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| **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 |  |

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| **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 |  |

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| **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** |  |

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