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| **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 |  |

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| **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 |  |

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| **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 |  |

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