

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Shakshuka	
TUES	Fish + chips with herby lemon coleslaw	
WEDS	Blackened spatchcock chicken with roasted radishes + shaved brussels sprouts	
THURS	Carnitas burrito bowls	
FRI	Cilantro lime chicken thighs tacos	
SAT	Beef stroganoff	
SUN	Creamy chicken chowder	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep thai chicken satay skewers	
TUES	Keto mini pizzas	
WEDS	Meal prep thai chicken satay skewers	
THURS	Keto mini pizzas	
FRI	Meal prep thai chicken satay skewers	
SAT	Leftover carnitas	
SUN	Leftover carnitas	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Frittata	
TUES	Frittata	
WEDS	Frittata	
THURS	Frittata	
FRI	Frittata	
SAT	Frittata	
SUN	Frittata	

EXTRAS	
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VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	