

MEAL PLAN GUIDE

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	

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	

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	