

# MEAL PLAN GUIDE

DINNER	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Chimichurri drumsticks, roasted mini bell peppers, sauteed spinach	
<b>TUES</b>	Blackened salmon, cauliflower risotto, asparagus	
<b>WEDS</b>	Pork chops with roasted red pepper salsa, roasted broccoli, sauteed kale	
<b>THURS</b>	Chicken thighs with orange parsley sauce, roasted brussels, roasted cauliflower	
<b>FRI</b>	Thai curry meatballs, cauliflower rice	
<b>SAT</b>	Salmon cakes with herby lemon coleslaw	
<b>SUN</b>	Instant pot chili	

LUNCH	MEAL	INGREDIENTS NEEDED
<b>MON</b>	Salad of your choice	
<b>TUES</b>	Leftover chimichurri drumsticks	
<b>WEDS</b>	Leftover blackened salmon over greens	
<b>THURS</b>	Leftover pork chops	
<b>FRI</b>	Leftover chicken thighs	
<b>SAT</b>	Leftover meatballs	
<b>SUN</b>	Leftover salmon cakes	

BREAKFAST	MEAL	INGREDIENTS NEEDED
<b>MON</b>	eggs, spinach, sausage	
<b>TUES</b>	eggs, spinach, sausage	
<b>WEDS</b>	eggs, spinach, sausage	
<b>THURS</b>	eggs, spinach, sausage	
<b>FRI</b>	eggs, spinach, sausage	
<b>SAT</b>	eggs, spinach, sausage	
<b>SUN</b>	eggs, spinach, sausage	

<b>EXTRAS</b>	
<b>VEGGIES</b>	
<b>FRUIT</b>	
<b>SNACKS</b>	
<b>DRINKS</b>	
<b>KID FOOD</b>	
<b>OTHER</b>	