>FRI</b>	Avocado egg toast	
<b>SAT</b>	Avocado egg toast	
<b>SUN</b>	Avocado egg toast	

<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>	