

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Sheet pan dijon chicken + radishes with asparagus	
TUES	Salmon with hollandaise sauce, cauliflower rice, sauteed spinach	
WEDS	Grilled lemon rosemary chicken with green beans, cauliflower rice + lemon garlic aioli	
THURS	Chinese chicken salad	
FRI	Chicken piccata	
SAT	Cajun sausage pasta	
SUN	Steak kabobs with grilled zucchini, cauliflower rice and chimichurri sauce	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	BLT caprese salad	
TUES	BLT caprese salad	
WEDS	BLT caprese salad	
THURS	BLT caprese salad	
FRI	BLT caprese salad	
SAT	BLT caprese salad	
SUN	BLT caprese salad	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Chaffle topped with avocado + microgreens	
TUES	Chaffle topped with avocado + microgreens	
WEDS	Chaffle topped with avocado + microgreens	
THURS	Chaffle topped with avocado + microgreens	
FRI	Chaffle topped with avocado + microgreens	
SAT	Chaffle topped with avocado + microgreens	
SUN	Chaffle topped with avocado + microgreens	

EXTRAS	
VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	