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| **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 |  |

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| **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 |  |

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| **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 |  |

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