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| **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 |  |

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| **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 |  |

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| **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 |  |

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