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

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Meal prep celery chicken stir fry |  |
| **TUES** | Leftover coq au vin |  |
| **WEDS** | Meal prep celery chicken stir fry |  |
| **THURS** | Leftover coq au vin |  |
| **FRI** | Meal prep celery chicken stir fry |  |
| **SAT** | Leftover roasted chicken |  |
| **SUN** | Leftover roasted chicken |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Avocado egg toast |  |
| **TUES** | Avocado egg toast |  |
| **WEDS** | Avocado egg toast |  |
| **THURS** | Avocado egg toast |  |
| **FRI** | Avocado egg toast |  |
| **SAT** | Avocado egg toast |  |
| **SUN** | Avocado egg toast |  |

**EXTRAS**

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