

weekly meal planner

week of 11/5/2021

day	meal	veggies	fruits	grains	protein	dairy
sunday	breakfast	Eggs				
	lunch	Chicken & Cauliflower				
	dinner	Teriyaki Chicken				
	snack	Chicken & Cauliflower				
	total grams savings	0	0	0	0	0
monday	breakfast					
	lunch					
	dinner					
	snack					
	total grams savings	0	0	0	0	0
tuesday	breakfast					
	lunch					
	dinner					
	snack					
	total grams savings	0	0	0	0	0
wednesday	breakfast					
	lunch					
	dinner					
	snack					
	total grams savings	0	0	0	0	0
thursday	breakfast					
	lunch					
	dinner					
	snack					
	total grams savings	0	0	0	0	0
friday	breakfast					
	lunch					
	dinner					
	snack					
	total grams savings	0	0	0	0	0
saturday	breakfast					
	lunch					
	dinner					
	snack					
	total grams savings	0	0	0	0	0

ingredient list			
ingredient	amount	unit	notes
eggs	1	egg	
chicken	1	lb	
cauliflower	1	head	
broccoli	1	lb	
carrots	1	lb	
potatoes	1	lb	
onions	1	lb	
garlic	1	head	
ginger	1	lb	
soy sauce	1	cup	
teriyaki sauce	1	cup	
honey	1	cup	
sesame oil	1	cup	
rice	1	cup	
quinoa	1	cup	
oats	1	cup	
almonds	1	cup	
cashews	1	cup	
peanuts	1	cup	
sunflower seeds	1	cup	
flax seeds	1	cup	
chia seeds	1	cup	
coconut oil	1	cup	
avocado	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
grapefruit	1	cup	
watermelon	1	cup	
pineapple	1	cup	
strawberry	1	cup	
blueberry	1	cup	
raspberry	1	cup	
blackberry	1	cup	
kiwi	1	cup	
pear	1	cup	
apple	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	
lemon	1	cup	
lime	1	cup	
apple	1	cup	
banana	1	cup	
orange	1	cup	