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| **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 |  |

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| **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 |  |

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