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| **DINNER** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Sheet pan jerk chicken with lime garlic aioli, roasted brussels + roasted radishes |  |
| **TUES** | Pizza |  |
| **WEDS** | Pesto shrimp pasta |  |
| **THURS** | Sheet pan italian pork tenderloin |  |
| **FRI** | Beef chili |  |
| **SAT** | Sheet pan sausage + vegetables |  |
| **SUN** | Brie stuffed chicken breast with cauliflower rice risotto |  |

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| **LUNCH** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Ranch BLT chopped salad |  |
| **TUES** | Ranch BLT chopped salad |  |
| **WEDS** | Ranch BLT chopped salad |  |
| **THURS** | Ranch BLT chopped salad |  |
| **FRI** | Ranch BLT chopped salad |  |
| **SAT** | Leftover beef chili |  |
| **SUN** | Leftover beef chili |  |

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| **BREAKFAST** | **MEAL** | **INGREDIENTS NEEDED** |
| **MON** | Eggs, spinach, avocado, marinated onions |  |
| **TUES** | Eggs, spinach, avocado, marinated onions |  |
| **WEDS** | Eggs, spinach, avocado, marinated onions |  |
| **THURS** | Eggs, spinach, avocado, marinated onions |  |
| **FRI** | Eggs, spinach, avocado, marinated onions |  |
| **SAT** | Eggs, spinach, avocado, marinated onions |  |
| **SUN** | Eggs, spinach, avocado, marinated onions |  |

**EXTRAS**

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