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| **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 |  |

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| **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 |  |

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| **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** |  |