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| **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 |  |

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| **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 |  |

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