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

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

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Chocolate zucchini muffins |  |
| **TUES** | Chocolate zucchini muffins |  |
| **WEDS** | Chocolate zucchini muffins |  |
| **THURS** | Chocolate zucchini muffins |  |
| **FRI** | Chocolate zucchini muffins |  |
| **SAT** | Chocolate zucchini muffins |  |
| **SUN** | Chocolate zucchini muffins |  |

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