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| **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 |  |

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| **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 |  |

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| **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** |  |