

MEAL PLAN GUIDE

| DINNER | MEAL | INGREDIENTS NEEDED |
|--------------|--|--------------------|
| MON | Zucchini fritters with green salad | |
| TUES | Salmon with orange dill butter, sauteed kale, cauliflower rice | |
| WEDS | Breaded chicken with mushroom gravy, green beans | |
| THURS | Mu shu pork | |
| FRI | Crispy chicken thighs with chimichurri sauce, roasted radishes, roasted broccoli | |
| SAT | Spaghetti with meat sauce | |
| SUN | Lemon artichoke chicken soup | |

| LUNCH | MEAL | INGREDIENTS NEEDED |
|--------------|--------------------------------------|--------------------|
| MON | Meal prep coconut chicken thai curry | |
| TUES | Leftover zucchini fritters | |
| WEDS | Meal prep coconut chicken thai curry | |
| THURS | Leftover zucchini fritters | |
| FRI | Meal prep coconut chicken thai curry | |
| SAT | Leftover thai lettuce wraps | |
| SUN | Leftover thai lettuce wraps | |

| BREAKFAST | MEAL | INGREDIENTS NEEDED |
|--------------|-------------------|--------------------|
| MON | Brunch kale salad | |
| TUES | Brunch kale salad | |
| WEDS | Brunch kale salad | |
| THURS | Brunch kale salad | |
| FRI | Brunch kale salad | |
| SAT | Brunch kale salad | |
| SUN | Brunch kale salad | |

| | |
|-----------------|--|
| EXTRAS | |
| VEGGIES | |
| FRUIT | |
| SNACKS | |
| DRINKS | |
| KID FOOD | |
| OTHER | |