

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Sheet pan dijon chicken with radishes + asparagus	
<b>TUES</b>	Salmon with lemon garlic aioli, sauteed spinach, cauliflower rice	
<b>WEDS</b>	Coconut chicken thai curry with cauliflower rice	
<b>THURS</b>	Blackened pork tenderloin with brussels sprouts	
<b>FRI</b>	Creamy chicken cauliflower rice casserole	
<b>SAT</b>	Mini meatloaf muffins with mashed cauliflower and green beans	
<b>SUN</b>	Crispy chicken thighs with orange parsley sauce, roasted radishes, roasted broccoli	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Meal prep green bean stir fry	
<b>TUES</b>	Leftover sheet pan dijon chicken	
<b>WEDS</b>	Meal prep green bean stir fry	
<b>THURS</b>	Leftover sheet pan dijon chicken	
<b>FRI</b>	Meal prep green bean stir fry	
<b>SAT</b>	Leftover cauliflower rice casserole	
<b>SUN</b>	Leftover cauliflower rice casserole	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Biscuit breakfast sandwich	
<b>TUES</b>	Biscuit breakfast sandwich	
<b>WEDS</b>	Biscuit breakfast sandwich	
<b>THURS</b>	Biscuit breakfast sandwich	
<b>FRI</b>	Biscuit breakfast sandwich	
<b>SAT</b>	Biscuit breakfast sandwich	
<b>SUN</b>	Biscuit breakfast sandwich	

<b>EXTRAS</b>	
<b>VEGGIES</b>	
<b>FRUIT</b>	
<b>SNACKS</b>	
<b>DRINKS</b>	
<b>KID FOOD</b>	
<b>OTHER</b>	