

MEAL PLAN GUIDE

| DINNER | MEAL | INGREDIENTS NEEDED |
|--------------|--|--------------------|
| MON | Thai chicken satay skewers + thai coleslaw | |
| TUES | Pesto mahi mahi, asparagus, cauliflower rice | |
| WEDS | Curry turkey lettuce wraps | |
| THURS | Crispy baked eggplant + caesar salad | |
| FRI | Chicken stir fry with cauliflower rice | |
| SAT | Instant pot barbacoa bowls | |
| SUN | Keto chicken salad lettuce wraps | |

| LUNCH | MEAL | INGREDIENTS NEEDED |
|--------------|--|--------------------|
| MON | Lettuce bun turkey sandwiches | |
| TUES | Leftover thai chicken satay skewers + coleslaw | |
| WEDS | Lettuce bun turkey sandwiches | |
| THURS | Leftover thai chicken satay skewers + coleslaw | |
| FRI | Lettuce bun turkey sandwiches | |
| SAT | Leftover chicken stir fry | |
| SUN | Leftover chicken stir fry | |

| BREAKFAST | MEAL | INGREDIENTS NEEDED |
|--------------|----------------------------|--------------------|
| MON | Biscuit Breakfast Sandwich | |
| TUES | Biscuit Breakfast Sandwich | |
| WEDS | Biscuit Breakfast Sandwich | |
| THURS | Biscuit Breakfast Sandwich | |
| FRI | Biscuit Breakfast Sandwich | |
| SAT | Biscuit Breakfast Sandwich | |
| SUN | Biscuit Breakfast Sandwich | |

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|----------------|--|
| EXTRAS | |
| VEGGIES | |

| | |
|-----------------|--|
| FRUIT | |
| SNACKS | |
| DRINKS | |
| KID FOOD | |
| OTHER | |