

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Roasted Spatchcock Chicken with roasted broccoli + roasted radishes	
TUES	Salmon with hollandaise, roasted asparagus, cauliflower rice	
WEDS	Chicken no-parmesan with hearts of palm pasta	
THURS	Seared scallops with sauteed spinach + cauliflower rice risotto	
FRI	Chimichurri drumsticks, roasted bell peppers, roasted brussels sprouts	
SAT	Filet mignon with herb butter, mashed cauliflower, sauteed mushrooms	
SUN	Chinese chicken salad	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep chicken stir fry	
TUES	Leftover roasted spatchcock chicken	
WEDS	Meal prep chicken stir fry	
THURS	Leftover roasted spatchcock chicken	
FRI	Meal prep chicken stir fry	
SAT	Leftover chimichurri drumsticks	
SUN	Leftover chimichurri drumsticks	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Arugula breakfast salad	
TUES	Arugula breakfast salad	
WEDS	Arugula breakfast salad	
THURS	Arugula breakfast salad	
FRI	Arugula breakfast salad	
SAT	Arugula breakfast salad	
SUN	Arugula breakfast salad	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	