

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Crispy verde chicken bowls	
TUES	Sheet pan salmon + asparagus	
WEDS	Lemon herb chicken drumsticks with roasted broccoli and cauliflower rice	
THURS	Asian beef stir fry bowls	
FRI	Instant pot ribs, caesar salad	
SAT	Chicken with olive tapenade, roasted radishes, green beans	
SUN	Lasagna	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep jamaican chicken	
TUES	Leftover verde chicken bowls	
WEDS	Meal prep jamaican chicken	
THURS	Leftover verde chicken bowls	
FRI	Meal prep jamaican chicken	
SAT	Leftover asian beef stir fry	
SUN	Leftover asian beef stir fry	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Biscuits + gravy	
TUES	Biscuits + gravy	
WEDS	Biscuits + gravy	
THURS	Biscuits + gravy	
FRI	Biscuits + gravy	
SAT	Biscuits + gravy	
SUN	Biscuits + gravy	

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