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

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

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Biscuit breakfast sandwich |  |
| **TUES** | Biscuit breakfast sandwich |  |
| **WEDS** | Biscuit breakfast sandwich |  |
| **THURS** | Biscuit breakfast sandwich |  |
| **FRI** | Biscuit breakfast sandwich |  |
| **SAT** | Biscuit breakfast sandwich |  |
| **SUN** | Biscuit breakfast sandwich |  |

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