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| **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 |  |

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| **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 |  |

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| **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 |  |

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