

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Instant pot creamy mushroom chicken casserole	
<b>TUES</b>	Coconut tahini salmon, roasted asparagus, cauliflower rice	
<b>WEDS</b>	Skillet chicken parmesan	
<b>THURS</b>	Pesto meatballs	
<b>FRI</b>	Ground beef burrito bowls	
<b>SAT</b>	Creamy apple cider prosciutto wrapped chicken, mashed cauliflower, roasted brussels sprouts	
<b>SUN</b>	Creamy mushroom chicken thighs with mashed cauliflower + roasted broccoli	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Meal prep thai chicken and coleslaw	
<b>TUES</b>	Leftover casserole	
<b>WEDS</b>	Meal prep thai chicken and coleslaw	
<b>THURS</b>	Leftover casserole	
<b>FRI</b>	Meal prep thai chicken and coleslaw	
<b>SAT</b>	Leftover burrito bowls	
<b>SUN</b>	Leftover burrito bowls	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Sausage + brussels hash	
<b>TUES</b>	Sausage + brussels hash	
<b>WEDS</b>	Sausage + brussels hash	
<b>THURS</b>	Sausage + brussels hash	
<b>FRI</b>	Sausage + brussels hash	
<b>SAT</b>	Sausage + brussels hash	
<b>SUN</b>	Sausage + brussels hash	

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