

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Roasted cauliflower soup	
TUES	Salmon cakes with herby lemon coleslaw	
WEDS	Sheet pan jamaican chicken	
THURS	Cauliflower pizza thins	
FRI	Thai chicken lettuce wraps	
SAT	Instant pot beef stew	
SUN	Pesto cauliflower rice stir fry	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep cauliflower fried rice	
TUES	Leftover cauliflower soup	
WEDS	Meal prep cauliflower fried rice	
THURS	Leftover cauliflower soup	
FRI	Meal prep cauliflower fried rice	
SAT	Leftover thai chicken lettuce wraps	
SUN	Leftover thai chicken lettuce wraps	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Avocado egg toast	
TUES	Avocado egg toast	
WEDS	Avocado egg toast	
THURS	Avocado egg toast	
FRI	Avocado egg toast	
SAT	Avocado egg toast	
SUN	Avocado egg toast	

EXTRAS	
VEGGIES	

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