

MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
MON	Sheet pan chicken fajitas	
TUES	Blackened salmon with cauliflower rice risotto + asparagus	
WEDS	Cilantro lime chicken tacos	
THURS	Mu shu pork	
FRI	Coconut chicken thai curry with cauliflower rice	
SAT	Italian meatballs	
SUN	Creamy chicken chowder + keto biscuits	

LUNCH	MEAL	INGREDIENTS NEEDED
MON	Chicken stir fry meal prep	
TUES	Leftover chicken fajitas	
WEDS	Chicken stir fry meal prep	
THURS	Leftover chicken fajitas	
FRI	Chicken stir fry meal prep	
SAT	Leftover thai curry	
SUN	Leftover thai curry	

BREAKFAST	MEAL	INGREDIENTS NEEDED
MON	Frittata	
TUES	Frittata	
WEDS	Frittata	
THURS	Frittata	
FRI	Frittata	
SAT	Frittata	
SUN	Frittata	

EXTRAS		
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VEGGIES	
FRUIT	
SNACKS	
DRINKS	
KID FOOD	
OTHER	