

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Creamy broccoli chicken cauliflower rice casserole	
<b>TUES</b>	Halibut with spinach artichoke cauliflower rice risotto	
<b>WEDS</b>	Cajun chicken thighs, wedge salad with ranch dressing	
<b>THURS</b>	Sausage stuffed portobello mushrooms	
<b>FRI</b>	Cilantro lime chicken tacos	
<b>SAT</b>	Instant pot pot roast	
<b>SUN</b>	Chicken zoodle soup	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Meal prep mini meatloaf muffins	
<b>TUES</b>	Leftover broccoli chicken cauli rice casserole	
<b>WEDS</b>	Meal prep mini meatloaf muffins	
<b>THURS</b>	Leftover broccoli chicken cauli rice casserole	
<b>FRI</b>	Meal prep mini meatloaf muffins	
<b>SAT</b>	Leftover cilantro lime chicken tacos	
<b>SUN</b>	Leftover cilantro lime chicken tacos	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Chocolate zucchini muffins	
<b>TUES</b>	Chocolate zucchini muffins	
<b>WEDS</b>	Chocolate zucchini muffins	
<b>THURS</b>	Chocolate zucchini muffins	
<b>FRI</b>	Chocolate zucchini muffins	
<b>SAT</b>	Chocolate zucchini muffins	
<b>SUN</b>	Chocolate zucchini muffins	

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