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| **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 |  |

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| **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 |  |

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| **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 |  |

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