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

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Meal prep thai chicken and coleslaw |  |
| **TUES** | Leftover casserole |  |
| **WEDS** | Meal prep thai chicken and coleslaw |  |
| **THURS** | Leftover casserole |  |
| **FRI** | Meal prep thai chicken and coleslaw |  |
| **SAT** | Leftover burrito bowls |  |
| **SUN** | Leftover burrito bowls |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Sausage + brussels hash |  |
| **TUES** | Sausage + brussels hash |  |
| **WEDS** | Sausage + brussels hash |  |
| **THURS** | Sausage + brussels hash |  |
| **FRI** | Sausage + brussels hash |  |
| **SAT** | Sausage + brussels hash |  |
| **SUN** | Sausage + brussels hash |  |

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