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| **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 |  |

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| **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 |  |

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| **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** |  |