

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Tuscan chicken soup	
TUES	Meatloaf with mushroom gravy + mashed cauliflower	
WEDS	Almond crusted pesto chicken with roasted broccoli + roasted cauliflower	
THURS	Pork chops with bacon mushroom sauce, green beans, sauteed kale	
FRI	Chicken celery stir fry with cauliflower rice	
SAT	Salmon with orange parsley sauce, cauliflower rice risotto, roasted fennel	
SUN	Coq au vin with mashed cauliflower	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Meal prep beef chili	
TUES	Leftover tuscan chicken soup	
WEDS	Meal prep beef chili	
THURS	Leftover tuscan chicken soup	
FRI	Meal prep beef chili	
SAT	Leftover chicken celery stir fry	
SUN	Leftover chicken celery stir fry	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Arugula breakfast salad	
TUES	Arugula breakfast salad	
WEDS	Arugula breakfast salad	
THURS	Arugula breakfast salad	
FRI	Arugula breakfast salad	
SAT	Arugula breakfast salad	
SUN	Arugula breakfast salad	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	