

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Broccoli cheese soup	
TUES	Mahi mahi with chili lime butter, cauliflower rice, roasted asparagus	
WEDS	Chicken cauliflower alfredo pasta	
THURS	Sheet pan sausage + vegetables	
FRI	Creamy mustard chicken thighs with mashed cauliflower + sauteed mushrooms	
SAT	Morroccan braised short ribs mashed cauliflower	
SUN	Chicken pot pie crumble	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep keto chicken salad	
TUES	Leftover broccoli cheese soup	
WEDS	Meal prep keto chicken salad	
THURS	Leftover broccoli cheese soup	
FRI	Meal prep keto chicken salad	
SAT	Leftover sheet pan sausage + veggies	
SUN	Leftover sheet pan sausage + veggies	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Eggs, spinach, avocado and bacon	
TUES	Eggs, spinach, avocado and bacon	
WEDS	Eggs, spinach, avocado and bacon	
THURS	Eggs, spinach, avocado and bacon	
FRI	Eggs, spinach, avocado and bacon	
SAT	Eggs, spinach, avocado and bacon	
SUN	Eggs, spinach, avocado and bacon	

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