

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Lemon artichoke chicken soup	
TUES	Fish tacos with spicy coleslaw	
WEDS	Sheet pan chicken fajitas	
THURS	Pork chops with bacon mushroom sauce, mashed cauliflower	
FRI	Crispy pesto chicken, roasted bell peppers, sauteed green beans	
SAT	Instant pot chili	
SUN	Chicken with mediterranean salsa, cauliflower rice, roasted broccoli	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep chicken with olive tapenade	
TUES	Leftover lemon artichoke chicken soup	
WEDS	Meal prep chicken with olive tapenade	
THURS	Leftover lemon artichoke chicken soup	
FRI	Meal prep chicken with olive tapenade	
SAT	Leftover crispy pesto chicken	
SUN	Leftover chili	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Breakfast tacos	
TUES	Breakfast tacos	
WEDS	Breakfast tacos	
THURS	Breakfast tacos	
FRI	Breakfast tacos	
SAT	Breakfast tacos	
SUN	Breakfast tacos	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	