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| **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 |  |

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| **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 |  |

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| **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 |  |

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| **EXTRAS** |  |
| **VEGGIES** |  |

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