

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Cilantro lime chicken thigh tacos	
TUES	Salmon cakes with lemon garlic aioli and herby lemon coleslaw	
WEDS	Grilled spatchcock chicken, grilled zucchini + squash, cauliflower rice	
THURS	Pork chops with orange parsley sauce, sauteed kale, roasted radishes	
FRI	Thai curry meatballs	
SAT	Chimichurri chicken skewers, roasted broccoli, roasted bell peppers	
SUN	Burgers on lettuce buns, roasted mini bell peppers, ranch salad	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Keto chicken salad	
TUES	Keto chicken salad	
WEDS	Keto chicken salad	
THURS	Keto chicken salad	
FRI	Keto chicken salad	
SAT	Leftover thai curry meatballs	
SUN	Leftover thai curry meatballs	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Keto breakfast tacos	
TUES	Keto breakfast tacos	
WEDS	Keto breakfast tacos	
THURS	Keto breakfast tacos	
FRI	Keto breakfast tacos	
SAT	Keto breakfast tacos	
SUN	Keto breakfast tacos	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	