

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Sesame chicken green bean stir fry, cauliflower rice	
TUES	Chimichurri shrimp with cauliflower rice risotto and sauteed kale	
WEDS	Verde chicken chili	
THURS	Sheet pan italian pork tenderloin	
FRI	Buffalo turkey meatball lettuce wraps	
SAT	Beef enchiladas	
SUN	Sheet pan dijon chicken and radishes	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep keto chicken salad	
TUES	Leftover green bean stir fry	
WEDS	Meal prep keto chicken salad	
THURS	Leftover green bean stir fry	
FRI	Meal prep keto chicken salad	
SAT	Leftover buffalo turkey meatball lettuce wraps	
SUN	Leftover buffalo turkey meatball lettuce wraps	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Cauliflower breakfast hash	
TUES	Cauliflower breakfast hash	
WEDS	Cauliflower breakfast hash	
THURS	Cauliflower breakfast hash	
FRI	Cauliflower breakfast hash	
SAT	Cauliflower breakfast hash	
SUN	Cauliflower breakfast hash	

EXTRAS	
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VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	