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| **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 |  |

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| **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 |  |

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| **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 |  |

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